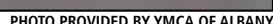


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Fun Events for Nov. 2021

November is the month we remember to be grateful for what we have. Maybe it's the beauty of an Oregon sunrise or sunset, or maybe it is a glance at the beautiful changing seasons. There is much to be grateful for! If you are reading this, be grateful for your sight! See if you can find one thing to be grateful for each day!

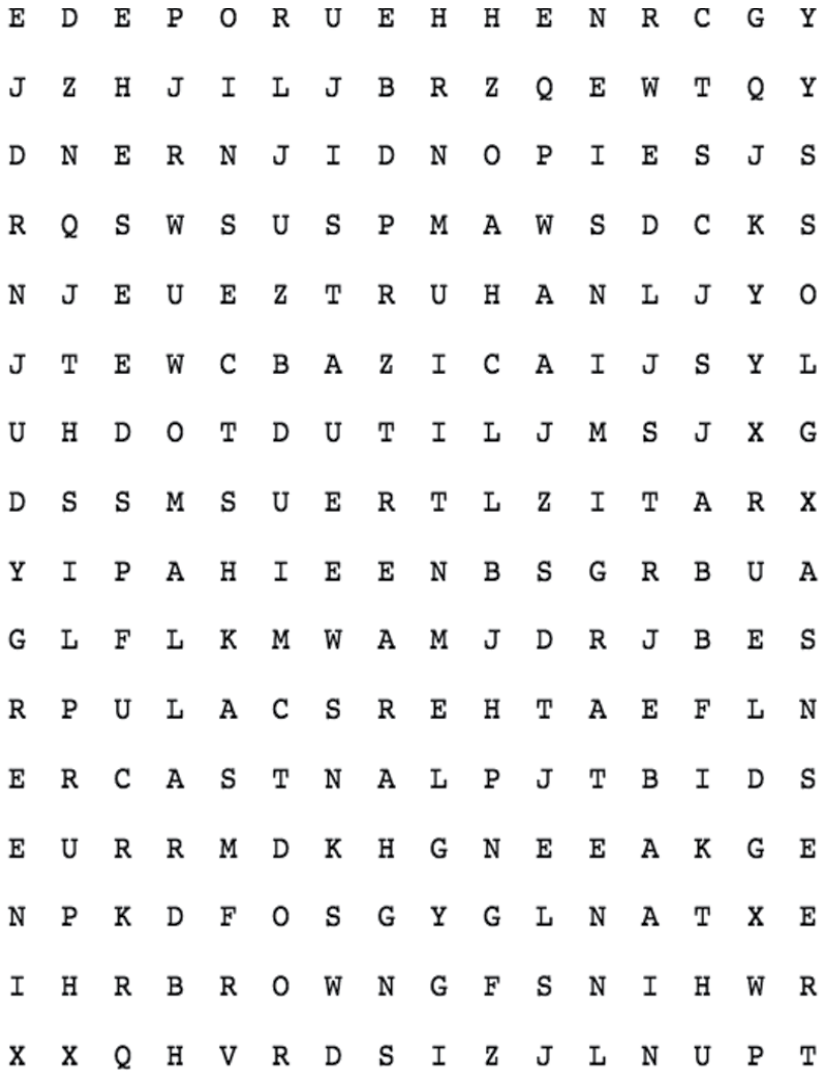
- FARMERS MARKETS**
 - Albany - Sat 9am-1pm, City Hall Parking Lot <https://locallygrown.org/home/>
 - Corvallis- Sat and Wed 9am-1pm, First St. Downtown <https://locallygrown.org/home/>
- LEBANON SOUP KITCHEN** – Serving meals every Mon., Wed., & Fri. 4:30-5:30.
- RIVER CENTER, 10TH ANNUAL HOLIDAY CRAFT AND GIFT FAIR** – Nov 4-5. Located at 3000 S Santiam Highway in Lebanon. Admission is FREE.
- TWO RIVERS MARKET HOLIDAY SHOW**- Nov 5. 12 – 5pm and Sat., Nov. 6 from 10am to 5pm. 250 Broadalbin SW, Albany.
- SAFEHAVEN GIFT AND THRIFT HOLIDAY OPEN HOUSE** – Nov. 6. Join us for our annual Gift & Thrift Holiday Open House at both of our stores. STOREWIDE SALE! PLUS... Sweet treats, drawings, design ideas & much more! TANGENT: 33650 OR-99E LEBANON: 914 S. Second St. Masks are required, and social distancing is encouraged.
- WAPITI BOWMEN TURKEY SHOOT** -Nov. 6. 10am. Practice range opens at 8:30.

