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Welcome to the February Newsletter

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Hello <<First Name>>

We hope this newsletter finds you all well and managing to keep warm and dry. As I write this we are cut off and await the snow plough! Soon it will be Spring....I hope. I came across this quote from Lewis Carroll and thought 'How appropriate'.

'I wonder if the snow loves the trees and fields that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, 'Go to sleep, darlings, till the summer comes again.'

Lewis Carroll



A couple of winter poems:



Winter - Poem by William Shakespeare
Winter Stores - Poem by Charlotte Brontë

[Click here to read them>](#)

[Some notable dates for February/March](#)

February 12 - Clean out your Computer Day

February 22 - [George Washington's Birthday](#)

February 13 - Mardi Gras
 February 14 - Ash Wednesday
 February 14 - St Valentines Day
 February 16 - Chinese New Year
 February 20 - Love your pet day

February 22 - International World
 Thinking Day
 February 27 - No Brainer Day
 March 1 - [St David's Day](#)
 March 8 - [International Women's Day](#)
 March 17 - [St Patrick's Day](#)

Why society needs to change its attitude on ageing

Do you find it easy to stay positive?
 Read our blog and tell us what you think.

Read the vU3A blog >>

It Makes So Much Sense – Do Away With Age Apartheid!

'Elderly day-care in a primary school. Downshall Primary in East London has been trying out the idea with local pensioners with early stage dementia'

Read the vU3A blog>>



Infographic - The Science of Getting Old

Here's an infographic that graphically explains why we age, why our hair turns grey, why our skin wrinkles, why we forget, why we get shorter, and why we can't see as well as we get older.

Get the embedded code [here](#) and use it on your website, it's American but relevant to all no matter where in the world you live!.

I was sent this lovely poem from Norma and it made me wonder just how many of us could relate to it!!

Dear Mam 'an Dad 'an all at 'ome

It's bin a bit, an' time 'as passed
 since I last sat down an' wrote
 so 'ere's me news at long, long last
 you'll be glad to 'ear I 'ope.

Read On>>

Can't Do Without it!

I was going through some of the comments in the Coffee Shop and they started me thinking.....imagine a big bubble over my head!



When my husband and I were married the only 'gadgets' we had were an electric kettle, an electric iron, a mangle that fitted on the edge of the kitchen sink and a Baby Burco cooker. Oh! and an alarm clock.

Read on >>

Featured Health Issues

Preventing Fractures

As we age our bones can become more brittle and susceptible to breaks and fractures. This could be due to Osteoporosis, vitamin D or calcium deficiency to name a few.



Osteoarthritis

Treating the cause as well as the symptoms can go a long way to reducing your pain.

Osteoarthritis, the most common form of arthritis usually develops gradually, over time. Several different joints can be affected, but it is most frequently seen in the hands, knees, hips, feet and spine.

Useful Websites

[The Retirement Advice Centre](#) 'Taking care of tomorrow today.'

[Webopedia](#) Extremely useful site if you are struggling with computer jargon

[Age UK](#) The UK largest charity working with older people

[The Open University](#) Free Courses Open learning courses and Adult Education

[Citizen Advice](#) - For a wealth of very useful information

[The Old Farmers Almanac](#) - If you love Gardening you will love this site.

[Arthritis Research UK](#) - Useful website helpful and informative

[Osteoarthritis](#) - Good informative website

[Glaucoma](#) - The international Glaucoma Association

[Stroke](#) - NHS Choices

[Action on Hearing Loss](#) The statistics

[Tinnitus](#) - NHS Choices

[Bowel Cancer UK](#) or [NHS UK](#) - Bowel Cancer

[NHS UK Dementia Guide](#)


[Resources for Older People](#) - Provide useful leaflets and advice.


[VirusTotal](#) - Free online service that *analyzes suspicious files and URLs* and facilitates the quick detection of viruses, worms, trojans, and all kinds of malware.

[TrueKey](#) - Sign in without passwords.

[Everplan](#) - How to handle the digital life that you'll leave behind, very informative. [Citizens Advice](#) has advice on this subject.

[Playbuzz](#) is great for a bit of fun when its cold and wet outside try this [Spelling Test](#)

And don't forget,  If you find something of interest in this e-newsletter or previous ones, then you will most certainly find something to interest you on our Private Wiki.

If on the other hand you have something to offer then why not [join us](#)  and share it, and if you want to, get it published.
See you on the wiki soon..

Ann

Web Editor



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