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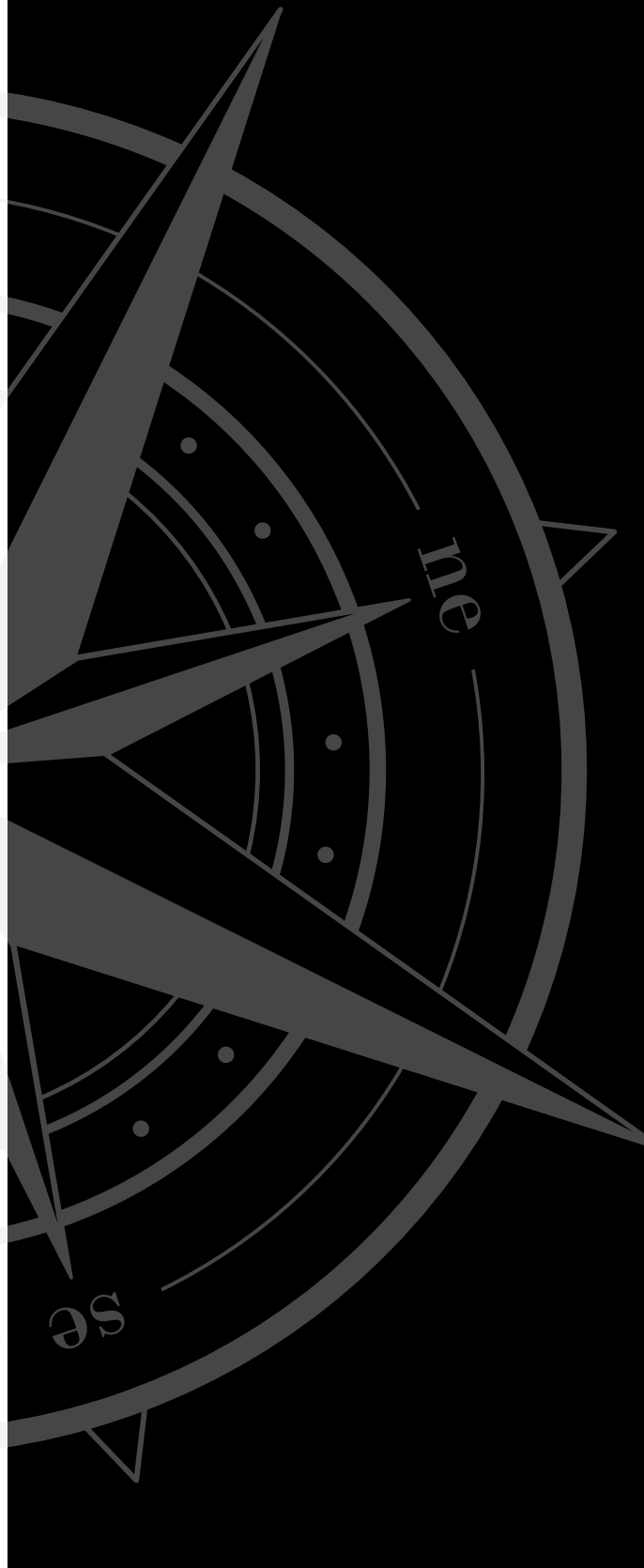
A Northern Ontario Magazine for those of us getting better with age | Winter 2020



SPEAKER
PRINTING, PUBLISHING
AND PROMOTIONS

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SPEAKER
PRINTING, PUBLISHING
AND PROMOTIONS

Nothing is lost

BY DARLENE WROE

There is not much that is better than stepping out under the stars at night. The fresh air, bright skies, and rising symphony of water and insects relaxes a person as little else can.

If Fortune smiles, there will be a shooting star or a hooting owl. And perhaps, just perhaps, the Northern Lights will make their appearance.

The stars have been with each of us from our earliest childhood, and while all landmarks around us may change and fall away, the star patterns remain fixed.

The Big Dipper marks the western sky, Orion's Belt hangs shimmering in the east, Sirius can be discerned in the south, and the North Star takes up a high position of surveillance in the north. Everything is as it should be.

So there is a sense of connecting times and places through a walk into the dark clear nights which we are so fortunate to be able to enjoy here in Northern Ontario.

The sky is always dependable, unchanging, and comforting. In grief, there is a sense of soothing when sitting in a landscape one remembers from childhood. That continuation tells us that while terrible change may have occurred, there is a stability in the world. The sense of great loss is placed in perspective.

