



September

West Parry Sound District

COMMUNITY SUPPORT SERVICES NEWSLETTER

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

September/ October 2016 Volume 8 Issue 4



October

Edited by Valerie Stanley

A Protective Factor When Mining the Golden Years...Living A Purposeful Life

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* Dr. David A. Bennett, M.D., Neuroscientist
Director of the Rush Alzheimer's Disease Center

Aging and brain researchers all over the world are proving that it isn't just exercise and diet that offer protection against cognitive decline. A terribly important factor is having a purpose in life. Dr. David A. Bennett describes such purpose as "a measure of well-being of having the psychological tendency to derive meaning from life's experiences and to have clear intentions and goals."

Recently, a dear senior friend described not being able to find a purpose in life when her son died.

Then, a couple of months later, a friend needed help getting to a program they attended together. She recalled that bringing her friend to the program twice a week "gave her a purpose" for living again. A seemingly small gesture that gave purpose to two lives.

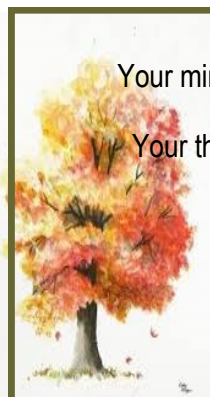
Dr. Bennett's research has discovered that those participants who scored higher on having a purpose in life were 2.4 times more likely to have avoided a diagnosis of Alzheimer's Disease, compared to others who had lower scores. They also found those with higher levels of conscientiousness had an 89% reduction in risk for cognitive decline and developing Alzheimer's. So my dear friend was onto something!

The study also found that those who had a larger social network comprised of close and trustworthy friends and family also offered a protective factor against cognitive decline and Alzheimer's Disease. Forming and maintaining meaningful relationships takes a lot of 'people skills' and is a factor in helping seniors ward off cognitive ill-health.

So get out there in the world. Engage with others. Living a quiet isolated life is not what is best for your mental and physical health.

The seniors who knit blankets, mitts, hats and so much more for the Adopt a Senior Program, or a church bazar are engaging socially. They are creating and knitting with purpose. The hundreds of seniors who perform volunteer activities are living with purpose.

For some it might be difficult to find the motivation or opportunity to *live* with purpose. Don't despair. Talk with a neighbor, or a friend, or your doctor, or with us at CSS—reach out and ask about things you can do and places to go. Dr. Bennett's advice is to venture out into the world. If you do, you may just be staving off the onset of Alzheimer's or cognitive decline.



Your mind is a garden

Your thoughts are the seeds.

You can grow flowers

Or you can grow weeds

The Purpose of Life is a Life Full of Purpose. So go on, Live Your Life 'on Purpose'

Fall Ushers in the Seasons of Remembrances

Fall arrives in September and ushers in the seasons of remembrances—Thanksgiving, Remembrance Day and then the Christmas Season. For many this is a time of gratitude and for recalling fond memories. For some though, it brings moments of sadness from missing loved ones, friends and acquaintances who have died and or moved away.

For CSS, the past year has been rife with loss of treasured volunteers, friends and clients. For the families and friends of those who have died, we understand that the upcoming months will have moments of pain and bitter sweet memories. We wish for those who have experienced loss—strength and courage and comfort.

When I took the job of Senior Safekeeping Coordinator almost four years ago I anticipated that there would be times of sadness. I did not imagine that there would be such a year of loss. At CSS, we are choosing to focus on the treasured gifts of friendship, laughter and shared memories from those who are gone to help us to manage our feelings of loss and sadness. We are grateful that we had the opportunity to meet and spend time with our friends.

The seasons of thanksgiving and remembrance offer the ideal opportunity to cherish memories of those who are gone and those who are here in our lives.

Reflecting about this year got me thinking about how much loss older adults experience, and how little grieving is discussed. I have watched my senior friends over the past few weeks live through losses that are significant. They continue to live their lives with courage and grace and focus on living in the present. They are the greatest teachers... Grieving is a part of living—a process, not an event.

Life does not stop because we lose a dear friend and/or loved one. Life moves forward and our memories and remembrances simply grow stronger and deeper.

My senior friends teach not only me, but each other, and 'all of us', that this time of thanksgiving strengthens a resolve to be grateful for those who are here and those who are gone, and for the opportunities of friendships yet to have happened. Embrace these upcoming seasons and months of autumn.



Gratitude unlocks the fullness of life.

