



Living
North of **50**

A Northern Ontario Magazine for those of us getting better with age | Spring 2018

With dignity

by Sue Nielsen

**JOIN THE
GOLDEN AGE
CLUB**

Darlene Wroe examines
**The sweet, swift
days of spring**

SPEAKER
PRINTING, PUBLISHING
AND PROMOTIONS



Every Legion

member makes a difference.
Join Today!



Cobalt, Branch 44 - Open Monday to Saturday, 2 pm to 7pm

39 Silver Street, Cobalt, ON

(705) 679-5107

Kirkland Lake, Branch 87

Bar: (705) 567-3888 | Office: (705) 567-4515

1 Summerhayes Avenue, Kirkland Lake, ON

- Bar Hours:

Monday to Friday 1-9 pm,

Saturday 11:30 am to 9 pm

(open later when functions are held)

Latchford, Branch 629

Aubrey Cosens VC

68 Empire Street, Latchford, ON

Open

Fridays at 7 pm, Saturdays at 1 pm

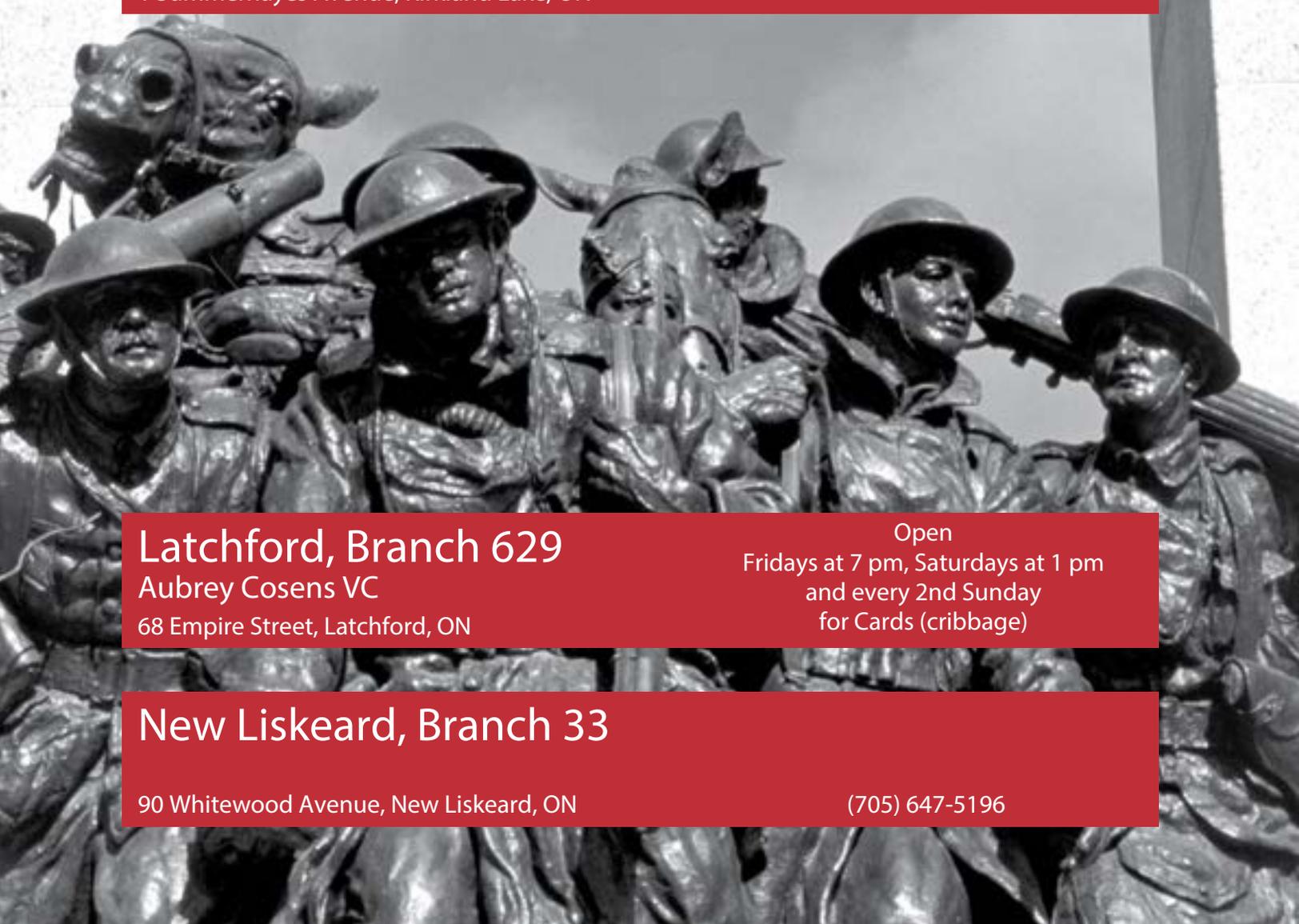
and every 2nd Sunday

for Cards (cribbage)

New Liskeard, Branch 33

90 Whitewood Avenue, New Liskeard, ON

(705) 647-5196



CONTENTS

- 5 **With Dignity**
by Sue Nielsen
- 8 **The sweet, swift days
of spring**
by Darlene Wroe
- 9 **Four Types of
Memory-Boosting
Games**
- 10 **Tuff's Talk** by Tuffy
McNamara
- 11 **Embrace** your natural
grey
- 12 **Golden Age Club #566**
- 14 **Age Friendly Coffee
Hour**
- 15 **Seniors who made
History**
- 16 **A Career Change at 50**
- 16 **Medication and Driving**
- 17 **3 things** you need
to know about organ
donation