Our love is not in the people, places or times that we have known.

Our love is in ourselves, and is us, and all the love that we have given to others, and known by being with others, is never lost.

These places that do not change, such as the great sky scape, or perhaps an ocean scape, remind us that there is constancy in life and the world, and the things that we remember still

exist in us as part of our hearts. By gazing on a place that remains, we can remember all that has been through our lifetime, and know that it is still part of us.

This explains our sentimental attachment to items as well.

In my life, I find it interesting that as time goes on, I am able to let go of more and more. My memories relating to certain items fade, but I am less attached to these things than I am to the great spaces that I can find that were there in my past, and still remain.

When I go to sleep at night, it is a good day if I have been with the people I love. If I have not been with those people, it is still a good day if I have been in a place that I remember, or walked under the great night sky where the stars and planets still hang in their places.

The magic of life is to make the connections with the people you love, and to show them the places you love, so that when they walk there in the years ahead, they will connect their memory of you and that place.

There are certain people who have been in the past, and others who still are in the present, who have a direct connection in my heart with the stars.

The island is like that too. The island is my special place, which remains much unchanged from the past 45 years. The island relates to certain people and holds my love for them. It will continue in the years ahead for others, holding my memory among its trees and rocks, and along the shining shore. When I approach the island, I feel the love rising in me, because it's always there, and never leaves, and I am immediately reminded that nothing is lost, and remains always in my heart.



How to make your retirement savings last

Are you worried about running out of money in your retirement years? Here are some tips to help you manage your savings and enjoy a financially stable future.

1. SET PRIORITIES

Setting specific objectives is the foundation of a solid financial plan. What lifestyle do you want? Do you hope to travel or start a new hobby? It can be tempting to overspend as you explore this new chapter of life, so decide what's most important and create a list of priorities.

2. THINK LONG TERM

Your expenses will change over the next few decades, and it's important to prepare for the unexpected. In addition to emergency savings, your retirement budget should take into account your potential life expectancy and the eventual need to rely on at-home care or move into an assisted living facility.

3. DETERMINE EXPENSES

Gather your bank account and credit card statements from the previous 12 months and last year's tax return. Calculate how much it costs you to live for a year and divide your spending into fixed and flexible expenses. Don't forget to include the estimated costs of your retirement plans.

4. MAKE TRADE-OFFS

Compare your expenses with your retirement revenue. Are your fixed expenses taking up too much of your income? To afford a yearly cruise, for example, do you need to reduce your housing expenses by downsizing? Refer to your list of priorities to help you decide which compromises are worthwhile.

A detailed, realistic budget will help you make the most of your savings and give you the peace of mind you need to enjoy your retirement.

Every Second Counts Plan 2 Ways Out



If you use a woodstove, keep your chimney clean.

Keep matches out of reach of children.

Test your smoke & CO2 alarms.

Practice your Home Escape Plan



The place I once knew

Sue Nielsen

Speaker Reporter

DISTRICT — I often walk the streets of the various communities in the Temiskaming region with an eye and an ear to what's happening at the grass roots level.

I am interested in people, what happens to them and how people are living in the north these days.

The Temiskaming region is a place that has changed over the years since I grew up in Cobalt.

The three towns called the Tri-Towns have disappeared in favour of the amalgamation miracle called Temiskaming Shores.

Mind you, some communities have avoided the big A, amalgamation.

This column is not being written to debate the merits of amalgamation, but to comment on the social structure of this region.

We seemed to have more people, more opportunities for high paying jobs and a better standard of living for all. *(Continued on Page 6)*

Serving our community since 1987

Near North Palliative Care Network

Community Visiting Hospice

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Ontario
North East Local Health Integration Network
Réseau local d'intégration des services de santé du Nord-Est

Support for the Near North Palliative Care Network has been provided by the North East Local Health Integration Network (NE LHIN) and the Government of Ontario.

Le Réseau de soins palliatifs du Moyen-Nord reçoit un soutien du Réseau local d'intégration des services de santé (RLISS) du Nord-Est et du gouvernement de l'Ontario.

Someone recently asked me about food banks in the region, how they get funding and what they do.

Life is hard in the region for a lot of people, the working poor, the jobless, the unemployed and, heaven forbid, the homeless.

I was driving on the back roads near Mowat Landing last fall and came upon a tent which was set up. It was obviously where someone had been living.

We know there is a homeless problem in larger cities, but it seems there is also a food insecurity and homeless problem right here in our region.

