

Free

Living

# North of 50



A Northern Ontario Magazine for those  
of us getting better with age | Spring 2017

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well  
for  
life!

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**ADVENTURE**  
BEGIN!

*Adequate resources?*

**5** shingles facts  
you need to know

One  
*embrace*

**Tuff's Talk**  
by Tuffy MacNamara

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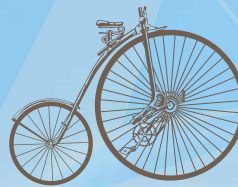
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# One embrace

by Darlene Wroe

There are many loving people in my life.

I have witnessed them through these past several decades.

The love they have shown to others has always been amazing.

I call these people the angels walking among us.

The numbers I know are a very small portion of those that walk among the many billions of people who live on this planet.

The animals too are also capable of love. The faithfulness of a dog, the comfort of a cat, the willingness of a horse, are only some examples of the love that also is willingly given here in this world.

Throughout our lives we experience love in many ways, and there is nothing else equal to it. Love, however it shows itself, adds to our days, strengthens us and provides us with guidance to go forward and share it more with others.

Love feeds people, and animals, more than anything else.

The challenge of life is that we lose those whose love we have felt.

It also is compounded by the fact that we experience love in many ways from many corners, and so one life can be struck time and again by loss. What is even more challenging is that these losses seem to increase in number and weight as we grow older. We

have come to know so many that our knowledge of the passing of people we love, or dear pets, seems to come more and more frequently.

The loss of siblings begins to rise in number.

Our siblings are an important part of our lives. We grew up beside them. With them we learned to protect, to respect, to share, to trust, to play, to work, and to celebrate the great things that are in life. Their loss is among the hardest to bear. But as we grow older, that loss comes more frequently.

But the other side of life is that we also see birth. From the births of our brothers and sisters, to the births of our children, and then grandchildren, and even great-grandchildren, as well as the children of our family and friends, we hold in our minds many family trees. We look into the faces of children, and see their parents when they were small. The strong bright energy of a child reminds us of the great energy of their parents a few short decades ago.

As we age, we hold both life and death in our minds, and somehow, we come to understand that life is bigger than any one of us. The generations are mirrors of one another. Somehow we continue through our children, and our legacies, strengths, and hopes pass to them.

Ageing draws us closer to something that isn't easy to understand, but holds us together in one great embrace.



# Adequate? *resources*



Sue Nielsen  
Speaker Reporter

DISTRICT — There likely isn't a community in south Temiskaming, or for that matter across Northern Ontario, that has a majority population demographic under the age of 50.

The dominant population in the Temiskaming region remains age specific to North of 50, hence the name of this publication.

The Temiskaming Speaker recognizes the need to reach out to our seniors and provide stories and news that is relevant and insightful.

Northern Ontario's population is going to continue to be driven by aging baby boomers, declining birth rates and youth and adult outmigration.

So how do the services and resources that provide health care, recreation, affordable housing and

quality of life for seniors stack up? Recently, a Sudbury physician, Dr. Peter Zalan, stated he has concerns about health and home care services for seniors in the north.

He said end of life care consumes as much as 25 per cent of health care costs, leaving less money for general health care services, affordable housing, etc.

It is true that seniors are living longer and are healthier these days.

Seniors were once young and contributed their hard earned tax dollars willingly to their communities.

But now that these same taxpayers are aging, where are the services - the health professionals and the home care facilities?

Seniors have paid for most of the public infrastructure that is enjoyed by children, adults and seniors in our communities such as arenas, libraries and hospitals. More and more older adults are

**The dominant population in the Temiskaming region remains age specific to North of 50, hence the name of this publication.**

requiring in-home health care assistance and there are long waiting lists or small amounts of time that can be accessed for those services.

Seniors living in the Temiskaming Shores region, who may want to leave their homes because they find it difficult to manage them, do not have an affordable alternative.

