



January

West Parry Sound District

## COMMUNITY SUPPORT SERVICES NEWSLETTER

21 Belvedere Ave. Parry Sound, ON P2A 2A2 705-746-5602

January / February 2017 Volume 9 Issue 1



February

Edited by Valerie Stanley



### In This Edition ...

Self-Efficacy:	1
Adopt a Senior 2016	2
8 Simple Learning Tips to Help You to Remember	3
Salt: More than a Food Additive	4
Word Match Up	4
Word Find Puzzle	5
Upcoming Events	5
Changes to the Crock Pot Class	5
Mark Your Calendar	6
CSS Programs	6
Movie Night Titles & Dates	6



### WHAT IS SELF-EFFICACY?

"Self-belief does not necessarily ensure success, but self-disbelief assuredly spawns failure."

What we believe to be the truth about who we are and what we are capable of—is the present truth—until we change the beliefs.



### **SELF-EFFICACY: The belief that you have control over how you live and experience your life.**

Successfully navigating the aging journey is more than having good physical and mental health. It is also about believing in yourself and in your ability to accept the changes of life and look forward to the challenges that they present.

Everything in life is a choice; some choices being easier than others. Choosing to adapt to the physical, psychological, environmental and social changes that take place throughout the aging process reflects your level of **self-efficacy**; a belief in, and perception of, your ability and capacity to take on managing most tasks and challenges. Self-efficacy is about a person's beliefs in their capabilities to exercise control over their own functioning and over events that affect their lives.

Researchers studying aging issues recognize that Albert Bandura's (1977) theory of self-efficacy is an essential component to understanding how some older persons seem to age successfully; sometimes with physical and cognitive disabilities.

My dear friend is visually and hearing impaired but has the most positive and common sense approach to exercising control in her life. Some people might

think she lives a difficult and burdensome life—but she doesn't. According to her own self measure, she is in control of her health, finances, living situation, her social environments and most of all her ability to choose how she 'goes through life'. She is a veteran; has had more losses than most; yet manages to bring more laughs and joy to her own life and the lives of others than anyone else I know. When she is slowly and blindly navigating her snowy steps she says, "I can do this myself. Just not as fast as before. My mind is willing but my body doesn't always cooperate." She is resilience in action.

If you believe in yourself and your abilities then you can build and strengthen the invaluable coping skills: **resilience** and **accommodation**. No one knows your body and mind better than you. Trust in your abilities and assert your thoughts and wishes. Do not simply acquiesce to professionals—be an active leader in managing your health care and your home life.

Life is not always easy; developing and having self-efficacy makes managing the hurdles less challenging. It really isn't about how many times one is knocked down; but how often you get back up.



### **One more point about self-efficacy...**

Western culture and media often reinforce a stereotype of seniors having low or negative self-efficacy.

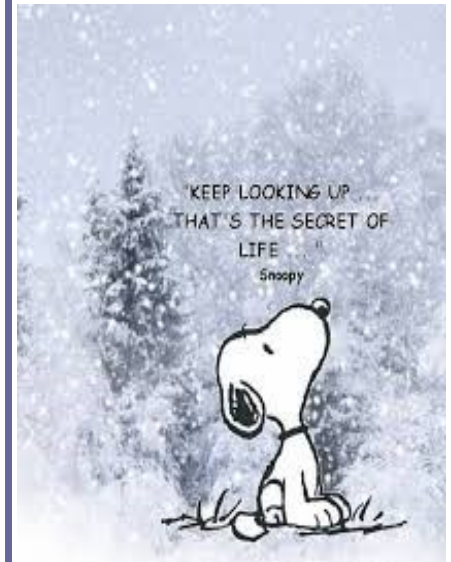
Movies, news stories, literature and advertising infantilize older persons by using terms such as "senior proofing" or "elder proofing" and promoting learned helplessness.

Don't fall for the messaging that seniors need to be coddled and cannot feel safe living independently, or that they only have minimal control over

circumstances in their lives. Those messages serve only to undermine seniors actual potential and capacities.

Believe you can learn how to use a computer and you may just master that task. Believe you can request a second opinion from a doctor and you will get one. Believe you can ask people to speak clearly and slowly, and they will.

Believe and speak up.



### **Adopt A Senior 2016 Has come to a Successful Close—Thank you to all.**

The Adopt a Senior Program concluded on December 21, 2016 when the last bags of Christmas Cheer were delivered by the volunteer drivers.

