



COMMUNITY SUPPORT SERVICES NEWSLETTER

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

March / April 2015

Volume 7

Issue 2



What's Inside 1 **Ageism Why Addressing Ageism** Matters ... 2 What's in a name? 2 **Living Better, Aging Well Assistive Devices** 4 **Word Find Puzzle** 5 Please Note 5 Call CSS if 5 **Mark Your Calendar** 6 **CSS Programs** 6



6

Movie Nights

Spring is when you feel like whistling, even with a shoe full of



AGEISM

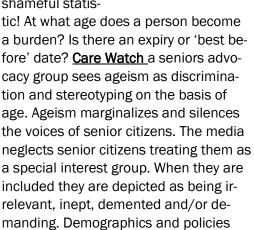
How others see you, is not important..

How you see yourself means everything.

"Old age is not a status we choose to become; it is a status we inherit simply by the virtue of living, not dying."

(Holstein, 2006). Ageism is a form of discrimination and prejudice particularly experienced by 63% of senior citizens. Most senior citizens are mentally and physically active regardless of age with a great deal to contribute. However, societal norms marginalize seniors, treat them with disrespect, make them feel

unwelcome and generalize as if they are all the same. How is this behavior allowed or tolerated? More than 20% of Canadians perceive seniors to be a burden on society. This is a shameful statis-



affecting senior citizens are often depicted as costly or a drain on society. The Ontario health care system is often ageist, specifically when access to some programs and medical treatments can be denied on the basis of age. Physicians and other care providers may refuse to treat older patients because they have chronic conditions and are medically complex. Senior citizens are often seen and described as a "cost" to

the health care system. It is time to stop ageism and it begins with each of us. It is a fact that 'we teach others how to treat us'. So teach others to interact and perceive you as a valuable and equal member of society. The process of wiping out ageism begins with seeing yourself as valuable and worthy.

Ageism can be opposed and stamped out when we refuse to accept discrimination based on age. Therefore:

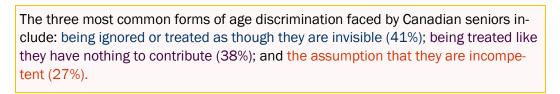
Do **not** allow yourself to be treated by others disrespectfully.

Do **not** accept others defining you in negative terms, especially due to age.

Do see yourself as worthy.

Believe that you have the same and equal rights as others.

Ensure others respect and value you.



Why Addressing Ageism Matters... (information from Maclean's October 2014)

Looking away from old age comes at great cost in a society that has never been older. Fear of looking at old age results in policies and resources not being considered and designed then put into place to accommodate and care for the growing older population. A culture that devalues the old places little value on those who work with them and certainly does not value investing in programs and policies geared to resourcing the older population.

Refusal to see old age has resulted in a health care system woefully unprepared for it, says Dr. Sinha who leads Ontario's Senior Care Strategy. The system is structured to serve the population it was founded for more than 50 years ago—a 27 year old with a single-source illness. Today, 60 percent of hospital users are over 65 and suffer from multifactorial chronic conditions.

The fact that older people are excluded from clinical trials and instead choose younger healthy subjects who do not take medications puts the population at further risk says Dr. Sinha. The dosage that is safe for a 45 year old might be toxic for an 85 year old but that is only discovered through trial and error later on. Canadians over 65 have scripts for five drugs on average he says. If you are on

four or more medications you have a 100% chance of having a drug interaction. How is this allowed to happen? Ageism.

Fortunately, with the growing older population there is a louder chorus of voices and researchers saying society must adapt and accommodate for the demographic change. We too must join that chorus and insist of our politicians that they spend our tax dollars wisely and start using planners and policy makers who will consider what is best and healthiest for senior citizens. Parry Sounders should be furious that transportation services have been cut by the municipal government. What happened to the focus on designing an Age Friendly Community that supports walking and public transportation?

The Scandinavian countries are well ahead of us North Americans in incorporating the rights, needs and responsibilities of older people. We do not have to reinvent the wheel here—there are many models out there to lead the way for housing, transportation and healthcare. Senior citizens—rise up and proudly assert that it is our time—our right to live in a society that respects and acknowledges the realities and needs of an older population.

WHAT'S IN A NAME?

The words we choose to describe people in midlife and beyond help to define and shape attitudes about later years, both positive and negative.

In a recent study 'elderly' was described as the most disliked term. The term conveys an image of seniors who are frail and requiring care. 'Elder' was described as a preferred term as it refers to a respected social role. 'Senior Citizen' has both supporters and detractors. Care Watch likes the term saying that it conveys the notion of a person of advanced age who has the rights and responsibilities of a citizen. It suggests that seniors are active members of the community and play an important social role.

