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Summer 2020

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SPEAKER
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SPEAKER
PRINTING, PUBLISHING
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Hugging the Sunshine

By Sue Nielsen

I saw an old friend the other day on the street in downtown New Liskeard and sadly I couldn't give her a hug.

So I opened up my arms and she did the same thing and we pretended to hug each other.

But it wasn't the same as a real hug.

Such is life in COVID-19 pandemic times.

With a lack of human contact and social isolation being the norm in our lives, is it any wonder our mental health is becoming fragile?

I try to desperately look on the bright side of the pandemic and reassure myself that everything will be okay.

I look around and see such remarkable acts of kindness and compassion in our communities it brings a lump to my throat.

Birds are singing, the weather has turned incredibly warm and we are all surviving, one day at a time.

When we hear the numbers indicating the death tolls in our province and country from the virus it unnerves us.

But here in Temiskaming Shores we saw a woman celebrate her 100th birthday without the luxury of having family to hug and kiss her and be with her on her special milestone day.

But this incredible person dug in and didn't let COVID-19 restrictions ruin her day.

She went out in her garden and put her hands into the soft earth letting the act of gardening inspire and heal her.

The enormity of the COVID-19 pandemic is hard to understand but we know the world keeps spinning, the birds won't stop singing and the sun rises each and every day.

And those friends and family members we haven't hugged or kissed, just wait.

In the meantime Premier Doug Ford has promised additional resources for mental health services that may see an explosion of usage post pandemic.

Mental health experts are predicting a tsunami of people will be seeking help from the side effects of the pandemic dealing with exploding rates of anxiety, depression, alcohol and drug usage from the social isolation factors.

Good luck trying to find qualified psychologists or psychiatrists in Northern Ontario.

They are as rare as hen's teeth.

So let the premier of the province allocate more mental health professionals to service the North's needs.

We expect fewer promises of added supports and more actual funding to accomplish this.

Currently, in the South Temiskaming region we have the Canadian Mental Health Association providing mental health services and a small group of private counselors.

When the Temiskaming Health Unit was wrongly divested of its mental health services a few years back, that left a gaping hole in the service models available to people needing help with mental health issues.

We who choose to live in this beautiful, natural region should not be left behind when it comes to health services of any kind.

I'd like to see a district wide mental health system focused on building a support system for everyone with emphasis on recovery.

In the meantime, take care of yourself and stay well.

MATURE living

Ten water-rich fruits and vegetables to help you stay hydrated

Health professionals advise that you drink approximately eight glasses of water a day to prevent dehydration. Do you find it hard to consume the recommended amount? Or maybe you just plain forget? If so, you'll be happy to know that many fruits and veggies can provide you with the hydration you need. Here are ten types of produce that have a high water content:

1. Cantaloupe
2. Celery
3. Cabbage
4. Cucumber
5. Zucchini
6. Strawberry
7. Lettuce
8. Watermelon
9. Apple
10. Tomato



These foods are perfect to eat on their own as snacks but can also be added to soups and smoothies.

AT THE BREAKFAST TABLE

For breakfast, try oatmeal with berries, especially strawberries — 91 per cent of their weight comes from water.

If you add a splash of low-fat milk or unsweetened soy beverage, on top of staying hydrated, you'll also be packing in additional nutrients and protein.

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

BUT REMEMBER TO DRINK

Though eating water-rich foods can help you stay hydrated, be sure to remember that 70 per cent of your water intake needs to be consumed in liquid form. If plain water bores you, try adding some lemon. Alternatively, choose carbonated water, tea or juice. Whatever your beverage of choice, be sure to drink enough of it to stay hydrated and healthy.

HOW TO MAINTAIN YOUR INDEPEDENCE AS YOU AGE



As you get older, you may lose the ability to accomplish certain tasks on your own. However, there are several things you can do to remain self-sufficient well into your golden years.

KEEP ACTIVE

Engaging in physical activity on a regular basis is the best way to maintain your muscular strength, cardiovascular endurance, balance and flexibility. From yoga and water aerobics to cycling and playing golf, an active lifestyle helps reduce the risk of falls and injury. You'll also have more energy to accomplish daily tasks. However, be sure to speak with your doctor before taking on a new sport or workout regimen.