The waiting list to get into the New Liskeard Market Street apartments was pegged at a two-year wait.

Meanwhile, the housing that is available is often too expensive for seniors on fixed incomes.

And add to that frustration, the lengthy wait times for assisted living facilities in the region.

Equally, the level of care in nursing homes is being affected by budget cutbacks as nursing and personal support worker cutbacks directly affect seniors' lives.

It might be important to note, the backbone of volunteerism in our communities comes off the backs of seniors, while younger generations fail to step forward to take up the community involvement mantle.

Volunteers who keep service clubs, churches, food banks and various organizations moving day-to-day are to be valued for their contributions.

But that squeaky volunteer machine has got to receive the grease.

Perhaps it is long overdue that municipalities and higher levels of government create a strategy to deal effectively with the services and needs of seniors?

It has been said if we don't plan for the future, then we are going to have a real crisis on our hands in terms of the aging population and health care.

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# 5 shingles facts you need to know

Maintain your good health as you get older by becoming informed about one of the most common illnesses affecting adults and seniors.

1. It's more common than you think. Shingles, a painful, preventable disease, will afflict about one in three adults over the age of 50 over their lifetimes. If you've had chickenpox, you can get shingles. The virus stays in your body to resurface years, even decades later with new, painful symptoms. Baby boomers are especially at risk thanks to high rates of prior chickenpox infections.

An episode of shingles happens when the sleeping chickenpox virus floating in your body reactivates and enters one of the nerves supplying your skin. It often strikes on the belly but can affect the face or even around the eye. It inflames a single nerve in the area, spreading a searing band of pain down the nerve's length.

The pain can come with itching and irritation, and usually scabbing blisters that cause more pain when they rub against your clothing.

3. It's more likely to affect you as you age. Anything that weakens your immune system can trigger shingles — most often another infection or stress, but especially aging. It's possible to get shingles at any point after contracting chickenpox, but adults over 50 form the highest risk group for the disease. A bout of shingles becomes more and more likely with every passing year since your chickenpox infection.

4. It can come back. Most viruses hit once and never return. The chickenpox virus

2. It hits you where it hurts.

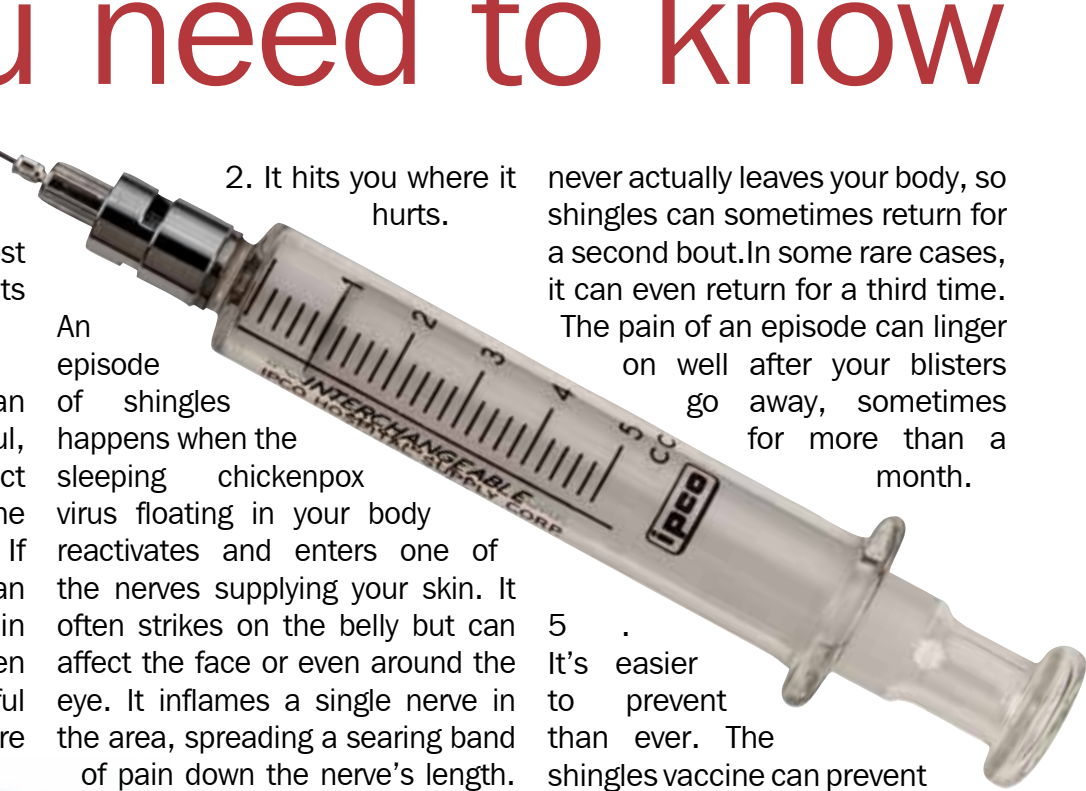
never actually leaves your body, so shingles can sometimes return for a second bout. In some rare cases, it can even return for a third time.