18 Wellington St. South, New, ON P0J 1P0

Tel: 705-647-6791 • Fax: 705-647-9669

1-800-461-8751

www.northernontario.ca • ads@northernontario.ca

SPEAKER

PRINTING, PUBLISHING
AND PROMOTIONS

It's our

*Pleasure
to
Serve
You!*

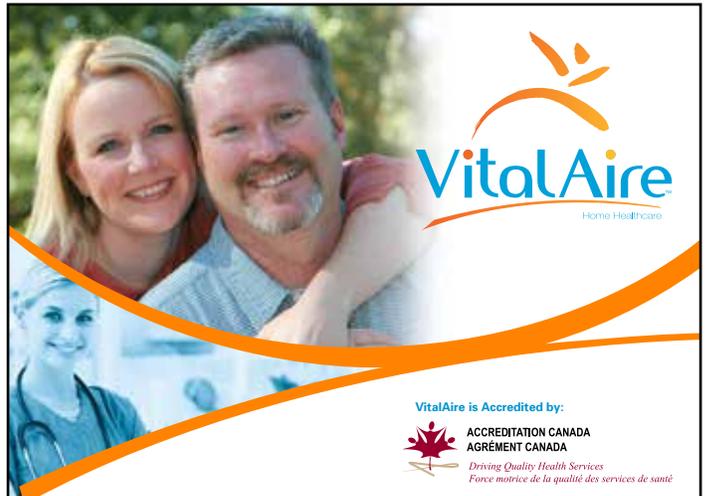
T **Tench-MacDiarmid
Insurance**



**NEW LISKEARD
HAILEYBURY - ENGLEHART**

705-647-8188 • 705-672-3385 • 7005-544-8686

HOME • AUTO • COMMERCIAL • FARM • FINANCIAL SERVICES



VitalAire Home Healthcare

VitalAire is Accredited by:
ACCREDITATION CANADA
AGRÈMENT CANADA
*Driving Quality Health Services
Force motrice de la qualité des services de santé*

VitalAire offers:

- > Home Oxygen Services
- > Sleep Apnea Programs
- > CPAP Treatment
- > Other Respiratory Care Programs

SERVING YOU THROUGH OVER 30 OFFICES IN ONTARIO

Phone 705.647.6999 or Toll Free 1.800.567.0202
421 Shepherdson Rd. (Temiskaming Hospital)
New Liskeard

VitalAire ...your Home Oxygen and Sleep Apnea Treatment Professionals

Unlike Any Other...

NOW OFFERING ON-SITE CREMATION

- Area's Only On-Site Crematorium
- No 3rd Party Crematorium
- Your Loved One Never Leaves Our Care

PERSONAL & PROFESSIONAL SERVICE

- Available When You Need Us (24 Hours)
- Bilingual Service / Service Bilingue

NEW MODERN FACILITIES

- Comfortable Reception Centre
- Large & Private Gathering Suites
- Well Appointed Chapel

SERVICE GUARANTEE

- We Pride Ourselves In Our Service
- We Always Do Our Best In All We Do

OPTIONS

- Celebration of Life • Traditional or Memorial Services • Cremation or Burial
- Preplanning & Prepayment • Monuments & Memorials

To claim your Free Funeral Planning Checklist visit:
www.FrenchFamily.ca/Checklist



FRENCH FAMILY

FUNERAL HOME AND CREMATORIUM

CREMATION • BURIAL • MONUMENTS • PREPLANNING • RECEPTION CENTRE

Serving Temiskaming & Area Since 1937



Patricia French



Glen French



Pamela Harvey

Call **705-567-3565**

www.FrenchFamily.ca • Info@FrenchFamily.ca

111 Burnside Dr. • P.O. Box 994 • Kirkland Lake, ON P2N 3L1

With dignity

by Sue Nielsen

It's a fact. Odds are our parents will pass away before us and we will be orphans.

As the baby boomers take over our region and beyond we become inundated with the complexities of living north of 50. Let's take a minute or two to think about how we will face this silver tsunami as it pertains to our lives and our loved ones.

When my mother was dying, my siblings and I gathered to be with her in her final days.

It had been decided two years prior to her death that she would live out her remaining days in her own home.

And that is what she did up until the day the ambulance came to take her to the hospital.

Sadly, she never returned.

While we supported our mother, we were helped and assisted by our neighbours, our cousins, her doctor and the home care staff that would come in for a few hours per week.

Mom did not have Alzheimer's, the slow dance

towards death, but she had more than her fair share of physical ailments requiring up to 24 pills of every size and shape to keep her tiny body alive.

My parents' deaths were the most difficult experiences of my life.

Looking back on my mother and father's passing, there were words I never said and stories left out.

I thank God for the kindness and generosity of the people who surrounded us during my parents' final days.

They walked alongside us offering non-judgmental care and support.

So in essence, people were holding space for us while we were helping our parents leave this world as gently as possible.

This support system, I believe, is critical to processing the death and trauma of losing a parent.

Support systems are not specific to doctors, nurses, social workers or others, they can come from the most unlikely of places.



Let's not forget the compassion and empathy from funeral directors who see you at your most vulnerable yet know how to skillfully help with final arrangements.

Claude Leveille is one of the most kind, soft-spoken, caring and professional people you will ever meet.

Support can manifest itself in the benevolent ways your boss allows you to leave work so you can be with your loved ones when they need you.

It comes from the meals dropped off, the hugs offered and the kind words from neighbours and friends.

It can also come from complete strangers who strike up conversations with us, taking our minds off of the stress of the loss of a loved one.

When we supported our mother in her final days we had no guidebook, no plan and no idea what to expect.

We just knew we had to do whatever it took to ease her pain.