USE TECHNOLOGY

A reminder application on your smartphone or tablet is a convenient tool that can help you remember to attend appointments and take your medications. Alternatively, you can use a voice assistant like Google Home, Alexa or Cortana to set reminders, call your loved ones and control other smart devices in your home. If you're worried about falling, a medical alert system will ensure you're able to contact emergency services if you have an accident.

ADAPT YOUR HOME

As your needs and limitations change, various modifications can be made to your home that will allow you to continue to go about your daily routine without the assistance of a caregiver. Hire a professional or ask a loved one to install handrails and grab bars, anti-slip mats, additional lighting, lever door handles, pull-out cabinet shelves and a seat in the shower if needed.

RELY ON SERVICES

If you have reduced mobility, various service providers can help you with day-to-day activities you struggle to complete on your own. An in-home nurse can administer medications, change bandages, assist with bathing and more. You might also benefit from rehabilitation or psychosocial services or simply hiring someone to pick up your groceries and help prepare meals.

For advice on how to adapt your lifestyle and preserve your autonomy, schedule a consultation with an occupational therapist.

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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 (RUSS) du Nord-Est et du gouvernement de l'Ontario.



A satisfying sex life is possible at any age

Your sexuality doesn't come with an expiration date, and in fact, many older people enjoy having an active

and fulfilling sex life. To join the ranks of sexually satisfied seniors, you already have the tools you need, including the following:

- **You know yourself.** A lifetime of sexual experimentation has probably taught you what you like and what you don't like in bed. Don't be shy to share this information with your partner to ensure that both of you have a good time.
- **You've got time.** Retired (or semi-retired) life leaves you more time for leisure activities. Dedicating more energy into your sex life will make it more pleasurable and rewarding. If you're not in a relationship, take the time to peruse online dating websites dedicated to older adults in your area.
- **You're desirable.** Your body may have changed over the years, but you're as desirable as ever. Your eyes, smile and personality are fabulous. Take pride in your appearance by pampering your skin, eating well and staying active.
- **You have resources.** If you need medical assistance to have a more satisfying sex life, there are many health professionals who can help. A sexologist, pharmacist or doctor can help you decide if you'd benefit from sex therapy, hormone treatments or a medication like Viagra or Cialis.

With a little self-confidence and a great partner, you're sure to have a great time between the sheets. A healthy sex life is good for your health and mental well-being, no matter what your age.




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After you're GONE

4 services offered by funeral homes

Losing someone you love is difficult, both because of the emotional toll involved and the considerable work that goes into planning a funeral. When the time comes, you shouldn't have to do it alone. Fortunately, most funeral homes can alleviate some of the burden by offering these four services.

1. **Legal assistance.** Many funeral directors are familiar with the legal aspects that need to be taken care of. They'll be able to ensure nothing falls through the cracks.
2. **Funeral planning.** This involves choosing a coffin or an urn, determining what kind of reception to hold, when to hold it, whether there'll be a viewing and more. You'll also need to select flowers and make decisions about other aspects of the ceremony. A funeral director can assist you with all of this, and some may even help you make arrangements with places of worship and cemeteries. They can also organize for there to be a hearse and driver.

3. **Repatriation of remains.** If the death occurred somewhere far away from the burial location, such as in another country, then you'll need the help of a funeral home to repatriate the remains. It's a complex process that's easier to manage if you have someone in your corner who's familiar with both the paperwork and legal requirements involved.

4. **Pre-planning.** Making your own arrangements in advance may feel strange, but doing so will give your loved ones peace of mind. They'll be assured that your funeral reflects your wishes and they won't have to make difficult decisions. This will help them process the loss and will ensure you're remembered the way you want to be.

Other services funeral homes offer include cremation, obituary publication and burial. Finding one that can take care of a variety of things will help the most in lightening the load placed on your shoulders.



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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Tuff's Talk



With Arden "Tuffy" McNamara

After checking my flower beds and vegetable garden (which I am so far behind on in my weeding, due to the heat, plus some laziness on my part, plus my age, no doubt) I decided to sit down in the shade and enjoy what had been done.

