

Free

Spring 2022

Living North of 50

Northern Ontario Magazine for those getting better with age.



SPEAKER
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Maple

Maple cucumber-peach relish



INGREDIENTS

- 1 English cucumber, grated
- 4 peaches, grated
- 2 tablespoons maple butter
- Juice and zest of 2 limes
- 1 teaspoon crushed chili pepper flakes

DIRECTIONS

1. In a bowl, combine cucumber and peaches.
2. Dilute maple butter in lime juice and add to cucumber mix.
3. Add in lime zest and pepper flakes. Gently mix using a spatula.
4. Place a large strainer over the bowl, pour in relish and refrigerate 1 hour before draining.
5. Transfer relish to an airtight container and keep in the refrigerator.

Maple bananarama pancakes

INGREDIENTS

- 3 ripe bananas
- 2 tablespoons maple syrup
- 1/2 cup all-purpose flour
- Butter, for cooking
- egg
- Maple syrup, to serve

DIRECTIONS

1. With a fork, mash the bananas and mix with the flour, egg and maple syrup.
2. Heat a non-stick skillet and add a little butter.
3. Pour 2 tablespoons of pancake batter and cook for 1 minute on each side. Repeat until all batter is used.
4. Serve these hot pancakes with maple syrup.



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mania



Maple-chicken quesadillas

INGREDIENTS

- 1/2 red onion, chopped
- 1/2 cup bell pepper, colour of your choice, diced
- 3 tablespoons vegetable oil
- 1/4 cup maple syrup
- 1 cup cooked chicken, chopped
- 1/2 cup store bought salsa, mild or strong
- 8 8-inch tortillas
- 1 cup Tex-Mex mix grated cheese
- Salt and pepper
- Sour cream, to garnish
- Extra salsa, to garnish

DIRECTIONS

1. In a frying pan, brown the onion and peppers in oil and maple syrup. Allow to reduce until most of the liquid evaporates.
2. Transfer to a bowl. Add chicken and salsa. Season with salt and pepper if necessary.
3. Spread the tortillas on a work surface. Sprinkle cheese over each half, and cover with vegetable and chicken mixture. Fold back and close tortillas, then squeeze lightly.
4. In a large non-stick skillet, brown the first quesadillas in a little oil over low heat for about 3 minutes on each side.

5. Transfer them onto a plate and cover with aluminum foil to keep them warm while others are cooking.
6. Serve hot with sour cream and salsa.



SMALLMAN PHARMACY

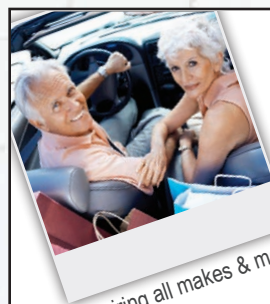
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Grief and mourning

Prepare. Endure. Overcome.

10 signs you may need grief counselling

If a loved one recently passed away, you may be wondering if you need help dealing with your grief. Here are 10 signs you should reach out to a counsellor or psychologist.

1. You feel overwhelmed and find it difficult to perform daily tasks.
2. You're no longer interested in your job or social activities.
3. You feel angry or guilty.
4. You can't concentrate.
5. Your relationships have deteriorated.
6. The pain of your loss won't go away, even

after several months of grieving.

7. You try to hide your grief from others.
8. Your eating or sleeping habits have changed.
9. You've developed a new addiction or are engaging in self-harm.
10. You have suicidal thoughts

If you answered yes to one or more of these statements, you should seek professional help from a counsellor or psychologist. They can recommend strategies to help you better manage your grief.



We are here to help

We have been here throughout the pandemic and we recognize that it has been difficult on everyone.

Invite us to your service club, church or group to give a short presentation on preplanning, cremation and how funerals have changed and we will donate \$10 to your organization for every person who attends.

Contact us for information.



Claude Léveillé,
Jamie Carter &
Léo Geoffroy

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Tuff's Talk

With Arden "Tuffy" McNamara

I'm 90 - wow!

I had a "big" birthday March first and I don't feel any older - also I don't have any aches or pains. I am very fortunate! I can still enjoy the walk to the post office to pick up my mail, take the bus to the mall, or have my daughter Trudy take me shopping, then carry my shopping into the house for me, which I sure appreciate. It sure saves me a lot of heavy lifting.

For the past few years I was invited to Trudy's for a huge birthday supper. Trudy is a great cook! Believe me, my birthday suppers would be so delicious, followed by birthday cake and ice cream, which we all certainly enjoyed.