The pain of an episode can linger on well after your blisters go away, sometimes for more than a month.

5. It's easier to prevent than ever. The shingles vaccine can prevent your risk of a shingles outbreak, as well as repeat episodes. Ontario pharmacists can now administer vaccines for several diseases, including shingles. Once you get a prescription for a shingles vaccination from your doctor, you can get it filled and administered by a pharmacist in a single visit to a participating pharmacy. Shingles is as unpleasant as it is preventable. Protect yourself — it's now as easy as popping into your local pharmacy.

**Baby boomers are especially at risk thanks to high rates of prior chickenpox infections.**

[www.newscanada.com](http://www.newscanada.com)





# There's still time for your childhood dreams

You're never too old to dream. In fact it's just the opposite. Retirement is the perfect opportunity to achieve your wildest dreams, your youthful dreams, or to pursue new ones that are more in line with your latest interests. The constraints of your physical abilities are the only limitation. Whatever your dreams, it's time to believe in yourself and give yourself the means to achieve them.

You could embark on a major project that is close to your heart, such as going back to school or training for a new job; you could start a small business, go abroad for a year, make the pilgrimage to Santiago de Compostela, or write a novel.

*So, what are you waiting for?*

Living out your dreams also means doing some simple things that you just never had time to do before: learn to play an instrument, see all your favourite movies, read the great literary classics, or learn to make wedding cakes. It also means spoiling yourself by doing a few of the once-in-a-lifetime-things that you always promised yourself, such as going on an Alaskan cruise, a ride in a hot air balloon, or a trip to Las Vegas to see a show.

Dreams can be satisfying without having to be grandiose or out of your comfort zone. Whether you crave adventure or relaxation, the important thing is not to have regrets, to not say later that you should have done this or that when the opportunity presented itself. So, what are you waiting for?

*Make the most of your retirement to live out some of your youthful dreams.*



## Are you 65 to 70?



The risk of shingles increases as you get older. In fact, about one in three Canadians will develop shingles in their lifetime and two out of three cases occur in individuals over 50 years of age. The severity of shingles and its complications increase with age.

Seniors who are 65 to 70 years of age are eligible to receive the publicly funded shingles vaccine - it's free for you! For more information, contact your health care provider or the Timiskaming Health Unit.  
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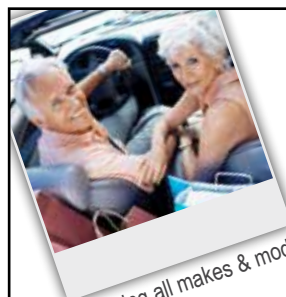


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# Tuff's Talk

by Tuffy MacNamara



## Bobby Hull

In August of 1992 I had a phone call from my daughter, Shelley Miller, who lives with her husband Mark and family in North Bay.

