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KUBLAI KHAN

SOUTHAVEN, MS



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Location twenty thousand fifty thousand thousand thousand thousand thousand Who are you looking for? ParentSpouseGrandparentFrndparentFriendMyselfAs © urgent for your change? No hurry (more than six months)Alzheimer mer Net © Your comprehensive guide to family care in Southaven, MS. Memo care facilities provide accommodation and care for older adults with Alzheimer's disease and other types of dementia. Membership care allows the elderly who have lost their memberships t o remain as active and committed as possible while living in a dignified, comfortable and supervised environment. Our Senior Living Advisors are local experts in dementia care in Southaven, MS and surrounding areas. After an initial evaluation, your counselor will prepare a list of the member care facilities that are closest to the unique imperatives of care and life preferences of your loved one, as well as the oryment of your family. Costs of membership care in Southaven, MSPrice varies greatly depending on location, necessary care, size of living space of the resident and the level of luxury in the community. The price of memberships in Southaven varies from \$to\$per month, at a common cost © \$of \$. The official website for the city of Southaven © . Southaven © represented by Mayor Trey Ramsey. Southaven, a city in DeSoto County, Mississippi. © a sublet of Memphis, Tennessee and a major city in the Memphis metropolitan area. The census of 2010 reflected a population of 48,982 inhabitants, making Southaven the third largest city in Mississippi. Southaven © crossed from north to south by Highway I-55/I-69. Although its name indicates otherwise, the city of Southaven is actually in the northeast corner of the Mississippi. The name derives from the fact that Southaven is located south of Whitehaven, a neighborhood in Memphis. Do you need Alzheimers Care? Talk to a counselor:Get help Every day. I wake up like everyone else and I see the sun shining and the birds chirping and I have the promise of the whole day put before me for 24 hours. 1,440 minutes Aē Like everyone else. The only thing that makes me wake up a little different than you wake up to. © that I have MS, but MS does not have ME. I believe in the poem. Why are you doing this? By Edgar Albert Guest: Somebody © I said it couldn't be ugly, but he replied with a smile that 152th could be ugly but that 152th; © that he'll try. MS is just on the journey with me to do what © part of my DNA to teach, mentor, and lead. These three things are part of my career a s a retired captain of the Air Force. © US reaction and community volunteer. You can do anything you set your mind to do and like any challenge, you get to decide every day how you will overcome the obstacle. I have to use or lo s e the philosophy o n the cognitive and physical aspects o f my illness. We all have a mental and physical energy bank with which to get it done up to © now and every day we have a new warehouse to spend again. THE LIFE WITH MS © a choice to be healthy and choose how to spend my energy account. I learned to listen to my body and know how to spread my activities to maximize my output for the results I seek to achieve, whether I am celebrating the centenary of my fraternity, Omega Psi Phi Fraternity, Inc., serving as ambassador to Gateway MS, or to give more than 15000 school scholarships to students in St. Louis public schools, I choose how to maximize my energy resources © Ethics. When I wake up and my body or mind acts as if they want to stop me. I remind them that I am directing this destiny and I don't tell the inquisition and wonder why is it? It just means exhausting the constant act of not trying. I refuse to let this be part of my life story. It may mean that I choose to do one or two things instead of the three or four things that I could normally do, but I continue and You can too. MS means there must be a lot of people interested in me, that in most days I can do most things. You have a choice, remember that, you have not chosen MS, but youStart choosing how you will handle MS. Living with a chronic illness © just limiting yourself if you believe "I can't" instead of "I can." You must monitor your energy level, think about your longevity and keep your mind sharp. Read a book, go to museums, challenge yourself with a new task, eat a healthy diet and exercise daily. I choose every day to put a bread © in front of the other and use my 24-hour for the best, instead of allowing MS to stop me. But also © It challenges our cognitive abilities, and I choose every day to keep my mind sharp. I'm still busy going through © volunteering with the OASIS intergenerational tutorial program along with my work with VA, and serving as the Vice President of the Upsilon Omega Foundation and the Omega Center, a community service. As an active member of my fraternity, I was challenged at 2011 to plan a huge centennial conference in St. Louis, some thought it couldn't be done, but "I have done! What can life be like? It seems like a man who was the captain of the a rea for four states and who travelled to make history. It seems a man, for the second time, who wore a tuxedo to participate in the opening balls for the first black president re-elected. Sounds like a man sitting proudly in the blue d section the inaugural ceremony. Sounds like a man you mention through © is of the boys and girls, who at Lexington Elementary School, and who recruits for Team 100. Sounds like a 1,440-minute "I can." Every new day © a new opportunity to be greater than your limitations. Remember I have Sms, ma'am doesn't have me. This article was submitted by Philip White (as Tye Foster Bradshaw said). Captain (RET). Philip White © a native of St. Louis, Missouri. During 26 years, he served proudly with the Air Force. © United States, stationed in several U.S. positions and countries, including Japan, the Philippines and Germany. After his retirement from military service, heFor his teaching rations at Whitman Air Force Base, accepting a position as Director of Air Force JÄ©nior Reserve Officer Training Corps (Ajrptc). After retiring from his position as director, he accepted a volunteer position as a member of team 100, with the intergenerational mentoring of OASIS. Tutoring.