126 'adoptees' received home made blankets, mitts, hats, scarves, toiletries, flashlights, grabbers, pads of paper, socks and dozens of other items—all donated by hundreds of kind people throughout West Parry Sound.

Many tears of joy and smiles were shared between the 'adoptees' and the volunteer drivers. For most of the 'adoptees', it is the only Christmas gift—or birthday gift—they will receive throughout the year.

This year we noticed an increase in referrals to support seniors in need. I suspect, this trend will only increase with the aging population. There are seniors who are homeless; seniors who have no hydro or plumbing; seniors who are alone; seniors who are isolated. The program wants to deliver bags of Christmas Cheer to all seniors who may be alone at Christmas but there are simply not enough donations of items or money that can cover the growing need.

Thankfully, hundreds of people donated their time, money and knitting talents to ensure a warm Christmas to 126 area seniors. Thank you!



**Rosemary and Sharon sorting**



**The sorting took weeks of their incredible volunteer time.**

## **8 Simple Learning Tips to Help You Remember**

*(Adapted from Mind, Mood and Memory Magazine —Vol.12, Number 11, November 2016)*

Poor memory is not a given or unavoidable process of aging. You have the potential to strengthen and train your brain to enhance your memory capacity and abilities.

As we all know by now, exercise, healthy nutrition and getting at least 7 hours of restorative sleep are basic ingredients to ensuring the brain works well. Other factors include having good hearing and vision. Keeping your health in order provides the foundation for protecting and enhancing your mental capacity.

*Mind, Mood and Memory* suggests eight active learning strategies as effective ways to boost your memory. You may not need to use all of them and/or some may not be suited for you. Pick the ones that are effective and seem to fit. Feel free to share these learning strategies with friends and neighbours.

1: **Zero in**—Pay attention to one thing at a time—do not multi-task. Learn to ignore distractions. Concentrate on the main points and ignore details. Think about what you are learning and why you want to remember the information. Limit the amount of information you learn at one sitting.

2: **Organize**—Group information by category. For example, to remember what is on your shopping list, divide the items into fruits and vegetables, dairy and meat.



3: **Simplify**—Break down information into smaller parts, and tackle each part separately. Remember numbers by dividing them into smaller units: Instead of 125833076, think 125-833-076.

4: **Link new information to established memories**—Connecting new memories to existing ones makes them easier to remember. For example, remember the name of a new acquaintance by linking her with your sister, who has the same name. Associating the new name with something or someone from the past helps anchor the new information.

5: **Use multiple senses**—Say the new information out loud. Write it down. Read it over. Then read it again out loud. (I do this all of the time)

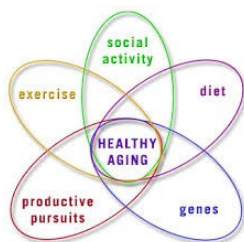
6: **Engage your imagination**—Forming mental pictures or visualizing action can help you remember. For example, to remember the time of your 3 o'clock doctor's appointment, see yourself entering the office as the clock strikes three.

7: **Practice**—Rehearse new information to embed it in your memory. Repeat names of people you are meeting for the first time. Practice playing a new piano piece a number of times until you learn the music thoroughly.

8: **Use memory aids**—Jot down notes on complex or extensive information to help you remember. Use aids such as calendars, smart phones, answering machines, and sticky notes.

**One more fun fact:** Too much TV can harm your brain. In a study published in JAMA Psychiatry in January 2016, researchers found that participants who watched more than three hours of TV a day were up to twice as likely to score poorly on measures of working memory, processing speed, and the ability to plan and complete tasks as those who watched less than 3 hours of TV. The brain gets lazy just watching the screen—so change your day up. Listen to radio. Go walk with a friend. Do some baking. Read for a while. Call up a friend for a coffee date.





Living better ageing Well



### Salt: More than a food additive

SALT—is a versatile mineral that is readily available, in inexhaustible abundance. The use of salt as a food preservative was one of the earliest practises of civilization. It helped travelers keep food while travelling great distances.

Nowadays, salt is in the news for causing high blood pressure, and for fluid retention. As a common food additive it seems to be everywhere —often hidden in excessive amounts.

Salt has countless other purposes other than as an unhealthy food additive; here are a few examples:

Test egg freshness. Put 2 teaspoons of salt into a cup of water and place an egg into it. A fresh egg will sink; an older egg will float.