This year Trudy brought my little great-granddaughter Ellie, plus our meal, plus cake and Trudy, Ellie, my son Dan and I had my birthday celebration at my home, which was so thoughtful. We had a nice visit and a great birthday celebration, especially with Ellie present to entertain us.

On the morning of March 1st, my first birthday greeting was a phone call from Dan Lavigne from Haileybury and my calls carried on until my niece called me from Toronto and we talked for ages! We "hung up" at 11 pm, a one-hour call! People are so thoughtful and I for one, sure appreciate their calls and Happy Birthday wishes.

I actually had two birthday parties. The first party was in North Bay at Shelly and Mark Miller's home, Shelly being my youngest daughter, and her husband Mark. I had been visiting at their home for several days but I made sure I returned home for my annual phone calls of birthday greetings from family and friends.

My birthday greetings in North Bay were quite different. My family set up a Facetime – I could see and speak to family members that I hadn't been in touch with for years other than a birthday card or short phone call. It was so nice and I am so thankful to the families that set that up! I believe it was my son Peter and his wife Jennifer in Calgary, much appreciated.

I got to see and speak to family members that I hadn't visited for years, it was so great! All the Happy Birthdays from so many relatives, I sure appreciated seeing and hearing from all of them!

I don't have those "set-ups" like the younger family members have and they all seem to own them. It is really quite nice to be able to see who is speaking to you though!

Thank you everyone for the great Happy 90th Birthday Greetings!

Much appreciated.

My love to all,
Tuffy / Arden / Mrs. McNamara



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Heal thyself



By Sue Nielsen

I have noticed after a long winter that my feet seem gnarlier, my weight has increased and I am more sluggish as my energy levels search for each other.

Sure, we have been told diet, exercise, a good night's sleep and managing stress are the keys to a healthy life.

But what if you feel spiritually disconnected, you feel creatively thwarted and you haven't found your supportive community or spirit place?

No drug, surgery or diet plan is going to help you.

The body is a reflection of how we live our lives.

It's been said it's not the load that breaks you down, it is the way you carry it. Self-compassion is not to be forgotten in our daily lives.

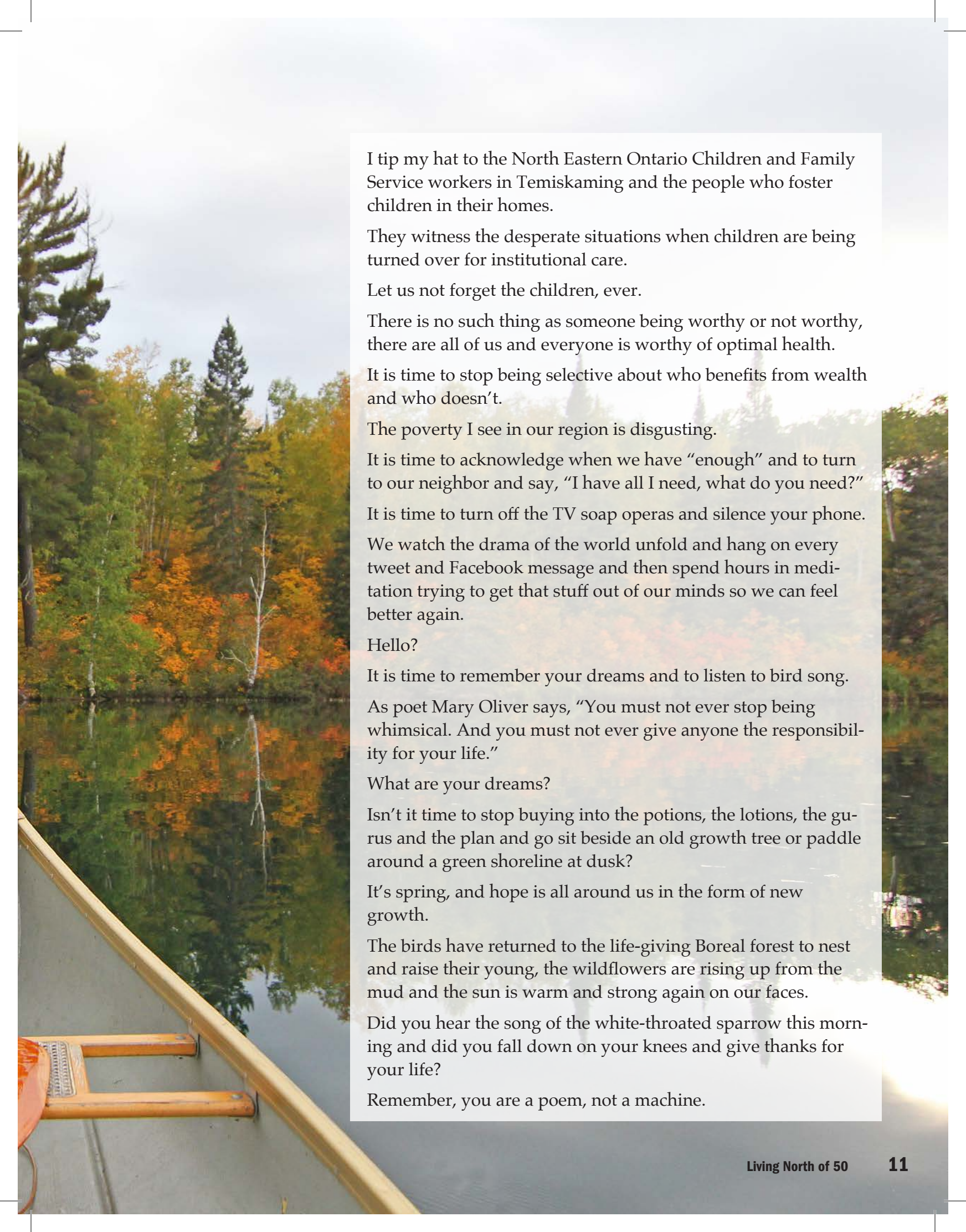
When we change our beliefs about health and what we can do to improve it that truly relates to us as individuals, and some amazing things happen.

