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Mature Living

How to make air travel easier for Seniors.

Wills with Bill

And more...

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Summer 2023

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6 ways to help an elderly loved one

Whether due to health problems, physical limitations or loneliness, seniors often need help to lead fulfilling lives. Are you wondering how you can help an older loved one, like a neighbour, grandfather or aunt? Here are six ways you can make their day-to-day life more enjoyable.

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- 1. Offer your presence and emotional support.** Older adults often face social isolation. Take the time to visit your elderly loved one regularly, talking to them and spending quality time together. Listen carefully to their concerns, memories and stories. Your presence can have a considerable positive impact on their well-being.

2. Help with household chores.

With age, household chores can become more difficult. Offer to help your elderly friend or relative with tasks, such as laundry, washing the floors and doing the dishes. You could also consider hiring a housekeeper to relieve your elderly loved one of their daily responsibilities.

3. Facilitate access to medical care.

The elderly must often attend medical appointments and follow-ups. If necessary, help your older loved one by scheduling their appointments, accompanying them to consultations and taking notes to ensure they understand medical recommendations. Avoid infantilizing them by constantly checking that they're taking their medication correctly.

4. Encourage physical and mental activity.

Physical exercise plays a crucial role in maintaining health and mobility as you age. Encourage your elderly loved one to stay active by taking walks with them or suggesting they join an exercise or activity group



suited to their physical abilities. You can also encourage them to stimulate their mind by suggesting interesting games or reading.

5. Encourage social interaction.

Socialization is crucial to the emotional well-being of older people. Help your elderly friend or relative stay in touch with others by encouraging them to take part in community activities or join leisure groups. Suggest that they invite friends or family over to spend quality time together.

6. Ensure safety at home.

Safety is paramount for older adults. Regularly check on your loved one's living environment to be sure it's safe. For example, ensure their smoke detectors are in good working order and install grab rails to reduce the risk of falls. You can also consider using technology like personal alarms or surveillance systems to give them extra peace of mind.



You must be patient, committed and attentive when caring for an elderly relative. Providing them with your loving presence, practical assistance and emotional support can greatly enhance their quality of life.

Protect your eyes with high-quality sunglasses

Sunglasses are meant to protect your eyes from ultraviolet (UV) rays and prevent glare from reflective surfaces. Although you should wear sunglasses all year round, it's even more important to wear them during the summer, when you spend more time outdoors in the heat. Here are a few good reasons to protect your eyes.

DANGERS ASSOCIATED WITH UV RAYS

Not wearing sunglasses or wearing ones that don't provide adequate UV protection can increase your risk of the following:

- Premature retina aging
- Corneal degeneration
- Cataracts
- Temporary blindness called photokeratitis
- Eyelid sunburns
- Formation of growths on the surface of the eye
- Cancer

TIPS FOR CHOOSING THE RIGHT SUNGLASSES

Here are a few criteria to consider when purchasing a pair of sunglasses to ensure your eyes have adequate protection:

- The lenses block 99 to 100 per cent of UVA and UVB rays
- The lenses fit around your eyes and protect the delicate skin around them
- The lenses are polarized
- The lenses are uniform and free of imperfections

Although you can buy sunglasses in many stores, it's a good idea to invest in a high-quality pair from an optometry clinic to ensure the best protection for your eyes. What's more, you can get personalized advice and book your next eye exam.



How to choose a medical alert device

Are you considering purchasing a medical alert device to give you peace of mind and ensure you get the help you need in an emergency? Here are four tips when shopping for a medical alert device.

1. Consider your lifestyle and health. If you regularly engage in outdoor activities, for instance, look for a system that's suitable at home and on the go. If you take medications that cause you to lose your balance, for example, you may be more interested in an alarm system that detects falls.
2. Think about comfort. The bracelet or pendant you choose should be lightweight and comfortable because you'll be wearing it every day. Falls happen more frequently in the bath and shower. Therefore, the device should be waterproof. If you prefer a pendant, ensure the cord breaks away easily to prevent choking.



3. Check your contract. Your contract should clearly state which costs are included and which aren't, so take a good look to avoid unpleasant surprises. Additionally, check that you won't have to pay out of pocket if you accidentally press the alert button. You should also inquire if the service can be transferred should you move.
4. Invest in professional installation. If you have your device professionally installed, the installer can clearly explain how the alarm system works. They'll also ensure the device is compatible with your living situation. For example, they'll choose the optimal location to ensure the system is always within close range.

Don't hesitate to ask for help when choosing the most appropriate medical alert device for your situation.



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Should you take Fido on vacation? IT'S UP TO YOU!



Vacation dog care: what are your options?

Do you have a dog you need to leave behind when you go on vacation this year? Here are five pet-care solutions to consider for your faithful friend, so you can enjoy peace of mind on your travels.