Drugs and alcohol consumption seem to be at an all-time high and domestic violence rates remain the most prevalent crime reported to victim services.

Why aren't we taking to the streets about all this social angst? We say we are upset about the people visiting food banks each week but we aren't speaking up about it.

The Temiskaming Speaker organizes two food drives per year, which helps those less fortunate.

It's all fine and dandy if you don't think too hard about any of it--the fact that our neighbors, maybe even our relatives and friends, don't have enough to eat.

That children are going without food is a crime, if you ask me.

Maybe we turn a blind eye to it all and maybe that blind eye is getting worn out.

There's a Temiskaming that gets up to go visit a food bank and there's a Temiskaming

that gets up to visit the gym or heads off to work.

It's not the Temiskaming I remember growing up. However we do live in one of the most giving places in Ontario where big money is raised for not-for-profit groups.

Unfortunately, we don't get to choose the Temiskaming we want to belong to. It is all Temiskaming and turning our gaze away may be a coping mechanism but it is not a solution and it doesn't help anyone, anywhere.

We leave the big tasks of improving the quality of life up to the bureaucrats at Queen's Park and the people we elect every four years to man our council tables.

That's a big set of expectations we pile on our municipal leaders who are busy just trying to keep the lights on and taxes under control.

As the silver tsunami hits the region, and food prices soar and the cost of living rises, will we see more people at food banks?



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Personalized trips: creating unique travel experiences



Are you the kind of traveller that likes to venture off the beaten path? Do you long to create memorable trips without the hassle of planning them? Enter the travel agent of the modern age: your partner in creating the customized experience you long for.

A TAILOR-MADE EXPERIENCE

Whether you wish to wine and dine in Italian vineyards or hike through the Australian Outback, your travel planner can do the legwork involved in building an itinerary, one that's truly tailored to your preferences, needs and desires.

Typically, these experts work with local guides and organizations to ensure you get a unique experience. How

much they map out of your trip depends on you, but planning is typically comprehensive and based on the activities you want to take part in and how long you want to spend at each location.

A CONVENIENT SERVICE

Beyond helping you create the perfect itinerary, your travel planner will take care of everything from plane tickets to hotel rooms, guides, activities, restaurant recommendations, car reservations and even private drivers. By working with an experienced agent, all you'll need to do is pack and enjoy the adventure.

Somewhere down the road...



We all face it, but most of us avoid thinking about it: our final preparations. If you plan now, you can save money, reduce your taxes and protect your estate. Most importantly you can ease the stress and confusion on your family during a difficult time.

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How to take care of your **hearing aids**

Hearing aids are designed to last an average of five years, but how you care for them greatly affects their durability. Here are some habits to ensure your hearing aids perform optimally for as long as possible.

HANDLE WITH CARE

Take the time to put your hearing aids on properly to prevent them from falling off and breaking. When you remove your hearing aids, do so over a soft surface in case you drop them. Keep hearing aids out of the reach of small children and pets.



CLEAN REGULARLY

Hearing aids should be cleaned on a daily basis. Gently remove earwax from them using a dry cotton swab or a soft-bristled brush. Then, use a dry cloth to remove dirt and dust from all surfaces of the device.

STORE PROPERLY

Always store your hearing aids in the same safe, dry spot to

avoid damaging or losing them. Remove the batteries before placing your hearing aids in a drying container or specialized dehumidifier overnight.

AVOID MOISTURE

Remove your hearing aids before showering, bathing and swimming. If they get wet, turn them off and remove the batteries. Use a cloth to wipe off as much water as possible. Let your hearing aids dry completely before using them again.

PROTECT FROM CONTAMINANTS

Remove your hearing aids before applying hair product, makeup, perfume, insect repellent or sunscreen. If you go to the beach, keep your hearing aids away from the sand and saltwater. Additionally, don't leave your hearing aids in direct sunlight or extreme cold.

If your hearing aids are uncomfortable, damaged or not working, contact your audiologist as soon as possible. Never attempt to repair them yourself.

Does Hearing Loss affect you?

If it does, visit our website
www.rayshearing.com
to find out more about the signs of hearing loss and its consequences to you and your family.

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The benefits of *gardening*

Aging shouldn't stop you from cultivating your interests. Whether you're a long-time gardener or eager to pick up the hobby, here are some of the advantages to gardening as you get older.