Join us for our first ever Turkey Shoot. Come out have fun and win yourself some turkey dinner fix 'ins. Bring a donation of canned goods for a discount. See our Facebook page for more details - Wapiti Bowmen, Inc.

- ALBANY'S CANNA KITCHEN AND RESEARCH** Nov 11. 2-5pm 2300 Ferry St SW, Ste1-Albany. Join us to celebrate the beginning of our 11th year. We will discuss Cannabis as Medicine and our goals for the ACKR Canna-it-ALL healing center. RSVP is needed to attend the event. Use Theackr. com or 541-981-2620 to rsvp.
- VETERANS DAY PARADE**- Nov 11. This year's reverse Parade will include veterans and floats hosted by sponsors at sites around the city. Participants will use a map — either a hard copy or online version — to find the various locations. To add to the fun, special objects will be placed at some of the stops. Find them all and be entered in a raffle for prizes! Participants can also vote for their favorite float, either online or in person. For more information visit <https://albanyvisitors.com/history/linn-county-veterans-memorial/>.

Information for this page has been provided by multiple organizations. If your organization has an upcoming event that you would like listed in a future issue of High Points, please email the information, as well as a name and phone number of a contact person submitting the article to: info@pointsforprofit.org

November Word Search by Rolie the Puzzlemaster



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Honoring those who serve

A memorial and a reverse parade will take place this Veterans Day with the theme, “Every day is Veterans Day.” Join us as we honor all veterans. We are #authenticallyAlbany and we can’t wait to share it all with you.



Learn about Albany’s efforts to honor veterans at AlbanyVisitors.com

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The Zone Technique

**DR. NICHOLAS BROWN,
CHIROPRACTOR**

Developed in 1931 by Dr. Thurman Fleet, the Zone Technique—which was originally called Zone Therapy—is based on the notion that there are six potential zones of the body that, when disturbed by emotional, physical, or chemical stressors, can lead to a variety of diseases and discomforts.

In short, the Zone Technique operates on the belief that the body operates like an electrical device. As such, each zone is regulated by a specific center of the brain (formed during the embryonic stage), with each center considered a “positive pole.”

There are also “negative poles” which exist in certain areas of the spinal cord according to Zone methodology. So, if a disturbance exists, the brain’s centers can essentially be “shorted out,” causing them to malfunction.

Dr. Nicholas Brown has been

in practice for over 34 years. He is certified in the Zone and Webster Techniques and focuses on helping patients achieve optimal health. Because he does not manually manipulate, he is able to fine-tune his tools for gentle and safe adjustments. Whether he is treating a one-day old baby or an individual in their late 80’s, his goal is to help people heal their body from the inside out through chiropractic care. Each of six zones represent different functions of the body:

- **Zone One:** The Glandular System
- **Zone Two:** The Eliminative System
- **Zone Three:** The Nervous System
- **Zone Four:** The Digestive System
- **Zone Five:** The Muscular System
- **Zone Six:** The Circulatory System

Keep an eye out for our next articles as we go through each zone in depth to explain their functions

Afraid to try Cannabis?

BY RHEA GRAHAM

Are you afraid to use Cannabis because you’re unsure of what’s going to happen when you do? What if you had a trusted friend and guide with you to ensure a successful trial? Would you rather do this trial in the comfort of your own home or in a neutral “hotel” setting? Since there is no smoking involved, it can be scheduled at any number of places.

Are you in intractable pain? You may be surprised to learn that Smokeless Cannabis Remedies have helped countless patients who thought there could be no better life for them due to intractable pain. Those patients didn’t have to smoke anything, and most of them didn’t feel any high, I might add!

To jump-start what ACKR Cannait-ALL Healing-Life Center (Healing Center) experiences will be like for patients, I am interested in helping patients in their own home in a day or over-night setting, depending on their condition and location. It would involve having a consultation first and

reviewing what your issues are after a review of your medical records and current prescriptions. Your concerns and goals are what will determine the avenue we need to take and what remedies you will need to experiment with.

Some symptoms/conditions will be figured out and resolved in just a 4-hour setting while other issues may take 3- or 4-over-night sessions to determine the best strains, remedies, and doses. Much will depend on the patient’s former Cannabis use and experience. Once your issues are figured out you will be able to adjust with input from your Caregiver or your own experience.

