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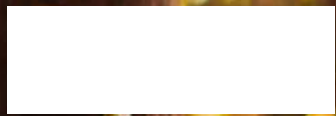
Northern Ontario Magazine for those getting better with age.

**FALL**  
inspiration  
.....

**Seniors Autumn  
Activities**

**To-do list for the fall**

Fall 2022



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# Seniors Autumn Activities

## AGING

### 4 activities to do this fall

With its vibrant leaves and fresh air, autumn offers numerous activity options. Here are four you may enjoy.

#### 1. CREATE A GARDEN

Certain plants like daffodils and tulips must be planted in the fall for beautiful spring blooms. If you don't have any outdoor garden space, use pots instead.

#### 2. GO WALKING

Take a stroll in your area or on a trail in the woods. Breathe in the refreshing air and admire the flora and fauna in your natural surroundings. Make it more festive by combining your walk with apple or gourd picking.

#### 3. DEVELOP YOUR CRAFTY SIDE

Cloudy and dreary days are perfect for crafty activities like knitting or sewing. Make something new for yourself or take extra pleasure in making a gift for a loved one.

#### 4. TAKE A CLASS

Register for an online or in person course to learn a new skill, such as cooking, computers or a second language. Many options are available free of charge or at a reduced rate for seniors.

Do you need more ideas? Check out what your local community has in store for the coming season.



## Enjoy the great outdoors with reduced mobility

Are you in good health but reliant on a wheelchair or walker? Whatever your mobility limitations, you can still spend time enjoying the pleasures of nature. With a bit of research, you can find an outdoor destination adapted to diverse users, including seniors with limited mobility.

### ACCESSIBILITY

Many parks and public nature areas provide access ramps, safe walkways, accessible toilets and automatic gates and doors. But that's not all. Some places designed for nature lovers offer specially designed equipment to enable people with limited mobility to enjoy a unique experience despite their condition.

Before setting out, you may be able to borrow or rent an adapted wheelchair or a modified bicycle to travel on uneven or snow-covered paths. You can go along with a friend on their walk or run, take a stroll on the beach or take a bike ride together.

Do you have an active friend who likes to break with routine? Suggest an outing together and make new memories.



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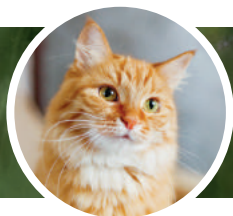
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## Should you adopt a pet when you retire?

Has your schedule freed up since retiring? Are you considering inviting a furry friend into your home? Here are a few things to consider before deciding whether adopting a pet is a good idea.

### HEALTH IMPACTS

Owning a pet has many benefits, including reduced stress and anxiety, lessened feelings of loneliness, increased self-esteem and a general sense of wellbeing. For example, owning a dog helps raise your level of social engagement and physical activity because of walks and visits to the park. These changes can have a significant impact on your health.

### THINGS TO CONSIDER

Whatever type of animal you like, it's essential to reflect on the long-term implications. Consider, for example, a dog's life expectancy and your plans. Think about whether you may sell your home, move into a smaller space or travel. Try to determine who can care for your companion if you can't take it with you.

Finally, choose an animal that complements your level of autonomy. If you want a dog and you're not very active, you probably shouldn't get an energetic puppy that's strong enough to cause you to lose your balance. If you have reduced mobility, you may find suitable companionship in a cat, hamster or fish.

Do you want to give an abandoned pet a second chance? Visit an animal shelter in your area.





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# Let the light help you through your grief

## Funeral rituals: more varied and personalized than ever

Funeral rites and rituals are evolving and diversifying at an increasingly rapid pace. Today, all manner of options are available to create a ceremony that truly reflects the personality of the deceased, no matter what his or her values were.

To say goodbye and pay your last respects to a loved one, it's possible to organize the funeral service at the location of your choosing, whether that's at home or somewhere the deceased enjoyed spending time (a golf club or a library, for example). Of course, it's important to get permission from the venue beforehand.

Cremation allows for various rituals when it comes to spreading the ashes. Ice urns and organic urns, for instance, are now commonly available on the market. The former are ideal for spreading ashes in the water: as it melts, the container slowly releases the ashes in the desired body of water. The latter are made from a biodegradable material and dissolve in the soil; the ashes are released and a tree eventually grows where the urn was buried.

Finally, grieving families have endless options when it comes to choosing a place to gather and celebrate their lost loved one. Nowadays, funeral personalization has very few limits, so don't hesitate to explore the possibilities.