1. **Boarding.** There are various types of pet boarding facilities. For example, some are in veterinary clinics. The services offered often include special care like brushing and bathing. Your dog can also enjoy play-time — either unstructured or training-focused — in a clean, safe environment.
2. **Dog hotels.** This is a more luxurious option and typically includes services, like a grooming salon or dog gym, to give your furry friend some pleasurable quality time while you enjoy your vacation.
3. **Kennels.** More affordable than a hotel, dog kennels remain a popular choice. You can rest assured your best friend won't want for anything. Plus, Fido will have plenty of opportunities to have fun, socialize and rest.
4. **Loved ones.** Do you have a cousin, sibling or friend who'd enjoy the company of your four-legged friend while you're away? Before handing over your pup, make sure the person isn't just agreeing to the responsibility to make you happy. Visit their home to ensure it'll be safe and comfortable for your dog.
5. **Dog sitting.** Explore websites and apps that can

connect you with animal lovers offering pet-sitting services. You can set your search criteria and preferences to select a sitter to take care of your dog in their home or to come and stay at yours.

Happy searching!



Make sure your dog's vaccinations are up to date before sending it to stay in a facility with other animals. It's not just a matter of safety; most establishments have policies requiring you to provide updated health records.



Learning has no age limit

Do you think learning new things is just for young people? Think again! It's been proven that there's no age limit to learning. Here's why it's beneficial for older people to continue expanding their knowledge as they age.

A SPIRIT OF LIFELONG CURIOSITY

Learning doesn't have to be confined to the classroom. It can extend into every area of your life. Learning allows you to develop new skills, acquire knowledge and cultivate your innate curiosity. Whether it's learning to play a musical instrument, discovering a new technology or picking up a foreign language, lifelong learning stimulates your mind and boosts your self-confidence.

ADAPTING TO AN EVER-CHANGING WORLD

In today's modern society, knowledge and skills are constantly evolving. What was once considered a skilled trade can quickly become obsolete. Staying up to date on the latest innovations is essential if you want to be more independent in your personal and professional life.

BENEFICIAL INDIVIDUAL DEVELOPMENT

Learning is beneficial on an intellectual and personal level. Exploring new areas of interest can help you discover your passions and talents. This feeds your self-esteem, strengthens your identity and allows you to fulfill your potential.

In short, the thirst for knowledge and personal development doesn't diminish with age. Find out about courses and workshops in your area and sign up for those that interest you.

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YOUR SUMMER!

Regardless of your interests, there's no shortage of activities to fill your days this summer. Here are 10 suggestions to get you started.

1. GET BACK TO NATURE

The thing about the outdoors is that there are many ways to enjoy it. Birdwatch in your backyard, stroll through the woods or bike around the countryside. Alternatively, enjoy a picnic in the park or pack your fishing rod and spend a weekend camping by the lake.

2. HOST A GAME NIGHT

Your options are as numerous as they are varied. Keep your mind sharp as you roll the dice, shuffle the cards or test your trivia knowledge. You can teach your grandchildren a game that's new to them or organize a regular board game night with friends.

3. MOVE YOUR BODY

From golfing to gardening, opportunities to engage in physical activity during the summer are plentiful. You can also join a walking club or sign up for a yoga, tai chi or water aerobics class. Often, these group courses are offered outside when the weather's nice and can be

adapted if you have reduced mobility.

4. PLAN A CULTURAL OUTING

Treat yourself to a night out at the theatre or take in a concert. If you want to spend an afternoon with your grandkids, head to the movies or visit a museum. Remember, summer is a prime time for all sorts of festivals and local events.

5. EXPLORE YOUR ARTISTIC SIDE

Whether you prefer painting, photography, knitting or playing a musical instrument, there are numerous ways to get creative. Activities like scrapbooking and sculpting sandcastles allow you to combine creativity and spending time with your family.

6. PLAY OUTDOOR GAMES

If you enjoy activities that allow you to socialize and take advantage of a sunny day, there are many backyard games to choose from including horseshoes, bocce ball, ladder toss and croquet.

7. ENJOY YOUR OWN COMPANY

Spending quiet time alone can be the perfect way to recharge. Curl up on the

couch with a crossword puzzle, retreat to the porch swing with a good book or simply relax while listening to music. On a rainy day, try your hand at a jigsaw puzzle or catch up on your favourite TV shows.

8. INDULGE IN LOCAL FARE

Take advantage of the summer weather to discover new flavours in your region. Sample the menu at a local bistro, savour a cone at the ice cream parlour or enjoy a wine tasting at a nearby vineyard. If you don't feel like going out, you can teach your grandchildren a family recipe or host a potluck with loved ones.

