

Edited by Valerie Stanley

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Give the Gift of 'Sharing Memories' this Holiday Season

Telling stories draws us together.

Creating virtual photographs using words sets our imaginations racing, trying to conjure up pictures about the memory being shared.

Whether it is listening to a family member's tale of remembrance about trudging through the snowy woods to get the best family Christmas tree, or listening to a senior friend recall their favourite childhood Christmas treat, sharing memories is perhaps the greatest gift we can give.

Many seniors are alone this Holiday Season and would welcome a visit from a 'neighbour' who might offer to share a cup of tea, a smile and a listening ear.

Memories are not expensive. However, sharing memories can be invaluable to a senior who may be alone over the long, sometimes lonely Christmas Season.

For some seniors, who may have lost a husband or wife, memories can be difficult. But we know, that sharing special stories about their loved one can help them to better manage their loss.

I recall listening to a senior's memories about their first Christmas as a newlywed. In spite of them having little money, it was their love and laughter that made those times special and dear. Sharing those memories brought a smile to the senior's face, that otherwise may not have appeared. It was a priceless gift of shared time.

Please take the time to reach out this Season and ask a senior about their favourite Christmas or childhood memory. Let the world pass by as you take a break from the rat race listening to a senior's memories. Not only is it a gift to the senior, but it is a gift to yourself.



Regular visits from a friend.

An Irish Christmas Blessing

May you be blessed with
the spirit of the season
which is peace,

The gladness of the season
which is hope,

And the heart of the season
which is love.

Some Meaningful Gift Ideas to Give to a Senior...

The Best Gift of All—is the **Gift of Time**. Visit, listen, share stories and relax.



Buy or make a **Memory Journal** to collect and record your loved one's memories. Add photos and keepsakes. This gift allows the senior to visit the cherished moments whenever they want.

If your senior loved one is in a retirement or nursing home, buy or make them a **memory bulletin board**. Give them a polaroid camera so that when visitors drop by, they can take pictures and post them on the memory board.



The Benefits of Using a Humidifier During the Colder and Drier Months

As the furnaces and fire places get turned on, the familiar afflictions of dry sinuses, bloody noses, cracked lips, dry throat and skin begin to appear. These challenging symptoms can be minimized by using a humidifier to add some moisture back into the dry air.



that boils water before releasing vapour into the air. The warm mist has a lesser risk of developing bacteria and mold because of the boiling process. These units must be handled with care. The hot water can cause burns and so can the hot steam.

Studies have shown that dry air helps the flu virus to live longer. So try to keep your home's humidity levels between 30 and 50%.

Before you buy a humidifier ensure you understand your specific needs and space size. If you already have a humidifier, before using it for this winter season make sure it is clean. If it uses a filter, replace it with a new one. Remember, humidifiers can make you sick if they are not properly maintained. Dirty humidifiers can produce mold or bacteria that can be emitted into the air.

Three Common Types of Portable Humidifiers:

1. Cool-mist humidifier—The unit's motor forces the water droplets into a mist which is blown into the air. This is a safe humidifier when properly maintained. It is recommended that distilled water be used and should be changed every day.
2. Warm-mist humidifier- (sometimes called a vaporizer) The unit uses an internal heating element

3. Ultrasonic humidifier- These units produce a micro-fine cool or hot mist using a high frequency vibrating design. They are silent. Distilled water is recommended. If tap water is used, the mineral deposits in the mist droplets can leave a white dust on the floors and/or furniture. Some units allow you to purchase a separate filter (not inexpensive).

Remember:

- Regularly check the humidifier to ensure it is clean and working properly.
- Clean and disinfect the water reservoir regularly. Read the manufacturer's instructions.
- If your humidifier uses a filter—change it monthly.
- Do not leave water standing in the humidifier for long periods of time.
- Check the humidity in your home every few days. If you have questions about using a humidifier, pharmacists can offer advice.

The Issue of Dry Itchy Skin that Appears with the Colder Weather

Many of us know that when the temperature drops our skin becomes dry and itchy, even more so as we age. It can be an annoying problem and commonly presents on the feet, lower legs, thighs, and the upper arms. For many, the skin at tips of our fingers painfully splits, and nails can also split and break.

In most cases once the cold dry air ends the dryness subsides. But until May comes, here are some tips:

- ~ Take short baths or showers and use warm—NOT hot water. Bathe 2 or 3 times a week, not every day. Sponge bathe the rest of the time.
- ~ Don't use deodorant soaps. Choose milder brands.
- ~ Pat dry; do not rub the water away.

~ Moisturize. Find a cream that works best. For some—creams with urea are life savers!

~ Wear looser clothing and preferably cotton.

~ Try to keep room temperatures below 72 degrees. High heat dries the skin. Use a throw to keep warm.

~ Wear rubber gloves when doing dishes.

