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50+

Lifestyle

Magazine



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Well, done.



Well, well, well. What have we here? Another magazine publisher with their message about wellness? Well, sort of.

We have become inundated with ideas of what wellness is, what it means to be well. Usually these definitions come from companies pedalling something. You know, they insist your wellness isn't complete without this or that product or service.

Wellness is, at once, simpler and more complicated than just a ticking of all the right boxes. I think the notion of wellness needs to come from within each of us, from our own unique place of comfort. Granted, there are some universally accepted concepts of wellness: physical health; sound mind; emotional contentment. Pursue these. But, as the saying goes, there is only one you, and only you know what your own individual wellness means and how it feels. Science is catching up, and soon we'll be able to replicate ourselves, but for the time being there is no one exactly like you in the whole world. Fred Rogers would corroborate this.

Find your places of joy. Cultivate and care for them.

Keep the well full because when the well's gone dry, well...

A handwritten signature in black ink that reads "Nicole D. Blais".

Nicole Blais,
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At Goshenite Seniors Services our goal is to simplify and educate our clients about all options available to them in their community during the transition process. As a former Director of Care, in Sudbury and having worked with discharge planners in the health care field, it became evident that most seniors had not planned for transition, leaving them and their families in CRISIS mode after a life changing event.

Transition is often a daunting one, though, leaving many seniors and their families reeling from the challenges. Often adult children of seniors' live miles away and need someone on location to help meet their parents' needs. This is a chance for Goshenite Seniors Services Consultants to take on the role of coordinating all aspects of the transition. We are experts in post-retirement transitions. We will answer your questions about how best to deal with your situation and create a detailed plan that accommodates your specific needs.

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Motor Chat with Meredith

By Meredith Morris,

Dealer Principal / President
Sudbury Hyundai



Dog Days of Summer

The "dog days of summer" is a phrase used to describe the hot and humid days of summer. It refers to the dates from July 3rd to August 11th which are 20 days prior and 20 days after the star Sirius rises and falls in conjunction with the sun. Sirius was known as the dog star because it is the brightest star in the constellation Canis Major (large dog).

The heat and humidity of these "dog days" can be very harmful to not only humans, but human's best friend and other animals as well. Signs that your pet may be suffering from heat illness are rapid or irregular heart rate, excessive drooling, lethargy, refusal to eat, or excessive panting. Panting is a normal cooling mechanism for a dog but a very bad sign for a cat. If you notice any of these signs of heat illness remove your pet from the heated area and get it into a cooler space. Apply cool towels to the pet and provide plenty of cool fresh water.

Here are a few things to keep in mind during the "dog days" this summer to help keep your pets safe.

- Pets, just like humans, are susceptible to heat illness-make sure to keep your animals hydrated.
- Reducing a pet's food intake on warmer days can help the pet cope with the heat.
- A common misconception is that giving your pet a buzz cut in the summer is a good idea but that may not be best for your pet. A pet's coat acts as insulation, it keeps warm in the winter and cool in the summer by



blocking the heat of the sun from reaching the skin.

- Hot asphalt or cement can easily burn an animal's paws so try to minimize walking your pet during the hottest part of the day. Not sure how hot the asphalt is? Place the back of your hand on the asphalt, if it's too hot for you, then it's too hot for them.

Remember folks, at 80 degrees to 100 degrees, the temperature inside a car parked in direct sunlight can quickly climb to between 130 to 172 so keep your pets and family safe this summer and don't leave them inside a parked car.

In addition to having air conditioning in your vehicle here are a few really "cool" features that Hyundai has to keep you and your pets cool this summer.

- Bluelink technology allows the user to start their vehicle with their cellular device therefore turning on the air conditioning and allowing the vehicle time to cool off before you actually get inside it.
- Ever get into a hot car and burn your backside? Hyundai has available ventilated back and seat cushions. This technology blows cool air through the upholstery onto the user.
- Hyundai also has built in sun shades that are great for keeping the temperature down and potentially allowing a sleeping baby to have a peaceful nap on a road trip on a very hot day.



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Mining Heights

By John Kelly

In The Sound of Music Julie Andrews sang ‘Climb every mountain...’. She had to; the Nazis were after her. No one is chasing Slobodan Nikolic. He’s after something else.

“Kilimanjaro is one of my dreams,” he says.

Amenities were scarce in Serbia in the 40’s and 50’s. Slobodan, he goes by Bob now, made due with very little and got his kicks from a soccer ball made of a stuffed ladies stocking. Lucky for him, the public library was a five-minute walk from his house.