If this sounds like something you are interested in, call, and discuss it with us at Albany’s Canna Kitchen & Research or come see us on 11/11 when we celebrate the first day of our 11th year! There will be refreshments and whatnot, surely a good time will be had by all. We’ll have an open house from 2-5 pm on Thursday, November 11, 2021, we hope to see you here! We are at 2300 Ferry St SW, Ste. 1., Albany, OR 97322.



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Supply Change Challenges

You may have heard that the supply chain on goods and services may be held up for various reasons. This has caused concern for shoppers as we enter into the Christmas Season. The news media has already communicated to buy early in case items run out. Prior to the shut downs during Covid, people reacted and hoarded toilet paper and hand sanitizer. I believe we can respond with a much different perspective this Holiday Season:

1. *“Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.”* Hebrews 13:5

The most important principle is that everything that we have is the Lord’s. He is our faithful provider; therefore, we need to respond with contentment in His provision – a true act of worship.

“And my God will supply every need of yours according to his riches in glory in Christ Jesus.” Philip. 4:19

2. Don’t panic or hoard. Part of loving our neighbor is making sure we all are cared for. Perhaps one of the

most heartbreaking moments of Covid was watching people over-spend and hoard common goods. If you plan to buy in bulk, think of perhaps sharing with those in need. This can be a wonderful way to express the Christmas Joy we have in Christ.

“Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.” 2 Cor. 9:7

“And they were selling their possessions and belongings and distributing the proceeds to all, as any had need.” Acts 2:45

3. Buy responsibly even when it comes to purchasing gifts for others.

“Honor the Lord with your wealth and with the first fruits of all your produce;...” Proverbs 3:9

All these current challenges also provide an opportunity to be creative, start new traditions, and try something new. Keeping positive in the midst of somewhat negative circumstances may be a challenge, but with a little kindness and effort, we can spread some well-intentioned joy this season.



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Self-Sabotage

Sabotage: Deliberately destroy, damage, or obstruct something

Self-sabotage: behaviors or thought patterns that hold you back and prevent you from doing what you want to do.

Are you sabotaging your way to reaching your goals? Maybe not deliberately, but are you contributing to the obstacles in your path? Do you find yourself in the same place over and over? Is your pattern of making decisions keeping you trapped in self-defeating behaviors?

You can interfere with reaching your goals by supporting mental blocks you may not be aware of. Remember becoming aware is the first step in healing. So, let’s look at some obstacles.

NEGATIVE THOUGHTS:

Remember being told, “Well, don’t think about it.” What happened? You couldn’t stop thinking about it. When you think about something, you draw closer to it. Thinking about what is not right or what is missing in your life, draws you closer to the emptiness of that object. When you sit in that emptiness, it magnifies.

Another common statement is, “What is the worst that could happen?” That is where my mind goes. In any situation, my thoughts rush to the worst-case scenario. Do they ever happen? Very seldom does the situation play out as feared. I have just entertained negative thoughts and worry for no reason.

On those rare occasions when it does go wrong, that negative belief may be vindicated, thus encouraging more negative belief.

The late psychotherapist, Martha Baldwin Beveridge, author of Self-Sabotage: How to Stop It & Soar to Success, said, “Becoming a saboteur is a way of dealing with that, creating an outcome that doesn’t conflict with their beliefs.”

In other words, if you believe you will fail, you will, mostly likely subconsciously, sabotage any success.

POVERTY MINDSET:

Poverty means “not having enough.” With a poverty mindset you believe that you don’t have enough self-worth or that you don’t deserve success or personal fulfillment. And if, by chance, you received it, you then fear losing it.

A poor self-image may keep you in an uncomfortable situation because you don’t believe you deserve better. You may believe you are unworthy of happiness, though you long for it.


DESTRUCTIVE BEHAVIOR:

Childhood hurts and traumas can leave emotional raw areas and trigger out-of-proportion reactions. If you haven’t learned effective methods for managing those



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Self-Sabotage continued on page 11



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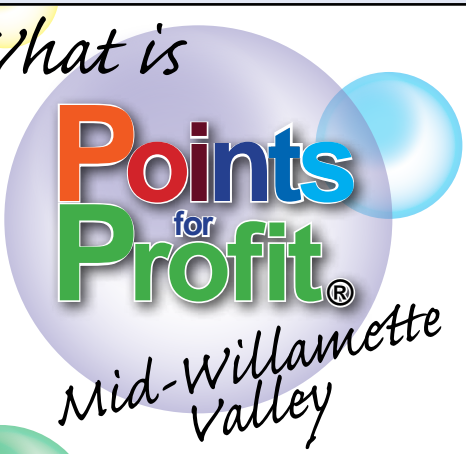
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POINTS FOR PROFIT MEETING is November 30, 2021 at American Legion-Albany and also available on zoom. RSVP required to attend. Email info@pointsforprofit.org to reserve your spot.

