



The Community Support Services Newsletter

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

Nov. Dec. 2013 Volume 5 Issue 6



Catching Up with Community Support Services

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Sometimes we
are all too quick
to count down
the days that
we forget to
make the days
count

Community Support Services has been busy over the past few months responding to the many suggestions from our Advisory Group and from attendees of Diners' Clubs and Lunch and Learns. Our primary services such as: [Transportation](#) services for appointments and social trips; [Meals on Wheels](#)—hot and frozen meals delivered and/or picked up; washed and prepared [Fruits and Veggies bags](#)—2nd and 4th Friday of the month; [Friendly Visiting Programs](#)—visits at home and outings; [Diners' Clubs](#), [Lunch and Learns](#); and the [Senior Safekeeping Program](#) initiatives; remain our primary programs. We have had three interactive forums since July, gathering seniors' input about medical, social, and other day to day issues. Two of those meetings were with the LHIN (Local Health Integrated Network); one was at Belvedere Heights and the other was at the North Landing in Whitestone. On October 22, a panel of professionals: Community Care Access Centre, The Friends, the OPP and CSS, fielded questions from the audience of seniors. A recurring theme from each of these community forums has been the need for seniors to have access to cleaning and maintenance services. CSS is exploring service providers in the area who offer these services and is intending to have a panel of these people / companies to meet with seniors to discuss their needs and issues in the new year.

[Life transitioning](#) has also been identified as an emerging issue. When do I need to downsize accommodations? When do I need to get help with personal care? When do I need to have a Power of Attorney? How do I know if I can afford to move, downsize or hire help? How much money will I need to live?

So in January, the Lunch and Learn at Belvedere Heights will be with a [financial planning expert](#) who will help navigate those challenging issues.

Initiatives like the [seniors' movie and popcorn night](#) have been suggested. So, starting on November 14, there will be a monthly movie night at Belvedere Heights auditorium.

Seniors have inquired about [nutrition and cooking programs](#) so we are planning crock pot programs and in talks with Canadore College about seniors' cooking and life long learning classes.

The CSS Advisory and Planning Group proposed an [Adventures in Creative Aging group](#). It will be a opportunity for seniors to gather and share their experiences, wisdom and issues. A group facilitator is already in place and is planning to start the group on the second Thursday afternoon of January 2014. It will be a coffee, tea and supportive conversation forum.

The [Adopt a Senior for Christmas Program](#) is underway. A dozen lap blankets have been knit and/ or crocheted. Many more wonderful people are busy making blankets, collecting toothpaste (thank you Mildred), and offering to help with making the Gifts of Joy Christmas bags for about 70 seniors. Much still needs to be done and community partners are being contacted to help raise funds and articles to donate.

CSS is committed to providing services and programs to seniors that are instituted by seniors. Your ideas, issues, volunteering, and thoughtful suggestions matter, and form the basis of what we do.

Thank you.

ACTS OF KINDNESS

When you are kind to others, you feel good as a person. Acts of kindness create an emotional warmth, which releases a hormone known as oxytocin—the cardio-protective hormone. Oxytocin causes the release of a chemical called nitric oxide which dilates the blood vessels. This reduces blood pressure and therefore protects the heart. Stephen Post's research at Case Western Reserve University shows that when we give of ourselves, especially when we start young, everything from life satisfaction to self-realization and physical health is significantly improved. Mortality is delayed, depression is reduced and well-being and good fortune are increased. We at Community Support Services receive acts of kindness everyday from our volunteers and community members and we are grateful. Dozens of ladies throughout the district are busy knitting lap blankets for the 'Adopt a Senior Program' for Christmas. Others are collecting articles to put into the gift bags on their own initiative. Our volunteer drivers log hundreds of kilometers every week for no salary. They always go out of their way to offer a helping hand and a caring, non-judgmental ear. We thank: our volunteer who manages the nutritional fruits and veggies program spending dozens of hours buying, washing, cutting up and packaging the produce twice monthly; our friendly visiting volunteers; our volunteer advisory committee; our Meals on Wheels drivers who don't simply deliver meals they befriend the receivers of the food; our volunteers who help every month set up for Lunch and Learns and Diners' Clubs and our office volunteers—each one of these 100 volunteers are adding health benefits to their lives and to live lives of those they touch. In this upcoming season of giving and gratitude, let us remember to be thankful for the generous gifts of oneself we give to, and receive from, others. Just like the acts of kindness that our volunteers demonstrate