## We are here to help

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

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# Tuff's Talk

With Arden "Tuffy" McNamara



Fall is certainly in the air, almost time for Long Johns and snow.

I, for one, don't really mind winter weather, likely because I live in the north, plus I was born in the north and I certainly am used to the cold winters, one gets used to the cold days and nights. We should all know enough to dress properly to wear heavy clothing and warm boots and mitts. At this time of the year, there are still flowers of different kinds in bloom. I have a few still blooming, but they are quite scarce. I do like flowerbeds and generally still have some ideas for the next spring and summer flowers. I didn't plant a vegetable garden this past spring, I just didn't bother to, but I sure miss the fresh vegetable these days (from my own garden, that is). I am hoping to plant a garden next spring. It's so nice to have your own garden and have your own fresh vegetables! Everything is so costly these days, some people rely on their own gardens for fresh vegetables.





It is not really a lot of work and the results of planting your own vegetables are certainly worth it. I'm sorry now for being too lazy to dig up soil and plant my own vegetables! Better luck next spring!

I don't mind sharing some from my garden with close friends who have no garden space, they are quite happy when I give them some of my fresh vegetables and I am happy to share!

This past summer I spent mostly alone (because of COVID) and not too many of us were having friends stop and visit "just in case." One of my daughters now is getting over her illness and my youngest son has COVID now - his third time being ill with the disease. They claim it's just like having a bad cold and it sounds like it as well. They both live in Western Canada, but they are much better these days by the sound of them - thank goodness.

Keep well everyone!

For more information on local services for seniors.

Pick up your **FREE** copy at one of your health care providers.

For more info contact:

Lynn Julien

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# Stacking it all up

By Darlene Wroe



The fall season is here and there are as many ways to pass the days in harmony with the world around us as there are leaves on the trees, or scattered along the trails.

My daughter once commented that the reason she loves fall is because at that time, when you look into the trees, you can see all the nests there that have housed the birds through the summer.

My mother-in-law, who had many talents but one was as an artist, said that to begin creating a painting, you must first consider its bones.

The pattern of the scene, when all circumfluous things are stripped away, is much more simple, and even majestic. Fall shows the simplicity of the land by highlighting the ridges of trees through brilliant colouring of the poplar, birch, and maple.

Age also does that with people, and it is a fact that as we grow older we became more aware of our basic strengths, and the trueness of our own characters, our bodies, our loves, our talents, our joys, and our most cherished memories.

Although much of my time is spent immersed in the events and perambulations of business in the north, there are specific times when I slip away and leave it all behind. My getaway spot is not in this district, and as soon as I cross over into another region, my perspective changes. I am no longer looking and trying to understand how everything political, economic, social and cultural fits together when I get out of my coverage area. Suddenly all I see is the geography of the landscape, the rolling hills, the sun shining, the neat towns and farms, and the smiling faces whenever I stop.

At my getaway place I am usually the sole human occupant of an island. There, nothing really matters. There is always something to do, but if you decide to settle down on the couch and watch the lake light playing on the ceiling, read a mystery novel, or pull a reclining lawn chair out to the water's edge and fall asleep beneath the stars, it doesn't matter. No one judges and no one cares.

I have learned far more about myself while gathering wood on the island than I have at almost any other point in my life.

My mind drifts along its own topography, pausing at points to consider the sentiment, then deciding if it is something I can keep in my mind, or I can now justifiably toss.

Age is like that, where there is a process in sorting things experienced, and eventually being able to stack them into piles of lessons learned, like the wood. There is an endless supply of wood to be cleaned up, chopped and piled on the island, like the experiences of a long and varied life. Storms may come and knock down a huge tamarack, or toss small but annoying black spruce in your path. The smallest stuff is easiest to deal with, but eventually you get to the old tamarack and begin taking off its branches and slowly chopping from the top to get to the essential log that remains and becomes a sitting bench perhaps, nestled by a mossy rock wall. As you clear your bit of land, the rambling paths reveal themselves, and the new small pines along the way are clear for another year of growth.

Meeting your true self is like clearing away the fallen debris of the island, and as you go, you see that it is a place of true beauty, and being alive at any age is always a work in progress, and also of wonder.





# To-do list for the fall



## Ten outdoor tasks TO WINTERIZE YOUR HOME

When the days start to get shorter and colder, you know it's time to prepare your home and garden for winter. To help you out, here's a handy list of outdoor chores to get done this fall:

**PLANT AUTUMN BULBS:** before the first frost, plant the bulbs that you want to bloom next spring (tulips, hyacinths, daffodils, crocuses, etc.).