"Mom, guess who is coming to Northgate Square this weekend? – Bobby Hull!"

Bobby Hull has been my hero since I was in my 30s!

Bobby interrupted his press conference when I mentioned to a gentleman at the door

“Would you please tell Bobby Hull that Tuffy is here to see him.”

So I took the day off work at the New Liskeard Golf Club and went by train of course, as in those days we had decent transportation to and from.

I've always been a big fan of Bobby Hull. I even decided to name my ninth child Robert (Bobby) after Bobby Hull, who wore number nine on his hockey sweater. That, of course, changed when my oldest sister Ilene, who kindly came from Winnipeg to house and babysit my family while I was birthing my number nine child who we named Peter, the name my sister Ilene chose!

It is quite ironic that years later at another visit with family members, I mentioned to Bobby Hull that I had decided to name Peter "Robert Edward" before my sister's idea of Peter Edward.



*This photo was taken at Sam's Place, from left to right, of Elroy (Sam) Yandt, Arden McNamara and Bobby Hull.*

# *Bobby Hull has been my hero since I was in my 30s!*

Bobby Hull asked "Where did you get that name?" I said "That was my father's name!" I told him the story of my sister choosing Peter's name.

I had a chance to meet Bobby Hull previous to the North Bay visit when he was in Timmins at a wrist wrestling championship but I had a flu

bug at the time, so I watched him on TV from home.

Two of my sisters and I visited Bobby Hull in Dresden where my younger sister Daisy and her husband lived at the time.

Bobby interrupted his press conference when I mentioned to a gentleman at the door "Would you please tell Bobby Hull that 'Tuffy' is here to see him?"


He walked out of the room to speak to the three of us, had his photo taken with the three "Clarkson girls" plus some

conversation, then back to the press conference. We all loved it! But that's the type of person Bobby Hull is!

Bobby Hull is still my hero! My one dining room wall is loaded with Bobby Hull photos.

The refrigerator used to hold his photos, which changed from Bobby Hull to grandchildren, great-grandchildren and now two precious great-great grandchildren. Time moves on and I feel blessed with my experiences.

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Ireland. Visit the Dublin Zoo, feed the ducks on St. Stephen's Green, or have a picnic in Phoenix Park.

Hungary. Relax at one of Budapest's 118 natural thermal baths and be filled with awe at the splendour of St. Stephen's Basilica.

Czech Republic. See Prague Castle and the Old Town Square or enjoy a delicious supper in a traditional Czech tavern.

### Asia

Indonesia. Attend cultural ceremonies on the beaches of Bali, and discover the art galleries of Ubud or the monkeys of the Ubud Monkey Forest nature reserve.

Nepal. Admire the ancient temples and villages of Kathmandu, hike in the mountains, or visit the shops of local artisans.

Thailand. Visit the gilded palaces of Bangkok and the ruins of the Chiang Mai fortifications, or climb the 300 steps of the Wat Phra That Doi Suthep temple.

### Africa

Morocco. Visit the oldest university in the world in Fez, as well as the Marrakesh markets or Merzouga desert.

South Africa. Enjoy the Franschhoek vineyards, the beaches of Durban and the Paarl golf club, or whale-watch in Hermanus.

Kenya. Treat yourself to a visit to the Nairobi National Park and the white sand beaches of Diani Beach, or snorkel and sail in Watamu.

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# GOLF QUIZ

How well do you know your sport?

True or false?

1. Golf was featured three times at the Summer Olympics prior to the 2016 Games in Rio.
2. The inventor of the Stimpmeter was named Edward Stimp.
3. A standard golf hole has a diameter of 100 millimetres.
4. South Korean golfer Inbee Park took home the gold at the 2016 Rio Olympics.