9. TEST YOUR LUCK

There's no harm in playing games of chance on occasion, so try your luck at bingo or head to the casino for an evening of fun and excitement.

10. GO SHOPPING

Support independent retailers and local artisans, or check out a few garage sales in your area. If you just want to window shop at the mall, this activity is suitable in all types of weather.

HOW TO MAKE AIR TRAVEL EASIER FOR SENIORS

(NC) As you prepare to take to the skies this summer, you may have questions about how best to get through security screening. Here are some tips to help you navigate the process with confidence.

First, plan to give yourself plenty of time to get to the airport. The Canadian Air Transport Security Authority recommends that you arrive at least two hours in advance for domestic flights and three hours in advance for U.S. and international flights. This will give you plenty of time to make your way through the airport and security screening at a comfortable pace.

Next, pack smart. When placed in your carry-on bag, liquids, aerosols and gels must be in containers of 100 ml or less and placed in a clear, resealable 1-litre plastic bag. It's important to note that the 100 ml rule doesn't apply to prescription and non-prescription medication. If you have a daily or weekly pill separator, those are also permitted.

Your 1-litre bag, as well as any medication, will need to be removed from your carry-on baggage and placed in the bin for inspection. Remember that



while you are limited to two carry-on bags per person, medical equipment and mobility aids are not included in this limit.

Ask for assistance. Air travel can be challenging, especially if you need extra support. But don't let that stop you. At the security-screening checkpoint, there are several options. If you're travelling with a mobility

aid like a walker, cane or wheelchair, check if there's a Family/Special Needs line available. This line features screening equipment that can accommodate larger items, and the screening officers can offer additional assistance if you need more time and help with your belongings.

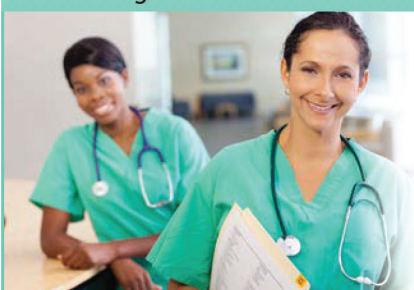
If there is no Family/Special Needs line, let the screening officers know that you require assistance. Upon request, they'll expedite the screening process for you.

Giving yourself extra time, being mindful when packing and asking for assistance when needed will set you up for success at security screening and start your trip on a positive note. Find more information at catsa.gc.ca.

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8 fun intergenerational activities

Grandchildren form a unique bond with their grandparents. Why not create fun and unforgettable moments with these eight intergenerational activities?

1. Make a traditional dish. Dig up old family or local recipes and teach your grandchildren how to make them.
2. Read a story. Check out a good book or listen to a children's album and discover fascinating stories together.
3. Do a craft. Try your hand at crochet, pottery, a collage or ceramic painting to make a beautiful keepsake you'll cherish.
4. Take a walk down memory lane. Tell your grandchildren about your younger years and talk about the changes that time has brought.
5. Go for a bike ride. Get on your bike and ride the trails in and around your municipality. If necessary, use an electric bike.
6. Explore nature. Go on an adventure and learn about the flora and fauna in your area.
7. Try geocaching. Enter your postal code or town into a GPS treasure-hunting website or app. Then, go in search of hidden treasures. Once you find an item, leave something for the next players.
8. Play a game. Test your skills at mini-golf or bowling or visit an entertainment venue everyone can enjoy.

Do these ideas inspire you? Book a day to do them!

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6 senior-friendly board and card games

Did you know that board and card games are more than just fun pastimes? Playing games can help fend off isolation, maintain cognitive function and improve mental health. In addition to classics like Scrabble, chess and dominoes, here are six other board and card games that'll give you a dose of playful fun.

1. **Qwirkle.** Create a line using blocks of the same colour or symbol to score maximum points.
2. **Skyjo.** Flip, trade and collect cards over the course of several rounds to secure the lowest-scoring hand before the game is over.
3. **Sequence.** Using a traditional 54-card deck, work with a teammate to make two rows of five chips on a board before your opponents block you or win.
4. **Bananagrams.** This fast paced Scrabble-inspired game challenges you to use up your letter tiles before your opponents by creating a personal crossword.
5. **Lucky Numbers.** Fill in your 4x4 grid as quickly as possible by placing numbers in the correct places. You can also take on individual challenges in single-player mode.
6. **Timeline.** Put your cultural knowledge to the test by correctly placing events on a timeline.

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Have you heard of Nordic walking?



Nordic walking is a sport that's quickly gaining in popularity. If you're looking for a simple, effective and enjoyable activity to keep fit in retirement, Nordic walking might interest you.

DEFINITION

Nordic walking is very similar to regular walking and hiking. The main difference is that it's done with walking sticks, also called Nordic poles. This outdoor sport was created as a summer training program for cross-country skiing athletes. Today, it's accessible to everyone.