I am thrilled to see the creation of the palliative care room at the Temiskaming Hospital

helping to ease the journey of loved ones.

It is important to keep your own ego out of the equation. Let people have their power over the way they want to leave this earth.

Don't get offended when it doesn't align with your beliefs. It isn't about you.

It is often during these delicate situations that family feuds erupt. One person believes they are the only person that knows what their parents' needs are.

Don't be that person, let it go.

Respect the choices that your parents or loved ones are making for themselves.

The threshold of death and dying is complicated, emotional and challenging.

Let's create those support systems that help ease the life-to-death transition.

I am ten years from the day my mother passed away and it still affects me greatly and always will.

Caregiving will take you to the wall and back and test every ounce of strength you have.

I considered it an honour and a privilege to have walked my mother home.

Let's create those support systems that help ease the life-to-death transition.

independence is..
friends to laugh with
independence isn't..
being lonely



Call us about your
independence at:

(705) 474-9555
www.theempire.ca



A Home that fits Life... Perfectly

To book a tour, please call (705)647-6541

FOR ALL YOUR HEALTH CARE NEEDS

- CANES & ACCESSORIES
- SLEEP PILLOWS
- ROLLATOR WALKERS
- COMPRESSION STOCKINGS
- BRACES & SUPPORTS
- PRESCRIPTIONS
- VITAMINS & SUPPLEMENTS
- COUGH & COLD REMEDIES
- EVERYDAY NEEDS
- FREE DELIVERY

FINDLAY'S DRUG STORE

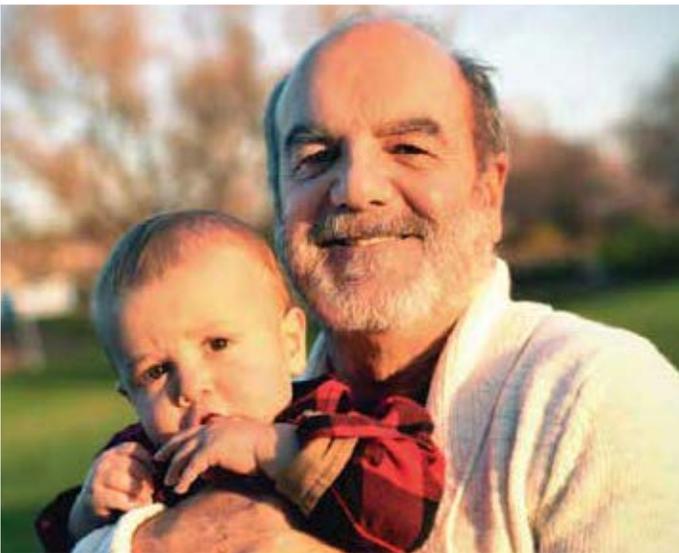
PharmaChoice

247 WHITEWOOD AVE., NEW LISKEARD

647-8186 • 1-800-461-0974

findlaysdrugstore.com

Stay Active. Stay Independent. Stay On Your Feet.



Join Free Exercise Classes for Older Adults (65+)

Call the Timiskaming Health Unit at
1.866.747.4305 or visit www.timiskaminghu.com



Take this Test:
ARE YOUR DENTURES

- Loose?
- over 5 years old?
- Causing sore gums?
- Cracked or worn?
- Missing teeth?
- In your pocket?