Flu Vaccine for Seniors

Five reasons why flu vaccines are so important for seniors:

- 1. Seniors and caregivers are at higher risk for flu.** Cold and flu season is here again. Two of the most at-risk populations are seniors and caregivers. Many seniors are vulnerable to seasonal flu because their immune systems are weaker due to age and often made worse by chronic illness. Getting a flu shot protects older adults against serious illness and complications.
For caregivers, the chronic stress of taking care of your older adult impairs your immune system and makes you more vulnerable to illness. And spending a lot of time with your older adult means passing germs back and forth. When you get a flu shot, you'll reduce the risk that you'll get sick and infect your older adult. It will also save you the misery of being sick while continuing to care for them.
- 2. Flu is a serious health risk for seniors.** For seniors, the flu can quickly develop into a severe illness and could cause death. In fact, the CDC estimates that 70 – 85% of flu-related deaths and 50 – 70% of flu-related hospitalizations happen in people who are age 65 and older.
- 3. Getting the flu shot reduces flu risk and severity.** Even if the flu vaccine isn't 100% effective, it's still worthwhile. Research shows that if someone who is vaccinated does get the flu, they will have a milder case. People 65 and older are at high risk of serious flu complications and account for most flu hospitalizations and



MARK WANG
VISTING
ANGELS

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- deaths each year. But seniors who got the flu shot reduced their risk of being hospitalized due to the flu by up to 43%.
- 4. The flu vaccine is free under Medicare.** If your older adult has Medicare, the flu shot is free as long as the provider accepts Medicare. There is no co-insurance or co-payment needed. And your older adult doesn't have to meet their deductible to get the vaccine. Most private insurance companies cover flu shots as a preventive service. If you don't have insurance, many drugstores and clinics offer flu shots at low cost.
 - 5. Protect against deadly flu complications.** A severe form of pneumonia is a common and deadly complication of the flu. In addition to the flu shot, people age 65 or older, smokers, and those with diabetes or lung problems should consider getting a pneumococcal vaccination. The pneumococcal vaccine isn't needed every year, so be sure to check with your older adult's doctor to find out if they need one this year.