HEALTH BENEFITS

Gardening is a form of aerobic exercise that strengthens major muscle groups and improves mobility. It also encourages you to spend more time outdoors where you can benefit from the sunshine and fresh air. Tending to a garden reduces stress, promotes relaxation and instills a sense of accomplishment. A vegetable or herb garden also gives you access to fresh, nutritious food.

SOCIAL OPPORTUNITIES

Gardening can be a collective pastime that allows you to meet new people or spend time with old friends. Studies show that strong social ties increase longevity,

lessen cognitive decline and prevent depression among older adults. If you live in a retirement home, inquire about joining or starting a gardening club to connect with residents who share your interests. You can even make gardening a family activity and an opportunity to teach your grandchildren new skills.

DOWNSIZING POTENTIAL

A balcony garden or an assortment of houseplants will allow you to continue gardening once you've moved from a house to an apartment or retirement home. Many plants can thrive in pots and window boxes. If you're used to growing a vegetable garden, microgreens can be grown in even a small living space. Also, plants make great roommates — they boost your mood, beautify your home and require little upkeep.

Gardening is an activity that can be done at any age. Find what works for you and don't be afraid to get your hands dirty.





SOCIAL CONNECTIONS ARE KEY TO HEALTHY AGING



Studies show that people who have close connections and relationships live longer, cope better with health conditions and experience less depression.

Tips to prevent loneliness and stay connected:

Join Community Activities. Think about activities you enjoy and look for ways to get involved. Consider a local seniors club, a place of worship or congregate dining opportunities such as Diners Club.



Volunteer. Not only will volunteering help your community, it is a great opportunity to meet new people and renew a sense of purpose.

Use Technology. Technology such as computers, smart phones or tablets allow you to communicate and stay in touch with your loved ones who live away. Share pictures through email or social media. Have a video conversation with a friend or family member. Join online support groups or clubs. Contact your local library for tech tips.



Take a Class. Learn to paint. Learn to cook. Take an educational or creative writing class. Keep an active mind, and who knows – you may find a new friend in class!

Be Active. Not only does physical activity prevent falls, it is an amazing way to meet people. Call a friend and go for a walk or try an exercise class. For information on programs available call the Timiskaming Health Unit.



Join Senior Centre Without Walls (SCWW). A **FREE** program that can be accessed with simply a phone. A fun way to learn interesting information and participate in brain stimulating activities. A local community centre from the comfort of your home where you can make social connections and create new friendships. For more information or to register, call 1-800-361-5820 or email scww@homesupportservices.ca

Cast a wide net and see what sticks. See **local ideas** on the next page!



Ideas of where to start!

Consider joining one of the local **Senior Clubs in Timiskaming**. Community centres for older adults that offers recreational and educational opportunities including card games, potlucks, shuffleboard, dancing and more. Contact a club near you and get involved!



Golden Age Club

Molly Ward @ goldenageclub6795525@gmail.com 705-679-5525

Elk Lake New Prospects Club

Mickey Major @ Mickeymajor1@gmail.com 705-678-2429

Englehart Northland Pioneer Club

Doug & Norma Edwards @ dougnorm@ntl.sympatico.ca 705-544-2906

Hilliardton Blanche River Golden Age Club

Anne Bailey @ ragarden@gmail.com 705-647-1769

Hudson Young at Heart

John Bloetjes @ bloemac@hotmail.com 705-647-1977

Kenabeek Pioneers

John & Jean Byerley @ jbyerlay@hotmail.com 705-563-2487

Larder Lake Senior Canadian Club

Keith Carey @ kcarey.ottotownship@gmail.com 705-642-3180

Matachewan Pioneer Club

Yvette Schaffner @ Sandycouture411@gmail.com 705-565-2366

Temagami Seniors Friendly Group

Peter Deman @ pdeman@ontera.net 705-569-2808

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- Exercise Programming
- Seniors Luncheons
- Knitting Groups
- And much more!

Ask your CSCT healthcare provider about a social prescription for your health!

Timiskaming Home Support Diners Club

Hot meals and social activities provided at a central location. All seniors are welcome to come out and join us for a tasty meal and some camaraderie. Bring a friend or a neighbour and enjoy the evening.



Cobalt: 1st Wednesday of every month – Golden Age Club @ 5 p.m.

Haileybury: 2nd Thursday of every month – Pentecostal Church @ 12 noon

New Liskeard: Last Tuesday of every month – Dymond Hall @ 5 p.m.

Kirkland Lake: Last Tuesday of every month – Crabby Patty's Family Diner @ 5 p.m.

