The Community Support Services Newsletter
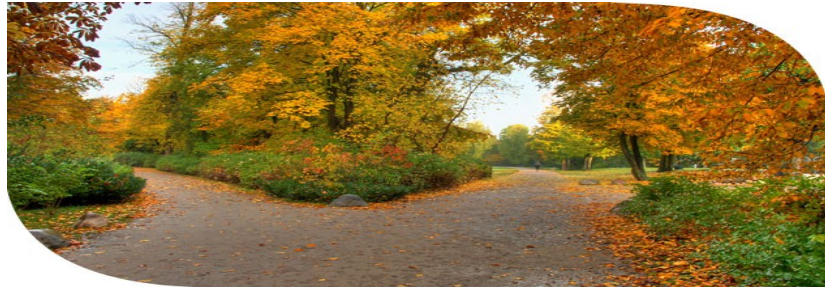
Belvedere Heights, 21 Belvedere Ave. Parry Sound, ON P2A 2A2

Inside this issue:

Life does not have to be perfect to be wonderful

Annette Funicello

What Happened at the Meeting with the NE-LHIN ?

On July 16, 2013, 60 Parry Sound seniors attended the Lunch and Learn meeting with LHIN Outreach Officer Nancy Lacasse. Participants shared their experiences and opinions about health care services in the area. All of the comments and suggestions were recorded. The round table discussions allowed individuals to talk openly about personal experiences. Some identified the challenges associated with hiring skilled persons to provide light housekeeping services. For those seniors who live in their homes, they reported difficulties with getting help for house maintenance chores. Many participants identified the need for a one stop 'service centre' where seniors can go to or call to find out about government forms, specialists, housekeeping services, foot care services, PSW services and other supports. The lack of skilled workers was also highlighted. For those who rely on others for transportation, or need wheel chair transportation to appointments and stores, scheduling and planning can be difficult; and the costs can add up. The bus runs twice a week and scheduling doctors' appointments to coordinate with the bus schedule can be frustrating or impossible. Extra costs for eye care, dental care, blood work and foot care can deplete a senior's pension income. Many are simply not getting the 'extra' services. Parry Sound Seniors are smart and willing to speak out for the services and resources they need. On November 26, we anticipate that the NE-LHIN will present their response to the local seniors' issues, needs and concerns. Let's keep the dialogue going! Make sure you attend the November 26, LHIN Lunch and Learn follow-up meeting at 11:00 am. Belvedere auditorium.

HELP TO SHAPE COMMUNITY SUPPORT SERVICES AS WE DEFINE OUR MISSION AND VISION

Community Support Services (CSS) values and relies on the input, guidance and wisdom of the seniors who volunteer with us, use our services, access our programs and who simply 'drop in' for a visit. We are continually learning from their experiences, concerns and needs. Linda Taylor, CSS Program Coordinator, wants the Mission and Vision Statements to express "Our Heart and Soul" as we strive to be a reflection of what seniors' tell us is working, what is not, and how things can be improved. So in keeping with Linda's objective, CSS is inviting seniors to attend an informal conversation about **shaping our Mission and Vision Statements on October 29, between 10 am. and 1:00 pm in the Belvedere Auditorium.** A survey package is being handed out at Dinners' Clubs and will also be available in the CSS office for those who wish to provide their thoughts and opinions. If an organization cannot define it's "*reason for existing* (Mission) or "*where it is going*" (Vision), how can it align people, programs, or services towards a successful future.? So let's shape Community Support Services together...help us to help our community. We look forward to your ideas and opinions. A prize will be drawn from the names of people who contribute to this process—at the November 26, Lunch and Learn at Belvedere Heights.

