



## Six Tips To Help Prevent Worrying as You Try to Go to Sleep (adapted from Mind, Mood and Memory Newsletter May 2016)

In the January / February 2015 newsletter I wrote two pages about the very important issue of "Sleep and Aging". This is a follow up article about preventing worries and stress from interfering with your ability to get to sleep. Research has shown that when we worry during the day there is a significant risk for having a disturbed sleep that night. We read and hear about our sleep deprived lives, and how stress and worry are chief culprits in robbing us of precious restorative sleep. Here are six tips and strategies to help address and manage the worries before we lay our heads on the pillow.

### **Keep a pad and pencil near the bed:**

You can jot things down that are keeping you awake—like something you need to do the next day. Then, let it go.

**Keep a diary:** You can write about things that occupy your thoughts more than others. Pay attention to your behaviours. If you are making things worse than they actually are by assuming the worst outcomes, you are setting yourself up for negative situations and thoughts. Work on changing those thoughts and behavior patterns.

**Set aside worry time:** Dedicate a limited amount of time to think about

what is worrying you during the day—say 10—20 minutes. Think of solutions and keep the worry in perspective. If it resurfaces at bedtime assure yourself you thought it through earlier in the day.

**Make a list of your worries:** Write down your issues and problems and *include a description of your plan to address each one*. If the worries resurface later that night, recall that you have already decided on a plan.

**List the worries you can do nothing about:** Identify the worries you have no control over. Worrying about terrorist attacks or climate change are two

examples of worries not in your immediate control. Acknowledge that worrying is not always helpful.

**Use relaxation techniques:** The focus of the last newsletter was on meditation and breathing as vital strategies to manage stress, sleeplessness, and unhealthy behaviours. Focused deep breathing is the single most useful technique you can learn to get to sleep.

Your diaries can be a record of how you are managing life. If things seem to be overwhelming you, make an appointment with your doctor and bring your diaries to share.



## **Your Daily Survival Kit to Help You (and your friends) Stay Positive**

This email made the rounds a couple of years ago and a cherished friend sent it to me. I told him I would pass it on to my Senior Friends. My friend died last November, and every time I see this email I am reminded of him and his simple gift. So from Terry, to me, to you, here is the Daily Survival Kit: (If you think we should make a bunch of these up to give away, let me know)

**Toothpick**... to remind you to pick the good qualities in everyone, including yourself.

**Rubber band**... to remind you to be flexible. Things may not always go the way you want, but it can be worked out.

**Band-Aid**... to remind you to heal hurt feelings, either yours or someone else's.

**Eraser**... to remind you that everyone makes mistakes. That's ok. We learn by our errors.

**Candy Kiss**... to remind you everyone needs a hug or a compliment everyday.

**Mint**... to remind you to that you are worth a mint to your family, friends, and me.

**Bubble Gum**... to remind you to stick with it and you can accomplish anything.

**Pencil**... to remind you to list your blessings every day.

**Tea Bag**... to remind you to take time to relax daily and go over that list of blessings.



## Add Some Herbs to Your Life—Grow an Indoor Herb Garden



Many seniors are moving from their homes into smaller spaces and may not realize that they can still have a little garden. You do not need to have an outdoor space.

It is an established fact that gardening offers countless mental and physical benefits. Plants improve air quality. Plants teach us how to be attentive and responsive growers. Plants improve mental wellbeing. Growing your own herbs and veggies means you know what you are putting into your body. Indoor gardening is relatively little work and generates many rewards.

There are various methods and approaches to indoor gardening and your local garden centre will help you with your questions and needs. Do not hesitate to ask them for help.

Perhaps it is best to start simple to ensure first time indoor gardening success.

The Pot and Tray Method: (under \$30)

Step 1: Buy a large and deep plant pot. Make sure there is a hole in the bottom for drainage. You can put pebbles or stones in the bottom of the pot (at least an inch in depth) which will prevent the roots from sitting in the water. I sometimes use bits of Styrofoam (packing from the boxes of things previously bought). I find Styrofoam doesn't add more weight if the pot has to be moved.