CALL NOW FOR A FREE CONSULTATION

705-647-6888

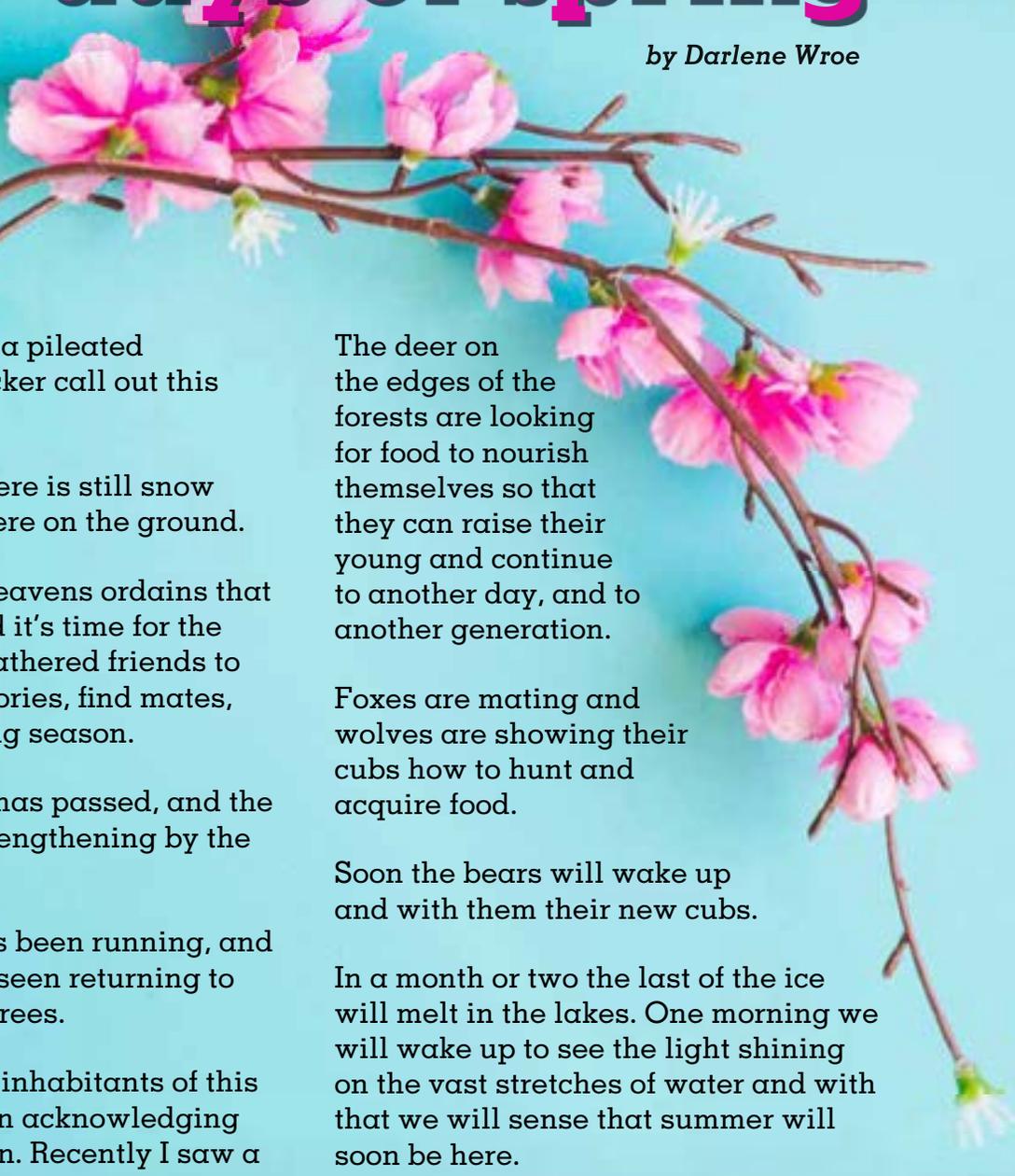
Fax: 705-647-6767

21 Whitewood Avenue E., New Liskeard

Your local denture specialist

The sweet, swift days of spring

by Darlene Wroe



I heard a pileated
woodpecker call out this
morning.

As I write this there is still snow
and ice everywhere on the ground.

But the shift of the heavens ordains that
spring has come and it's time for the
males among our feathered friends to
establish their territories, find mates,
and begin the nesting season.

The spring equinox has passed, and the
light seems to be strengthening by the
day.

The maple syrup has been running, and
the colour has been seen returning to
the branches of the trees.

The smaller winged inhabitants of this
world have also been acknowledging
the turn of the season. Recently I saw a
ladybug appear on a windowsill.

The season of spring is the one
which brings renewed energy, hope
and determination.

There's nothing greater, in my
opinion, than to enjoy these
blessings.

The deer on
the edges of the
forests are looking
for food to nourish
themselves so that
they can raise their
young and continue
to another day, and to
another generation.

Foxes are mating and
wolves are showing their
cubs how to hunt and
acquire food.

Soon the bears will wake up
and with them their new cubs.

In a month or two the last of the ice
will melt in the lakes. One morning we
will wake up to see the light shining
on the vast stretches of water and with
that we will sense that summer will
soon be here.

But for now it is spring, and we can
watch the sweet unfurling of that time,
as the small buds emerge and grow.

Go slowly and savour it all. It is sweet
and swift and a blessing as important
as the air itself, the fresh flowing water
and life itself.

Four types of memory-boosting games

Memories fade, and even more so as we get older. Fortunately, it's possible to keep your brain sharp well into your golden years — and to have fun while you're at it! Here are four suggestions for stimulating games that can help preserve your memory.

1. ASSOCIATION GAMES

Remember those matching games, where you'd have to find pairs among a deck of cards placed face down on a table? They aren't just for kids! You can find all sorts of versions made for adults, with inspiring themes such as travel and nature.

2. OBSERVATION GAMES

Look at an image for one minute, then ask someone to quiz you on what you saw. Spot the difference puzzles like the ones often found in newspapers are also good for your memory.

3. WORD GAMES

Either played alone or against an opponent, crossword puzzles, Scrabble, Boggle and other word-based games are good for stimulating your memory.

4. STRATEGY GAMES

Most strategy-based games require that players remember their previous move or the previous move of their opponent. Card and tabletop games such as Battleship and Risk are great exercise for your brain.

There are all kinds of activities that can help preserve and strengthen your memory. Have fun!



Various tabletop games can help improve and maintain your cognitive abilities and memory.

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.

We can help!

- 30-day Trial Period
- Hearing Test
- Sales and Service - all makes of hearing aids
- Batteries
- Hearing protection for musicians
- House Calls by Appointment
- Registered with DVA, WSIB, and ADP

Ray Lachapelle
BC, HIS, Hearing Instrument Practitioner

THE HEARING AID CENTRE

108 Lakeshore Drive, North Bay, Ontario
705-474-8441 Toll Free: 800-718-0436

Serving Northern Ontario for over 37 years



Monday - Friday
9 am - 4 pm

New Liskeard Clinic location is now
14 Whitewood Avenue East

Clinics Monday & Tuesday, 10:00 am to 4:00 pm

FREE HEARING TEST & HEARING AID SERVICE

Tuff's Talk

by Tuffy McNamara



Last week I had a visit from my youngest daughter Shelley Miller (from North Bay) and her Grandson Brock (my great-Grandson) they visited overnight which was a "first" for Brock to spend an overnight at Great-Grandma's! Seeing as my oldest son Dan was occupying my spare bedroom, I gave my company my bedroom and I spent the night on my chesterfield.

My son Dan had been outside clearing the snow from my driveway and Brock decided he would like to help Great-Uncle Dan with his shoveling. Once "the job" was finished, Brock decided that he would like to go for a walk to "get familiar with the area", so when he returns next summer for two weeks he'll know the area! I actually wasn't aware he was returning next summer from a holiday and neither were his parents but I will be more than happy to have him helping me to plant my garden or help eat the produce, depending on when he decided to come. Brock is now seven years old but more like seventeen with his ideas!