I certainly enjoy watching the birds in and out of the birdbath either having a drink or splashing around in the fresh water - it seems they prefer fresh cool water! The best time is when Ben and Brock visit with Grandma Shelley, they are in Seventh Heaven, just watching and trying to figure out who's who, (their Uncle Dan has names for each bird, I don't know one from the other). But those boys know Dan's names he has given them. Whatever makes them happy!

When Dan's grandson Colby visits with his mom (Danielle) his big passion is new trees peaking through the ground - he digs them up, plants them in empty cans and takes them home and enjoys them on his bedroom windowsills! Funny how kids have different ideas.

Oh, he does like the birds, but plants come first! I will be having a visit from them later this month!

I will be so pleased when this COVID-19 thing is over. I miss my lady friends on Wednesdays - dinner out together, and of course their company.

I do have a neighbour who I enjoy some conversations with, especially in her home, she has air conditioning, we enjoy a "pop" and take turns inviting each other back - when at my home we generally sit in the shade having our refreshments, in the shady side of the house which I enjoy as well.

I also will be happy when another lady friend and I can get back to our "coffee days," our shopping days, our just getting together days. We both have other friends as well. She claims I know everybody in town because of the "Hi's" I receive when we are out walking of course. I should know a lot of people, I was born on Lower

Paget Street (in my parents bedroom) in March of 1932 - plus working at the arena for all those years kept me in touch with a great deal of people as well.


I am lucky to be having a week's holiday with my daughter Shelly and her husband Mark next week, in the Huntsville area, joined by their two daughters and their sons. I am also very lucky to have my daughter Trudy who drives me to do my grocery shopping, especially when we have lunch together after. She is very thoughtful of me, especially birthday times!

Now, back to checking the yard and the birds!

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A place is more than a place

By Darlene Wroe

A big part of the lives we each have lived are the places in which we have lived. As Northerners, and even often as Southern Ontarians, a big part of our lives are lived on the road, travelling from place to place. The roads that connect us to each other and to the places we drive to reach, are an important part of our experiences.

A drive along a beautiful road can be pure heaven, and a drive along a congested freeway can conversely be absolute hell. Those experiences in turn shape us. Thus road rage becomes something real. Therefore, there must also be road bliss.

For me road bliss is experienced whenever I travel along Highway 101 in Quebec between

Laniel and Notre-Dame-du-Nord. This road has been a major part of my life since I first met my husband when I was 18 years old. The road leads to the family cabin. While my husband passed seven years ago, I still regularly travel that road, going to the place I first visited as his new girlfriend those many years ago.

We connected in our love of small adventures, and enjoyed exploring many roads which took us to many places over the years.

But few were any more beautiful than Highway 101. The stretch between Laniel and Notre-Dame-du-Nord is hard to match for prettiness, with its rolling hills and cropped fields, and the stunning

view westward over Lake Temiskaming. Always as I drive northward along the highway, and come to one of the scenic views featuring a bulging mountain bordered by a farm, I think of my husband. That was his favourite place, he often said.

Places connect us to people, even though they are gone.

The cabin where I go, where I have been going since I was 18, is also a place that connects me to him, as well as his mother, and other family members. Even my father-in-law, who I never met, frequently comes to my mind as I sift through the shed among his old fishing gear. He had a little dump spot on the island, and once, when I stepped over this now mossy area, something crunched underfoot. "Meet my father," my husband said.

The cabin and the island are a source of constant wonder and renewal, but the drive there and even back home is part of the joy of my ventures to that place.

The region is beautifully shaped by ancient and more recent events.

A satellite image map is pinned to my wall above my computer at work, and clearly shows the hardened rock formations which likely were huge mounds of molten rock at one time. Sometimes you just have to stand back and forget how huge things are to really see the pattern of them, and to really see that this region once flowed in bubbling masses of lava - that volcanoes erupted, spewing diamonds and other deep earth materials onto the surrounding earth; that large inland seas have sat on this land for eons, compressing it and littering it with layer upon layer of dead sea creatures, shells and mud; that glaciers passed by which were so large that they carved a vertical mile of land away as if it was the rough side of a plank of wood.