**PROTECT WEAKER PLANTS:** cover the bases of weaker, dormant perennials with mulch (as required by your hardiness zone). Also, consider protecting recently planted shrubs and the trunks of younger trees.

**CLEAN UP THE GROUNDS:** to avoid the possibility of carpenter ant and rodent infestations, remove all dead leaves, branches and firewood you find near the walls and foundation of your home. In taking this step, you'll also be removing fire hazards.

**RELOCATE POTTED PLANTS:** if you have plants that need to stay warm, it's time to bring them inside.

**CHECK THE FOUNDATION AND EXTERIOR WALLS:** locate and seal all cracks to prevent water from seeping in and causing damage to your home.

**CUT THE WATER SUPPLY:** empty then store garden hoses and shut all outdoor water outlets to prevent your pipes from freezing and bursting over winter.

**CLOSE THE POOL:** drain the water, remove the skimmer basket, empty the filter, remove the pool ladder and set up the winter cover.

**PRUNE BRANCHES THAT ARE CLOSE TO YOUR HOUSE:** not only will you prevent them from damaging the exterior of your home, but you'll also eliminate a potential bridge for heat-seeking parasites.

**INSPECT THE ROOF:** replace any damaged shingles (split, curled, wavy, loose, etc.). If you have a flat roof made of asphalt and gravel, make sure the crushed stone covers the whole surface. Also, remove all debris and check the flashing. For best results, call a professional roofer for a maintenance inspection.

**SWEEP THE CHIMNEY:** sweep your chimney — or have it swept by an expert — in order to reduce fire hazards. Moreover, check the chimney cap or put one in place. This simple device prevents animals from being able to sneak into your home.

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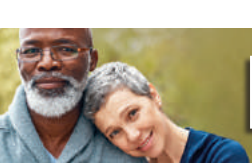
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# Family caregivers



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## How to support a caregiver

Do you know a caregiver? Do you want to help make their life easier? If so, here are some effective ways to support them.

### FIND RESOURCES

Many services and activities are available for caregivers, including in-home respite care and various types of workshops. Make a list of resources that could benefit your friend or family member. This will save them the time and trouble of doing it themselves.

### SHARE INFORMATION

Gather articles, guides and testimonials to help your friend or family member cope with the ups and downs of caregiving. For example, you could share a few tips with them about how to balance caregiving with full-time work responsibilities.

### LEND THEM YOUR TIME

Caregivers often have very busy schedules. To help make their load lighter, offer to grocery shop, prepare meals or do housework. You could even take over their caregiving responsibilities for a few hours to give them some time to rest.

To find extensive caregiver resources, visit [comfortlife.ca](http://comfortlife.ca).

## What you should know about young caregivers

Not all caregivers are adults. In fact, more than a quarter of young Canadians who are 15 to 19 years old are caregivers. Providing support for a sick or disabled family member is a difficult and demanding job. Moreover, if a parent becomes incapacitated, many minors will also shoulder the responsibility of raising their siblings.

### THEY FACE DIFFICULTIES

Dealing with the obligations of being a caregiver while attending school can be challenging. Young people often aren't seen as caregivers, forcing them to face numerous obstacles alone and in silence. Many become physically, mentally and emotionally drained, making it difficult for them to concentrate in class. Additionally, engaging with their peers can feel overwhelming.

### THEY NEED SUPPORT

It's important to support young caregivers as much as possible. If you know a young person caring for a family member, here are a few things you can do:

- Discuss the situation with their teachers
- Lend a hand with school assignments
- Arrange for them to have help at home

When supported by those around them, young caregivers can feel empowered and avoid burnout.



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# FALL

## inspiration

### ZUCCHINI BREAD

When you add zucchini to lightly sweetened bread, the result is impossible to resist.

Start to finish: 1 hour 10 minutes  
(10 minutes active)

*Servings: 4*

#### INGREDIENTS

- 2 zucchinis
- 2 eggs
- 2/3 cup melted butter
- 1/2 cup sugar
- 1/2 cup brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder

- 1/4 teaspoon nutmeg
- 2 cups flour
- 1 cup walnuts, coarsely chopped

#### DIRECTIONS

1. Preheat the oven to 177 C (350 F). Grease a 25 by 12 centimetre loaf pan.
2. Cut off the ends of the zucchinis, then grate them using a cheese grater. Place the grated zucchini in a large bowl, and combine it with all the other ingredients except the flour and nuts. Incorporate everything until the mixture has a uniform texture. Add the flour and mix well. Repeat with the nuts.