One offensive term used too often to characterize seniors in hospitals is 'bed blocker'. A bed blocker is a situation where someone is staying in hospital because there is no other suitable place where they can go to be looked after. This could result in others not being able to go into hospital when they need to because there is no available bed. This term is bantered about by policy makers and health care administrators. Dr. Brian Goldman says there is another derogatory term sometimes used by doctors to de-

scribe older patients with complicated but incurable conditions. —**GOMERS**– get out of my emergency room. Dr. Goldman contends that today's doctors (and I suggest

many health care providers)-are astonishingly ignorant of how to take care of older patients. I recently witnessed this at our own hospital when a senior friend of mine was hospitalized. **Education** and public awareness efforts are urgently required to address ageism and its negative consequences.



This is an 'old person', or if you want to use the more technical term, a 'bedblocker'.





"Beautiful young people are accidents of nature, But Beautiful Old People are works of art." Eleanor Roosevelt

(Welcome to this new series about 'Aging Well'. I hope you enjoy it.)

Revisit the picture on the front page of this newsletter—that is what this piece is about ...

<u>'Be your Own Best Friend'</u>

Why it Matters: People often fall into the trap of being kinder, more loving, and more forgiving to those around them than to themselves. We beat ourselves up about an imperfect lifestyle or a missed opportunity. We neglect self-care. We can forget to be our own faithful cheerleader. Lacking compassion and a sense of worth about yourself leads to making unfortunate choices that can undermine health and well-being.

Liking one's self infuses everything you do with a more positive outlook. You will make better choices about what to eat, to socialize and to know the kind of relationships you want to nourish with others. You will build greater stores of resiliency that can help you bounce back from outside stressors.

What to try: Work on celebrating what is likeable, worthy, and good about you. To reprogram negative thoughts about yourself start an 'appreciation journal'. For 28 days, write two things about yourself and two things about your life that you appreciate; try to come up with new things everyday. When you get started each day tell yourself positive phrases such as, "I deserve to ..." or "I am worthy of ..." or "I am truly grateful for me." There are any number of positive affirmations that you can say—and most importantly, believe—about yourself.

This is an 'aging well' strategy that I use everyday. I remind myself that I need to be my own best friend first and foremost, before I can be a good friend, mother, wife etc. to anyone else. I want to know that I can count on 'me' so others can in turn can count on me and my efforts. When you learn to be your own best friend, you have a friend for life.

Praise yourself rather than waiting for someone else to do it.

Realize that you are fundamentally worthy.

Laugh at yourself.

Accept, rather than punish yourself.

Spend time discovering more about your character and personality.

Cultivate self-awareness.

Seek out solitude—this helps develop a strong bond with yourself.

Learn how to support and comfort yourself.

Learn how to have fun alone.

Do a random act of kindness for yourself each day.

Listen to your body.

Learn to focus on the positive things about yourself, rather than the negative.

The best thing about being your own best friend is that it is a gift you will have for life and no one can take away without your permission.

It took me a long time not to judge myself, through someone else's eyes





ASSISTIVE DEVICES

What are assistive devices?

An assistive device is a tool, technology or other mechanism that enables a person with a disability or some limitation to do everyday tasks and activities such as moving, communicating or lifting. They are any device that is designed, made or adapted to assist a person perform a particular task. Canes, crutches, walkers, hearing aids, door alarms and shower chairs are examples of assistive devices.

There are government programs that may cover the costs of many adaptive devices—such as walkers, wheelchairs, and hearing aids. Talk to your healthcare specialist to find out more information about qualifying for financial subsidies.

Federal and Provincial governments want seniors to live independently in their own homes for as long as possible ('Aging in Place') Seniors with mobility issues, memory loss, or other issues etc. living on their own are going to require assistive devices to help them live safely.

On April 28th, Rose Tuck from Lane's Pharmacy will be presenting at the CSS Lunch and Learn, bringing along dozens of assistive devices for attendees to try out and learn about. Rose is our local area expert on assistive devices. Through Lane's Pharmacy, she can help you navigate the many options of assistive devices to suit your individual needs and unique situations.

If you are like most senior citizens who want to remain independent for as long as possible, you will be interested in learning about what technology, devices and tools are available to assist you in living safely.

We will be exploring devices that can assist seniors with cooking, cleaning, bathing, toileting, walking and remembering just to name a few. There are alarm systems for seniors who wander.

We need to become familiar with what devices are available for ourselves, friends and loved ones. Come and join Rose for an interesting session April 28th, held in the Belvedere auditorium. Lunch will be served at noon after the presentation. Cost is \$8.00. Call ahead to make your reservation and to arrange a ride if needed. 705-746-5602.