~ Buy a pair of cotton gloves or cotton socks that you wear to bed at night. You liberally cream your hands and/or feet and then put on the gloves and / or socks. In the morning you will have less dry itchy skin. (These items make great Christmas gifts)





The Successful Dunchurch –Whitestone Walk-Fit & Exercise Program

Every Monday, Wednesday and Friday morning at 10:00 a.m. in the Dunchurch–Whitestone Community Centre you will find 20 or so people enjoying a mix of various activities such as walking, dancing, chair yoga, gentle exercises and pole walking. The exercises provide strengthening benefits, resistance training, build lung and cardiac capacities, improve balance abilities and socialization skills. The program offers a lot of fun in a relaxed environment.

People who are *recovering* from surgery—as well as those who are *preparing* for surgery report health benefits such as; feeling stronger, having an improved lung capacity (*so important after surgery*) having an increase in energy levels, and a more positive state of mind.

Integral to the various activities is learning how to breathe properly and effectively. This is a simple and important skill to develop to assist in the aging well process.

The programs are free and participants can walk safely indoors—so bugs, ice and snow are not prohibitive factors to those wanting to exercise.

Volunteers lead the program. Their unique experiences and backgrounds add depth and variety to the exercise programs. The Program goes from September until June. This November and December the exercise group will meet at the Legion on Balsam Road and Hwy 124.

Community Support Services is proud to be partnered with many activities and organizations in the Dunchurch-Whitestone communities.

Volunteer Power

(Contact Barb Bennett at: 705-389-9828)



Please “Be A Santa To A Senior” in the 5th Annual West Parry Sound Community Support Services “Adopt a Senior for Christmas” program.

We are *adopting* 100-115 seniors who may be alone, may not have family, and may be in need of a Christmas Cheer gift bag. We are asking for donations of toiletries, tea towels, bath towels, diabetic treats, Ensure, Boost, extended reach grabbers, and other items including gift cards and /or money. Please call for a full list of donation suggestions.

Contact CSS for more information at 705-746-5602; or

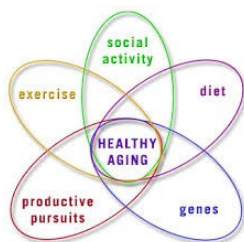
Email: vstanley@belvedereheights.com

Please drop off donations **before December 3rd** at any of these locations:

- (1) **The North Star Office** 66 Bowes Street;
- (2) **Canadore College** 1 College Drive;
- (3) **The Gardens of Parry Sound** 12 College Drive, or
- (4) **Community Support Services** 21 Belvedere Avenue.



Thank you.



Living better ageing Well



"So much Goodness in a Cup of Tea"

Next to water, tea is the most consumed beverage in the world. According to many studies, all types of teas, black, green, oolong or white tea offer many potential health benefits. Tea is anything that is derived from the tea plant *Camellia sinensis*.

Black Tea is made from leaves that have been oxidized or fermented. The fermentation gives the tea its rich flavour and dark colour. Some examples include Ceylon and English Breakfast. Black tea has the highest caffeine content and is used as the basis of flavoured teas like Chai and some instant teas—such as Red Rose Orange Pekoe grade tea. Health benefits include: may reduce the risk of stroke and may help strengthen bone mineral density. *Skip the milk though.* Many studies found that milk proteins can bind with the beneficial compounds in black tea, compromising the body's ability to absorb them.

Green Tea has been a traditional drink in Asian cultures for centuries and has grown in popularity in North America. The tea leaves are minimally oxidized which creates a more mellow flavour. The leaves are picked and immediately steamed so they retain their green colour. Oolong tea, which is between black and green tea, is minimally exposed to oxygen before it is steamed. Health benefits include: Green tea gets a lot of attention for being a good source of the plant compound 'epigallocatechin gallate' (EGCG) - which studies show decrease LDL (bad cholesterol) and counter inflammation in the body. Adding a slice of lemon may help green tea's compounds survive digestion.

White Tea is uncured and unfermented. Young buds are rapidly steamed and dried after being picked. White teas contain

the most catechins, a type of flavonoid that may help keep blood vessels open and help the body break down fat.

Recommended Brands:

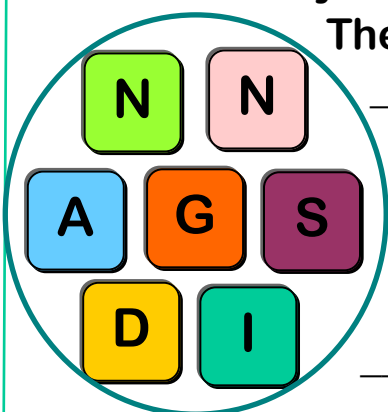
Numi, Rishis, and Algonquin Tea Company (Canadian) brands were researched to have the least pesticides and are the most organic. Several studies *did not* recommend Celestial Seasonings brand. Red Rose and Tetley were found to have a minimal amount of pesticides. So drink them without worry.