A previous visit when Brock was likely four years old, I bought him

a red horn that got lots of practice at Great-Grandma's, so he could use it when he would be watching the "North Bay Pattalions", as he called them at that time, when his Grandparents took him to the Battalion games where he shook their hands as they were heading out onto the ice each game. We got quite a kick out of him blowing that horn which somehow "got lost" at Grandma Shelley's home!

Brock's team will be out for a skate with the Battalions next Saturday's game, he'll be so thrilled!

While "the getting familiar with the area" was taking place Great-Uncle Dan decide to clear the snow from a neighbour's driveway with "help" from Brock also made quite an impression on Brock as well. I'm sure Brock will be impressed next spring if Great-Uncle Dan needs help mowing lawns for neighbours while Brock is holidaying at Great-Grandma's!

Having Grandchildren, Great-Grandchildren plus now two Great-Great Grandchildren is certainly a joy - I suppose loving children is likely why I was blessed with having so many of my own!

Arden McNamara

Embrace your natural grey

Do you long to say goodbye to the monthly hair colouring cycle that never seems to end? Maybe fully embrace your silver hair? Here are a few tips for a smooth transition.



CONSULT A PRO

To avoid living with a patchy mess for months — the time it'll take for your natural hair to regrow — find a hair colouring expert that will inspire confidence in your decision. They'll be able to help you consider solutions that will help camouflage your grey hair in the cleverest ways (with strategically placed highlights, for example).

USE QUALITY PRODUCTS

To keep your hair looking its best, use quality products that are specifically designed for mature or greying hair. This will prevent your hair from taking on a yellow tinge and make it shine.

A FLATTERING CUT

Are you in a hurry to make the change to natural grey hair? Speed up the process by adopting a cute, short haircut. For a youthful, dynamic look, put your faith in a hairstyle with a bit of character!



Balanced Motion Pilates & Yoga

LORRIE MICKELSON Active Options
SHERRY MORTON-JIBB Sher-Fit Personal Training
LISA GODDARD Balanced Motion Pilates

PO Box 520
213 Whitewood Ave., Unit A4
New Liskeard, ON P0J 1P0

705-647-1445
Email: balancedmotionstudio@gmail.com
www.balancedmotionpilatesandyoga.com



Beautiful Historic Building in the heart of Haileybury Lakeview Towers - 240 Georgina Ave

Call today and receive your First Months Rent at 1/2 price!!

Bachelor from \$550.00/month + Utilities
1 Bedroom from \$650.00/month + Utilities

These bachelor and 1 bedroom apartments feature secure entry, elevator and laundry on-site. Walking distance to all amenities and spectacular lake views. Additional storage and electric parking is also available.

Book an appointment to view before it's too late.
Superintendent Telephone: 705-672-2240
Email: Lakeview@mmcorp.ca
Or you can visit us at: www.mmcorp.ca



Cottage Life Awaits...



PAULINE LOCKHART, Sales Representative
cell: 705-493-5423 • office: 705-569-4500
lockhart@c21temagami.net • www.c21temagami.net



Contact:
705-679-5525 (leave a message)
goldenageclub6795525@gmail.com

The Golden Age Club #566 is a regional Seniors' club that exists for the social benefit of all area seniors over the age of 50. This club has been a charter club of United Senior Citizens of Ontario (USCO) for 45 years. The USCO is divided into zones, ours being Zone 41 which takes up most of Northern Ontario. This year the club will be celebrating the 45 years of existence in various ways.

The Golden Age Club is self-governed by Directors who are elected for a 2 year term. At present they are : Molly Ward, President, Colleen McNaught, V. Pres., Mark Ziller,

Treasurer, Bonnie Quehe, Secretary, Theresa Tasse, Past President, and Beverly Cole, Pearl Ackert, Lynn Galliot, Art Oakes, Carolyn McArthur, Barbara Cole. General membership luncheon meetings are held every second Wednesday monthly. The club is fortunate in that

the Town of Cobalt permits, with minimal fees, for the club to have exclusive use of the building at 22 Argentite Street in Cobalt. It is an accessible building with plenty of parking.

The club's mandate is quite simple: to strive for the welfare and best interests of

older adults, to provide for an exchange of ideas through formal meetings or informal gatherings, to unite for the benefit of all persons over the age of (50) fifty years of age regardless of where they live, to collaborate with any recognized organization whose aims and objects are for the betterment and welfare of its older-aged citizens.

The membership ranges in age from 50 years of age and upwards, with some being in their very late 90's. There are several members who have been with the club for such an extended period of time and to whom the club has honoured them with lifetime memberships. The roster is made up of a mix of seniors from area municipalities and ethnic origins.

There is a fairly well rounded schedule of events so that there is something of interest for every member. Most activities are either low cost or free to members. On occasion there are opportunities for prospective members to drop in, chat with existing members, and decide if this club is for them.

Activities and events cover the issues of mental, emotional, physical and social health. The club holds a yearly family BBQ, yearly Pancake Breakfast fundraiser, yearly Christmas/Holiday dinner, yearly participation in the July 1st parade and Remembrance ceremonies, monthly luncheons, monthly Diners' club, monthly





Karaoke, weekly Jam Sessions, weekly Bridge and beginner Bridge, and twice weekly Stand Up program. The members also participate in the three Zone gatherings that are organized throughout the year.