Safety stove knob turner





Toe dryer



Mr. Longarm lightbulb changing system

Hole-in-one key turner





Elevated extra-wide toilet seat with stabilizing legs

WORD FIND: find the 14 words listed here											
D	S	О	G	Н	Т	S	Т	Е	E	Н	V
A	Z	Z	C	G	O	L	F	U	E	R	G
N	O	R	G	N	W	В	X	X	T	A	P
С	В	G	N	I	A	I	E	R	R	A	C
I	P	N	I	Н	T	R	В	D	I	O	S
N	U	I	W	S	С	D	E	N	Ο	С	P
G	C	D	E	I	Н	N	T	K	В	Y	O
s	I	A	S	F	I	I	I	P	X	C	R
I	D	E	O	N	N	N	Q	E	Н	L	T
U	R	R	G	G	G	N	I	G	N	I	S
U	\mathbf{U}	U	A	P	T	P	L	A	F	N	D
V	K	D	D	C	V	S	E	E	T	G	N

* Puzzle
Solution is
found on
back page

TOPIC—DOWN TIME ACTIVITIES CARDS COOKING CYCLING DANCING **EXERCISE FISHING GARDENING GOLF PAINTING** READING **SEWING SINGING SPORTS** WATCHING TV

Call Community Support Services if:

<u>You need to book a Ride</u>—Transportation to appointments, shopping, friendly visiting. Please call a couple of days in advance.

Meals on Wheels— Hot meals—includes soups, entrees, and desserts. Light meal option is available.

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

<u>Fruit and Vegetables Bags</u>: the 2nd and 4th Friday of each month your choice of a bag of fruits, or veggies or both. \$8.00 each

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

Want to attend Diner's Club, Lunch and Learns, or Crock Pot cooking lessons. (Turn page to see event details.)

Please call ahead at 705-746-5602. We need to know how many will be attending these events so we know how much food to order. A Fee Schedule is available.



CSS is always looking for volunteers to help drive, visit, shop and support seniors in the West Parry Sound area. If you would like to give an hour or two of your time, whenever possible, you could be the person who makes a difference in a senior's life. Many seniors are alone and would appreciate a visit, or help with groceries, or getting to an appointment. Please consider becoming a CSS volunteer... it may just change your life. We know volunteers can and do, positively, change the lives of many of the seniors they support.



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



DINERS' CLUBS:

Parry Sound on March 9, April 13, May 11 and June 8 at 4:30 p.m. Belvedere Auditorium, \$12.00 at the door

Dunchurch: at the Whitestone North Landing - on April 7. May 5 and June 2 at 12:00 p.m. \$12.00 at the door.

LUNCH AND LEARNS: (\$8.00 at the door) Parry Sound, Belvedere auditorium @ 11:00 a.m. March 24— Andrea Gaspar, C.E.O. PS Library

April 28—Rose Tuck, Lane's Pharmacy—Assistive devices

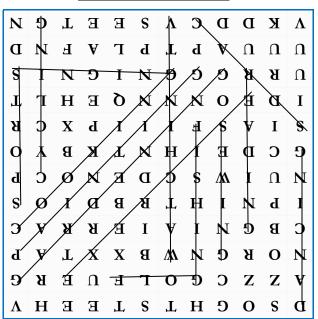
May 26—Dr. Ian Gray, Audiologist

June 23—Dr. Sahpiro & medical team from the WPSHC sleep clinic

Nobel / Carling, will be join with the Parry Sound Lunch & Learn for 2015 Spring & Summer series.

Gifts of Joy Committee: 4th Wednesday of the month @ 1:15 pm. Belvedere Auditorium

Word Search Puzzle Solution



EXERCISE PROGRAMS

Body flow for Health & Vitality Exercises: Thursday mornings at 9:45 am in the Belvedere Heights Auditorium—no cost, although donations are accepted. Leader—Dorit Bartman

Gentle Exercise for Men with Limited Mobility: Thursdays @ 1:00 p.m.—Balls, therabands, gentle breathing and stretching— 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. 9:30 am. Call CSS first to see if class is ongoing. 705-746-5602. Leader is Mary Ann McEwen

Yoga Classes: Tuesdays @ at 3:00 p.m. Chair Yoga with Theresa Gregory 705-389-1669. Mat Yoga Class at 5:00 p.m. \$10.00 per class

SENIORS' PROGRAMS AT BELVEDERE AUDITORIUM Seniors' Movie Night:

The 3rd Thursday evening of the month. Popcorn. Lots of movie titles-comedies, dramas, musicals. We have a wide and varied selection, FREE.

March 19,- at 6:00 pm. The Theory of Everything-Oscar Winning Movie April 16, -at 6:00 pm. The Best Exotic Marigold Hotel May 21-@ 6:00 pm. **The Imitation Game**—Oscar Winner

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

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

Crock Pot Cooking Lessons: On the third Monday afternoon @1:00 p.m. of each month, participants can bring their crock pots, and a meal will be prepared with all of the ingredients provided. Participants take home the prepared meal to cook. Cost: \$7.00

"Our Mission is You"

Next CSS Newsletter— May 2015