Also buy a plastic or ceramic tray with a lip around the edge the catch and keep the plant's drained water from dripping onto the floor. A clay saucer lets moisture pass through so opt for plastic, rubber or metal.



Clay pots help with drainage but they can dry out quickly especially if: (1) you have a dry indoor climate; or (2) are growing herbs in the winter months when furnace heat will dry out plants. Try using glazed, glass or plastic containers instead

Step 2: Buy premium potting mix.

There are soilless methods of growing plants but that is for another article. You don't really need a trowel but it can be handy.



Step 3: Decide what herbs you want to grow. Right now you can find starter herb plants everywhere which will get your potted garden growing faster than starting with seeds.

Step 4: Buy vegetable plant food so you can fertilize them once a month.

Herbs like as much natural light as possible. Place the pot in a sunny spot near a window where they can receive at least 4 hours of sun. If you do not have a sunny place, you may need to buy a grow light. Not a difficult or terribly expensive investment especially if you are going to grow herbs and/or veggies year round.

Indoor herbs prefer the same temperatures as most people around 65–70° F or 21° C. If you feel comfortable, so will the plants. Try to not let the plants' leaves touch the window panes as they can be cool during the night time.

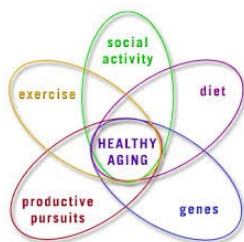
For those folks known to not have a green thumb it is recommended that you start with oregano, parsley, basil and chive plants. If you eat a lot of meats you might try planting sage and thyme. Common thyme is good for meat and lemon thyme goes wonderful with fish.

Distinguish between “wet” and “dry” plants. All of the Mediterranean herbs are dry—so rosemary, basil, thyme, sage and marjoram would go well together in a large potted herb garden. They would need to be watered once a week.

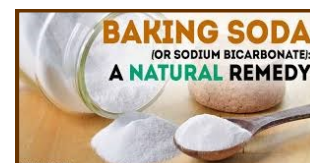
Another potted herb garden you can plant could include parsley, spinach, fennel, chives and mint. They may need watering two or three times a week. It is recommended that you should grow more than one plant because you can harvest your plants for your cooking needs a little at a time (no more than a third) and take from different plants on different days.

Step 4: Plant away. Fill the pot with soil stopping about 3 inches from the top. Moisten the soil lightly but thoroughly—a loosely muddy texture. Dig a small hole, deep down. Remove one of the plants from the nursery container. Gently loosen the soil around its roots—carefully. Put the plant into the hole and pack about an inch of dirt over the top of the root ball. Repeat for the other plants going into the pot. Make sure there is an inch or two between them. Alternatively, plant multiple plants in single pots and group them together on the water catching tray. Water them when finished. Place in the sun. Don't over water. For cooking, cut leaves and stems off the tops first—not the sides. Enjoy!





Living better ageing Well



## BAKING SODA—Fizz—Fizz, How Magical It Is

Versatile baking soda has been around for thousands of years. It is a naturally occurring product with multiple uses in the bathroom, kitchen and outdoors. Baking soda is inexpensive, non-corrosive and natural.

For Insect Bites / Itchiness: Make a paste made of baking soda and water and smear it over the bug bite, or bee sting, or itchy spot and be amazed how quickly the relief happens. This was my Mother's 'go to' treatment for my hives when I was a child—as I seemed to be allergic to everything!

Tired Feet: Mix 3 tablespoons of baking soda into some comfortably hot water in a dish bin and soak your feet.



You can even scrub your feet with a baking soda paste for additional exfoliation.

Hand Cleanser: Mix three parts baking soda with one part of water to make a natural hand cleanser that will scrub away dirt and neutralize garlic / onion odors. Simply rub your hands with the mix.



Keep Flowers Fresher Longer: Keep cut flowers longer by adding a teaspoon of baking soda to the water in the vase.



Absorb Toilet Odors: Add a cup of baking soda to the toilet and leave it for an hour before flushing. It will both clean the toilet and absorb the odor. It is safe for septic systems.