This year the Club plans to not only have its regularly scheduled events and activities but to increase in number and theme. The club has set up a 45th Anniversary Planning Committee to plan and organize a variety of different or new events and activities. The 45th Committee has planned for a Valentine's day Launch with invited dignitaries, day trips, an overnight excursion, Friday afternoons drop-in & beverages, an inter generational activity with St. Patrick School, a Seniors Fling and a Gala Holiday Wrap Up in December. The list is incomplete at the time of this writing but there will be further information available at the meetings, on the hall bulletin board, and on our Golden Age Club Facebook page.

As the Golden Age Club looks toward the future, it is the hope that it will continue to be a vibrant, active and viable organization that will encourage membership that will grow in number and participation by all those persons over 50 who enjoy socializing and making connections with like-minded people.

It's easy to join the Golden Age Club. A \$15.00 yearly membership gives a member voting privileges as well as little to no cost social opportunities during the year. Won't you join?

**You're never fully dressed without
a smile.**

Karen Suykens Denture Specialist

Karen Suykens, D.D.
Master BPS
Certified Denture
Specialist



14 Gov't Rd. W.,
Kirkland Lake

(705) 568-8565



"Going the extra mile to see you smile"

It's Allergy Season!
Shop at
Smallman Pharmacy
to find the best solution for
your allergy symptoms!






368 Main St., Haileybury
705-672-5261 | Fax: 705-672-2914 | TriTown Delivery
Email: smallmanstaff@gmail.com



Managed by: *Jarlette*
Health Services

Long Term Care Home • Short Stay Beds Also Available

100 Bruce Street, Haileybury, ON
(705) 672-2123



Perrin Funeral Chapel Ltd
SINCE 1923

*Your loved ones will have peace of mind when you choose prearrangement.
We can guide you through all of the available options.
Call us today.*

perrin@ntl.sympatico.ca **128 Whitewood Ave., New Liskeard**
www.perrinfuneralchapel.com **Ph - 705-647-5020**

AGE FRIENDLY COFFEE HOUR



Join other older adults every week
for socializing, coffee,
tea and refreshments

New Liskeard:
Mondays, 10:30-12 noon
Waterfront Pool/Fitness Centre,
77 Wellington St. S.

Haileybury:
Tuesdays, 2-3:30 pm
Leisure Inn, 509 Ferguson Ave.

Building an Age
Friendly



Temiskaming Shores

Collectivité amie
des aînés



Temiskaming Shores

For more information check out
[www.temiskamingshores.ca/en/resident/
Age-Friendly.asp](http://www.temiskamingshores.ca/en/resident/Age-Friendly.asp)

Seniors who made history

Just because we get older doesn't mean we can't accomplish great things. Take the quiz for proof!

WHO AM I?

1. At age 81 I became the oldest actress to win the Oscar for Best Actress for my role in *Driving Miss Daisy*.
2. I played my last game in the NHL at age 52. At the time I was wearing a Hartford Whalers jersey, but I spent most of my career with the Detroit Red Wings.
3. I was the oldest Holocaust survivor for quite some time before I passed away at age 110. My passion for the piano inspired the Oscar-nominated documentary *The Lady in Number 6*.

HOW OLD WAS...

4. Alfred Hitchcock when his final film, *Family Plot* (1976), was released?
5. Keith Richards when the Rolling Stones released their album *Blue & Lonesome* (2016)?
6. Claude Monet when he painted his series depicting the canals of Venice (1908)?

ANSWERS

1. Jessica Tandy, who also starred in such productions as *The Birds* and the original version of *A Streetcar Named Desire* on Broadway.
2. Gordie Howe, who holds many NHL records, including most games played (1767).
3. Alice Herz-Sommer, who, at age 107, played for more than two hours every day.
4. 76.
5. 72. The album came out 16 days before the guitarist's 73rd birthday.
6. 68.



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.

Call us at **(705)672-3122** let us walk you through the process without any obligation.



Léo Geoffroy,
Licensed Funeral Director



Claude Léveillé,
Owner - Licensed Funeral Director

Buffam Léveillé
• FUNERAL HOME •

483 Broadway St., Haileybury
(705) 672-3122
www.buffamleveille.com

A career change at 50? Yes, it's possible!

There are many reasons that may prompt you to make a career change, regardless of your age or occupation. If you're no longer happy in your

current job, or if you simply feel the need to try something new, just know that it's never too late to take that first step in a new direction. Here are a few tips to help you take the plunge.



First off, it's crucial that you take some time to think about your personal and professional values. Make sure to define short-, medium- and long-term goals as well: this will help you clarify your expectations and define exactly what you hope to get out of your future career.

After you've put things into perspective, you'll be able to determine whether you'd prefer to stay in the same line of work or make a more radical change, by going back to school, for example.

Finally, if you're even the slightest bit worried about the prospect of job hunting, remember: in addition to having a leg up on both maturity and experience, you're also well aware of your strengths and weaknesses. And by now you know what truly motivates you!

Medication and driving: what you need to know

Just like alcohol and recreational drugs, certain types of medication can affect your ability to drive. Before you take the wheel, make sure your mental state isn't altered by any medication. Your safety and that of others on the road depend on it.

Almost all types of medication, from muscle relaxants to antidepressants to simple decongestants, risk causing side effects. Whether what you're taking was prescribed by a doctor or purchased over the counter, it's crucial that you proceed with caution.

Confusion, blurry vision, sleepiness, memory loss, dizziness, difficulty concentrating — side effects affecting your vision, coordination or attentiveness are numerous and widespread. Before you start taking any sort of medication, ask your doctor or pharmacist about the potential side effects.

BEWARE OF MIXING MEDS

Certain medications don't have any side effects

when taken alone, but may cause some when combined with other drugs. Discuss your situation with your healthcare provider. Be careful as well when changing dosages, as this can cause a whole other set of symptoms.

