

Irish Soup Journal

Notes: Rambling Poetry - Stories - Some Notes - Art - Bull - Steve

7/13/17

Studies have shown that friendships - someone to care about, to care about you can protect older adults from depression, cognitive decline and heart disease. People with interpersonal connections tend to eat + sleep better + exercise more.

Adults are much more self-conscious than children. We're afraid we'll be rejected.

- Milton Coriã stadium in Marafã Brazil was built so the midfield runs exactly down the equator so teams are defending one hemisphere or the other :-)

- There are a lot of things that good friends and family can help with when it comes to keeping healthy, like the sunshine that comes from the heart and shines when you're smiling ☺

There's an old saying, "It's not about adding years to your life but adding life to your years."

There are people who would like us to believe that it's hopeless, that we have no power, that there's no reason to act, that we can't win. Hope is a power we don't ever want to lose again.

I've been watching old reruns on T.V. and shutting out the rest of the world. To hot this past month to paint, write, walk, or interact with anyone? just sweet

El-Wood went home on the 5th of July - he's been my friend for a lot of years - the last of my friends here from the old days, one I felt close enough to talk to. I'll miss you old boy - Good Luck.

Did you know that chocolate is stress relieving? ☺ ☺ ☺