Temagami: Monday—Friday—Ronocco House @ 12 noon

For more information 1-800-361-5820

Public Libraries

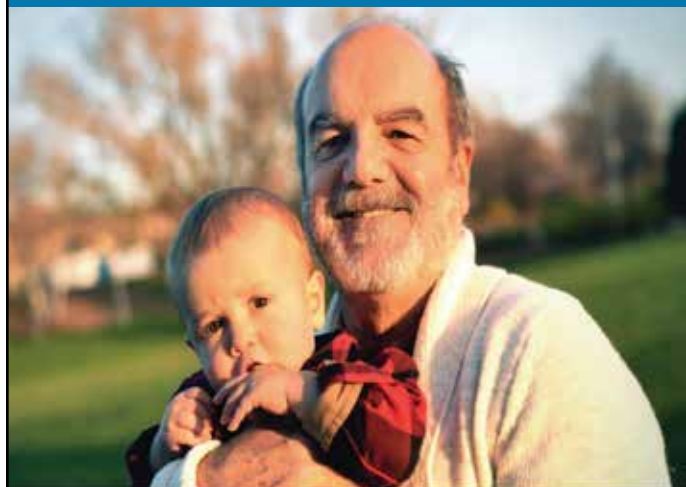
Libraries are a great resource for things happening in your community. All libraries that provide public Internet access also provide instruction on how to use the Internet.

Contact your **municipality** to discover other opportunities for **social participation and volunteering!**

City of Temiskaming Shores and Town of Kirkland Lake have **Age Friendly Community Service Guides** with lots of idea and contacts:

www.timiskaminghu.com/389/Age-Friendly-Communities

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or visit www.timiskaminghu.com/stayonyourfeet



4 *considerations* *when* choosing a smartphone

Smartphones can make many things easier, but choosing the right device might not be so simple. Here are a few things to evaluate when making a decision.

1. OPERATING SYSTEM

A smartphone's operating system determines its basic functions, design elements and features. The most common types are iOS and Android. Your best bet is to stick with what you know. If you have other Apple devices, choose an iOS phone. If you're familiar with using a Windows PC, you'll likely be more comfortable with an Android phone.

2. SCREEN SIZE

For the most part, a larger screen will make it easier to use your smartphone and give you more space to enlarge text and buttons. Keep in mind, however, that a bigger phone will also be more cumbersome. Test out different sizes at your local electronics store to find the right fit.

3. STORAGE CAPACITY

Do you plan on using your smartphone to listen to music, download movies or take a lot of pictures? Make sure the phone you choose has sufficient storage capacity or the option to add a memory card and increase the available space.

4. CELL PHONE PLAN

It's important to choose a plan that suits your budget and your needs. How much time will you spend talking on the phone every month? Do you intend to send a lot of text messages? Will you frequently need access to the internet when you're outside of a Wi-Fi hotspot?

There are many smartphone brands and models available. With a little patience and research, you'll undoubtedly find one that works for you.



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4 WAYS TO BE *more active*

According to Health Canada, adults over the age of 65 should engage in at least two and a half hours of moderate-intensity aerobic activity every week. Here's how to begin.

1. CHOOSE FUN ACTIVITIES

If you opt for activities that you enjoy doing, you'll be more motivated to stay active. Exercising is also a great way to enhance your social life. Invite your family for a bike ride or sign up for a dance class with friends.

2. START OFF SLOWLY

Ease into a more active lifestyle to avoid getting discouraged and injured. Start by integrating a few 10-minute activity sessions into your week. Gradually increase the frequency and duration of your workouts until you attain the weekly goal of 150 minutes.

3. LISTEN TO YOUR BODY

It's important to respect your body's limits, particularly as you get older. This means taking a break or a day off when you need to. If you have a chronic condition, you should take into consideration how it affects your ability to safely engage in physical activity.

4. KEEP MOVING

An active lifestyle is about more than just exercise. Walk whenever you can, both as a leisure activity and a mode of transportation. Plus, many household chores allow you to

strengthen your heart and muscles, including mowing the lawn, carrying groceries and vacuuming.

If you have a suspected or diagnosed medical condition, talk to a health care professional before you start a new physical activity or workout regimen.