It turns what we have into enough, and more.
It turns denial into acceptance, chaos into order,
confusion to clarity.

It can turn a meal into a feast, a house into a
home, a stranger into a friend.

Gratitude makes sense of our past, brings peace
for today, and creates a vision for tomorrow.

Melanie Beattie

The Change of Seasons: Create and Share Remembrances

There are many activities to enjoy as the fall season begins.

Strolling outdoors in the cooler weather—down memory lane, sharing stories with grandchildren, and /or friends and loved ones is the perfect fall activity.

Exchanging favourite recipes that you loved as a child, and/or loved to make as an adult is a fun and delicious way to share and create new memories with family and friends.

Get together with family or friends and plan to take a drive to see the fall colours. Stop along the way for a lunch and make it a day to remember.

Get together with family or friends and make some apple sauce or pumpkin pie from the fall's wonderful harvest. Share the food you make with others to take home and enjoy.

Take pictures of the times you share with others creating memories.



CSS's Volunteer Power Couple—Lee & Bernie Riedel



Volunteer Power

As part of our ongoing series highlighting our amazing volunteers, this newsletter introduces you to Lee and Bernie Riedel, who tirelessly volunteer for many organizations and causes throughout Parry Sound including CSS. Collectively, for more than a decade, they have volunteered with the Diners' Club, and so many other CSS programs as advisors, mentors and friends. *Thank you*, Lee and Bernie...

Lee and Bernie graciously wrote about their 60 years together—in love, family, work, play and volunteerism. Here in their words is their story...

Going to the chapel and were going to get married



2 rings, 2 hearts and lots of dreams



Young Love

Starting a family and ending up with 4 beautiful daughters

Lots of fun, first days of school, lots of challenges and too soon they grow up

In the growing up years we camped and fished and took the family to Disneyland

We moved around the province creating lots of adventures and experiences

Ohhhh those teenager years, my queen bees sure attracted a lot of honeys



Huddled under a cloud of grief and sadness when we lost one of our daughters, over time the sun came out and our love brought us closer together. We appreciated and counted our blessings and with our Faith we carried on.



As a family we owned a lodge and restaurant and experienced northern adventures in Martin River

We survived the hardships and good times, and through them all, as a Family we are truly blessed

Our daughters are happily married and we have five beautiful grandchildren who are proudly carrying on the values of their Moms' and Dads', who were raised with loving family values

As empty nesters we continued to camp and boat and enjoy our new found freedom

Bernie and I have always been adventuresome...so with our passion for cars and travelling, we enjoy lots of events throughout southern and northern Ontario. "Where is the next Bee festival and Car Show?"



As with the length of the ruler of life, there is less time ahead than behind. We truly cherish each day together.



Bernie and I both work part time and love to be in life's loop enjoying our family and friends

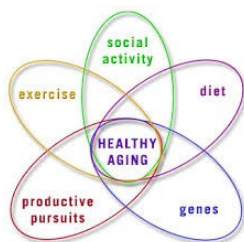
Our volunteering gives us the joy of connecting and sharing with young and old alike

A feeling of giving back to the community and people who have inspired us along life's way

Age is just a number and as we approach our 60th year together; it takes 2 pairs of ears to hear, and 2 sets of eyes to see, and 2 pairs of arms to hold and comfort each other

Now 2 hearts are as one and so it will be forever





Living better ageing Well



THE CLEANER SIDE OF VINEGAR



Vinegar is a well known natural alternative to conventional cleaners. Throughout history, it kept people alive by preserving food and killing bacteria. Vinegar also doubles as a food, so it's the only cleaner that is entirely safe to consume! But before you keep bottles and go natural, here are the clean facts on vinegar...

White Vinegar—an environmentally friendly household cleaning product

For centuries vinegar has been heralded as a cure for 100s of ailments as well as an eco-friendly cleaning product that handles bacteria, fungi & grime. My mother used it on my sunburns and frequent outbreaks of hives.

Clean the inside of your fridge with a solution of 1/2 water and 1/2 white distilled vinegar. To get through stubborn grime use full strength vinegar on a cloth or sponge. (wear gloves to prevent your hands from drying out)

Fill a spray bottle with 1/4 white vinegar and 3/4 water to clean mirrors. Use a microfiber towel to leave mirrors clean and streak free.

Deep clean your microwave by placing a bowl filled with equal parts white vinegar and water and microwave for 3-4 minutes. Remove the bowl with oven mitts and easily wipe down the inside of the microwave.