Multiple choice

5. How many wins did the late Sam Snead register on the PGA Tour?  
A. 82  
B. 83  
C. 84
6. Which of the following players has won the most Masters Tournaments?  
A. Jack Nicklaus  
B. Tiger Woods  
C. Arnold Palmer
7. In what year was the first PGA Championship held?  
A. 1914  
B. 1915  
C. 1916

Are you a die-hard golfer (or an enthusiastic fan of the pros)? Think you have nothing left to learn about your game of choice?

Test your golf smarts with these tricky trivia questions.

Who am I?

8. I'm the tennis player and golfer who won the very first men's golf tournament at the 1900 Paris Olympics.
9. Along with Robert T. Jones Jr., Ben Hogan and Jack Nicklaus, I'm one of only four players to have won the U.S. Open four times—and the only to have won three years in a row.
10. In 1868, when I was 17 years old, I became the youngest player in history to win the British Open. I beat my own father, who was the tournament's reigning champion—and its oldest winner!



## Answers

1. False. Twice, in 1900 and 1904.
2. False. It was Edward Stimpson.
3. False. 108 millimetres.
4. True.
5. A.
6. A, 6 times (4 times for Woods and Palmer).
7. C.
8. Charles Edward Sands.
9. Willie Anderson (1901, 1903, 1904 and 1905).
10. Tom Morris Jr.

# Are you looking for an activity to keep fit or to challenge yourself?

To have some fun or relax? To enjoy the good weather? To spend time with your loved ones? If you answered “yes” to any of these questions, the solution is simple: hop on your bike or put on your skates.

Biking and inline skating are ideal ways of relaxing on your own or spending quality time with family or friends. Everyone can go along at their own pace, quietly enjoying the scenery. And, with the available STATO trail, you’re sure to find surroundings that you’ll love.

You prefer to challenge yourself? Be careful to take into account such factors as wind direction and the steepness of the terrain in order to pace yourself. After all, you do have to get back to your starting point. Be sure to plan your outing well and pace yourself wisely.

Lastly, don’t forget your water bottle. You’re going to need it!

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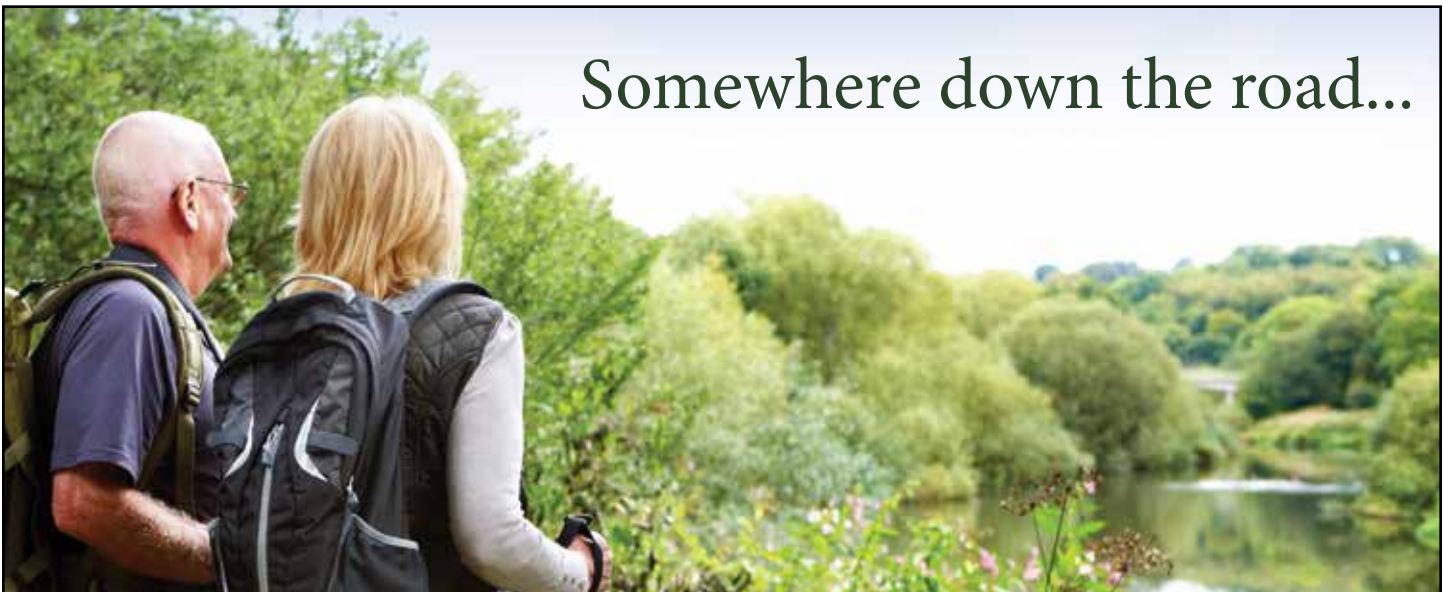


