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Spring 2023

SPEAKER
PRINTING, PUBLISHING
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Retirement LIVING at its best



4 benefits of using technology in retirement homes

Technology is playing an increasingly significant role in retirement homes. Here are four benefits of embracing technology as you age.

1. CONNECT WITH LOVED ONES

Nothing can replace in-person interactions, but video chats, texting and social networking sites like Facebook can keep you connected with your loved ones anywhere in the world. Studies have shown that social connection plays a crucial role in health and longevity.

2. STAY MENTALLY AND PHYSICALLY ACTIVE

Interactive video games like Wii Golf and Wii Bowling are fun and can motivate you to get your body moving. Physical games can improve your strength, balance and aerobic endurance.

Moreover, you can play various “brain games” on a tablet or smartphone. For example, games like Tetris and Solitaire help with spatial recognition and memo-

ry, while logic games like Sudoku and chess improve problem-solving skills.

3. INCREASE SAFETY

Personal monitoring devices like smartwatches can track your steps, heart rate, sleep patterns and stress levels to keep you on top of your health. Some devices provide emergency support like fall detection, which can immediately contact emergency responders or a trusted contact when needed.

4. IMPROVE CONVENIENCE

It’s now possible to shop for groceries and other items online or through an app and have them delivered to your apartment. This is helpful if you have limited mobility or don’t want to risk going out in bad weather.

Learning to use technology can open doors and provide significant benefits for people of all ages, including seniors.

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Retirement living at its best



4 tips for staying fit and healthy in a retirement residence

Staying active is a great way to live longer and improve your quality of life. Here are four tips for staying fit and healthy while living in a retirement home.

1. GO FOR A DAILY WALK

You don't need expensive workout equipment to enjoy an active lifestyle. Brisk walking is an excellent way to strengthen your body. Moreover, some retirement homes offer excursions and sightseeing tours to help residents get out, move their bodies and experience new things.

2. PARTICIPATE IN COMMUNITY CLASSES

Many retirement residences offer group fitness classes to get your blood pumping. Gentle options like tai chi and yoga can keep you fit without the strain or risk of injury. It's also great to meet new people and stay active in the community.

3. EAT HEALTHY FOODS

Adopting a nutritious diet is an essential part of staying in shape. Make sure you eat balanced and nutrient-rich meals and drink plenty of water. If your retirement home provides food service, choose a dietary option that meets your personal needs.

4. TAKE CARE OF YOUR MENTAL HEALTH

To stay in the best possible shape, you must also take care of your mental and emotional health. Socializing with others and spending time with family and friends help keep your mind sharp. Some retirement homes offer engaging activities like arts and crafts, which allow you to challenge your mind and express your creativity.

When you're ready to make that move, look for a retirement residence that offers a wide range of activities and exercise opportunities to keep you happy and healthy for the years ahead.



6 reasons to consider a pet-friendly retirement home



Research has shown that caring for a pet benefits people of all ages, especially seniors. Here are six reasons to consider moving into a retirement home that allows pets.

- 1. Promotes physical activity.** Owning a pet can help you stay active. For example, dogs must be walked several times daily, and cats enjoy frequent playtime.
- 2. Encourages social interaction.** Having a pet encourages you to leave your apartment and socialize.
- 3. Prevents loneliness.** Pets provide valuable companionship and can alleviate isolation and loneliness, especially if your family and friends live far away.
- 4. Fosters routine.** Taking care of a pet requires a structured routine, providing you with a sense of purpose and satisfaction.
- 5. Improves mental capacity.** Mental stimulation is vital for keeping your mind sharp. Caring for a pet can help ward off dementia and improve your cognitive function.
- 6. Lowers stress.** Holding or petting an animal has been proven to lower blood pressure and boost your mood.

If you can't care for a pet on your own, look for a retirement community that allows family members to bring pets to visit or provides sessions with specially trained therapy animals.

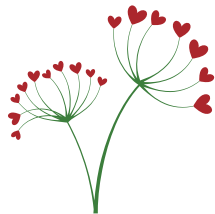
Seniors bullying

Bullying isn't just about kids in school. Bullying among older adults is a growing issue with serious health impacts. North American studies show that many seniors report being bullied, having engaged in bullying tactics or witnessing bullying. Many of these incidents happen in assisted living facilities.

