

Contemplations

VOLUME 4, ISSUE 1

JANUARY, FEBRUARY
& MARCH
2007



President's Day - February 19

1 Timothy 2:1-2

I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men;

For kings, and for all that are in authority;
that we may lead a quiet and peaceable life in all godliness and honesty.



Build a Better Brain

Did you ever misplace your glasses or keys? Or walk into a room and forget why you went there? As we age, memory lapses cause us to fear that we're losing our mental edge. The good news that you can not only stave off mental decline, but even build a stronger brain. New research allows that humans can add new neurons throughout life and not only during childhood, as was previously believed. Here are five ways to help stimulate dendrite growth and energize your brain.



1. Practice doing things with your non-dominant hand. This causes a dramatic increase in the number of circuits in the cerebral cortex and can facilitate quicker recovery in the event of a stroke.
2. Try exercising your senses in ways you normally don't. For instance, get dressed with your eyes closed. Or turn off the sound on the TV, and try to follow the plot. This exercise forms new neural pathways.
3. Make changes in your routine. This activates the cortex and hippocampus (a part of the brain crucial for memory foundation.) Try traveling around the grocery store in the opposite direction than you usually use. Take a different route to work.
4. Take up a challenging hobby that calls for complex skills.
5. Become more social. Interacting with other people is the best single brain exercise. Join a book club, or arrange a weekly poker or bridge party, anything that involves complex thought with social interaction.

IN MEMORY OF

- Grace Loomis
- Mary Cordell
- Katherine Proffitt
- Olin Howard, Sr.
- Rosemary LaFary
- Pearl Purvis
- Bettie Brock-Kuhn
- Carol Beaumont
- Keith Jones
- Leslie Gray
- Charles Agin
- Peggy Grant
- Jennifer Schaeffer
- Joshua Mattox
- Dana Solomon

December 5th - a special time of Christmas and of remembering dear loved ones. We shared memories of past holidays, great food and decorated the tree in memory of those who will be missed this holiday season. A video from GriefShare was shown to gain helpful tips for dealing with grief during the holidays.

RHR Cemetery is proud to offer an updated version of GriefShare to begin January 16th. It includes new videos and workbooks that cover topics important to people going through a time of grieving. All are welcome!



RUSSELL HAVEN OF REST

- "a family owned, community cemetery"
- *The Campbell Family - Jerry, Sue, Alicia*
- *Josh and Anna Olmstead*



Russell Haven of Rest Cemetery

2315 Sandridge Rd.
Green Cove Springs, FL 32043

Phone: (904) 284-7720
Fax: (904) 284-6656
www.rhrcemetery.com

*Cemetery Hours:
Gates open 7 am until 7 pm.
Office Hours:
Monday-Friday: 9-5
Saturday and Evenings by
appointment*

**GriefShare
will begin
January 16
at 6:30 pm.**

*Please for safety's sake, no
glass containers can be placed
in the cemetery.*

Just for Laughs...

An elderly couple had dinner at another couple's house, and after the meal, the wives left the table and went into the kitchen. The two men continued talking, and one said, "Last night we went out to a new restaurant. I highly recommend it."

"Which restaurant?" the other man asked.

The first man thought and thought, and finally he said, "What's the name of that flower you give to someone you love? You know, the one that's red and has thorns?"

"You mean a rose?"

"Yes, that's the one," the man exclaimed. He then turned toward the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"



For Your Health

Sometimes symptoms of a stroke are difficult to identify.

If you suspect a person is having a stroke:

1. Ask the individual to smile.
2. Ask him to raise both arms.
3. Ask the person to speak a simple sentence.

If he or she has difficulty with any of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

You could help save their life!

CEMETERY NOTES

RHR is five years old and growing. We have experienced much progress in all areas of operation, from the training and experience of office staff to the abilities of our outside men in the maintenance of features, garden sections, and general appearance of the cemetery grounds. We are honored to receive written and verbal expressions of gratitude for our services. These compliments greatly encourage us, and we appreciate each family that we have served.

Though we have used a variety of advertising methods to familiarize the public regarding our burial services, we have discovered that our best advertisement is a satisfied family. Now we have an opportunity for you to be more involved in 2007. For each family that you send our way to hear how we can help them with their burial needs, whether they purchase anything or not, your name will be put in a drawing in January, February and March. There will be a drawing each month. **The winner will receive a \$100 gift certificate to the store or restaurant of the winner's choice.**

Encourage your family members, friends, neighbors and co-workers to visit us to plan for their future needs and to enjoy the benefits of planning ahead.