3. Pour the mixture into the pan, and bake for about 60 minutes or until a fork inserted in the centre of the bread comes out clean. Let cool, then slice and serve.





# ROASTED PUMPKIN HUMMUS

Start to finish: 50 minutes  
(10 minutes active)  
Servings: 6

## INGREDIENTS

- 1 small pumpkin (about 500 grams), peeled, seeded and diced
- 6 tablespoons olive oil, divided
- 1 teaspoon ground coriander
- 1 garlic bulb
- 1 can chickpeas, drained and rinsed (save some of the liquid)
- 2 tablespoons tahini
- 2 tablespoons maple syrup
- Juice of 1 lemon
- 1 pinch of salt
- 1 teaspoon paprika
- 1 teaspoon sesame seeds
- 1/4 cup Italian parsley, finely chopped



## DIRECTIONS

1. Preheat the oven to 218 C (425 F). In a large bowl, combine the pumpkin, 2 tablespoons of olive oil and the ground coriander. Toss until the pumpkin pieces are well coated. Spread evenly on a baking sheet lined with parchment paper. Cut off the pointed end of the garlic bulb to expose the tops of the cloves. Place the bulb on the baking sheet. Bake for 30 minutes.
2. Remove the pumpkin and garlic from the oven and let cool for about 15 minutes. Hold the garlic bulb at the base, turn it upside down and squeeze out the roasted cloves. Place the garlic, pumpkin, 3 tablespoons of olive oil, chickpeas, tahini, maple syrup, lemon juice and salt in a blender. Blend until the mixture is a uniform purée. Add seasoning and adjust the consistency with the chickpea liquid as needed.
3. Scoop the hummus into a serving bowl. Drizzle on the remaining olive oil and sprinkle it with paprika, sesame seeds and parsley. Serve warm with pita chips.



# 4 TYPES OF WINTER SQUASH TO PUT ON YOUR FALL MENU

Packed with antioxidants, fibre, potassium and vitamin A, winter squashes are versatile ingredients that can be used to prepare a wide range of delectable dishes. Here are just some of the varieties that would make great additions to your diet this season.

1. Pumpkin  
This round, deep orange squash has a mild, sweet taste that makes it a delicious choice for home-made fries and pies. The seeds can also be roasted and enjoyed as a snack.
2. Sweet dumpling  
Cream-coloured with green stripes, this variety of squash is a particularly good choice for desserts such as pudding and sorbet thanks to its slightly nutty flavour.
3. Buttercup  
This round, squat squash has a dark green skin and orange flesh that's sweet and firm. It can be used to make creamy soups and curries, and it pairs well with mashed potatoes.
4. Delicata  
Also known as sweet potato squash due to its similar flavour, this striped oblong variety can be cooked or eaten raw. Use it to make everything from jam to fries.