Keep Your Brushes and Combs Clean: Baking soda helps to naturally remove oils, build up and residue on your combs and brushes. Simply soak in a cup of water with 1 teaspoon of baking soda. Rinse and dry thoroughly. (My Mom did this too)

Cut Grease Naturally: Add a heaping teaspoon of baking soda to your normal dish soap and let them soak for a while. Baking soda helps to cut grease and makes it easier to clean. This is especially helpful if



there is food burned in pot. (Not that I have ever had to use this handy tip!)

Boost Your Laundry Detergent: Adding 1/2 cup of baking soda to your laundry helps soften the water making clothes cleaner, fresher and softer.

Deodorize the Refrigerator:

Place an open box in the back of your refrigerator to help neutralize odors. Change the box every two months. Magic!



A Safe Alternative to Harsh Drain Cleaners: Mix 2 parts baking soda, two parts salt and one part white vinegar and pour the solution down the plugholes in your bath, shower and sinks. Leave the mixture to froth away for a half hour then run the hot water to rinse. Easy.

**Baking Soda and Moms rock!  
Cheers to My Mom on Mother's Day!!**

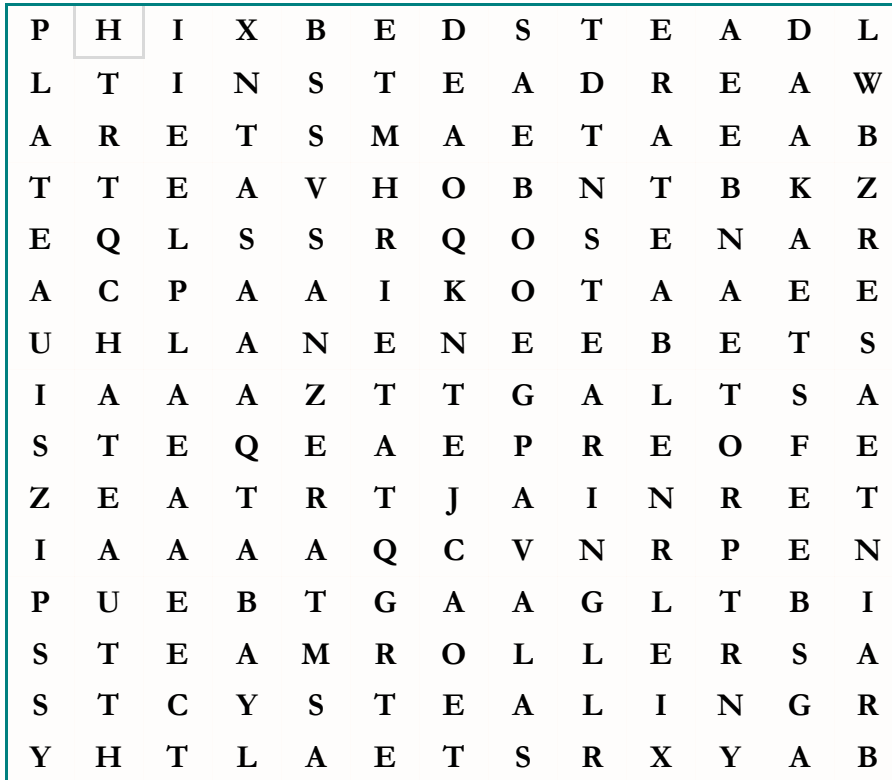


## FUN WITH LETTER TILES (hint there are more than 10) (answers on back page)



Using the letter tiles, create ten words—words must have at least 7 letters.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

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

\* Puzzle Solution is found on back page

**TOPIC - WORDS  
CONTAINING TEA**

ATLANTIAN  
 BEDSTEAD  
 BEEFSTEAK  
 BRAINTEASER  
 CHATEAU  
 GATEAU  
 INSTEAD  
 LACTEAL  
 OSTEAL  
 PLATEAU  
 PROTEAN  
 RATEABLE  
 STEALING  
 STEALTHY  
 STEAMROLLER  
 STEARATE  
 STRIPTEASE  
 TEAMSTER  
 TEARING  
 TEASING

**Introducing a NEW Community Support Services Program!**

Attention Seniors living in the town of Parry Sound...There is a new **Shoppers' Club Program.**

Why not grab a friend or two and go shopping together?