Sometimes the biochemical elements of health are not to be as regarded as the way, the truth and the light.

Sometimes love, kindness, goodness and mercy and nature can surely nurture us.

I see way too much fat shaming happening in the world, too much violence and not enough attention being paid to the needs of children and their mental health.

There are some amazing people in our region caring for children and they should be deeply commended.



I tip my hat to the North Eastern Ontario Children and Family Service workers in Temiskaming and the people who foster children in their homes.

They witness the desperate situations when children are being turned over for institutional care.

Let us not forget the children, ever.

There is no such thing as someone being worthy or not worthy, there are all of us and everyone is worthy of optimal health.

It is time to stop being selective about who benefits from wealth and who doesn't.

The poverty I see in our region is disgusting.

It is time to acknowledge when we have "enough" and to turn to our neighbor and say, "I have all I need, what do you need?"

It is time to turn off the TV soap operas and silence your phone.

We watch the drama of the world unfold and hang on every tweet and Facebook message and then spend hours in meditation trying to get that stuff out of our minds so we can feel better again.

Hello?

It is time to remember your dreams and to listen to bird song.

As poet Mary Oliver says, "You must not ever stop being whimsical. And you must not ever give anyone the responsibility for your life."

What are your dreams?

Isn't it time to stop buying into the potions, the lotions, the gurus and the plan and go sit beside an old growth tree or paddle around a green shoreline at dusk?

It's spring, and hope is all around us in the form of new growth.

The birds have returned to the life-giving Boreal forest to nest and raise their young, the wildflowers are rising up from the mud and the sun is warm and strong again on our faces.

Did you hear the song of the white-throated sparrow this morning and did you fall down on your knees and give thanks for your life?

Remember, you are a poem, not a machine.



What family is all about

By Darlene Wroe

There are many people in this Great North, and many people who have come and gone over the years.

We all leave our mark, and somehow make the North a better place.

My cousin-in-law was one of those. He ran three convenience stores in Sudbury, along with his wife and his family, for about three decades.

He and his wife made it their goal to reach out to one and all who were related to them, or related to their relatives, which is how I came to know

this very impressive couple.

I first met them about 40 years ago.

As part of the extended family, I was frequently invited to the home of this couple and their four children in Sudbury.

There were always smiles and laughter in that home. It was filled with busy people who were always hard at work, but there was happiness and caring everywhere you looked.

Whenever I would visit, there would be at least 20 people about, because people would happily travel for hours to visit this family. People were always welcome. The door was always open.

When someone needed support, this very caring couple were always there. No matter how distant, the effort to make the connection and maintain the connection was very evident. It also seemed that the more the connection was needed on the other end, the harder they tried.

They didn't hesitate to sacrifice for others. They gave much. That is what kindness is about, and why their impact over the past 50 years and more is now being marked.