KEEP YOUR MEMORY SHARP

Article From Kay Wilkinson, Found in Consumer's Report on Health

Research continues to demonstrate that keeping one's mind active and challenged helps to preserve memory and healthy brain functioning throughout the aging process. Other important steps such as exercising, eating a balanced diet, being social, volunteering, and getting enough sleep are equally important to maintaining "*good brain health*". Kay Wilkinson found an article with some memory tips and thought it might be useful for others to read. So, thanks to Kay, here are the tips:

⭐ **Know Your numbers**: The same risk factors for heart disease also threaten your brain. So take steps to control your cholesterol, blood pressure, and blood glucose levels. That means—eat fruits and veggies and less starchy and sugary foods.

⭐ **Exercise**: Regular exercise not only controls heart risk factors but also helps brain cells grows and strengthen. That means—join one or more of the exercise programs detailed on the back page of this newsletter.

⭐ **Stay Connected**: People who maintain strong family ties and friendships, volunteer, or attend religious services, appear to maintain their cognitive function as they age as compared to those who don't. That means—volunteer with CSS! Join CSS's new Adventures in Creative Aging Group. Join a singing group. Be with others.

⭐ **Challenge your Mind**: A healthy brain is a working brain. Join a book club, or a theatre club, (CSS might start one), play board games, play a musical instrument or take a class at Canadore College. Research has shown that one needs to do more than two dimensional activities to ensure brain health. Get a Wii Gaming system or an iPad or some other system to play interactive activities.

⭐ **Get Enough Sleep**: Sleep helps the brain to think clearly, react quickly and to be alert. Aim to get at least 7 hours of sleep every night. That means—turn the tv off at least 1/2 hour before sleeping. No eating after supper. Learn 'mindfulness' practices to 'calm' the brain.

COOKING MATTERS

Healthy eating is essential for people of all ages, but for many seniors, a well-balanced diet is critical in order to feel their best. Good nutrition is the key ingredient in the recipe for a healthy life. Eating well may reduce the risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia. Proper nutrition may also help reduce high blood pressure, lower high cholesterol, and manage diabetes. It provides you with the essential nutrients to keep your muscles, bones, organs, and other body parts healthy throughout your life. Food choices matter. For instance, not getting enough fiber or fluids (please drink more water!) may cause constipation. Eating whole grain foods with fiber, fruits and vegetables and drinking lots of water will help.

A significant portion of the senior population are vulnerable to poor nutritional intake due to social, functional (physical) and/or economic challenges. Seniors are often on a fixed income, or have mobility issues, or may have lost interest in cooking due to the loss of a spouse, and opt instead for easy to make food which may not provide enough nutrients.

The CSS Advisory Committee wants to make a difference in local seniors' nutritional intake and cooking patterns. We are proposing to introduce a number of Cooking Programs and initiatives to help tackle this important issue. **Cooking courses at Canadore College, crock pot cooking at Belvedere auditorium, and setting up small cooking groups of three or four seniors to cook in their homes and then divide their cooked goods to share and take home are just three examples of how our community can address older adults' nutritional deficits. We would like to hear from you, your thoughts about these initiatives or other ideas for cooking programs for seniors. Please call us and let us know: 705-746-5602**. We are hoping to get started on these cooking initiatives soon, as the Fall and winter seasons approach.

Be Prepared: 12 Food Staples For a Senior's Kitchen:

1**. Oatmeal**: A great source of soluble fiber, oatmeal has proven to lower blood cholesterol and may reduce the risk of heart disease and stroke.

2. Eggs: With only 75 calories per serving, eggs contain 13 essential vitamins and minerals, including vitamin D, important for the absorption of calcium needed for bone strength. Lutein and zeaxanthin found in egg yolks may reduce the risk for cataracts and help prevent macular degeneration.

3. **Yogurt:** Rich in calcium, yogurt can contribute to the calcium requirement needed to prevent osteoporosis. Good bacteria in some yogurt (Greek) may help with digestive problems. Mix in fruits, or cereal.

4. **Blueberries:** These are among the top foods for containing antioxidants. Research on aging and Alzeheimer's disease reveals that blueberries may also improve memory and coordination.