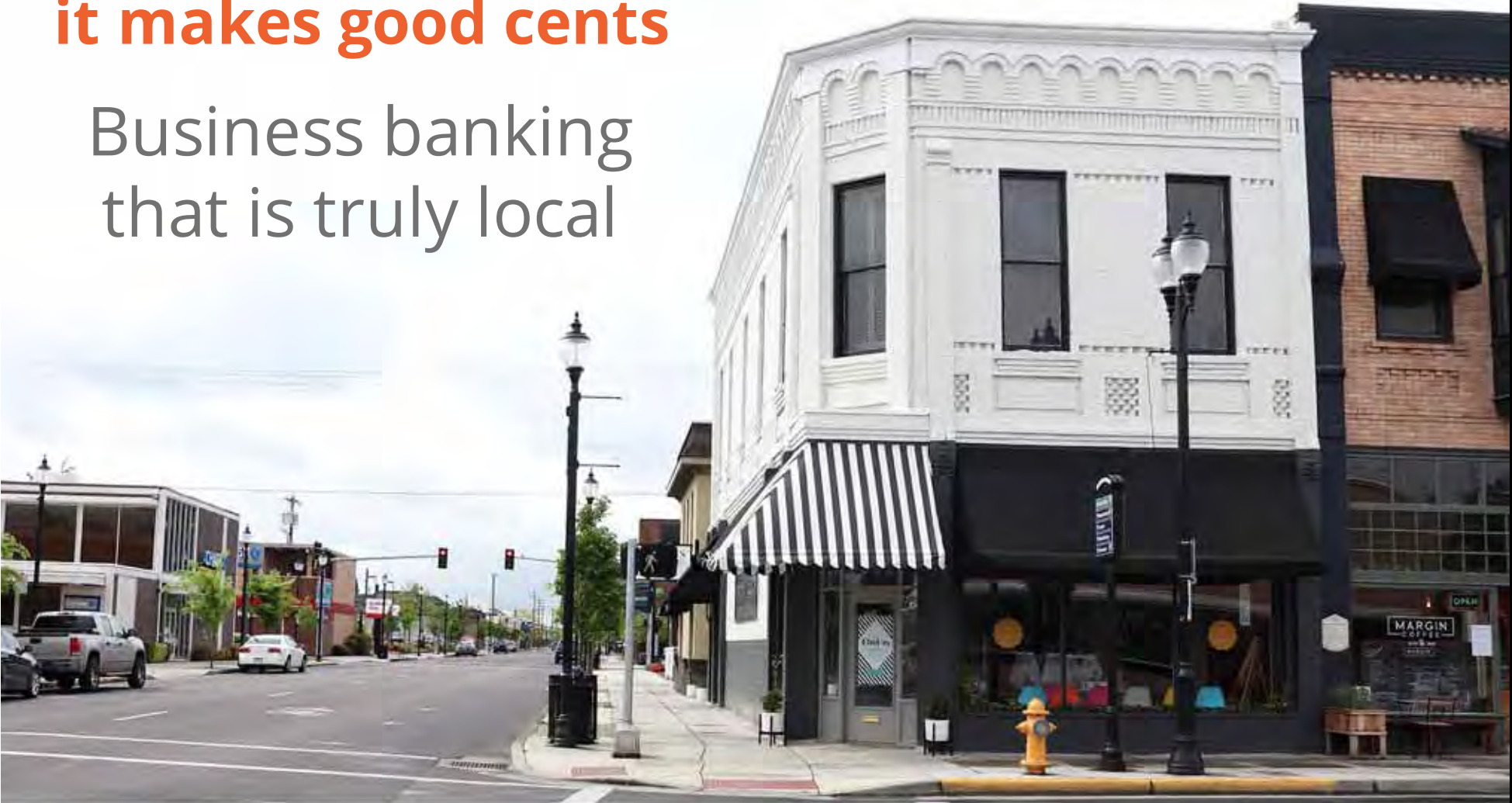
WHEN SHOULD SENIORS GET A FLU SHOT?
SEPTEMBER – OCTOBER
With flu and Covid-19 going around this year, the CDC recommends that everyone should get vaccinated in September or before the end of October – especially adults over age 65. After getting the shot, it takes about 2 weeks

Flu Vaccines continued on page 11

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KAREN'S FAMOUS RECIPES

Fruitcake

Poor Fruitcake!!! Everybody has heard the trite old jokes about fruitcake- passing them down for generations, endlessly re gifting them and using them as doorstops. It's horrible to malign a harmless dessert! I have made this recipe for decades and no one ever turns it down. It makes one large tube pan and one loaf cake. Don't try to use an elaborate pan- spray the pans and line them with parchment paper for best results. You will need a a very large mixing bowl, HUGE, actually.

In your large bowl, mix a total of 3 pounds red and green candied cherries and candied pineapple. Add 1 pound chopped dates, 2C raisins, 2C golden raisins and 4 C chopped walnuts. Mix well. In another bowl sift 5 ½ C flour with 1 rounded tbsp baking powder and 2 tps salt. Sift over the fruit mix and stir well.

In a mixer bowl, cream 1 C butter with 2 C sugar and add 7 eggs, one at a time and beating well. Add 2 tps vanilla and 1 C rum or bourbon and ½ C

orange juice. Pour the batter over the fruit, using about one-fourth at a time. You may find it easiest to literally mix it by hand!



Heat the oven to 300 degrees. Spoon the batter into the tube pan first, until it is about three-fourths full then fill the loaf pan. Bake them on a large baking sheet to prevent the bottoms from browning too fast. The loaf will take about one hour and the tube pan will take 2 ½ to 3 hours, check with a thermometer for doneness. If they brown too fast, cover them with foil.

Cool on racks and when cool remove from pans

and wrap in several thicknesses of cheese cloth soaked in rum or bourbon. Wrap tightly in foil and allow to mellow for several days. Dose the cake with liquor about once per week..

Properly wrapped and dosed this cake will keep indefinitely. It really is fun to break out a delicious fruitcake at a June tea party!



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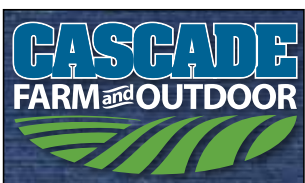
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gratitude (noun) The quality of being thankful, readiness to show appreciation for and return kindness.

Gratitude turns what we have, into enough.