When this couple's fiftieth anniversary came around, people travelled from overseas to be there. The local golf club was the scene of the gathering and the building was filled to capacity.

There were toasts and goodwill.

On many occasions in the recent years we have delved together into the family history, and shared stories and pictures. Their home has often been a central meeting point.

For some reason, my mother-in-law had in her possession an old accordion and it had made its way to me, where it sat in a box in a closet.

On one occasion, I brought it with me to a family gathering at their place to reflect on the various artifacts from this family.

Without knowing the significance of it, I pulled it from its box and it let out a long sigh of greeting. My cousin-in-law let out a start. I think there were tears in his eyes.

"I thought it was lost," he said.

It had belonged to his grandfather. I left it there, happy to have brought the accordion back to a place where it was so loved.

In this past year we talked a lot - about the future, about his memories, and about family.

A very great person is now out walking with his dogs until we all catch up with him.

Meanwhile, we remember him and note the lesson he taught us all about family.

Hematomas in the elderly

Hematomas, more commonly referred to as bruises, are skin lesions that are often accompanied by a purplish mark and are common in older people. This is because as you age, your skin thins and the blood vessels become more fragile.



Hematomas are mainly caused by physical shocks like falling or banging into an object. Immediately after a shock, apply an ice pack wrapped in a cloth to the affected area to reduce pain and swelling. Your doctor or pharmacist may also recommend medication to relieve your discomfort.

Other factors that can contribute to bruising include damaged blood vessels, blood-thinning medications, excessive sun exposure, certain diseases and vitamin deficiencies.

There are several changes you can make to your home to reduce the risk of falling, such as removing clutter to make it easier to move around, improving the lighting and installing grab bars in places like the bathroom.

Do you often get bruises for no obvious reason? Are your bruises painful and won't go away, even after several weeks? If so, consult your doctor immediately.

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Les populations cibles sont:

- les enfants de 0 à 12 ans et leurs familles,
- les aînés.



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THINGS TO CONSIDER

when touring a retirement home

If you or a loved one are planning to move into a retirement home, it's a good idea to tour several facilities before making a final decision. Here are some things to consider when visiting a senior's residence.

THE UNITS

Tour the available units to find out if they include a kitchen, accessible bathroom, balcony and more. This way you can compare different suites and select one based on your budget and needs.

THE ATMOSPHERE

Visit the retirement home's common room and living area to observe the residents' behaviour. Do they seem happy and relaxed? You should also find out what kind of activities are available.



THE AMENITIES

Some retirement homes have amenities such as a hair salon, swimming pool, theatre, convenience store and restaurant. Make sure to tour these areas as well.



THE NEIGHBOURHOOD

Before or after your visit, walk around the neighbourhood to see if it's easy to access by public transit.

You should also see if there are any interesting shops nearby and places where you can enjoy outdoor activities.

THE MEAL PLAN

If you plan to use the retirement home's food services, consult the menu to get an idea of the type of food they serve and if it meets your expectations.

Moreover, factors like the parking arrangements, available storage space and cleanliness of the premises can help guide your decision.

If you're unsure, don't hesitate to go back for a second tour.



BRIDGE: a great pastime

Bridge is a card game that's played with four players divided into two teams. Each team must try to find a contract that allows them to score the most points. This is determined by bidding, which consists of establishing the denomination, with or without a trump suit, and the bid or number of tricks for the contract. The team with the highest bid then wins the number of tricks announced.

Playing bridge has a host of benefits. It's an inexpensive pastime that can allow you to maintain a stimulating social life and meet new people. It also helps improve your memory and concentration.

Bridge isn't a game of chance. It's a strategy game that requires reasoning, mental calculation, creativity and decision-making skills. It's a real mental exercise and may even help prevent Alzheimer's and Parkinson's disease.



If you want to give this card game a try, look for a bridge club in your area.

A few good reasons to use walking poles



Do you want to take up hiking as a hobby? If so, you may be wondering if you need to purchase walking poles. The answer to this question is probably yes.

Walking poles can prevent you from falling by providing additional support. They can also help you maintain your balance and feel out the terrain. Additionally, walking poles help you slow down when you're descending a slope and can ensure you avoid slipping.

Walking with two poles can improve your posture. It can also alleviate stress on your knees, ankles, hips and other joints. Plus, walking poles can ease any strain on your back. This is especially beneficial if you carry a backpack when hiking.

Walking poles can be used to improve your stability and posture, allowing you to hike more quickly without any added effort. In addition, working out your upper and lower body together offers a more intense workout.