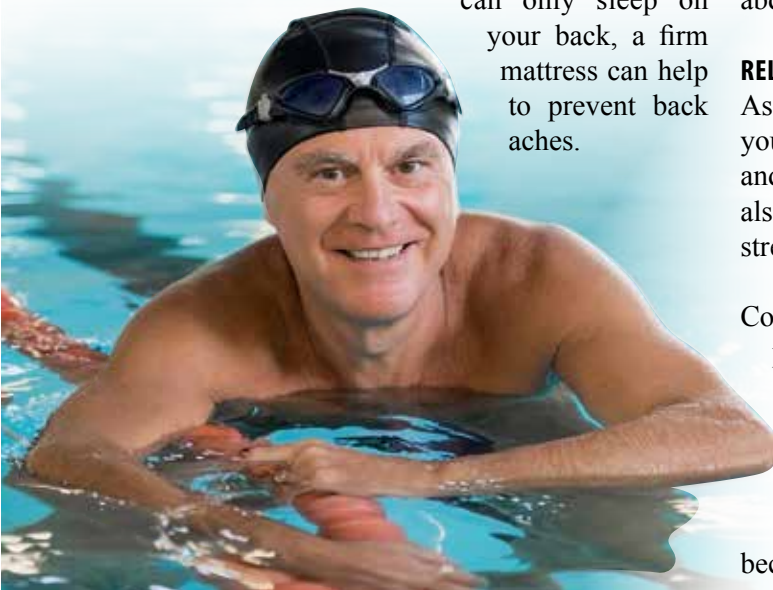


How to prevent and relieve lower back pain

Lower back pain is a common side effect of aging. Here's how to go about preventing and relieving it.

PREVENTION

Good posture is essential for preventing lumbar aches, as is the position you sleep in. Try to sleep on your side with your knees bent. If you can only sleep on your back, a firm mattress can help to prevent back aches.



In addition, maintaining a healthy weight can help reduce the amount of strain put on your spine. Try to exercise regularly, ideally by performing activities that are of moderate intensity.

You should also try to avoid lifting heavy objects. If you need to pick one up, keep your back straight, use your abdominal muscles and bend your knees.

RELIEF

As much as possible, try to integrate physical activity into your daily routine that won't impact your back. Swimming and walking are two good examples. Yoga and tai chi are also great low-impact activities that allow you to gently stretch and strengthen your muscles.

Consulting a physiotherapist is another good idea, as these professionals can teach you various stretches and exercises that will provide relief. Massage therapy and ibuprofen can also help you manage your pain.

If these methods fail and the pain persists, be sure to consult a healthcare professional, ideally before it becomes unbearable or spreads to other areas of your body.



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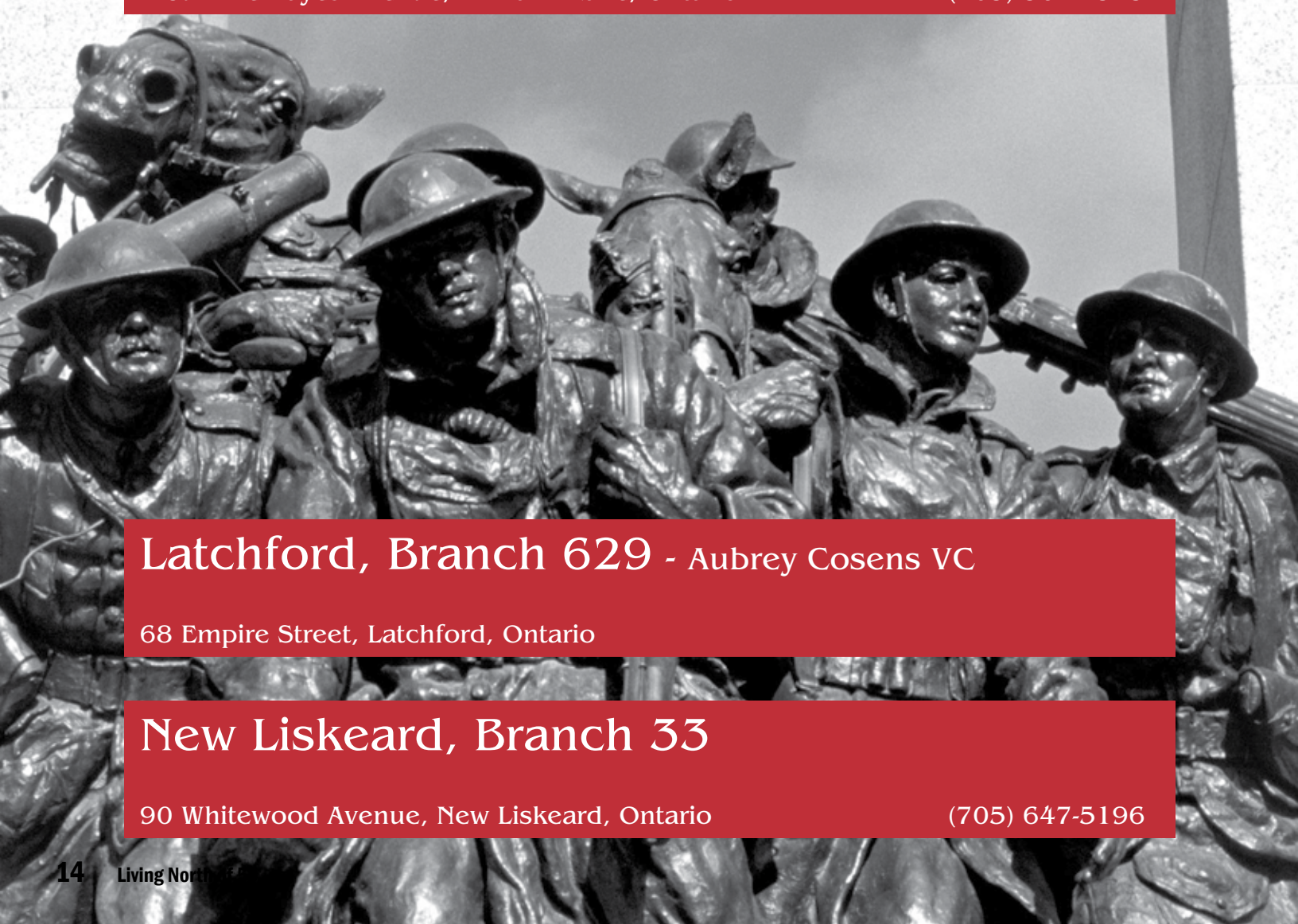
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GONE FISHING