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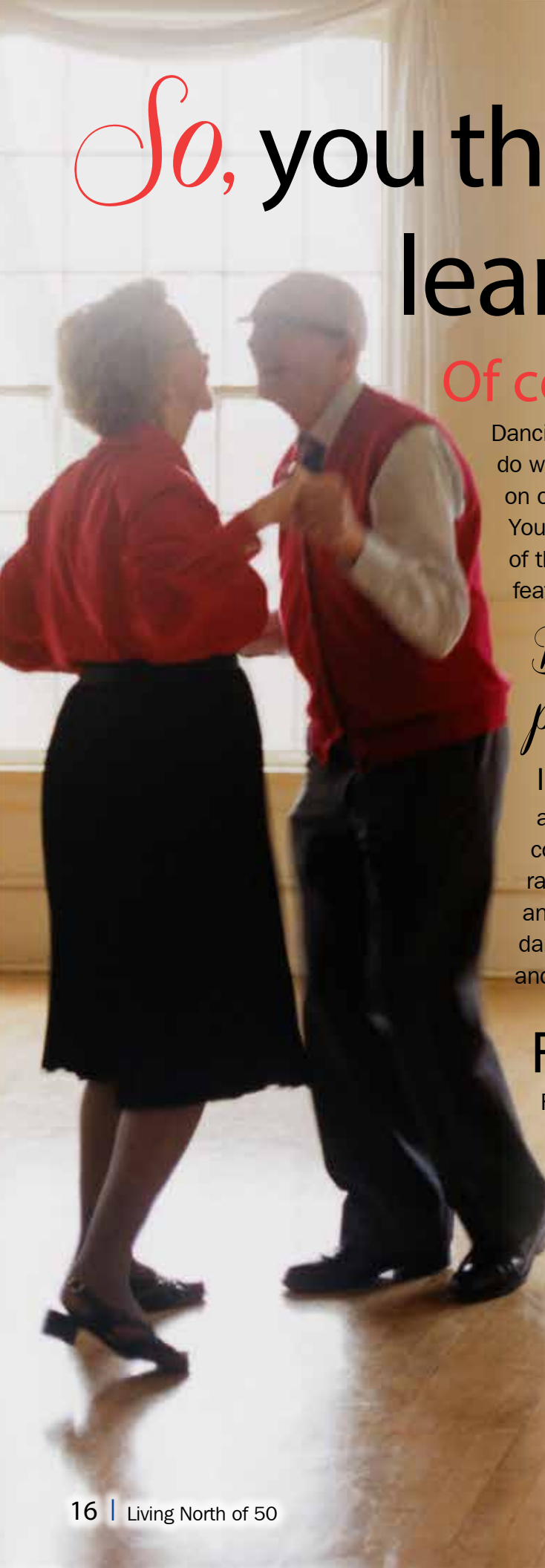
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# So, you think you can learn to *dance?*

## Of course you can!

Dancing is more popular than ever. It might have something to do with all the dance TV programs that have been appearing on our screens in recent years. Dancing with the Stars, So You Think You Can Dance and Dance Moms are just a few of them. And of course there are all kinds of dance movies, featuring both professionals and amateurs.