To get the most out of your walking poles, make sure they're the right height. Visit your local outdoor store to find a pair that meets your needs.



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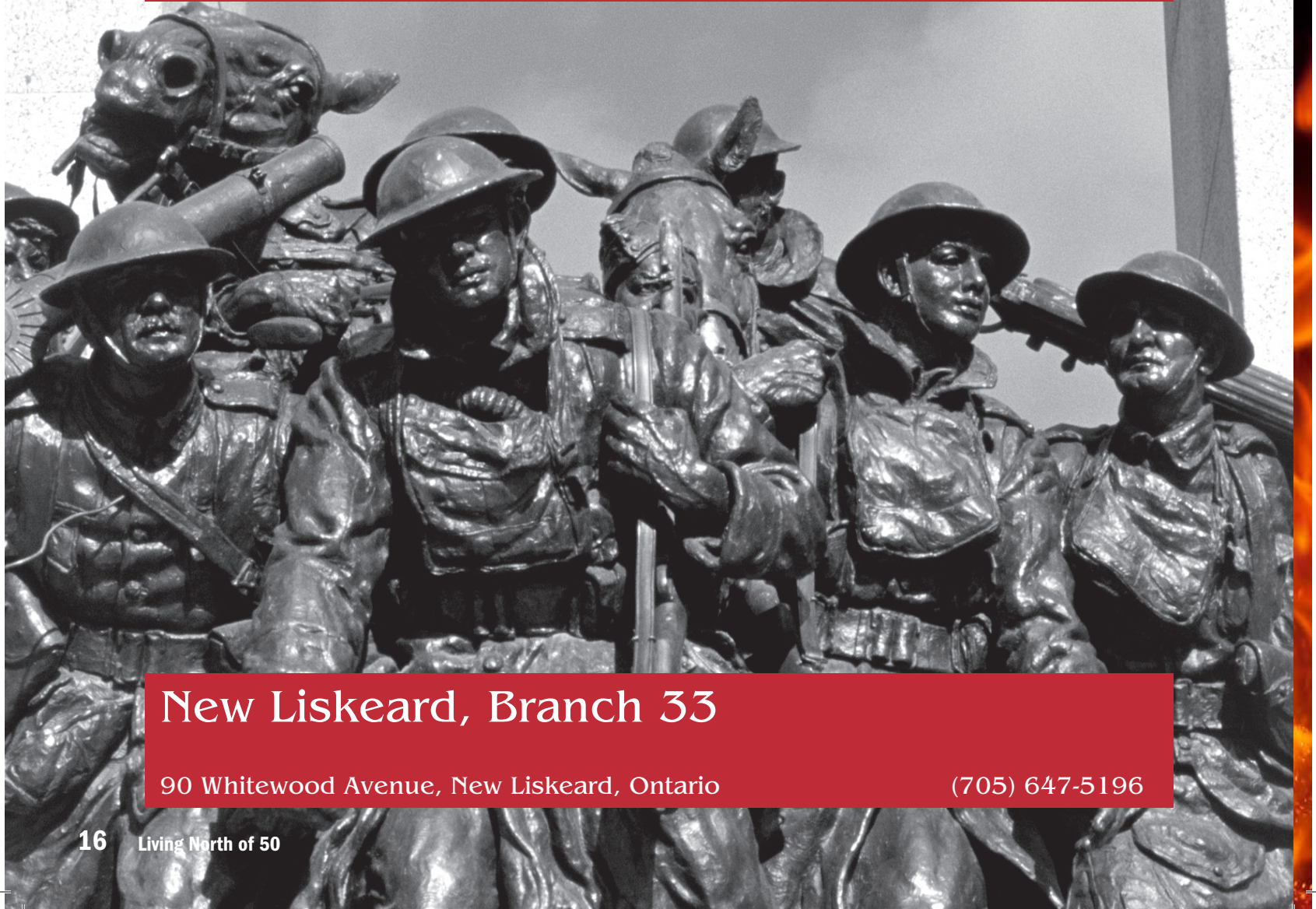
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Fire Safety is a Crucial Issue for Seniors

The risk of a fire is not the same for seniors as it is for children and adults. Seniors who choose to live on their own, as well as their loved ones, should be aware of the risk factors associated with their choice. Physical changes can often reduce mobility while cognitive changes can be even more hazardous due to the fact that the individual may not realize that he/she is in danger. The side effects of prescribed medication and alcohol consumption can also add to the risks.

Ageing family members should focus on these six priorities to protect themselves against a fire in their home.