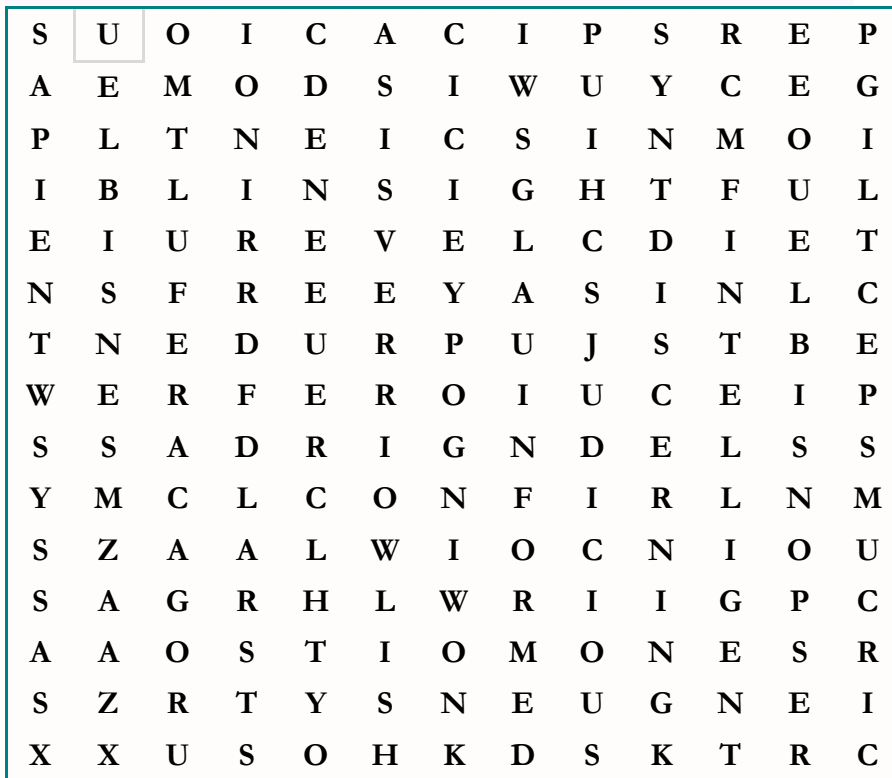
Herbal Teas or tisanes are technically not tea and do not contain tea leaves. Herbal teas are made from herbs, fruits, seeds or roots steeped in hot water. They have lower concentrations of antioxidants than green, white, black or oolong teas.



Create as many words as you can from the letters in the wheel below.

There are at least 59. (I got 42) See if you can do better.



WORD FIND: find the 20 words listed here**TOPIC - WISE WORDS**

CAREFUL
CIRCUMSPECT
JUDICIOUS
SAGACIOUS
KNOWING
SAPIENT
CLEVER
OMNISCIENT
SASSY
DISCERNING
OWLISH
SENSIBLE
INFORMED
PERSPICACIOUS
SMART
INSIGHTFUL
PRUDENT
WISDOM
INTELLIGENT
RESPONSIBLE

* Puzzle Solution is found on back page

**Flu Vaccine Administration Locations**

The Parry Sound Public Health Unit **WILL NOT** be holding clinics this year in Parry Sound.

Vaccination can usually be arranged by appointment with your:
Nurse Practitioner
Doctor

Local Pharmacies usually have walk-in availability.

**Community Support Services Annual Volunteer and Client Christmas Tea**

*Celebrating and Honouring
our Volunteers and Those
They Serve*

December 21, 2016

2:00 p.m.

Belvedere Auditorium

Registration not required.

To arrange a ride call: 705-746-5602

Upcoming Events

Community Support Services will be closed over the holidays: December 24, 2016 through January 2, 2017. CSS staff and volunteers would like to take this opportunity to wish you a safe and healthy:



Merry Christmas and Happy New Year



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: Nov. 14; Dec. 12; and Jan. 9; at 4:30 pm. Belvedere Auditorium
Dunchurch: At the Swiss House on Ahmic Lake.
Nov. 4; Dec. 2, and Jan. 6 at (noon)

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

Nov. 22—Tips for Food Management

Dec. 21—CSS Christmas Tea

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

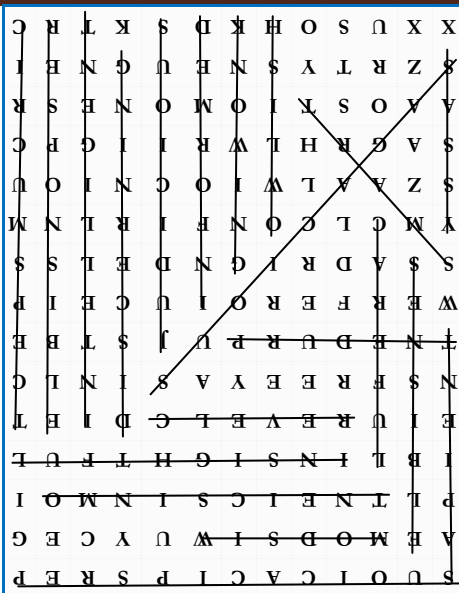
Crock Pot Cooking Lessons: Parry Sound Belvedere Auditorium—@1:00 pm. Jan. 16; Feb. 20; March 20.

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: \$8.00.**

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

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

Word Search Puzzle Solution



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Jan 2017



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

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

The Jungle Book—Nov. 23

Florence Foster Jenkins—Jan. 25

The Dressmaker—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.

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 month at Wellingtons. 12:30 pm. Bill Slaman at 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"