*Dancing is not just the preserve of film and TV stars.*

Increasing numbers of enthusiasts of all ages are registering for dance classes in towns across the country. More and more dance schools are offering a wide range of classes. Anybody can learn how to dance just about anything: hip-hop, jazz, cabaret, disco, salsa, tango, line dancing, contemporary dance, belly dancing, tap dancing, and classical ballet, to name just a few.

## Find a style to suit you

Finding the right one for you might not seem easy when there are so many possibilities to choose from. Here are three questions to ask yourself in order to help you make the right choice.

1. Are you interested in a slow dance or are you physically able to enjoy something more energetic)?
2. Would you prefer to dance alone, with a partner, or in a group?
3. What are your objectives: to learn to dance at your granddaughter's wedding, to maintain or increase mobility, to meet new people and make new friends, or just because it looks like fun?



# Being a grandparent is a learning process

If you're among those who know the joys of having grandchildren, there's a safe bet that you're already involved in the whole adventure. Always ready to look after them or pick them up after school, you have lots of fun spending time with them at every opportunity. You even go to lend a hand without being asked.

It sounds like a win-win situation for everyone concerned: parents, children and you. You might think so, but that may not necessarily be the case. Becoming intrusive is one of the pitfalls grandparents can fall into. Without any bad intentions on their part, and often without even realizing it, grandparents can be considered as invasive. Advice turns into criticism, and conflicts arise because they want to get too involved.

Before you assume that you're playing your role as grandparent to perfection, think about asking the parents what they expect from you. Listen to them, respect them and do not lay blame. You shouldn't be afraid to express your own needs as well.

Ultimately, it's your grandchildren who will benefit from the oasis of love and harmony you create, both parents and grandparents together.



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# Eat well for life!



Healthy eating habits are important at any age. Eating well helps you stay healthy, active and independent. Now is the time to have a balanced diet, rather than one that is restrictive!

## How can eating well help me stay active?

A balanced diet will give you the energy and nutrients you need for daily tasks. Good nutrition also helps promote overall well-being and prevent and slow the progress of chronic diseases such as heart disease and type 2 diabetes. A balanced diet is also important in maintaining strength as we age. Eating well can prevent unwanted muscle

and bone loss, decreasing the risk of falls and fractures.

## What can I do to make sure I am eating well?

Follow these 4 steps to improve your healthy eating habits:

1. Make fruits and vegetables the star of your meals! They are rich in the vitamins and minerals important for a healthy body, so aim for 7 servings each day. One way to do this is to fill half your plate with fruits and vegetables at each meal. Try these ideas to incorporate more fruits and veggies into your day: add fruit to your morning cereal; have cut-up veggies with peanut butter for

a snack; add more veggies into your soups, sauces, and stews.

2. Maintain strength and muscle mass by having different sources of protein. Include meats and alternatives at your main meals, aiming for 2 to 3 servings a day. Try these examples: scrambled eggs with breakfast; add chickpeas or lentils to a salad for lunch; grilled chicken breast with dinner.

3. Keep your bones strong by getting your fill of calcium and vitamin D! Milk and alternatives are a great source of calcium; aim to include 3 daily servings. Other good sources include dark leafy greens (such as spinach), white navy beans and almonds. As for vitamin D, good sources include milk and fish such as salmon or sardines.

4. Do not skip meals – you will be missing nutrients and energy that you need which can, over time, lead to unhealthy loss of weight and muscle mass. Plan your meals ahead of time, aim to include at least 3 food groups in each one and do not forget to pack healthy snacks to take with you when away from home. Try these snacks when you're on-the-go: cheese and crackers, yogurt and fruit, or trail mix.

are your trusted source of nutrition information and can help you make good food choices and stay healthy, active and independent. Here in our area you can reach a dietitian at:

- Your local Family Health Team. No referral needed; call to book an appointment if you are a client.