~Melody Beattie

A moment of gratitude makes a difference in your attitude.

~Bruce Wilkinson

Our thoughts of gratitude aren't just limited to November, but year 'round! We give thanks to those behind the scenes: Surgery for Pets, Animal Sounds NW ultrasound, Aasum-Dufour, our many medical supply vendors, delivery drivers, Bushnell Janitorial, In-Spirit Marketing, Boehme and Running, LLC, our communications and IT teams, and many more who help to keep our business thriving.

We appreciate and are blessed to have some of the most compassionate doctors, licensed nurses, vet assistants, customer service receptionists, animal care and management teams in the industry.

Most of all, we are grateful to our loyal customers, established and new, who place their trust and care of cherished pets into our hands. Without patients, we would not exist.

With heartfelt thanks,

Dr. Ken Fletcher and Bambi Fletcher



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Holidays from the Inside Looking Out

BY AMANDA SToudenMEYER ,
Albany Animal Hospital
541-926-8817

If you have ever worked at a veterinary clinic, you know the joy of the holiday season comes with a dash of anxiety. From pets navigating houses full of new people, smells, and routines, to pets on the go with their owners; mixed in with holiday clinic closers, and of course, All. The. Food. Being prepared as an owner can help keep your pets safe and ready to enjoy all the upcoming holidays.

- Know your foods and know your humans (who's most likely to sneak a treat to the pups). All fatty foods are hard for pets to digest and pose a threat to their health. The best option is to keep your pets on their regular diets and keep food stored safely away and covered. Thinking ahead about visitors who might help your pets indulge can be helpful. For example, my dad loves to give table scraps to my dogs and small children with food are easy pickings for an opportunistic pet. Making sure my dad knows absolutely no chocolate, raisins, uncooked dough, or grapes and keeping a close eye on the little ones will limit the number of unintended treats. I am also planning on having fun dog treats out, so they



- still get food love, without the risk of medical intervention needed.
- Watch your exits and keep your pets in their collars with up-to-date tags. Foot traffic can lead to doors left open and holidays are very overwhelming for shelters for this very reason. Posting signs on the inside and outside of your doors reminding visitors that there are 4-legged escape artists on the premises is never a bad idea.
 - Be mindful of your pets and your guests. Remember not everyone is a dog person or a cat person and not every pet will like all the guests they meet. Give your animals room to breathe and create boundaries for guests to feel comfortable too.
 - Know your clinic hours for the holidays and have your own up-to-date copy of your pet's medical records and/or have them sent to a 24-hour clinic in case of an emergency. This is incredibly important, especially if your pets have medical concerns or recent vet trips.

Albany Animal Hospital will be closed for Thanksgiving and the day after, Christmas Eve, and Christmas Day. If you need anything from us before then, please don't hesitate to call or text us at 541-926-8817.

Joseph the Dreamer: Overcoming Life's Challenges

Now Israel loved Joseph more than any of his other sons, because he had been born to him in his old age; and he made a richly ornamented robe for him. When his brothers saw that their father loved him more than any of them, they hated him and could not speak a kind word to him. Genesis 37:3-4

Of all the bible characters I have come to love--- one amazing man would have to be the first in line. His life was very interesting and continues to give valuable lessons that are still applicable in our modern times. His name was Joseph ... the favorite son of Jacob... a man who had beautiful dreams ... the object of sibling rivalry.

In the story, Joseph was always the center of his father's love and attention. Jacob even gave Joseph a colorful coat that came to symbolize how special he was in his father's eyes. Later on, he would pay for his father's foolish actions. Joseph's brothers resented him because he was the favorite son. Jacob, the father, had two wives, two concubines, and twelve sons --- all competing for his attention. Joseph's family drama had all the makings of a TV soap opera...with various episodes of jealousy, hatred, deception and self-interest. Reading the account of Joseph's life is like being glued to the TV screen full of anticipation about what will happen next.

Joseph, "the dreamer," once told his brothers about a dream that a day would come when they would all bow down to him. This dream made his brothers grow angrier towards him. One day, Joseph was sent by his father on an errand. Specifically, Joseph was tasked to visit his brothers who were working in the field. Some accounts say that his brothers plotted to kill him but later

decided to throw Joseph into a pit. Joseph's brothers also took his colorful coat and wiped it with animal blood. They later lied to their father by saying that Joseph died after being attacked by wild animals. After some time at the bottom of the pit, Joseph was picked up by traveling merchants and later sold him into slavery.