Things to tackle before your next fishing trip

Don't let a brittle line or dull hook stand between you and your next catch. Routine maintenance of your fishing equipment might seem tedious, but it can make a big difference when you're out on the water. Here are a few tasks to complete before your next fishing trip.

CLEAN YOUR ROD AND REEL

Wash your fishing rod in warm, soapy water and dry it with a soft cloth. Rinse the outside of the reel, but be careful not to get water in the interior mechanisms. Use a cotton swab to clean the reel gears before lightly oiling them. Replace the line if necessary. Inspect your rod, reel and line guides for anything that's loose or damaged.

ORGANIZE YOUR TACKLE BOX

Start by emptying out your tackle box



and wiping it down with a damp cloth. Sharpen hooks, inspect bait and discard rusty or damaged components. Take note of any items you need to replace. Once everything is clean, reorganize the supplies in your tackle box for easy access when you're on the water.

INVENTORY YOUR SUPPLIES

You need more than a rod and reel for a successful fishing trip. Check your landing net for tears and a weak rim. Are your waders still waterproof? Make sure you have a hat, sunglasses and sunscreen to protect you from the elements. Don't forget a lifejacket and insect repellent. Put together a shopping list of missing, worn out or expired items.

Once your gear is ready to go, take some time to review the regional regulations and make sure your fishing licence is still valid. Following these steps will help ensure your next trip is a good one.



Get up to speed on fishing regulations

Fishing regulations play an important role in aquatic conservation, biodiversity and habitat preservation. Before you head out on the water, consult your regional fishing regulations for any updates and to ensure that you're fishing legally and sustainably.

GET YOUR LICENCE

A fishing licence is almost always mandatory if you're between the ages of 18 and 64. Requirements for younger and older anglers vary by province and territory. If your area offers a variety of licences, they may be subject to different fishing quotas.

THE RIGHT EQUIPMENT

Before you head out on the water, ensure your fishing tackle complies with regional regulations. Depending on where you intend to fish, there may be restrictions on the use of live bait and barbed hooks. There may also be a limit on the number of hooks and lines permitted.

WHEN AND WHERE

Fishing may be restricted to certain periods of the year in your province or territory. There might also be different regulations in place for specific bodies of water or regions based on local populations and conservation efforts.

KNOW YOUR LIMITS

Not all fish are created equal, and they may be subject to different size restrictions and bag limits. Some species may be off limits altogether. To ensure compliance with local regulations, you need to be able to identify the species you catch.

Specific fishing regulations vary by location. Provincial and territorial governments manage freshwater species in their region, with the exception of salmon in British Columbia. The federal government is responsible for most marine species. Be sure to consult the appropriate department of fisheries website for more details.