To keep eggs from cracking when boiling. Add two tablespoons of white vinegar per quart of water before you boil it. Your cooked eggs will stay intact and be easy to peel.



Get water and salt stains off shoes and boots by wiping them down with a solution of equal parts white vinegar and water.

Prevent lint from clinging to clothes by adding 1/2 cup white vinegar to the wash cycle.

Remove soap scum and clean the hoses of your washing machine with white vinegar. Periodically run the machine with only a cup of white vinegar—nothing else added to the machine.

Clean your eye glasses by wiping them with a few drops of white vinegar.

Clean your air conditioner or humidifier filter by placing it in a bucket filled with equal parts white vinegar and warm water. Allow the filters to soak for one hour before squeezing dry and replacing.

A daily rinse with vinegar and water will keep your water bottle free of grime.

Ants hate vinegar; so spray it around doorways and other areas they frequent to repel them.

Use full strength vinegar to polish chrome and stainless steel.

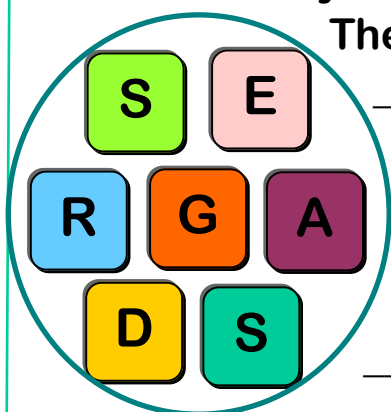
For pet owners, white vinegar poured onto pet urine mishaps, then blotted up with paper towel will prevent staining and odor.

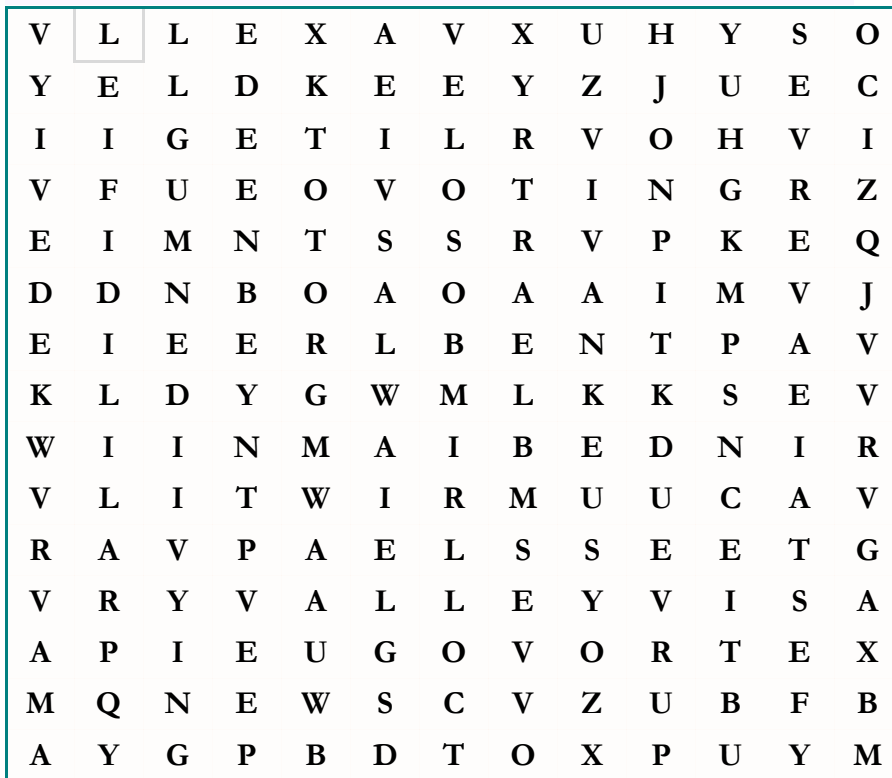
A cotton ball soaked in vinegar and applied to bruise for an hour is said to speed the healing process.

A 1/2 cup of vinegar added to a toilet bowl left overnight removes bowl odor.

Remove perspiration odor & stains from clothing by spraying full strength vinegar on underarm and collar areas before washing them.

Create as many words as you can from the letters in the wheel below. There are at least 45. (I got 42) See if you can do better.