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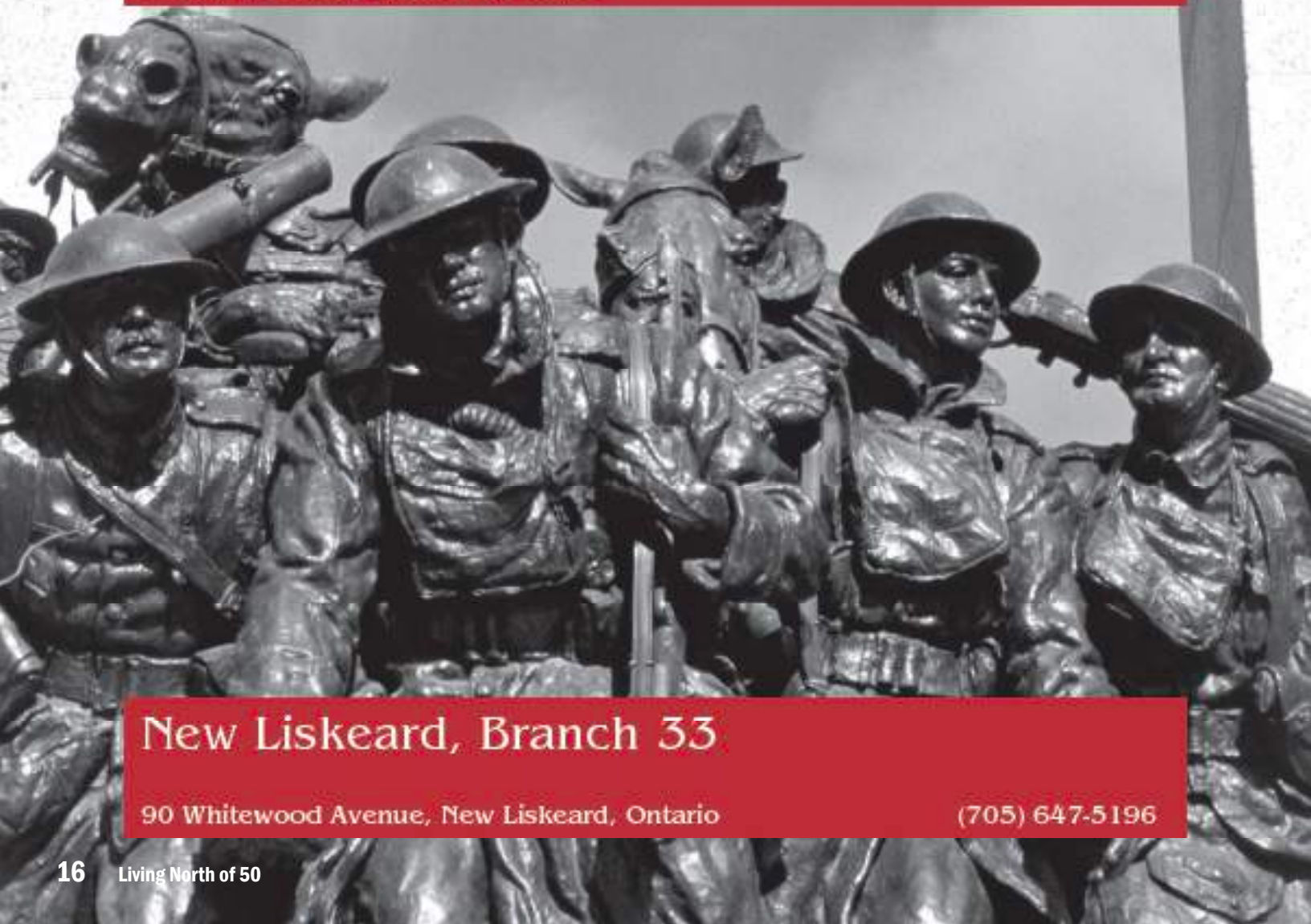
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# Fire

## Fireplace Safety Tips for Families

Nothing quite creates a winter holiday ambiance as well as a log in the fireplace and family gathered around to bask in its warmth and glow. Of course, playing with or near fire is dangerous for children, so please remember these tips from the AAP before you light your hearth.

- If possible, keep a window cracked open while the fire is burning.
- Be certain the damper or flue is open before starting a fire. Keeping the damper or flue open until the fire is out will draw smoke out of the house. The damper can be checked by looking up into the chimney with a flashlight or mirror. Do not close the damper until the embers have completely stopped burning.
- Smaller pieces of wood placed on a grate burn faster and produce less smoke.
- Clean out ashes from previous fires. Levels of ash at the base of the fireplace should be kept to 1 inch or less because a thicker layer restricts the air supply to logs, resulting in more smoke.
- The chimney should be checked annually by a professional.
- Even if the chimney is not due for cleaning, it is important to check for animal nests or other blockages that could prevent smoke from escaping.
- Never leave a fire in the fireplace unattended. Make sure it is completely out before going to bed or leaving the house. If you leave the room while the fire is burning or the fireplace is still hot, take your small child with you.
- Put fireplace tools and accessories out of a young child's reach. Also, remove any lighters and matches.



## Space Heaters Need Space

Make sure space heaters are not too close to drapes, bedding, sofas or your clothing. In fact, the National Fire Protection Association recommends your space heater should be at least 3 feet away from everything. Shut off AND unplug your space heater when you leave your home and go to bed. Never plug your space heater into an extension cord or power strip, plug them directly into the wall.

As an extra precaution, you can also get a space heater that is designed to turn off if it gets tipped over.



## 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,

# Empowerment

by Sue Neilsen

People tend to change their lives according to what's important to them, said the article I was reading on paddling.

I did it. I changed my life after a broken marriage, the death of my parents and other life-altering challenges.