Study finds hot flashes could herald **heart problems**

Hot flashes are a well-known symptom of menopause. While they're not dangerous in themselves, they may be more than an annoyance. Indeed, a recent study found that they may indicate a higher risk than average of cardiovascular issues.

WHAT THE STUDY FOUND

The 20-year study followed over 3,000 women. It found that those who experienced hot flashes earlier in menopause were twice as likely to develop cardiovascular disease, and those that experienced persistent hot flashes throughout menopause had an even higher risk.

WHAT THIS MEANS

Cardiovascular issues are a serious concern in women's health, especially considering the lack of research on the way they may manifest early on. The discovery of a link between hot flashes and an increased risk could be the first step in developing new preventive strategies.

WHAT YOU CAN DO

If you remember experiencing early and intense hot flashes or are currently dealing with them, don't be alarmed. While they could signal a significant increase in susceptibility to cardiovascular disease, the author of the study suggests interpreting the correlation between hot flashes and heart issues as a call to action for women to take steps to reduce their risk level.

If you're worried, speak with your doctor. They'll be able to make recommendations to help you maintain a healthy lifestyle and thus lower your chances of developing heart issues as you age.

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Tuff's Talk

by Tuffy McNamara



Last summer my youngest daughter Shelley and her husband Mark invited me and my daughter Susan, who lives in Edmonton and was visiting for a few weeks, to go to the cottage they rented for their holiday - it was in the Muskoka area, so we agreed to go; we had such a lovely time with them. To get to the island, after the drive to the lake, we were loaded onto a huge raft with our suitcases, etc., and took about fifteen minutes to arrive to the island where there were only a few cottages but on both sides of that island were cottages all along both sides of land opposite us. It was so lovely and peaceful there. Besides Susan and I were, Shelley, Mark, their daughters Jacklynn and Hollie plus their sons Brock and Benjamin and Jacklynn's friend Matt!

We spent our two weeks there, beautiful weather, swimming daily, (the rest of them, I had a health issue the week previous and spent eight hours at the hospital, so I decided to take it easy!) I loved every minute with my family, sat on the dock watching Brock dive from a huge rock and his mom (Hollie) diving from the same rock or from the deck, Benjamin was too nervous to dive but he jumped from one spot constantly, from the side of the dock nearer to the shore, but he is only 5 while Brock is 8 now.

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They both sure enjoyed their holiday, especially when the other habitant on the isand decided to fly by in his airplane - that sure was an attention getter! First of all he had to drive past, on the water before taking off, it sure was nice to watch, and kept the boys extremely excited. I came home black as can be from sitting on the dock watching all of the diving, swimming, whatever was going on.

In the evening Mark made a bonfire, we toasted marshmallows, or just sat around enjoying the peace and quiet - when it got later, we'd head up the stairs, into the cottage and play cards - now, Brock joins us playing cards and he is quite good at it - he is an intelligent eight year old, both boys are well-mannered boys thanks to their upbringing. I can hardly wait until next summer when Susan returns for her holiday and we all head to the south for our summer break. I'm sure she'll be pleased to return to the Muskoka cottage area, it's beautiful there.

5 factors to consider when choosing a retirement home

If you intend to move into a senior's residence, choosing your new home should involve careful reflection and a lot of research. In order to make the right choice, here are some important factors to consider.

1. LOCATION

For many people, living close to their family is a top priority. Plus, if you opt for a retirement home in a familiar neighbourhood, it can help make the transition easier. You might also want to choose a residence with nearby amenities and a safe, accessible outdoor area.

2. CARE

Consider both your current and long-term needs. Even if you're largely independent now, you may eventually require assistance with personal care, laundry and housekeeping. Many facilities also have special care units to accommodate you if there are changes to your health.

3. ACTIVITIES

An extensive calendar of events and activities is a sign that the administration values your health and well-being. Access to a variety of physical, spiritual and social activities will keep you busy and help you flourish in your new home.

4. DINING EXPERIENCE

Access to delicious, nutritious food can significantly improve your quality of life. Find out if the menu offers a variety of fresh options and can accommodate dietary restrictions. Additionally, the dining room should be a welcoming social environment.

5. STAFF

The staff will be your main caregivers, so their attitude, qualifications and professionalism are key. Visit the facility and observe how they interact with residents. Are they warm and respectful or do they seem impatient and overworked?

Where you live is no small matter, so take your time in making a decision. Explore your options and don't be afraid to ask questions.



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