

Community Support Services Newsletter

Belvedere Heights, 21 Belvedere Ave. Parry Sound, ON P2A



Seniors Being Bullied

Bullying can be perpetrated and experienced by people of any age. According to the Hazeldon Foundation, 2008, “**Bullying is a social and interpersonal problem that is characterized by: “Intentional repetitive aggressive behavior involving an imbalance of power and strength.”**

Settings where senior bullying can occur are:

- a) **places where seniors congregate during the day for social and therapeutic purposes** (senior centres; day care centres; day hospitals), and
- b) **congregate living settings** (seniors’ housing, assisted living, and long-term care facilities).

In these settings 3 types of bullying can occur ~ senior to senior ~ senior to staff ~ staff to senior.

Verbal bullying involves name calling, teasing, hurling insults, taunting, threatening, or making sarcastic remarks or pointed jokes.

Physical bullying involves pushing, hitting, destroying property, or stealing.

Antisocial bullying includes shunning, excluding or ignoring, gossiping, spreading rumors, and using non-verbal body language. It also includes making offensive gestures or facial expressions, turning one’s head away when the victim speaks, using threatening language, or encroaching on personal space.

The impact on victims of senior bullying can have serious mental and physical health consequences such as: reduced self-esteem, depression, fear, anxiety, frustration, a decreased ability to perform activities of daily living, self isolation, and more. Victims can be too afraid to come forward and report bullying to others. When seniors experience feeling threatened and/or mistreated by caregivers or by people in positions of authority the stress can be debilitating.

The harmful impact of bullying is not exclusive to victims. Persons witnessing bullying may also experience negative consequences. A common response is feeling intensely guilty for not intervening, which can contribute to a sense of poor self-worth. Furthermore, living in an environment where bullying is allowed to occur creates a culture of fear, disrespect and insecurity that can actually lead to increased bullying as individuals retaliate against one another. Such environments also reduce resident satisfaction because residents feel that staff do not care about their well-being. (Bonifas & Frankel, 2012)

Bullying by seniors, and by others towards seniors is becoming a societal crisis as the population ages and hundreds of thousands of people require housing and care supports to live.

This issue requires attention, discussion, research and the generation of solutions.

CSS will be putting on a ‘Senior Bullying’ Lunch and Learn in March 2014. We will be partnering with the OPP Community Officer to bring attention to this serious societal issue and to start the community dialogue about ‘senior bullying’.

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BEST WAYS TO BEAT COLD SYMPTOMS

Article from Consumer Reports onHealth, November 2013 Submitted by Kay Wilkinson

You feel terrible. You are coughing and have a stuffy nose, a sore throat and feel terrible. But which products are worth the money and which should you skip? CR chose the best over the counter products based on effectiveness and safety. Use these picks to treat a run-of-the-mill cold. But keep in mind that certain symptoms such as shortness of breath, chest pain, a high fever, or an illness that worsens after seven days, warrant a trip to a health care professional. All of the products noted are name brands, but Consumer Reports has found that you can save up to 73 percent by picking a generic version.

For Nasal Congestion: **Take** a nasal spray that contains (generic oxymetazoline). Afrin, Dristan and Vicks Sinex are suggested.

Skip Sudafed PE (generic phenylephrine) tablet. The nasal spray wins because its active ingredients work fast to shrink swollen nasal blood vessels, which help you breathe easier. Sprays used short-term have fewer side effects than oral decongestants if you stick to the recommended dose since they are not absorbed into the blood stream in significant amounts like oral decongestants. Be sure to limit over the counter nasal spray use to no more than three days or you could end up with rebound congestion leaving your nose even stuffier. If after three days you are still congested you can try an oral product containing pseudoephedrine which is kept behind the pharmacy counter. But if you have glaucoma, high blood pressure, an enlarged prostate, or thyroid disease, check with your health professional or pharmacist before using any decongestant.

For a Runny Nose: **Take** Chlor-Trimeton (generic chlorpheniramine)

Skip Alka-Seltzer Plus Cold & Cold and other such multidrug remedy products. They contain a pain reliever, a cough suppressant, and a decongestant, which is overkill if you just have the sniffles. Taking all of those medications puts you at risk for possible side effects. Besides, neither dextromethorphan (a cough suppressant) nor phenylephrine in pill form (a decongestant) work very well. The downside of using older antihistamines like Chlor-Trimeton are side effects that include drowsiness, dry eyes and mouth, and urinary retention. Newer antihistamines such as Claritin (generic loratadine) and Zyrtec (generic cetirizine), work better for allergies but not as well for colds. **Before you reach into your medicine cabinet, your best bet might be to have a bowl of chicken soup, drink a cup of tea, and head to bed early.**



For A Cough: **Take** Luden's throat drops. Lozenges that contain pectin and honey help coat your raw throat and sooth the tickle that often triggers a coughing fit.