Kindness is the Highest Form of Wisdom

Hot Chocolate for the Brain

Article From Kay Wilkinson, from Consumer's Report on Health








Here's a reason to enjoy a steaming cup of cocoa this fall and winter: Harvard University researchers recruited 60 people, most of whom had high blood pressure, to drink two cups of hot chocolate every day for a month. Almost a third of the participants also had impaired blood flow to the brain, which may diminish thinking skills / functioning. At the end of the study, the impaired-flow group had an 8% increase in blood flow, on average, and improved their speed on a working memory test vs. no changes in the regular flow group. The authors said more study is needed to determine which compounds in cocoa might aid the brain.

Wow, does this mean we should eat more chocolate? I hope so because the Christmas Holiday season is upon us and chocolate everything—chocolates, cake, cookies, drops, fudge, ... is available. So, I say eat chocolate and improve your brain function! (Unfortunately, the waistlines might grow as well)



Ideas for Seniors' Christmas Gift Sharing

Gift giving at Christmas can be challenging financially, physically (going in and out of stores, crowds) and time consuming. Why not consider alternative gift giving ideas?

-  Write out cherished recipes on recipe cards and put them in a recipe box
-  Make a "coffee table" family journal; a notebook that family members and friends can pick up and write a favourite memory or story
-  Get a blank canvas and paint an original painting
-  Give the gift of time—schedule a day and time for a coffee / tea and treats; make up coupons and hand them out; maybe it could be an invitation to lunch, a movie
-  Give the gift of a cleaning service: an hour of house-keeping to a senior who is not able to do heavy cleaning
-  Give the gift of music—find out if the senior has a cd player and buy them their favourite music
-  Give a calendar—offer to go through the months and write in special dates, appointments and events for the senior—The gift is also sharing time with them

THE POWER OF PROTEIN

Flu season is fast approaching. Flu shots are an important part of helping our body to fight off the flu. Another important aspect is a healthy metabolism. To help bolster our metabolic function we need to ensure we have enough protein in our diets. Protein is the main building block of most of our cells. It is an essential nutrient that helps boost energy levels, builds strength and can help us recover more quickly from illness. Natural sources of protein are the best to consume. Proteins are found in everything from meat to seeds, but what is critical is how many essential amino acids each source provides. There are 8 amino acids that must be obtained through our diets because our bodies cannot make them. Complete proteins are animal based (meat, poultry, fish, milk, eggs and cheese) and provide all 8 essential amino acids. However, eat these in a balanced diet; do not over-eat red meat for example. Incomplete proteins are plant based (legumes, grains, nuts, seeds, and vegetables) and each is low in one or more of the essential acids, so vegetarians need to vary their food sources. Eating rice and beans together should provide a complete mix of the amino acids. Older people need more protein relative to their body size to help keep their muscles from breaking down. Also important for seniors is to eat protein sources throughout the day to reduce their loss of muscle mass. To figure out how much protein you need use the following calculations: over 65? - Multiply your weight by 0.6 to reach your protein daily does. So if you weight 140 lbs. your target protein intake goal should be 84 grams of protein. The average daily target of protein grams to eat is around 70 +. A chicken wrap, plus two fried eggs and 1/2 cup of whole almonds and a glass of milk could provide a reasonable daily protein intake quota. Eight powerhouse protein foods are:

Cow's milk (1%, 1 cup) 8 grams of protein	Nonfat Greek Yogurt (plain, 6 ounces) 17 grams of protein
Pumpkin seeds (1 ounce dried) 9 grams of protein	Quinoa (cooked, 1 cup) 8 grams of protein
Sockeye salmon (3 ounces) 22 grams of protein	Oven-roasted turkey breast (2 slices) 7 grams of protein
Low-fat Cottage Cheese (1/2 cup) 20 grams of protein	Kidney Beans (1 cup—in chili) 17 grams of protein

Women aged 70 and older may not be getting enough protein, in part because food intake tends to decline with age. A recent study found that 1/4 of senior women were protein deficient which could adversely affect one's overall well-being. If you want to learn more about protein intake, ask your doctor to see a dietitian and they can review your nutrition intake. So, be sure to increase your protein intake to bolster your health and immune system especially as winter arrives.

(This article is based on the Consumer Reports onHealth November 2013 newsletter, provided by Kay Wilkinson. If you would like a copy of the complete article please drop by CSS and we will be happy to provide you with one.)

What We are Hearing from Our Valued and Invaluable Community Members

Seniors want to stay in their homes as long as they can. The primary issue that is continually raised is help with house-keeping, household maintenance (as Linda reminds us—who is going to change the light bulbs up on a ladder? Who is going to set a mouse trap?), and outside the home and yard maintenance (washing windows, shoveling, etc.) Seniors say they can still manage bathing, and cooking and day to day activities but the more strenuous and potentially dangerous activities are not safely or easily managed. Does this mean the senior should move? Of course not. BUT, where are these trusted, professional and reasonably priced services in the District? So, we are investigating options by talking with other service providers (CCAC), and others for ideas and names. Chris, a senior advisor to CSS, provided a name of a local company that might be able to provide a variety of these requested maintenance services. CSS is going to meet with two or three service providers and ask if they might consider attending an information forum at a Lunch and Learn in February. Seniors can bring their ideas and questions to these folks. It is our hope that they will then become informed about what seniors are seeking and they can offer solutions at a reasonable cost. CSS welcomes your input and suggestions about this very important issue.



Mark Your Calendar

DINERS' CLUBS:

Parry Sound: at Belvedere Heights Auditorium - November 11; December 9; January 13; February 10; March 10; Dinner at 4:30 sharp

Dunchurch: at the North Landing - November 5; December 3; January 7; February 4; March 4. Meal at 11:30 am.

Nobel: at Nobel United Church- November 19 Dr. Peter Istvan, Canadore College: December 17 Christmas Concert; January 21; February 18; March 18. Meal at 11:30 am.

LUNCH AND LEARN:

Belvedere Heights: November 26 (Nancy Lacasse, Outreach Officer with the North East LHIN—Follow-up meeting) 11:00—1:00 pm.; January 28 — Managing Life Transitioning; February 25—Housekeeping and Maintenance Panel Forum; March 25:

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. The YMCA will have the schedule and you can call for programming times and days.

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 January 16, 2014 @ 1:30

Seniors' Movie Nights: The 3rd Thursday evening of the month. Starting November 21. Popcorn will be served. The group can choose from several movie titles. Comedies,

Community Support Services

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Gifts of Joy Committee: The 4th Wednesday afternoon of each month. 1:30—3:30. Creative minds getting together to make creative decorations and displays.

Parkinson's Support Group: The 1st Wednesday afternoon of each month. 1:15 pm.

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.

Cooking Classes at Canadore College: Many of you have expressed an interest in taking cooking classes at Canadore College. They are offering classes in November and December ; and in January 14—Cooking Heart Healthy; Feb. 11—Chocolate, chocolate; March 11—Italian cooking and April 15—Mediterranean cooking—6:30—9:30 pm. Please call Jocelyn at 705-746-9222 to register. If you would like to get a group together to take a class CSS will arrange for transportation. It is a guaranteed fun evening out! (**Note:** We are still working out the bugs for the crock pot cooking proposal)

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