I changed my life for the better when I decided that no one could tell me how to live my life by merely existing as a free, wild woman with a paddle in hand.

I have used the lake and my canoe as a therapist and it has been incredibly rewarding and healing if I may say so.

True canoeists know that time spent on a lake is the best cure for heartbreak, hangovers and lingering grief.

I had grown up boating on area lakes in various watercrafts but it was something about the canoe, the mindfulness of it that appealed to me.

The thing is I had absolutely no idea of the spiritual impact it would have on me.

At first I wondered should I buy a canoe, should I go out into the backcountry alone?

And when I did those things I realized I am a different person when I am on the water.

I am calmer, more focused, more loving, confident and assured.

And what took me so long to realize it?

Owning a canoe, going camping in the backcountry and spending time on water is a form of empowerment that does not originate from a pill, a bottle or social media.

Challenges in the outdoors are transformative and I believe mental health counselling should include outdoor experiences.

Of course every person going out into the woods is going to face fear at some point. But facing fears leads to empowerment and when someone feels empowered, well, look out.

Empowered people lead to empowered communities, provinces and countries.

We have only skimmed the surface of the ways in which the outdoors can heal and help people who are disabled, suffering from PTSD and other psychological stress.

People sitting in jail cells are not going to change their lives when they gain freedom. There must be some kind of restorative process involved so a person can come to terms with who they are and what brings them peace and well-being.

Giving people a sense of confidence and an identity is hugely important.

The way the outdoors positively affects us should be woven into school curricula, public policy, urban planning, at boardroom tables, in the design of public housing and on and on.

We have become so disconnected from the land and each other that we find comfort in technology instead of nature.

Indigenous people understand the power of the land.

We all need to feel like we are the strength of Turkish coffee at sunrise and walk just a little bit on the wild side every now and then.

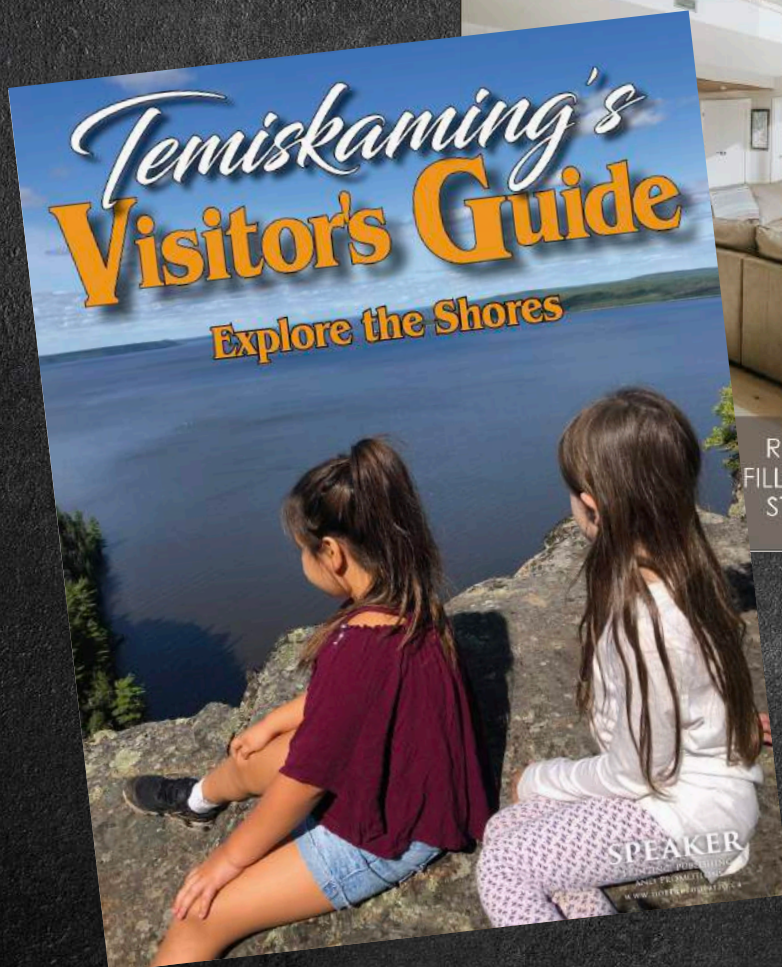
These days screen-addicted Canadians are more stressed out than ever and there is no app for that.

I try to quit checking my text messages and watch as the loons play together on the lake.

I breathe deeply, this is my spirit place and I am filled with joy.



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