BENEFITS

Compared to regular walking, which only involves the lower limbs, Nordic walking is a total-body workout. It engages an estimated 80 to 90 per cent of the body's muscles and burns as many calories as jogging. Nordic walking also improves muscle tone, coordination, posture and balance.

This activity is gentle on the joints because your body weight is distributed over four points: two feet and two poles. This makes it an excellent activity for seniors.

HOW TO DO IT

All you need to enjoy Nordic walking is two poles and a pair of comfortable shoes. It can be done anywhere, including in the street, at the park or on a walking path. Plus, it can be done in any season. If necessary, you can take an introductory session to master the techniques and optimize your muscle engagement. For instance, as in cross-country skiing, the poles should be set at an angle, so the tips point backward.

Visit a sports store near you to purchase high-quality Nordic poles and get expert advice.

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3 tips for selling your home and moving into a seniors' residence

Are you thinking about moving into a private seniors' residence? If so, you'll need to sell your current home. Here are three things to consider to help you make this significant transition as easy as possible.

1. First, find the perfect residence. Of course, the facility must meet your needs and budget. However, you must also like the atmosphere. Don't hesitate to hire a housing consultant to help you find properties and set up tours. Once you've secured the perfect residence, your motivation to sell your current home will increase tenfold.
2. Secondly, the process of selling a property can be quite stressful, especially if it's been decades since you last moved. Enlist the help of family and friends to sort through your possessions.
3. Finally, the most important thing is to work with a real estate agent you trust. They'll guide you through every step and help take the weight off your shoulders.

Get ready to step into your new life with the support of those around you and a trusted real estate specialist.



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FIRE PREVENTION

How to choose a smoke alarm

Smoke alarms play a crucial role in fire prevention. Therefore, it's essential to make the right choice when purchasing one. Keep these tips in mind when shopping.

TYPE

The type of smoke alarm you choose must be authorized by your municipality and suitable for the location you'll place it in your house. Here are your options:

- **Ionization** alarms are very sensitive and react to vapours and smoke in the air. This type of unit is best suited for bedrooms and hallways.
- **Photoelectric** devices are less sensitive to fumes and smoke than ionization types. These alarms are best for kitchens and bathrooms.

You can also purchase a strobe light smoke alarm. These units combine sound and light, making them ideal for people with hearing impairments.

POWER SUPPLY

There are two power supply options available. It's advisable to verify your municipality's regulations before making a purchase.

- **Battery-powered** alarms are very common. However, you must remember to replace the battery regularly. Lithium batteries have a lifespan of about 10 years.

- **Electric** units are connected directly to your home's 120-volt current. However, you must invest in a backup battery to ensure the alarm operates as intended if there's a power outage.

It's a good idea to install more than one smoke alarm in your home and replace them every 10 years.



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,



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Yet, in winter, we long for hot summer days,
Long to sit on a beach, play in the sand,
Watch the boats sail through summer's hot haze.
Think of all the good things that are at hand,
But gentle summer breeze blows soft and sweet,
And so, take away the harsh summer heat.

Ann Margetson

Wills with Bill

I read a very interesting article about a man who died without a will. A Toronto police officer prepared a fake will, complete with fake witnesses, and presented it to the court to be probated. He and his newest girlfriend were initially successful in obtaining the entire \$834,000 estate. Alas, the officer's ex-girlfriend got wind of this nefarious scheme and ratted him out and the now ex-officer has been found guilty of some pretty serious fraud charges and faces up to 14 years in prison. Crime did not pay in this case, but it almost did. If the deceased had a will this opportunity to defraud would not have arisen.



DIGITAL ASSETS

A digital asset can be anything from crypto currency to a Facebook page. At present Ontario does not have legislation dealing with digital estate assets. To allow someone to deal with your digital assets after your death you will need a will specifically permitting this. We started including a paragraph for this about 3 months ago – an older will can be updated, or a codicil can be added.

If you die with all your digital information on a locked Apple computer / phone / iPad, that information will be completely unavailable to anyone. Apple has said they won't even unlock a device with a court order requesting / permitting them to do so. So not only should you have a will permitting access to your digital assets please also keep a record of the passwords somewhere secure (obviously not on the locked device) so your estate trustee can find them. If you are going to dabble in the latest technology, also make sure your estate can undabble after your death.

CODICILS

A codicil is a short version of a will amending some part or your will. The lawyer who did your original will may not want to do a codicil – it's much easier for me to amend your old will than it is to prepare a codicil if I drafted the 1st will. On the other hand, if you want me to amend a complicated will done by another lawyer, it is often easier to do a codicil. Don't have more than one codicil – it is allowed but becomes quite confusing, especially if you are amending some things in the codicil and some things in the will.



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