1. Install a smoke alarm on each level of the home and near all sleeping areas. The alarms should be checked monthly and the batteries should be replaced twice a year.
2. Update your escape plan with your current capabilities in mind and make sure there are two ways out of each room.
3. If you're a smoker, never smoke in bed and make sure to soak the ashes in water before discarding them.
4. Never leave cooking food unattended. Turn off the burner if you have to step away from the stove. Clean the exhaust fan and the duct above the stove regularly.
5. Each fall, have the furnace and the chimney inspected by a professional. Keep flammable materials at least three feet away from space heaters.
6. Because candles are an increasing cause of house fires, don't keep them in your home. Choose CSA-approved electric lights instead.

Don't hesitate to ask family members to help you put safety measures into place.

Smoke alarms: *The best prevention method, now and forever!*

Smoke alarms are still the best way to reduce the number of fire fatalities. A well-installed and well-maintained smoke alarm saves lives and significantly helps to reduce property losses.



Each of us must remember the importance of checking the condition of our smoke alarms and change the batteries regularly.

Because smoke alarms continue to be the best way to prevent fire fatalities, once a month, push the test button for a few seconds. The signal should be heard immediately. Verify its ability to detect smoke by extinguishing a candle directly beneath the alarm. Perform this verification every year. In addition, replace the battery if the alarm emits an intermittent sound signal, indicating that the battery is low.

Smoke alarms should be replaced every ten years. Check the life expectancy of your smoke alarm, indicated on its casing, and never exceed the deadline. For more information on smoke alarms, do not hesitate to contact the fire safety service in your community.

Fireplace Safety



Use dry and well-aged wood. Wet or green wood causes more smoke and contributes to soot buildup in the chimney. Dried wood burns with less smoke and burns more evenly,



Fantastic outdoor activities for spring

Spending time in nature has benefits for your mind and body. Here are a few outdoor activities that can help you make the most of sunny days.

PICNICKING: Whether you choose to dine in a park or at the beach, this activity allows you to make the most of nice weather and enjoy a delicious meal in good company. Put together an assortment of salads and sandwiches or get takeout from a local restaurant.

CAMPING: Are you getting too old to sleep on the hard ground? With an RV, you can escape to the great outdoors without leaving behind the comforts of home. Spend your days fishing, hiking or sitting on the beach, and relax by the fire in the evening.

BIRDWATCHING: It's easy to take up birding, as it requires very little equipment and can be done almost anywhere. All you need is patience and a keen eye. To make the most of your next excursion, determine where the best birdwatching spots are in your area.

From gardening and golfing to cycling and playing tennis, there's no shortage of ways to be active outdoors.

It's time to get out of your comfort zone

Are you a homebody? Are you stuck in a monotonous routine? If so, here are three ways you can push yourself to step out of your comfort zone.

1. CHALLENGE YOURSELF

Don't let your everyday routine get stale. If you enjoy going for daily walks, see if you can go further or faster. If you love making art, experiment with a different style or technique to push the limits of your creativity.

2. CHANGE UP YOUR ROUTINE

Do you mindlessly go through the motions of your day? To keep things fresh, try visiting a new place, signing up for a class or striking up a conversation with a friendly stranger.

3. STAY CURIOUS

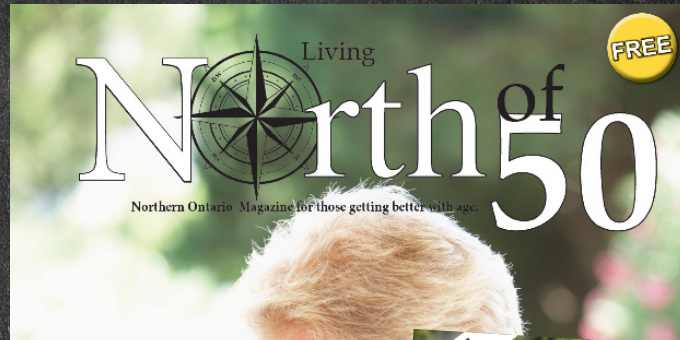
If you're interested in learning about another culture or have always wanted to take up a hobby, go for it. It's important to stay curious and continue to learn new things as you age.

Above all, have confidence in yourself and dare to step out of your comfort zone. Look for activities and outings that will inspire you to be your best self.



CHECK OUT SOME OF OUR OTHER PUBLICATIONS!

Find them at the Speaker or
participating dealers and online.



SPEAKER

PRINTING, PUBLISHING
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