BULLYING IMPACTS

Bullying among older adults can have severe physical and psychological consequences, including:

- Low self-esteem
- Cognitive decline
- Social isolation
- Depression
- Sleep disorders
- Self-harm and physical injury



Bullying usually takes the form of verbal abuse between two older adults or an older adult and a caregiver (each of whom could be the victim or the bully).

WHY SENIORS BULLY

Bullying among older adults can have multiple causes. For instance, the person engaging in bullying may feel a loss of control and be trying to regain a sense of power by belittling others.

Bullying may also be a symptom of someone suffering from mental decline, a cog-

nitive disorder, fear or anxiety. It may also stem from a lack of understanding of other cultures and ways of life.

SAFETY FOR SENIORS

When looking for assisted living facilities, look for one with:

- Clear policies and guidelines to address bullying
- Staff and resident training on how to react to bullying incidents safely
- Posters or other written materials that promote kindness and civility
- Education and awareness workshops to promote inclusion



Education, support and awareness are crucial to making life more enjoyable for older adults.



How to get your affairs in order: advance care planning

If you become sick or disabled, you may be unable to make health care, financial and legal decisions on your own. That's why planning is crucial in preparing for the future. Here are a few things you can do to prepare for a medical emergency.

START NOW

Don't wait to talk to loved ones about your wishes. Start now and have these discussions while they can help you make decisions. Appoint a power of attorney or health care proxy and ensure they agree to their roles and know your directives.

PUT EVERYTHING IN ONE PLACE

Put all your important papers in one place, including your will, trusts, health care directives, financial records and contact information for your lawyers, doctors and financial advisers. Whether these documents are at home or in a safety deposit box, tell someone you trust where everything is.

UPDATE YOUR RECORDS

Go through your documents and make any neces-

sary updates. Do this once a year or whenever you experience a significant life change, such as moving to a new home.

GIVE PERMISSION

Give your doctor and lawyer permission to speak with a designated caregiver in an emergency. Furthermore, arrange with your bank to give a trusted friend or family member access to your safety deposit box.

PLAN YOUR FUNERAL

Arrange and pre-pay for your funeral, burial or cremation to reduce anxiety and the burden and cost for loved ones.

Even if you're not sick now, it's crucial to gather as much information as possible and prepare to make things easier for everyone in an emergency.



Seniors' residences

Pop in for a visit this summer!

5 reasons to look for a seniors' residence during the summer

Are you or a loved one considering moving into a seniors' residence? If your move isn't urgent, take the time to explore your options and make a fully informed decision. Here are five good reasons to schedule residence tours during the summer.

1. You get to see the landscape at its peak beauty. Seniors' residences often have beautiful gardens where residents can relax or visit with their guests. Summer is the perfect time to admire the greenery, majestic trees and colourful flower beds. While you're there, take the opportunity to check for adequate shade and try out benches, swings and other garden features.
2. You can determine the effectiveness of the air conditioning system. Visiting a seniors' residence during a heat wave allows you to determine whether the interior temperature is as warm as, or worse than, the outdoor temperature — a bad sign. On the other hand, you should also take note if they keep the air conditioning so high that being indoors feels like visiting the North Pole.
3. You have a better chance of meeting potential neighbours. During the summer, people like to make the most of the good weather. When you tour seniors' residences in the summer, you have a better chance of seeing residents sitting on the terrace, playing outdoor games or enjoying the pool. You can observe whether they seem happy. You may even be able to chat with one or two.
4. You can enjoy better road conditions. Road conditions are always better in the summer. If you've scheduled a tour of an out-of-town facility that's caught your interest, your chances of having to cancel due to snow or ice are close to zero.
5. You have a better chance of finding someone to go with you. Summer tends to be less busy for most people because many activities are on hold for the season and folks are on vacation. If you'd like the advice or support of a loved one during your search for a new home, summer is the ideal time.