The young lad was later sold by the merchants to Potiphar, one of the Egyptian Pharaoh's trusted leaders. As a worker in Potiphar's household, he became distinguished in his labors. He was later appointed supervisor over Potiphar's household. The story takes a drastic turn when Potiphar's wife falsely accused Joseph of attempting to sexually assault her. Of course, Potiphar's wife did this to get back at Joseph who repeatedly ward off her sexual advances. Enraged by the accusation, Potiphar sent Joseph to prison.

In prison, Joseph again found favor by being able interpret the dreams of the Pharaoh. The Pharaoh was so full of stress and anxiety about the horrible dreams he had and the visions he could not understand. Through Joseph, the Pharaoh was able to understand the economic implications of his dreams for the land of Egypt. Later, he was appointed governor of Egypt. The famine that struck the land where Jacob and his sons lived became the reason why they were later reunited. Reconciliation between Joseph and his brothers paved the way for Jacob to again see his son.

This remarkable story shows how we, like Joseph, must cling to faith even in the most

Joseph continued on page 11

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“Lifetime” Window Warranty

If you purchased a new home or simply replaced your windows within the last 20 years, you probably received a lifetime warranty on your vinyl windows. These warranties can vary between manufacturers and the question always arises as to who’s “lifetime” we are discussing. Is it your lifetime, your window manufacturer’s lifetime, or your home’s lifetime? In truth, it may be a combination of all three depending on your circumstances. Most vinyl window companies will guarantee their windows for as long as you own them against warping, peeling, or twisting of the frames over time. If the windows are installed correctly, these issues rarely come up. A more common occurrence is moisture developing between the panes. Repairing this requires the insulated glass unit be replaced. Most manufacturers in the Northwest include this under their lifetime warranty. Which means you would contact the manufacturer, give them some information about the age of your window, it’s size and configuration, and then someone from their service department schedules an appointment to do the replacement. Hint: Look

for the gold AAMA sticker on your window to determine the manufacturer. Calling your builder or window replacement contractor is also a great place to start. Many local companies will go the extra mile to help get your warranty started. Keep in mind, they are merely the dealer, so they aren’t the ones providing the warranty. But in the interest of long-term customer satisfaction, it is very common for them to either start the process themselves or provide contact information to get you headed in the right direction. A few items are not included in the lifetime warranty. For instance, damage caused by abuse or acts of God are not covered. Also, small parts like latches and screens are typically not covered either. However, these items are easily and inexpensively repaired. While it’s true that lifetime warranties are part of the marketing for the windows, they are an important and useful tool for the overall maintenance of your home. For more information, contact Smith Glass in Albany (541-926-4446) or Corvallis (541-753-9175) or you can visit their website at www.smith-glass.com. Smith Glass – On the Cutting Edge Since 1945.w



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Prepare for Winter Now

No better time to prepare than now as we head into the winter months. Severe weather is the single leading cause of power outages in the United States. The amount and severity of these outages has spiked dramatically over the past decade, causing physical, emotional, and economic hardship for many.

WHAT MAKES PROPANE THE BEST CHOICE FOR STANDBY POWER?

A standby generator powered by propane offers advantages that other fuel sources simply can’t match:

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- Available in a variety of capacities to fit the needs of any size home, shop, etc..
- Produces significantly fewer greenhouse gas emissions than diesel or gasoline.

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I Would Love to Be Home this Holiday Season!

Howdy, my name is Charlotte, and I came all the way from the big state of Texas to find my forever home. If you come to SafeHaven to visit me, I may seem stand-of-ish but really, I’m a big sweetheart. I tend to fit in with my southern belles quicker than the fellas. Y’all, food is my love language. Take me outside, give me a treat and I will LOVE you until the cows come home! Being at the shelter is new for me, so I’m a bit nervous and get loud when other dogs walk by my space. I reckon I like other dogs, but I’ll need to slowly meet them first. If you are looking for a sweet, smart, loyal cowgirl in your life, stop by and meet me today!

Stop by to see this sweetie any day of the week at the shelter. We have meet & greet rooms, as well as yards, available for you to spend some quality time getting to know her. We’re located at 32220 Old Hwy 34 in Tangent, OR and open at noon every day of the week!



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There's a trend in the world that weight is the only marker of health or illness. We do have a huge (pun intended) problem with overweight and obesity in this country. Over half of us can be classified as overweight or obese. But skinny people get sick too. Then there is the whole notion of sickness and health. It's a common mistake to think that we need to wait for something to be broken before we start doing something healthy. We want our blood pressure to be through the roof, our muscles and joints to ache or spots on our skin before it makes sense save our own lives.