And then there's the lake - the glorious sunlit lake which holds in its depths the unopened chapters of all its history, and some of ours. Boats and even bodies rest down there, and

tell of another era where people challenged the landscape, the mosquitoes, blackflies, bears, swamp, mountains and any other obstacle, to take it and make it work for them.

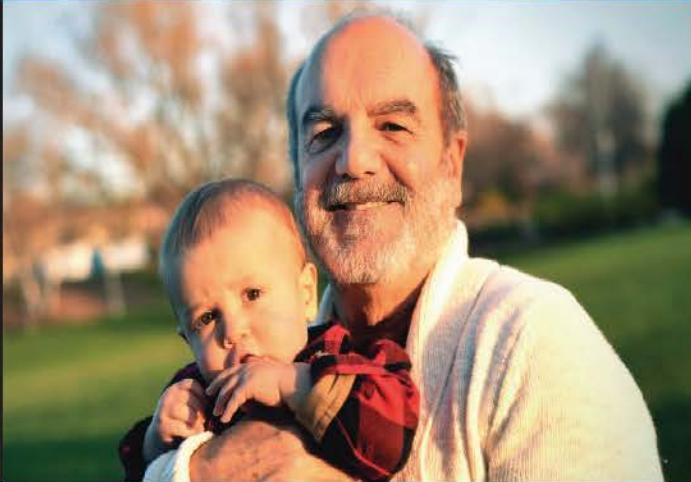
The Indigenous people have fished, hunted and trapped along this lake for thousands of years. Europeans have brought roads and towns. Quebec farmers have tamed it, and their successes (and defeats) are carved into the landscape like art installations.

I, in all my temerity, as well as worshipful admiration, drive this road, as so many others do, and am awed.

The highway is a large part of what my life has been, and the people who have driven with me along this highway, as I try to share something important, something indefinable and unfathomable.


A place is more than a place. It's an actual integral part of the being of those who have been there.


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Choosing the executor of your will

Appointing an executor for your will requires careful reflection. The individual will be in charge of administering your estate and carrying out your final wishes. You want this task to be done both efficiently and in a fair manner.

Very often, people will choose a family member or friend who they trust to execute their will. It's a plus if this person has knowledge on taxes, investments and financial decisions. However, keep in mind that the person you choose can turn to experts like attorneys or tax accountants to guide them through the process: what's most important is that the executor is someone you know to be responsible.

If you don't feel comfortable entrusting this task to a family member or friend, or if you have a complex estate, you can name a third-party executor such as a bank, trust company or legal professional. While all executors are legally entitled to a fee (this will come out of the estate), third-party executors represent an extra cost.

Note that you have the option of appointing two or more executors or co-executors. Executing a will entails a lot of work, so dividing the task between two people — especially if the individuals you

have in mind have busy lives — is not a bad idea. Moreover, this can help ensure that the estate is distributed in a fair and honest manner.

And be sure to appoint an alternate executor (or multiple alternate executors) in case the original executor dies or is unable or unwilling to fulfill their duties.

Lastly, as this is an important decision, don't hesitate to seek advice from persons you trust, whether it's family members, friends, your lawyer or the bank.



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Scams exploiting fears and isolation of older adults amid COVID-19



The pandemic has impacted lives around the world, including families across Canada and especially seniors. The recent volatility of the markets, coupled with potentially lost retirement savings and social isolation, has created an environment of fear, uncertainty and vulnerability. Unfortunately, this is exactly the environment that scam artists prey upon.

As COVID-19 continues to affect our lives, associated scams are emerging as fraudsters exploit the crisis to profit from people's fears and misinformation.

There are many types of fraud popping up. One example includes phishing and malware scams where fraudsters pose as government agencies, national or global health authorities and send phishing emails or texts designed to trick people into downloading malware or providing personal identification and financial information. They can appear to be real, but on the side of caution and think carefully before providing anyone with this information.

Watch out for this common internet scam

One of the most common internet scams occurs in the following way:

1. A scammer posing as a tech support employee contacts you by phone (they often say they work for Microsoft).
2. They tell you your computer is infected with a virus and offer a free security check.
3. They ask to be allowed remote access to your computer: they give you the steps to do this.
4. Once given remote access, the scammer installs software on your computer, allowing him or her to steal from your accounts. Alternatively, ransomware — a particular type of software that locks your computer — is installed, and the scammer then demands payment to unlock it.