When choosing a suitable seniors' residence, you must consider various factors, including your level of independence, health care needs and budget. Do you or your loved one need help finding a suitable facility? Hire a senior living consultant to simplify the process and give you the best chance at finding the right fit. They'll look at your circumstances, identify places best suited to your needs and plan site visits according to your schedule.

You've earned a great retirement. Don't settle for less!





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QUALITY

VARIETY

FRESHNESS

Why do your taste buds love local fruits and vegetables?

Buying local is an intelligent and eco-responsible gesture that supports the local economy in your region. When the time comes to select your carrots or apples, your tastebuds also have a say. The good news is, they love the delicious produce lovingly cultivated by your local producers.

UNMATCHED FRESHNESS

The secret to tasty fruits and vegetables comes down to when they're picked. When harvested at the peak of maturity, produce is chockfull of natural sugars and essential nutrients. Local produce is extremely high-quality because it travels quickly from the farm to the market.



Support local producers

Conversely, when imported produce travels long distances, it must be picked early, ripening in the darkness of a warehouse or transport truck to land on your plate in edible condition.

PURE GOODNESS

Local produce doesn't need to be treated with protective coatings. That means when you sniff a tomato grown in your region, no paraffin or mineral oil comes between you and the sweet scent of the earth. You indulge all your senses when you enjoy the fresh farm-to-table taste.

Moreover, since local products tend to sell quickly, farmers don't have to worry about transportability when selecting their growing varieties. Instead, they have the freedom to cultivate the fruits and veggies their customers love that have the best taste and texture.

When it comes to fruits and vegetables, supporting local producers is more than a good idea. It's perfectly delicious!



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Stop worrying, and take charge. Sit down with your parents and kindly explain to them that you're concerned about their well-being. Let them know you care about them, and offer them solutions that can improve their quality of life and ease your concerns.

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Wills with Bill



This series of articles is going to explore the reasons for a will and powers of attorney and different issues in estate planning.

Firstly, I am going to discuss what a will does and why you want to have a will prepared before you die.

A will does 3 main things.

1. You appoint your executor in your will. He, she, they or it (there are corporate executors) will look after your affairs after you die (and you will die someday). The affairs range from determining what to do with your remains to disbursing (giving away) your worldly possessions – you cannot take them with you and they won't look after themselves.
2. Distributes your assets how you want to do it.
3. Names a guardian for your children if they are under the age of 18

The reason you do not want to die intestate (without a will) is that there will be difficulties determining:

1. Who will arrange your funeral.
2. Who can get the money out of your bank account(s) especially if there isn't very much in there.
3. Who will clean out your apartment and cancel your utility accounts
4. Who will sell your car or transfer it to your children or common law spouse
5. If you are common law, the common law spouse will not have any right to your assets if they are not left to him or her in the will – WOW, that's huge. Although you may not care about these things it is surprising how much friends and family do not want loose ends and will want to try to tidy up your affairs after your death.

These are the bare minimum reasons for wanting a will. You may want much more, like setting up your children for success rather than letting the government control your assets – funny that the civil servant looking after the assets for your child may not be all that helpful.

To get started on your will, decide who will be your executor – if you don't have a family member or friend that would be appropriate for a fee the banks have representatives who do this.

Next issue we'll talk about a holograph / handwritten will.

Time for another attempt at Quitting?

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* Fiore MC, et al. Treating Tobacco Use and Dependence: 2008 Update
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Recipe

OF THE WEEK



Caesar pasta salad

INGREDIENTS (Servings: 4)

If you love salads, you'll definitely fall in love with this divine twist on a classic.

Salad

- 1 box (454 grams) Campanella (or other short pasta of your choice), cooked and drained
- 2 cups romaine lettuce, torn
- 16 cherry tomatoes, halved
- 1 cup store-bought croutons
- 2 chicken breasts, cooked and diced
- 4 tablespoons grated Parmesan cheese, for garnish

Dressing

- 1/4 cup store-bought mayonnaise
- 1/4 cup plain Greek yogurt
- 1 clove of garlic, minced
- 1/4 cup grated Parmesan cheese
- 2 tablespoons Dijon mustard
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- Salt and pepper, to taste

DIRECTIONS

1. Combine the pasta, lettuce, cherry tomatoes, croutons and chicken in a large bowl.
2. In a separate bowl, whisk together the dressing ingredients.
3. Pour the dressing over the pasta and toss well. Add salt and pepper to taste.
4. Arrange pasta salad in serving bowls and top with grated Parmesan cheese.