1. Beautiful Skin - One of the first signs of Vitamin/Mineral deficiency, dehydration or a lack of healthy fats is skin problems. Avoiding foods you are allergic or sensitive to and getting complete nutrition will help you eliminate acne, eczema, hives and other skin problems.

3. Energize! - So many people are tired these days, even the ones who are getting plenty of sleep. Good nutrition is vital for providing us with the energy we need to handle a job, school, family recreation or whatever you need to do. Unfortunately, the foods that make up the bulk of our Standard American Diet (SAD) are mostly foods that will drain us of energy like sugar and refined grains.

ADD/ADHD to suffer from some brain drain. All of us have times when we aren't sharp mentally. Good nutrition improves our ability to focus and concentrate. For example getting all your B vitamins can help keep you mentally sharp.

6. Get rid of gas - If you ever feel gassy or bloated it is because of what you are eating and the health of your GI tract. Avoiding foods that lead to upset stomach will help but it is more important to fix bacterial overgrowth in your intestines. Nutritional approaches are the best treatment for these problems.

8. Cure Type II Diabetes - We can't cure a common cold but for many Type II diabetics this deadly condition can be cured using nutrition and exercise. Pharmaceutical approaches are actually inferior to this type of intervention.

emotions and behavior, they can be stumbling blocks for your progress toward your goal.

Do you criticize yourself for not getting everything done instead of congratulating yourself for what you did accomplish?

These are forms of self-generated stress and are ways your behavior can work against you. So, what do you do about it?

Stop sabotaging: Build your self-esteem until you are comfortable with who you are and not who you think others want you to be.

Boost self-awareness by examining your actions and their consequences. Think about the results before you dive into spontaneous reactions. Set a meaningful goal and ask yourself if your actions are leading to them. Find ways to please yourself, instead of looking to please others. Learn to like yourself. Recognize your strengths and build on them.

Be honest. Stop blaming others for your actions. You are the only one who can control your behaviors.

Be grateful for what is going right. Focus on what will get you closer to your goal. Aim for small improvements and reward yourself for them. Ingrained behavior took years. Don't expect to eliminate them overnight.

By learning to recognize subtle self-sabotaging behaviors you can begin to overcome them. They may be hard to identify because the consequences may not immediately follow the behavior. You may need professional help seeing the unclear connection and that is a form of self-care. Get the help if needed.

Be aware of what you are doing!

Join me: for daily inspiration at: <https://www.facebook.com/groups/likingmyselflovingmylife>

for the protective flu antibodies to develop in the body. So, the sooner your older adult and you get the shot, the sooner you'll both have protection against the flu. But experts agree that getting the shot ***at any time*** is still much better than not getting it at all.

trying circumstances. Stress and anxiety need not stop us from believing that God has not forsaken us and that we are not left alone in the middle of all our troubles. Indeed, overcoming life's challenges is a journey of trust, faith, and perseverance that all of us must take. Like Joseph, we can also dream great dreams and live up to our fullest potential.



Christmas Storybook Land

Drive-Thru Event

December 3rd - 17th, 2021

Monday-Thursday 6:30pm - 8:00pm

Saturday-Sunday 10:30am - 8:00pm

Friday, Dec. 3rd 6:30pm - 8:00pm

Friday, Dec. 10th 2:00pm - 8:00pm

Friday, Dec. 17th 2:00pm - 8:00pm

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Special Tours

Seniors, Veterans, & Special Needs Citizens are honored with a special tour day :

Dec. 6th. Schedule groups at
christmasstorybookland@gmail.com

Children from preschool through 3rd grade are invited to special daytime tours :

Dec. 7th through 10th. Schedule groups at
csbbschooltours@live.com

Star Wars, Dec. 12th, Visit 10:30am - 2:30pm

Christmas is the Season of Giving!



Entry is free, although Christmas Storybook Land gladly accepts non-perishable, commercially packaged foods for the **Fish of Albany** food bank.

Who Are We?

Started in 1976 by three Albany families, the Albrights, Dahlingers, and Houdeks, Christmas Storybook Land is a non-profit organization, not affiliated with any church, civic or social organization.

Our Home



Eternal gratitude goes to the Linn County Fair & Expo Center for generously providing the Cascade Pavilion each year and allowing this Albany holiday tradition to exist.

Join Our Team!

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