

# Chorus Chatter

News and Musings for Young at Heart Chorus Members

<https://www.youngatheartlascruces.website/>

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## Grab Some Walnuts for Health

Researchers at the University of Minnesota School of Public Health

analyzed dietary data from 3,092 young adults over the course of 20 years as well as their physical and clinical measurements over a 30-year span. They compared data from those who consumed walnuts with those who ate no nuts or only other nuts, such as pecans, almonds, pistachios or cashews.

They found that the walnut consumers generally had lower blood pressure and triglyceride concentration. Walnut fans also had lower body mass indexes and smaller waist circumferences. Plus, they had lower fasting blood glucose levels. Walnuts contain more Omega-3 fatty acids than other nuts, and they are known for reducing triglycerides in the blood, which increase the risk for heart disease.

Walnuts also are high in fiber, protein, magnesium and vitamin B6. While the heart-healthy effects probably weren't only from eating walnuts, since walnut eaters may follow a healthier diet overall, they are worth adding to your diet. The Cleveland Clinic suggests a serving of 14 walnut halves, which is about one ounce or a quarter-cup.

*The Healthy @Reader's Digest*

## Why Dogs Make Us Happy



Researchers at the University of Basel, in Switzerland, knew that spending time with dogs helps people with anxiety and depression, so they decided to investigate what happens in the

human brain when we interact with a furry friend.

Volunteers petted either a dog or a stuffed animal with a hot water bottle inside, while a machine measured the subject's brain activity. Those who petted a real animal showed more brain activity in the region involved in social and emotional processes. This potentially therapeutic response continued even after the dog had left the room.

*Reader's Digest*

My cup of coffee reminding me why I shouldn't have a donut to go with it!!! 😊



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## Ageisms

"The idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone." - *Andy Rooney*

"The older I get, the better I used to be."  
- *Lee Trevino*

"When I was young, I was called a rugged individualist. When I was in my fifties, I was considered eccentric. Here I am doing and saying the same things I did then, and I'm labeled senile." - *George Burns*

"The older we get, the fewer things seem worth waiting in line for." - *Will Rogers*

"We must recognize that, as we grow older, we become like old cars - more and more repairs and replacements are necessary." - *C.S. Lewis*

"Old age is like a plane flying through a storm. Once you are aboard there is nothing you can do about it." - *Golda Meir*

"I'm so old that my blood type is discontinued." - *Bill Dane*

"The older I get, the more clearly I remember things that never happened." - *Mark Twain*

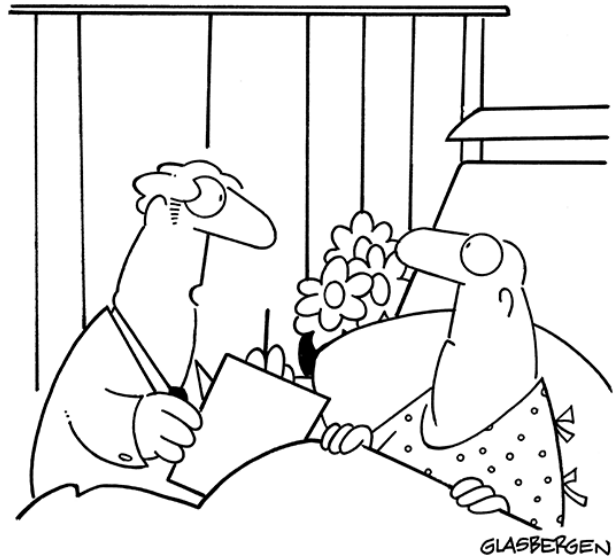
"I'm at that age where my back goes out more than I do." - *Phyllis Diller*

"Old people shouldn't eat health foods. They need all the preservatives they can get." - *Robert Orben*

"Birthdays are good for you. Statistics show that the people who have the most live the longest." - *Larry Lorenzon*

"I was thinking about how people seem to read the Bible a lot more as they get older, and then it dawned on me—they're cramming for their final exam." - *George Carlin*

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"Your new pacemaker comes with Pandora so you can always have a song in your heart."

## Need a Push

A man is in bed with his wife when there is a knock on the door. He rolls over and looks at his clock, and it's 3 AM. "I'm not getting out of bed at this time", he thinks, and rolls over. Then, a louder knock follows. "Aren't you going to answer that?" says his wife. So, he drags himself out of bed, and goes downstairs. He opens the door and there is man standing at the door. It didn't take the homeowner long to realize the man was drunk.

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"Hi there," slurs the stranger, "can you give me a push?" "No, get lost, it's 3 AM. I was in bed," says the man and slams the door. He goes back up to bed and tells his wife what happened and she says, "Dave, that wasn't very nice of you. Remember that night we broke down in the pouring rain on the way to pick the kids up from the baby-sitter and you had to knock on that man's house to get us started again? What would have happened if he'd told us to get lost?"

"But the guy was drunk." says the husband. "It doesn't matter." says the wife. "He needs our help and it would be the Christian thing to help him." So, the husband gets out of bed again, gets dressed, and goes downstairs. He opens the door, and not being able to see the stranger anywhere he shouts, "Hey, do you still want a push?" and he hears a voice cry out "Yeah, please." So, still being unable to see the stranger he shouts, "Where are you?" And the stranger replies: "I'm over here, on your swing."

*Submitted by Jim Siegfried*

**YOU KNOW YOU'RE  
GETTING OLD  
WHEN A RECLINER  
AND A HEATING  
PAD IS YOUR IDEA  
OF A HOT DATE**

### Lost My Wife

The man approached the very beautiful woman in the large supermarket and asked, "You know, I've lost my wife here in the supermarket. Can you talk to me for a couple of minutes?" "Why?" "Because every time I talk to a beautiful woman my wife appears out of nowhere.

*Quora Digest*

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks the man came back to make sure the new equipment was working properly, which it was.

The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."

"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times." 😊😂😂

### A Long Life

A tough old cowboy from Texas counseled his granddaughter that if she wanted to live a long life, the secret was to sprinkle a pinch of gun powder on her oatmeal every morning. The grand-daughter did this religiously until the age of 103, when she died. She left behind 14 children, 30 grandchildren, 45 great-grandchildren, 25 great-great-grandchildren, and a 40-foot hole where the crematorium used to be.