5. **Apples**: The benefits of apples are many. One is, the pectin supplies galacturonic acid to the body, which lowers the body's need for insulin.

6. **Fish**: Fish provides a low-fat, high-protein source of nutrients. One to 2 servings of fish a week is recommended.

7. **Chicken**: Poultry is an excellent source of protein. It is high in niacin and selenium which are sources of vitamins.

8. **Broccoli**: A good source of vitamins such as—K, C, E, B, and calcium and iron. It is considered to be a '*super*' food.

9. **Soy**: Nutritionists recommend consuming up to one serving a day of soy. Soymilk, soy nuts, tofu and some cereals with added soy are examples.

10. **Sweet Potatoes and Squash:** these provide beta carotene and vitamins C and E.

11. **Rice**: A complex carbohydrate, rice digests slowly allowing the body to utilize the energy released over a long period of time. You can add fruits, nuts, meat, fish, soup broth—anything to rice.

12. **Dark Chocolate:** In moderation this high calorie, high fat food may contribute to lowering blood pressure and boost the good HDL cholesterol.

Volunteers needed! They are the backbone of CSS. Help keep us strong and able to provide services to our community by agreeing to join the CSS Team.

Community Support Services 21 Belvedere Ave. Parry Sound, Ont. 705-746-5602 email: ltaylor@belvedereheights.com

Mark Your Calendar

DINERS' CLUBS:
Parry Sound: at Belvedere Heights Auditorium - September 9; October 7; November 11; December 9; Dinner at 4:30 sharp

Dunchurch: at the North Landing - October 1: November 5; December 3. Meal at 11:30 am.

Nobel: at Nobel United Church- September 17(Topic: Emergency Preparedness); October 15; November 20: December 17; Meal at 11:30 am.

Lunch and Learn:

Belvedere Heights:— September 24 (Emergency Preparedness); October 22 (Adventures in Creative Aging); November 26 (Nancy Lacasse, Outreach Officer with the North East LHIN—Follow-up meeting) 11:00—1:00 pm.

Exercise Programs:

Beginner's Tai Chi Class: Belvedere Auditorium - Wednesday mornings @9:30. no cost although donations are accepted

Yoga Classes: Wednesdays—Chair Yoga at 3:30pm; Mat Yoga at 5:00 pm—Theresa Gregory 705-389-1669 $10 per class

Qi Gong: (chi gong) Thursday mornings at 9:45 am in the Belvedere Heights Auditorium—no costs although donations are accepted

Stress & Relaxation Class: Tuesday evenings at 7 pm— Belvedere auditorium

Walking / Exercise Programs throughout our area are being organized and scheduled for the Fall and should begin soon.

Call Community Support Services if:

You need a Ride—Transportation to appointments, shopping, friendly visiting; (a nominal cost)

Meals on Wheels— Hot meals

Frozen Meals— Delivered on Wednesdays—a variety of dietary meals, deserts, soups, entrees.

Friendly Visiting: If you want to volunteer to be a friendly visitor or you want a volunteer to come and visit.

You Want to Become a Volunteer: You want to drive people who need transportation; you want to drive for meals of wheels; you want to deliver frozen meals; you want to start a seniors' group—program—like a book club, start a movie—social night.

Join—The CSS Gifts of Joy Group: Make decorations and centre pieces for Dinners' Clubs, Lunch and Learns and other special events.

Join or Start a Cooking Program: A small cooking group, or a larger group? Let us know.

Help with the Secret Senior Santa Program: We need knitters, quilters, and others who can help get donations for making 'Santa Bags for Seniors'. People who can pull the program together to give some Christmas cheer and gifts of joy to those who may be shut-in, alone, and/or in need.

If you have Suggestions: for the On-going Newspaper series on 'Helen' - Chronicling a year in the Life of a Parry Sound Senior; or suggestions about programs that would be useful for older adults.

We look forward to hearing from you!

CSS is Working to Help Seniors have a Good Quality of Life.