Finally, remember that alcohol, recreational drugs and medication don't mix. Combining any of these before getting behind the wheel increases your risk of causing an accident tenfold.



3 things you need to know about organ donation

(NC) When asked, most Canadians support organ and/or tissue donation. But in Ontario, only 32 per cent have formally registered their consent.

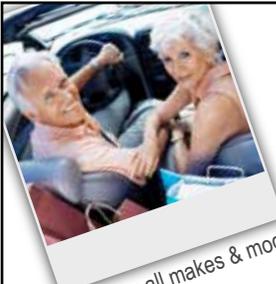
Perhaps there aren't more organ and tissue donors because of misconceptions. Here, Trillium Gift of Life Network, the agency responsible for overseeing organ and tissue donation in Ontario, clarifies some information surrounding the topic.

Even people with medical conditions can be a donor. Everyone is a potential donor, regardless of any pre-existing medical condition. At the time of death, potential donors are assessed for medical suitability. It is best not to rule yourself out because it is always possible to save or enhance the lives of others through donation.

Older adults can donate too. Age does not preclude someone from becoming a donor. The oldest organ donor in Canada was over 90, and the oldest tissue donor was over 100. There is always potential to be a donor; age should not prevent a person from registering.

Many religions support donations. All major religions, including Catholicism, Protestantism, Islam, Judaism, Hinduism and Sikhism, support donation or an individual's choice. In fact, many religions even encourage it, as it can save a life. If you are unsure of your faith's position on donation, consult with your faith leader.

Find out more and register at www.beadonor.ca.



Trust the Best!

Full Service Garage
with Qualified Technicians

Repairing all makes & models

NAPA AUTOPRO *Roger's* **AUTO TECH**

58 Whitewood Ave., New Liskeard 705.647.5545

CHARTRANDS YIG GROCERY RUN

Time	Address
9:10	Market Street Apts
9:15	Northdale Manor Apts
9:20	Chartrands YIG
9:40	29 Miller Apts
9:52	26 Ferland Senior Home
10:08	Island View (254 Gordon) Apts
10:11	Old Hospital (at back) Apts
10:16	Place St Marie Apts
10:30	480 Broadwood Apts
10:45	Chartrands YIG

RUNS EVERY WEDNESDAY

OWNED & OPERATED BY
CHARTRAND'S
YOUR NEIGHBOURS

Independent

**55 Scott St.
New Liskeard**

Drop in & visit us for the best selection of vehicles in the North!






Optimum offer includes:
Manufacturer's warranty
Exchange privilege
100+ year inspection
24 hour roadside assistance

Wilson **GM**
Canada

CHEVROLET BUICK GMC

On the Strip, New Liskeard
705-647-5050

www.wilsonchevrolet.ca

A healthy diet for healthy bones



Osteoporosis, a disease that causes bones to become brittle, affects no fewer than two million Canadians. To prevent bone loss and reduce your risk of fractures, Osteoporosis Canada recommends a diet rich in calcium and vitamin D. Here's a list of foods to consume regularly.

DAIRY PRODUCTS

- Cheese
- Cow or goat milk
- Plain yogourt

FISH

- Swordfish
- Cod liver oil
- Sardines
- Canned pink salmon
- Sockeye salmon
- Canned tuna (in water)
- Red snapper

FRUITS AND VEGETABLES

- Artichokes
- Bok choy
- Broccoli (cooked)
- White mushrooms

- Kale (cooked)
- Squash (butternut or acorn)
- Figs (dried)
- Kiwis
- Oranges
- Grapefruit (pink or red)
- Snow peas (cooked)

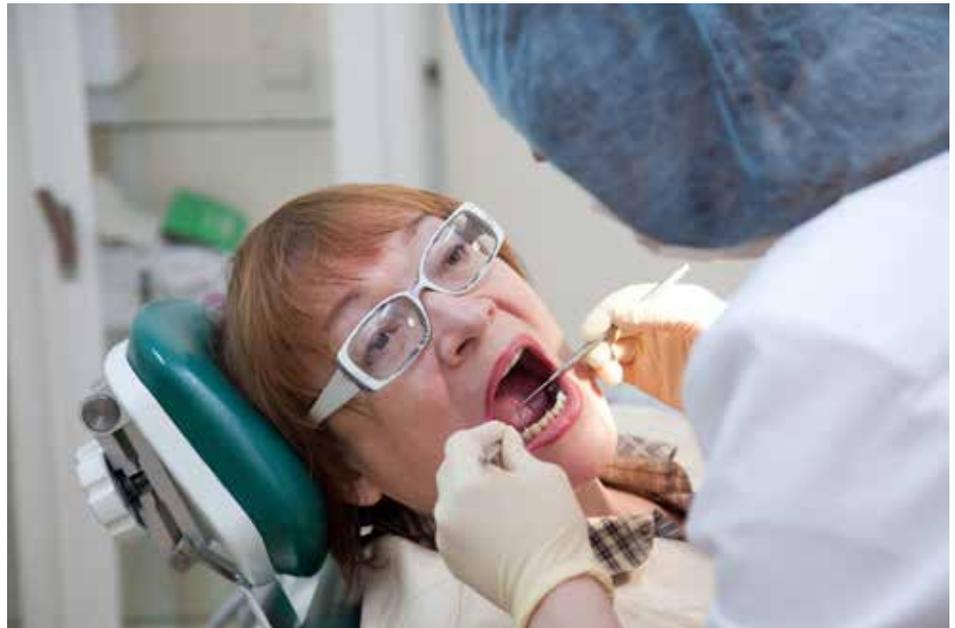
OTHERS

- Roasted almonds
- Beans (soy or white)
- Hummus
- Egg yolks
- Soy or almond milk
- Enriched margarine
- Chickpeas
- Tofu

Oral healthcare forseniors

(NC) Today's seniors can expect to keep most, if not all, of their teeth as they age thanks to healthier lifestyles and advances in oral and medical care. But keeping those natural teeth healthy can be a challenge.