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Alzheimer's

Fight the stigma



The power of music: Alzheimer's disease

Alzheimer's disease is a brain disorder that affects memory, thinking and behaviour. As the disease progresses, patients often struggle to do everyday tasks. January is Alzheimer's Awareness Month in Canada, an opportunity to raise awareness and fight stigmas around this disease that affects more than 700,000 Canadians.

Did you know that music benefits Alzheimer's patients in varying stages of the disease? Musical memories often remain intact for quite some time because the condition leaves the critical brain areas linked to music relatively undamaged.

Studies show that Alzheimer's patients feel more focused and engaged while listening to music. Music also evokes positive emotions and memories, which can help relieve the stress and anxiety that often accompany this disease. Moreover, listening to music encourages purposeful movement, like dancing and swaying, which promotes good physical health.

Listening to music can also benefit caregivers by providing a way to connect with their loved ones, especially with those who have difficulty verbally communicating in the later stages of the disease.

This Alzheimer's Awareness Month, help a loved one reconnect with the soundtrack of their lives with the Alzheimer Society of Canada. The Music Project provides MP3 players loaded with personalized playlists to people living with dementia to improve their quality of life. For more information, visit alzheimer.ca.



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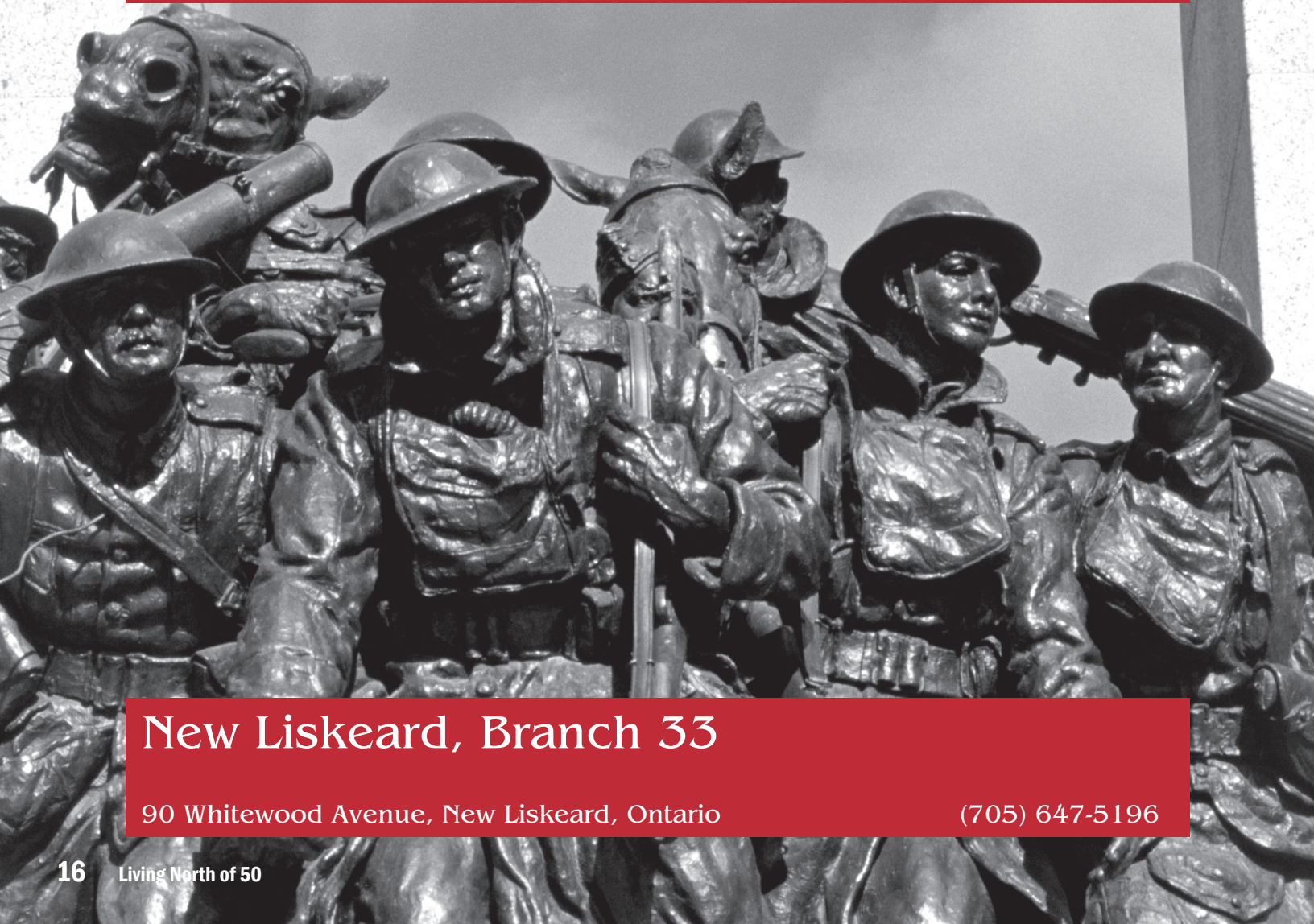
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Fire Prevention