- The Diabetes Education Program, for those diagnosed with type 2 Diabetes or pre-diabetes. No referral needed; call to make an appointment.

- Centre de Santé Communautaire du Témiskaming – service available in English and French. No referral needed; call to book an appointment if you are a client.

- Long term-care facilities. If you have a loved one living in one of those facilities, their dietitians can provide accurate nutrition advice.

In addition you can always reach EatRight Ontario (ERO), a free service that connects residents of Ontario to the service of a Registered Dietitian. Visit their website ([www.eatrightontario.com](http://www.eatrightontario.com)) or call them for free at 1-877-510-510-2.

To see the full directory of Registered Dietitians services available in your area visit [www.timiskaminghu.com](http://www.timiskaminghu.com).

## Need support? Talk to a Registered Dietitian!

Registered Dietitians (RD)

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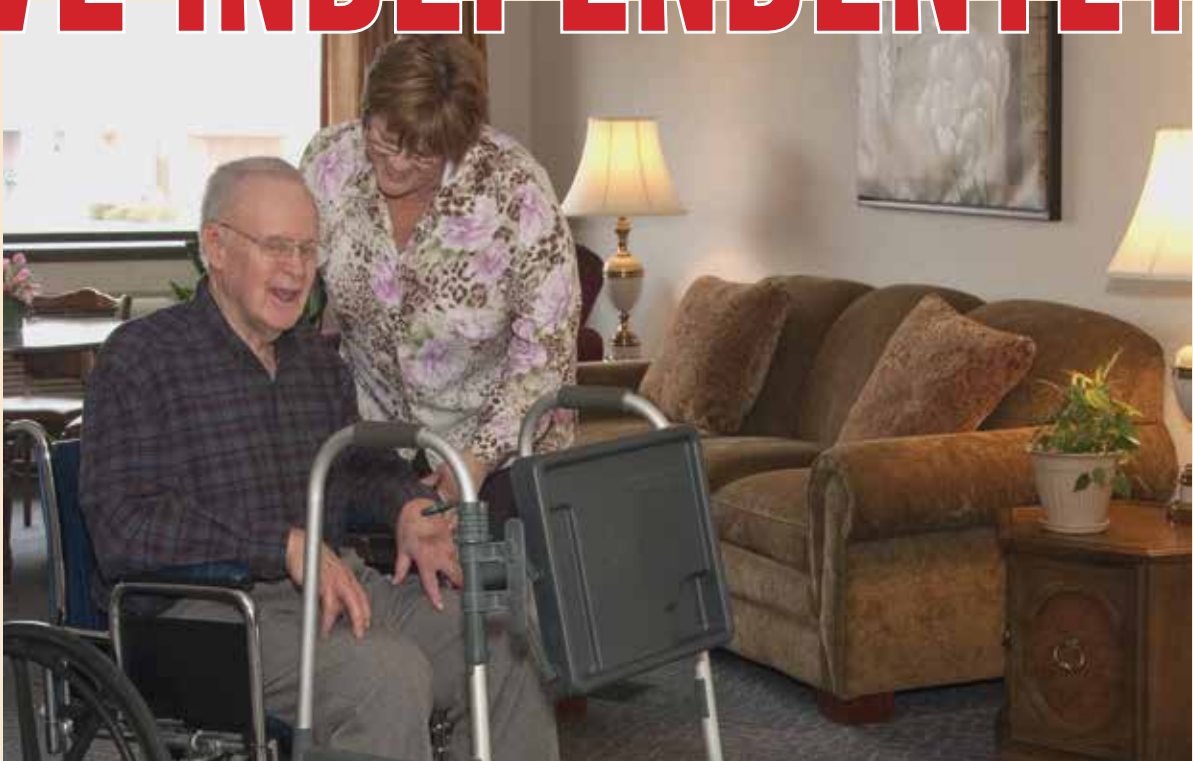
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