You can book a ride and split the cost of \$16.00 per vehicle for a return shopping trip.

**Here are the protocols:**

- ⇒ Minimum two people up to a maximum of five people
- ⇒ Must book the vehicle one week in advance of the trip date
- ⇒ The trip will be booked between the hours of 8:00 am. to 3:00 pm.
- ⇒ A maximum of three (3) bags of goods per person
- ⇒ We have wheel chair accessible vehicles that can accommodate chairs
- ⇒ There is a maximum of three stops—different places to go



Please contact Anna Holloway or Linda Taylor for additional information and/or to book a Shopping Trip. Call 705-746-5602.





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



**DINERS' CLUBS:** (\$12.00 at the door)  
Parry Sound: May 9; June 13; at 4:30 pm.  
Belvedere Auditorium

**Dunchurch:** Diners' Club at the Swiss House on  
Ahmic Lake. May 6; June 3; at (noon)

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

May 24 — Orthotics and Aging Feet with Sound  
Orthotics

June 28 — Chiropractic Care with Dr. John Peddie

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

**Crock Pot Cooking Lessons:** @1:00 pm. March 21;  
April 18; May 16. Participants can bring their crock  
pots and a meal will be prepared. All of the  
ingredients are provided and included in the cost.  
Participants take home the crock pot full of  
ingredients to heat & cook. Cost: \$7.00. **Please call**  
**CSS a week ahead to confirm your attendance.**

## EXERCISE PROGRAMS

**Body Flow for Health & Vitality Exercises:** Thursday  
mornings at 9:45 am. Belvedere Heights Auditorium. No  
cost. Donations are accepted. Leader Dorit Bartman.

**Gentle Exercise for People with Limited Mobility:**  
Thursdays @ 1:00 pm. Balls, therabands, gentle breathing  
and stretching in chairs. Leader Dorit Bartman.

**\*Due to Popular Demand—Gentle Exercise for People with  
Limited Mobility** is now offered two times a week. In  
addition to Thursdays, it is also offered on Tuesday  
afternoons at 1:30 → 2:30 pm. 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

## SENIORS' MOVIES AT BELVEDERE AUDITORIUM

**Seniors' Movie Night:** (held in the Belvedere Auditorium)  
A couple of Wednesday evenings each month at 6:00 pm.  
Popcorn. Lots of movie titles—comedies, dramas,  
musicals. We have a wide and varied selection. **FREE**  
**Attendees will choose the movie to watch from a suggested list:**

A Royal Night Out; What We Did on Vacation;

Eddie the Eagle; Joy; Race;

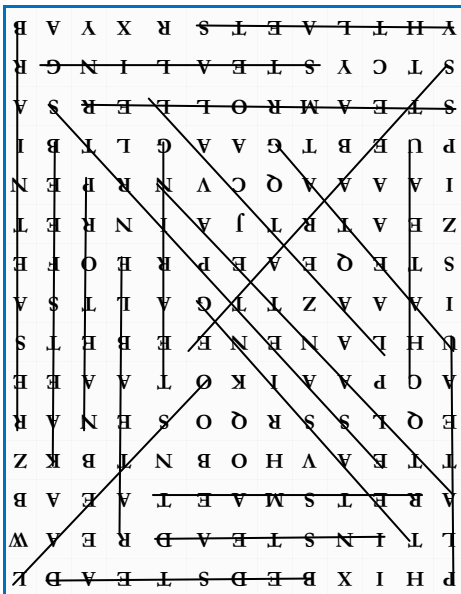
**Tentative Dates:** May 11 and 25; June 15 and 29

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

**\*\*\*New PD Program—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:** Wellingtons. 12 noon, 3rd  
Wednesday of month. Bill Slaman at 705-378-0454.

Word Search Puzzle Solution



Letter Tiles  
budding  
Building  
Doubting  
Lobbying  
Boiling  
Bidding  
Dubbing  
Ungodly  
Buoying  
Bodily  
Giddily

**Next CSS  
Newsletter  
July 2016**



Reaching Out and Responding ...

*"Our Mission is You"*