Skip Robitussin (dextromethorphan) cough syrup. Fits of coughing can be upsetting, but Robitussin syrup and many other over the counter remedies that contain dextromethorphan won't do much to stop the coughing. You are better off sucking on a lozenge. **An even better suggestion, try a spoonful of honey, which worked better than honey-flavoured cough syrup in a recently published study. But do not give honey to babies younger than 12 months old because it could contain botulism spores, which can be dangerous to their immature immune systems.**



Multi-symptom med tip: If you have more than one symptom, such as a runny nose and a cough, our medical experts recommend taking one single ingredient drug for each symptom rather than buying a multi-symptom remedy. You might not need all of the ingredients in the multi-symptom product, and some could cause side effects. Remember: **Drink plenty of fluids and get lots of rest.**



Seniors: Be Good to Your Heart on Valentine's Day and All Year Long

Valentine's Day is soon here and February is Heart Month. This is a good time to celebrate your heart and recognize how hard it works for you. Show your heart some love now and throughout the rest of your life with these five simple healthy heart aging tips from Dr. Marc Jaffe.



Be Sweet—Instead of chocolate, try blueberries or strawberries.



These hearty treats are filled with natural antioxidants that can help keep your arteries open.

Move to the beat—Grab a partner and do some fancy footwork. Any activity that gets you moving like dancing, Qi Gong, Tai Chi, walking etc.— can help increase blood circulation, reduce stress, and protect your heart.



Do your thing—Activities like painting, writing, yoga, and meditation can help slow your heart and breathing rates and lower your blood pressure, all of which are good for your body and heart.



Avoid tobacco—If you do smoke, join a support group to help you quit and talk to your doctor about medications that can help increase your



chances of kicking the habit. If you don't smoke, then avoiding second hand smoke may help protect your heart, lungs and blood vessels.



Maintain a healthy weight—If you are overweight, losing as little as 10 pounds can make a difference and lower your risk of health problems.



6 Health Benefits of Being Social (from Judith Horstman, Scientific American Mind)

Add years to your life: According to a study conducted at



Brigham-Young University, a strong social network is surprisingly more crucial to physical health than exercise or beating obesity. Friendships, whether near or far, increase a person's chances for a long, healthy life.

Reduce the risk of stroke: Spending time with friends lowers your blood pressure and reduces inflammation in your body, which in turn decreases the probability of stroke or other brain damage. Take a trip, or a leisurely lunch with old friend, or play cards or go to movie night. Maintaining good friendships is a good investment in your health.



Boost your immune system: According to Dr. Jon Cacioppo, loneliness and isolation are bad for our brains and our bodies. He reports that loneliness is directly associated with both mental and physical illness. When you make an effort to include a newly widowed, or divorced friend into a social outing you are helping your own health as well as the lonely person.

Encourage good self care: Having valued and meaningful relationships encourages us to take care of ourselves. If our friends have healthy habits, they can decrease our potential to engage in unhealthy habits such as smoking, drinking or over eating. Meaningful relationships lowers one's stress and helps to fend off depression. When we know we matter, it is somehow easier to make the right choices for our own well-being.



Lower or delay your risk of memory loss or Alzheimer's disease: Any social activity that engages your brain and keeps it active will stave off memory loss. Research is showing that interacting with friends who are younger may be especially therapeutic. Exercise programs, or dining with younger people helps to stabilize cognitive decline and improve moods.



Relieve pain: If you ever had your mother stroke your fevered brow, or kiss a skinned knee and somehow felt better, it was not your imagination. Research shows that a simple touching gesture such as holding hands lowers pain perception. Feeling connected with others is essential for our well-being.

DINERS' CLUBS:

Parry Sound: at Belvedere Heights Auditorium - January 13; February 10; March 10; Dinner at 4:30 sharp

Dunchurch: at the North Landing - January 14; February 4; March 4. Meal at 11:30 am.

LUNCH AND LEARNS:

Belvedere Heights: January 28 — Managing your financial health; February 25—Housekeeping and maintenance panel Forum—tentative

Nobel: at Nobel United Church- January 21—Joanne Shulist, RN. Exercises at the kitchen sink; February 18—technology information session;

EXERCISE PROGRAMS:

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 through the YMCA. They have the schedule and you can call for programming times and days. Call: 705-746-0511

SENIOR TO SENIOR PROGRAMS AT BELVEDERE AUDITORIUM:

Adventures in Creative Aging Group: Seniors meeting up with seniors for coffee, tea and sharing. The 3rd Thursday afternoon of the month—starting February 20, 2014 @ 1:30

Seniors' Movie Nights: The 3rd Thursday evening of the month. Popcorn. Lots of movie titles—comedies, dramas, musicals. We have a wide and varied selection.

Mark your
Calendar



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



Parkinson's Support Group: The 1st Wednesday afternoon of each month. 1:15 pm. Belvedere Auditorium. Darrell Smith 705-746-6996

Stroke Support Group: Whitfield Restaurant, 12 noon, 3rd Wednesday of month; Bill Slaman 705-378-0454

Call Community Support Services if:

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

Meals on Wheels— Hot meals—includes soups, entrees, and desserts

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

Fruit and Vegetables Bags: the 2nd and 4th Friday of each month your choice of a bag of fruits, or veggies or both.

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

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 other programming ideas, please let us know.

Updates:

We are still working on the crock pot program and other cooking initiatives. June M. suggested a cooking / information class for seniors about how to use the microwave for doing things other than simply heating food.

The YMCA is prepared to offer polling classes to a group of ten seniors—for three classes. Get your friends together and then contact the YMCA. Tel:705-746-0511

We are still consulting with 'Handyman' folks to arrange an information session. We are getting closer.

We are working on getting tech experts to come and talk about cell phones, computers, iPads, tablets etc.



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