

Reasons Story Books for the Elderly are Important:

**Connection.** Some family members have a hard time accepting that their elderly relatives are not the "same" as they used to be, and hang on to that outdated vision of how they were. Ageless-Sages teaches families, through instructional guides, how to relate during this new developmental phase, strengthening connections which helps family members feel less guilt and angst, allowing them to carry on in their lives, functioning at a higher and more contented level.

([http://findarticles.com/p/articles/mi\\_qa3942/is\\_200601/ai\\_n15971990](http://findarticles.com/p/articles/mi_qa3942/is_200601/ai_n15971990))

(<http://www.dsolie.com/recommend.html>)

**Keeping the collective vibrational energy high.** Science is showing us how the energy we emit through our thoughts effects the universe. High vibrational energy creates more positive results for mankind.

(<http://www.quantumhealthandfitness.com/language-of-success.htm>)

([http://www.mystic-mouse.co.uk/Wisdom\\_Texts/Mystic\\_Visions/Vibrations-1.htm](http://www.mystic-mouse.co.uk/Wisdom_Texts/Mystic_Visions/Vibrations-1.htm))

(David R. Hawkins researched: A person who calibrates at the 300 level will counterbalance 90,000 individuals who calibrate below the 200 level. Or a person who calibrates at the 500 level will counterbalance 750,000 individuals who calibrate below the 200 level. Therefore, the higher you can build your energy frequency level, the more beneficial you become to the world at large.)

**Increase the quality of existence in elder years.** Helps families to feel better about the care their elder relatives receive, and the elderly can have an overall sense of well being, even if they cannot remember from minute to minute.

(<http://www.slu.edu/readstory/newslink/6106>)

(<http://www-distance.syr.edu/elderly.html>)

**Health related problems decrease when people are happier**

(<http://www.medicalnewstoday.com/articles/35002.php>)

(<http://www.physorg.com/news9068.html>)

(In one study from the University of Texas Medical Branch at Galveston researchers decided to assess signs of depression, or what they called negative effect separately from signs of emotional well-being, or as they termed it positive effect.

What they found was that older people who are happy or have "high levels of positive affect" seem to have some protection against stroke. Those elderly, who often feel blue - "individuals with high levels of depressive symptoms", tend to have more strokes than older adults who aren't depressed. Happiness appears to have a protective effect when it comes to health.

During the study over 4000 subjects, men and women, a mix of black and white were evaluated for positive or negative affect by answering yes or no to 20 statements made by the interviewers. Sixteen of the statements suggested negative emotions or experiences such as "I could not shake off the blues", "I had crying spells" or "People were unfriendly". The four positive statements that indicated a positive attitude were "I felt that I was just as good as other people"; "I felt hopeful about the future"; "I was happy"; and "I enjoyed life". Those study participants who answered yes to the positive statements had a showed decreased risk of stroke over the six years of the study, with the results being dramatically increased for the men who participated in the study.

Why the difference? Is happiness a magic potion that keeps blood pressure down and arteries clear? Does a smile on your face ward off evil spirits? Is there a way to bottle happiness? No, that is not likely. What is more likely is that being unhappy leads to following an unhealthy lifestyle.

Another study done at the University of Pittsburgh indicated the a women who are depressed and angry are more likely to have hardening of the arteries or arteriosclerosis, and are also more likely to have a lifestyle that leads to arteriosclerosis. The behavior risk factors for arteriosclerosis included smoking, poor physical fitness and lower levels of good cholesterol with higher levels of bad cholesterol. This study finds that

those participants in the study showing the most depressive symptoms were also two and one half times more likely to partake of those behaviors that place a person at higher risk for arteriosclerosis and heart disease. This can lead to premature death or disability.

These findings serve to emphasize the need for not only physical assessment of risk for disease but of psychological risk of disease. Physicians should not only ask about eating habits and activity but should evaluate emotional attitude. Perhaps treating underlying depression may waylay a potential heart attack.)