Restricted mobility, cognitive impairments and medications that cause dry mouth can all contribute to oral problems and complicate treatment. Even more worrisome is the fact that bacteria from the mouth can travel through the body, resulting in serious infections and inflammation that can lead to



cardiovascular and respiratory diseases and stroke.

Dental hygienists encourage all older adults to brush their teeth twice a day with fluoride toothpaste and clean in between their teeth at least once a day. They also advise anyone with dentures (full or partial) and their caregivers to clean dentures and any remaining teeth daily, and brush and massage the gums either with a soft toothbrush or a warm damp

cloth.

Whether you're at home or in a long-term care residence, daily mouth and denture care coupled with professional oral care from a dental hygienist can help prevent more serious health problems and keep you smiling.

Find more information at www.dentalhygienecanada.ca/seniors.

www.newscanada.com

 **the co-operators**
A Better Place For You™

- Home • Auto • Life • Investments
- RSPs • Business • Commercial • Farm

Daniel Lemire
Agent

Tel.: 705-647-4378 or Fax: 705-647-9240
daniel_lemire@cooperators.ca
www.cooperators.ca

Residential & Commercial
CONSTRUCTION
- We're Proud to have Built your Trust -

**H EARN**
CONSTRUCTION

Call Darcy or Tony
(705) 647-8191 www.hearnconstruction.ca

RAMSAY
LAW OFFICE
PROFESSIONAL CORPORATION

- Peter R. Ramsay • Bill Ramsay •
- Michelle Lavigne •

Barristers & Solicitors, Notary Public

www.ramsaylaw.ca | 705-647-4010


Essentials

the complete wellness experience.
Take time to relax your body, clear your mind and nurture your soul.

Our friendly professionals offer yoga, meditation, relaxation massage, YonKa treatment facials, foot care and more.

15 Mary Street South, New Liskeard
705-647-0011 | www.EssentialsWellnessSpa.com

**BREAUT'S**
DISCOUNT WAREHOUSE

 **BATHROOM NEED AN UPDATE?**
Come see us for your plumbing needs...

74 Scott Street, New Liskeard
Tel.: 705-647-4412
Fax.: 705-647-4485
discount@breautsdiscountwarehouse.com **JOHN BREAUT**



White Mountain Publications
New & Pre-Loved Books

Visit us at
50 Silver Street
Cobalt, ON

Tuesday through Saturday
10 am - 5 pm

www.wmpub.ca

BUSINESSES DIRECTORY

HAILEYBURY 522 Ferguson Ave.
Haileybury, ON
1-647-994-1243


BARBERSHOP
OPEN
Monday-Saturday
11am - 7pm

Walk-Ins Welcome

Affordable Luxury
Go Direct & Save! Huge Inventory
Premium Quality


LAUZON
STONEWORKS

283 Hawn Drive,
New Liskeard
705-647-7495

**Breaut's**
Heating & Cooling Ltd.

Gas, Oil: Sales, Installation & Service

Bus: (705) 647-4258
(705) 647-8091
Fax: (705) 647-8606

744038 Brazeau Blvd., Dymond Industrial Park
P.O. Box 938, New Liskeard, ON POJ 1P0

 Heating & Cooling Systems **WHATEVER IT TAKES™**

Our commitment is to
Quality
from the ground, up.

**TBK**
CONSTRUCTION INC.

88 12th Street, Earleton (705) 650-1156
Serving Temiskaming Shores, Kirkland Lake & Beyond!

**MID-NORTH**
Containers Limited
"Manufacturers of Corrugated Boxes"

MANUFACTURERS OF CORRUGATED CONTAINERS

R.R. No. 1, NEW LISKEARD, ON
POJ 1P0

705-647-7055
FAX: 705-647-7030

Under new management but same great service with George McGuire and Staff.

**Peter's**
GARAGE

705-544-2354 HWY. 11 NORTH ENGLEHART

Are you living independently? Vivez-vous de façon indépendante?

Do you or a loved one need services? Vous ou un être cher avez besoin de services?

Timiskaming Home Support can help!

- ✓ Assisted Living
- ✓ Supportive Housing
- ✓ Attendant Outreach
- ✓ Meals on Wheels
- ✓ Diner's Club
- ✓ Transportation
- ✓ Adult Day Programs
- ✓ Home Help
- ✓ Life Line
- ✓ P.A.T.H. (Priority Assistance to Transfer Home)
- ✓ Post Stroke Recovery Program

Soutien à domicile de Timiskaming peut vous aider!

- ✓ Aide à la vie autonome
- ✓ Services de soutien à domicile
- ✓ Services d'auxiliaires à domicile
- ✓ Popote roulante
- ✓ Repas communautaires *Diner's Club*
- ✓ Services de transport
- ✓ Programmes de jour pour adultes
- ✓ Services d'aide familiale
- ✓ Services d'alerte médicale *Lifeline*
- ✓ P.A.T.H. (Priorité avec assistance pour la transition à la maison)
- ✓ Programme de soins de transition après un AVC



www.homesupportservices.ca

1-800-361-5820



Living at home - your choice, our goal.

Vivre à la maison - votre choix, notre but.

63 Fifth Street
Englehart (Ontario) P0J 1H0

367 Sutherland Way
Haileybury (Ontario) P0J 1K0

30, 2nd Street, Unit 2
Kirkland Lake (Ontario) P2N 1R1