What to do if there's a fire in your kitchen

More house fires start in the kitchen than in any other room. Of these, most are caused by grease. Here's what to do if a fire breaks out while you're cooking.

If the fire is contained and it isn't spreading quickly, you can extinguish it. The first step is to eliminate the heat source. If it's possible to do so without injuring yourself, turn off the oven or stove.

Next, you need to deprive the fire of oxygen. In the case of an oven fire, leave the door closed and wait for the fire to extinguish itself. If it's in a pan, smother it with a lid or baking sheet. To do this safely, hold the cover in front of you like a shield and cover the pot from front to back. Don't throw the lid on the fire, as you risk spreading the flames around.

If you don't have a cover, baking soda can be used to smother the flames. However, you'll likely need



more than the small box you keep in your fridge. You can also use a fire extinguisher, as long as it's rated B, which designates that it's safe to use on grease fires. Never use water to extinguish a grease fire.

If the fire is burning too hotly to be smothered or it begins to spread fast, evacuate the house and call the fire department immediately.

WHEN FIRE STRIKES

Even the smallest of sparks can ignite a blaze! This October, FIPRECAN is launching another round of fire safety awareness for Fire Prevention Week. This year's theme — *Every second counts: Plan 2 ways out!* — urges Canadians to have a strategic evacuation plan in place to avoid panic and confusion in the event of a real fire. So, make sure to identify two ways out of every room and keep escape routes clear!

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,

Fore the love of **GOLF**



5 things to consider when choosing golf shoes

A good pair of golf shoes can go a long way to improving your game and increasing comfort while walking long distances on the course. Here are five things to consider when choosing a new pair.

1. Material. Leather is the most popular material choice because it's breathable, flexible and stylish. Many leather shoes also come with a waterproof lining. Gore-Tex has many of the same benefits as leather but comes with a higher price tag, which may be worth it if you often play in wet or cold conditions. Polyester shoes are ideal for occasional golfers looking for value.

2. Style. Golf shoes range in style from Oxfords and sneakers to sandals and boots.

The first thing to remember is that many golf courses have dress codes, so not all kinds may be suitable. Additionally, consider the golfing you do. For example, sneaker-style shoes may be great if you're a casual golfer. If you often golf at business meetings, you may want to choose a more upscale style.

3. Spiked or spikeless. The decision between spiked or spikeless shoes comes down to climate and landscape. For instance, if you play in wet environments or on hilly courses, the enhanced grip of spiked shoes is hard to beat. Spiked shoes can be heavy but provide excellent overall support. Spikeless, however, are lightweight and can be worn off the course.

4. Laces. Traditional laces are the most popular because you can easily exact the fit of your shoe. However, Velcro fastenings and mechanical fittings are gaining popularity for their ease of use.

5. Size. Golf shoes usually fit tighter than everyday shoes to keep your foot secure and close to the ground. You should have no pain or pressure when walking and have about three to five millimetres of toe space.

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