Protecting yourself from this scam is simple enough. If someone calls to offer tech support, don't under any circumstances trust them. Tech support should never call you: when you have issues with your computer, you always need to call them.



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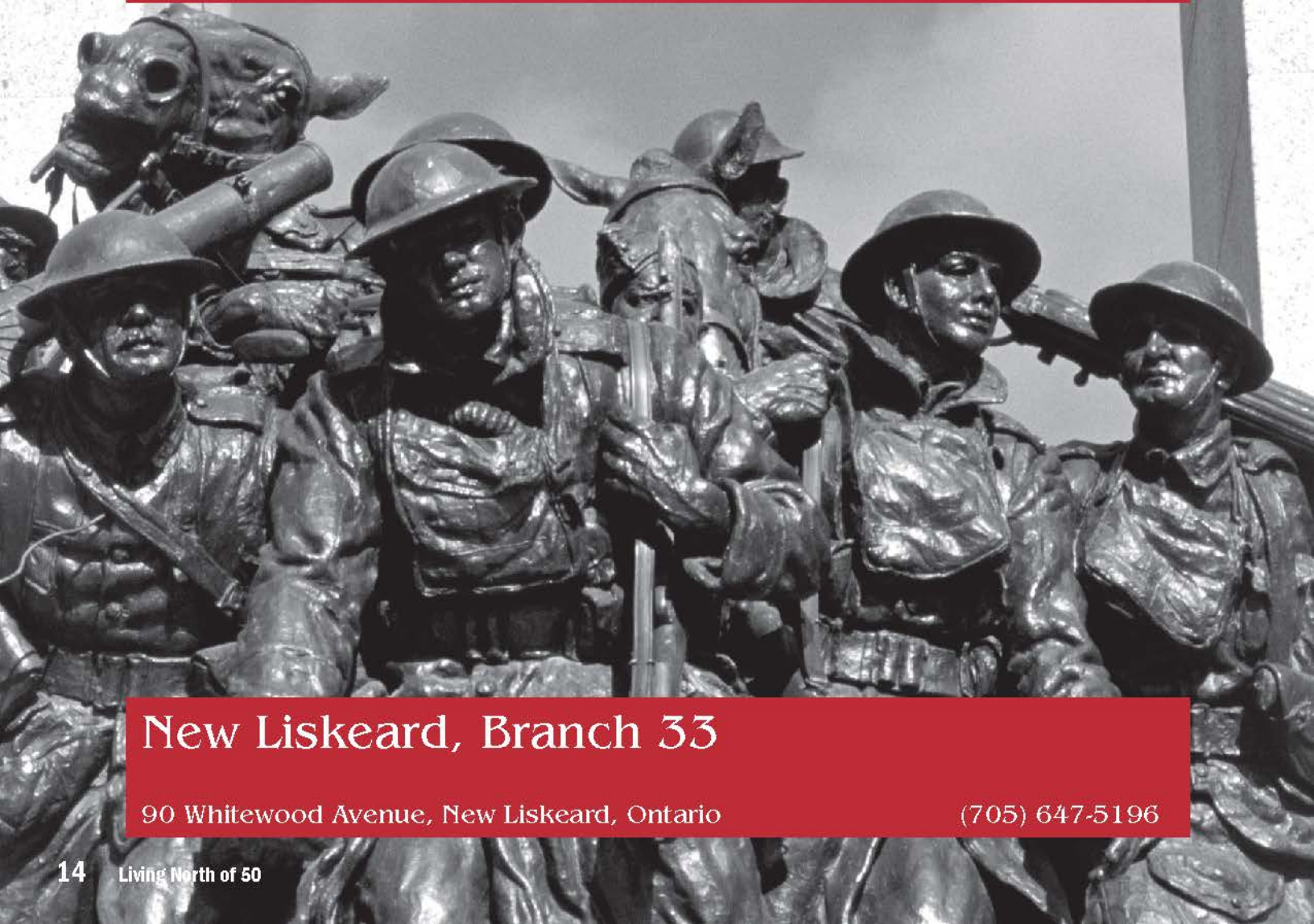
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