Add to boiling water. Many people think that adding salt to water makes it boil faster. It is not true. However, salt does make water boil

at a higher temperature; reducing cooking time.

Set poached eggs. Because salt increases the temperature of boiling water, it helps to set the egg whites more quickly when they are dropped into the boiling water.

Extend cheese life: Prevent mold on cheese by wrapping in it a cloth moistened with saltwater before refrigerating.

Prevent fruits from browning: Most of us use lemon or vinegar to stop peeled apples and pears from browning, but you can also drop them in lightly salted water to help fruit keep their colour.

Wash veggies in salted water. Dirt is driven out along with the salt in the rinse water.

Cleaning: Salt works as an effective & gentle scouring agent. It acts as a catalyst for other ingredients such as vinegar, to boost cleaning and deodorizing actions. The basic

recipe for making a simple gentle scrub is make a paste with lots of salt, baking soda and dish soap.

For sore throats, cankers and other mouth sores, rinse your mouth with a weak solution of warm salted water and rinse several times a day. This really works.

Reduce bee sting pain. Immediately dampen area and pack on a small pile of salt to reduce pain and swelling.

Remove perspiration stains. Add 4 tablespoons of salt to one litre of hot water and sponge the fabric with the solution until the stain fades.

Carpet stain remover. Pour a mound of salt on the stain; let the salt soak up the stain. Vacuum.

Arrange artificial flowers. Artificial flowers can be held in place by pouring salt into the vase, adding a little cold water and then arranging the flowers. The salt will solidify.

### Word Match Up:

Match each word in the left column with its synonym on the right. When finished, look on the back page to see the correct matching. *(this is my favourite word game)*

erudition

blabbermouth

gravitas

hostler

bolide

Fireball

Tattler

Lordliness

Encyclopedism

Groom

**WORD FIND: find the 20 words listed here**

M	G	S	M	G	U	Y	Z	Q	C	F	O	R
V	E	N	E	Z	A	G	D	B	S	S	E	Q
E	Y	V	T	K	J	P	U	T	U	D	E	W
X	T	I	U	A	E	A	U	R	I	Q	R	V
Z	C	E	S	E	K	D	V	S	F	I	A	F
L	E	W	P	L	Y	E	N	H	I	T	T	G
M	P	D	E	P	Y	O	I	M	T	H	S	M
K	S	K	B	V	C	S	R	N	C	B	I	J
O	N	W	Y	C	I	G	B	T	M	C	L	B
B	I	P	S	Y	R	E	A	Z	D	E	V	Z
S	S	T	B	U	K	W	C	Q	E	A	I	B
E	H	O	E	U	C	R	M	R	G	A	P	E
R	W	Y	T	C	H	O	G	X	E	F	O	W
V	E	L	G	O	Y	Z	F	Z	F	P	T	R
E	Z	I	E	N	I	M	A	X	E	R	E	W

\* Puzzle Solution is found on back page

**TOPIC - LOOK**

CONSIDER  
ESPY  
EXAMINE  
EYE  
FOCUS  
GAPE  
GAZE  
INSPECT  
LEER  
OBSERVE  
OGLE  
PEEP  
PERCEIVE  
SEE  
STARE  
STUDY  
SURVEY  
TAKE IN  
VIEW  
WATCH

**NOTICE OF CHANGES TO THE CROCK POT COOKING PROGRAM**

Please note that as of January 2017 the Crock Pot Cooking Class will be at:

**10:30 a.m. in Belvedere Auditorium**

The cost will be:

**\$10.00**

Transportation can be arranged at no cost. Call 705-746-5602



**Family Day** is Monday, February 20, 2017.

CSS will be closed. There will be **no** Crock Pot Class in February due to the holiday.

Meals on Wheels will not be delivered.



Upcoming Meeting Hosted by  
Community Support Services:

Board Members of the West Parry Sound Health Centre are interested in meeting with Parry Sound Seniors to discuss and explore how the WPSHC is addressing the needs and issues of seniors.

Space is limited—so please call to reserve your spot. 705-746-5602 and ask to speak with Valerie.

Date: January 17, 2017 at 10:00 a.m.