WORD FIND: find the 20 words listed here**TOPIC - WORDS
CONTAINING "V"**

VACUUM
VAINGLORIOUS
VALLEY
VAMPIRE
VEGETABLE
VENUS
VERVE
VET
VIDEOS
VIE
VILE
VINEGAR
VIPER
VISA
VISTA
VOGUE
VOLATILE
VORTEX
VOTING
VYING

* Puzzle Solution is found on back page

6 Things Your Doctor Needs to Know at Your Appointment

Use the alphabet formula **O-P-Q-R-S-T** and jot down the answers before your appointment.

Onset—When did the symptoms start, and what were you doing at the time? Was the onset gradual, sudden, or a worsening of a chronic complaint?

Place—Where does it hurt? Is it always in the same place?

Quality—What type of discomfort is it? Sharp, stabbing, dull, achy, cramping, pulling, squeezing, or something else?

Radiation—Does the pain radiate to another part of the body? The answer can be a tip off for the doctor.

Severity—How severe is your pain on a scale from 1 to 10, with 0 being no pain; 5, moderate pain; and 10 the worst possible pain? Though perception of pain varies a great deal from person to person, the scale is useful for assessing your own pain over time. (ex., it began at a 3, and two days later, it is a 9). If you took a Tylenol or Aspirin, did the pain recede to a lower number?

Time and Triggers—How long have you had the symptom? How often does it occur? Is it more common at a certain time? Is it present at rest? Does something bring it on or make it worse?

**Upcoming Focus Group for Seniors/
Older Adults**

Age-Friendly Parry Sound Focus Group Forum is seeking your input on issues such as transportation; housing; community support and health services; outdoor spaces and buildings; social participation; respect and social inclusion.

Sept. 26, 2016

Belvedere Heights Auditorium

10am—12 pm.

No cost

For more information contact Lisa Rhodenizer 705-746-5801, ext. 3222 at the Health Unit.



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: Sept. 12; Oct. 3; Nov. 14; Dec. 12; at 4:30 pm. Belvedere Auditorium
Dunchurch: At the Swiss House on Ahmic Lake.
Sept. 9; Oct. 7; Nov. 4; Dec. 2; at (noon)

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

Sept. 27—CNIB;

Oct. 25—Reekie Denture Clinic

Nov. 22—Tips for Food Management

Dec. 21—CSS Christmas Tea

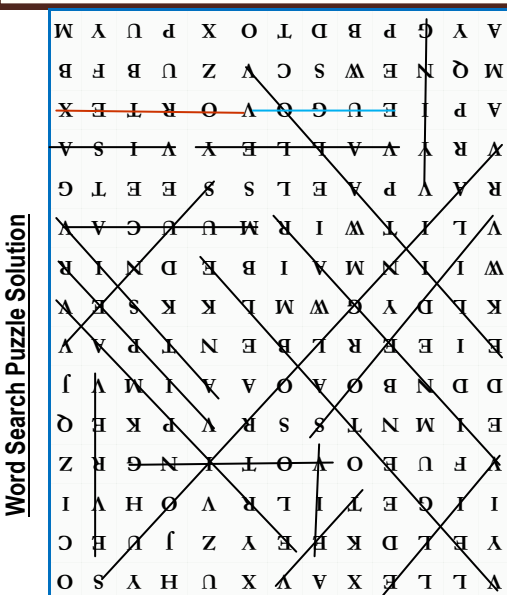
Fruits and Veggies Program—2nd and 4th Friday of each month. Bags of fresh fruit and vegetables are prepared for seniors to buy. May be delivered. \$8. Call a week ahead to order: 705-746-5602

Crock Pot Cooking Lessons: Parry Sound Belvedere Auditorium—@1:00 pm. Sept. 19; Oct. 17; Nov. 21.

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: \$7.00.

Dunchurch Crock Pot Program—at the Legion on !
Hwy 124— Oct. 4; Nov. 1; Dec. 6. (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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Nov 2016



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 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. 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) The 4th Wednesday evening each month at 6:00 pm. Popcorn. We have a wide and varied selection. FREE

Love and Friendship—Sept. 28;

The Meddler—Oct. 26;

Florence Foster Jenkins—Nov. 23



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: Wellingtons. 12:30 pm. 3rd Wednesday of month. Bill Slaman at 705-378-0454.

Gifts of Joy Group—Leader Laura Campbell—last Wednesday of each month—1:30 pm. Belvedere

CSS—Community Support Services (West Parry Sound District)

21 Belvedere Ave. Parry Sound ON

"Our Mission is You"