Place: Belvedere Auditorium

Upcoming Events



**Community Support Services 21 Belvedere Ave. Parry Sound, Ont. 705-746-5602**  
email: [ltaylor@belvedereheights.com](mailto:ltaylor@belvedereheights.com)



**DINERS' CLUBS:** (\$12.00 at the door)  
**Parry Sound:** Jan. 9; Feb. 13; Mar. 13; 4:30 pm.  
Belvedere Auditorium  
**Dunchurch:** At the Swiss House on Ahmic Lake.  
Jan. 6; Feb. 3; and Mar. 3; 12:00 noon

**LUNCH AND LEARNS:** (\$8.00 at the door) 11:00 am.  
Belvedere Auditorium.

**Jan. 24—Canadian Hearing Society**  
**Feb. 28—A Conversation about Seniors and Medications**

**Fruits and Veggies Program**—2nd and 4th Friday of each month. Bags of fresh fruit and vegetables are prepared for seniors to buy. \$8 May be delivered. Call a week ahead to order: 705-746-5602

**Crock Pot Cooking Lessons: Parry Sound Belvedere Auditorium—10:30 am. Jan. 16; March 20.**

Participants can bring their crock pots and a meal is prepared. Ingredients are provided and included in the cost. Participants take home the crock pot meal to cook. **Cost: \$10.00.**

**Dunchurch Crock Pot Program—at the Legion on Hwy 124— Jan 10; Feb. 7; March 7; 10:00 a.m. !**  
(same program—different location)

**Please call CSS a week ahead to confirm your attendance. (705-746-5602)**

### EXERCISE PROGRAMS

**Body Flow for Health & Vitality Exercises:** Thursday mornings at 9:30 am. Belvedere Heights Auditorium. No cost. Donations are accepted. Leader Dorit Bartman.

#### Gentle Exercise for People with Limited Mobility:

Thursdays afternoons @ 1:00 pm.

Tuesday afternoons @ 1:30 p.m.

Balls, therabands, gentle breathing and stretching in chairs. Leader Dorit Bartman.

**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

**Beginners' Tai Chi**—Wednesday mornings: Belvedere Auditorium. 10:00 am. Call CSS first to see if class is ongoing. 705-746-5602. Leader is Mary Ann McEwen

### SENIORS' MOVIES AT BELVEDERE AUDITORIUM

**Seniors' Movie Night:** (held in the Belvedere Auditorium)  
The 4th Wednesday evening each month at 6:00 pm.  
Popcorn. We have a wide and varied selection. FREE

**Florence Foster Jenkins—Jan. 25**  
**Snowden—Feb. 22**



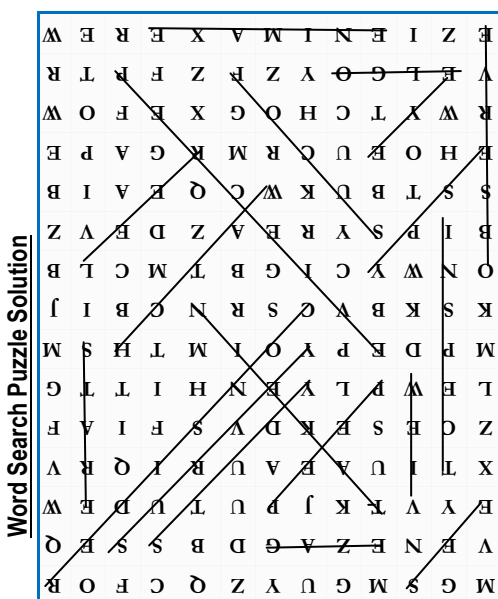
**Parkinson's Support Group:** The 1st Wednesday afternoon of each month. 1:15 pm. Belvedere Auditorium. Valerie Stanley, interim facilitator 705-746-5602. Call CSS first.

**Dancing with Parkinson's**—moving to music—held at Canadore College 10:30 am. Wednesdays. Certified Dance Facilitator—Julie Lea. Call CSS for information.\*\*\*

**Stroke Support Group:** The 3rd Wednesday of each month at Wellingtons. 12:30 pm. Bill Slaman 705-378-0454.

**Gifts of Joy Group**—Creating seasonal table center pieces; Leader Laura Campbell—last Wednesday of each month—1:30 pm. Belvedere Auditorium

**CSS**—Community Support Services (West Parry Sound District)  
21 Belvedere Ave. Parry Sound ON  
**"Our Mission is You"**



Word Search Puzzle Solution

Bolide—fireball  
Hostler—groom  
tattler  
Blabbermouth—  
lordliness  
Gravitas—  
encyclopedism  
Eruption—

**Next CSS Newsletter**  
**March 2017**