The biggest challenge in climbing Kilimanjaro is AMS – Acute Mountain Sickness or Altitude Sickness caused by thin air and subsequently lack of oxygen at higher altitudes

“From the day I learned how to read proficiently, I preferred reading books about the strange and mysterious places in faraway lands. My powerful imagination took me to The Great Wall, Taj Mahal, Great Pyramids, Andes, Kilimanjaro, Niagara Falls and other world-famous sites,” says Bob.

Bob graduated from the University of Belgrade. In 1968, he moved to Canada with his wife and nine-month-old son. After some English courses in Toronto, the family moved to Sudbury. Two more sons and thirty years at Falconbridge later, Bob and wife, Ljuba (a retired chemist) make their own build on Trout Lake home.

“Following retirement we travelled extensively, and this winter visited our 60th country in our travels. We are both in good shape, but my wife has no desire to climb Kilimanjaro,” explains Bob.

Now, the seventy-seven-year-old retired geological engineer is about to embark on an adventure that took seed in his mind when he was a child.

“Climbing Kilimanjaro is not an alpinist effort; it is essentially an arduous mostly uphill trek. It is the world’s highest free-standing mountain at 5895m. The biggest challenge in climbing Kilimanjaro is AMS – Acute Mountain Sickness or Altitude Sickness caused by thin air and subsequently lack of oxygen at higher altitudes,” explains Bob.

Bob and his group will take advantage of the full ten days to increase their chances of everyone making the trek successfully. Stretching the ascent out into fewer kilometers per day is the best angle to take on this challenge. If you’d like to join and have been strolling the malls, you’ll have to up the workload. Bob recommends six to seven hours at least every other day including some hilly terrain if possible. No food court, no lattes, no escalators.

“The highest I have ever been was climbing a refuge station on Cotopaxi volcano in Ecuador at 4,950m or just 945m lower than Uhuru peak on Kilimanjaro. Now, this was in 2007. Hopefully not much changed

in my system regarding thin air,” jokes Bob.

For the record, my hair has thinned since then.

This isn’t a safari, and you’re not likely to see the animals one usually associates with sub-Saharan Africa; the elephants scoff at climbing mountains. But keep your eyes and ears open for a few species of primates and birds. The hills are, indeed, alive.

For more information, you can reach Bob at boobnikol@hotmail.com





A simple solution to solve a big problem.

Removing barriers one ramp at a time.

By Nadine Law

Access2all is a non Profit Foundation with a vision of a world that is barrier free. We believe every human has the inherent right to access any space despite ability and without discrimination. Our mission is to remove these barriers by providing single step store fronts with custom built portable access ramps for little to no cost.

In May Access2all launched their Community Ramp Project in the Valley with the first ramp unveiled at Bitter Bills Ice Cream Parlour.

The initiative was made possible by the generous material donation from Rona Valley, and volunteer carpenter help. The Foundation is working with volunteer carpenters from the carpenters union, student carpenters from Cambrian College, community energizers

like Marc Serre and the grade 7-8 leadership group from Jean Paul II to inspire a shift in perspective about the importance of universal access and inclusion. The leadership group at Jean Paul II led by Chantale Goudreau completed an accessibility audit of the valley to determine where the barriers were. Over the next few months , business that have been identified with barriers will be offered a portable access ramp which will be painted and delivered by the leadership group at Jean Paul II in the fall.



In May Access2all launched their Community Ramp Project in the Valley with the first ramp unveiled at Bitter Bills Ice Cream Parlour.

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Mirror, mirror, that's **not fair.**

By John Kelly

So, you're not eighteen anymore, or thirty-eight, or forty-eight for that matter. As you pass a mirror, you catch a glimpse of your reflection and mistake it for some old person. You stop on a dime and take two very tentative steps backward, cocking your head to the side. Yep, that was you. Vanity rears its ugly head. Ironical that vanity should be so ugly, you think.

There's a popular meme going around about the physique of a single person versus that same person in a relationship. This goes for men and women. The not so subtle implication is that we use our bodies as bait, and then, once we've landed that prize fish, we allow the shiny lures to rust and the sharp hooks to dull. Guess what? It's probably true to some degree, but don't beat yourself up over it. What we should be beating ourselves up over is the double standard that we've allowed to fester. It seems society holds ladies to a silly standard, while the fellas get a pass.

I can hear the 'false advertising' cries all the way from the other end of the spa from the guys who think their partner has lost a little lustre. You were misled by their beauty, you say. Hold it right there, sailor. Women aren't Sirens. They don't mean to steer you wrong. And, by the way, have you taken a look in the mirror lately? Or are you too busy tied to the mast?

Maybe it's time a few more of us, men and

women, embrace the aging process and the changes that come with it, even while we try to fight it. Look, we all know how the story ends if you're lucky. James Dean left a good-looking corpse, but he wasn't so lucky. The lesson here isn't to avoid driving your Porsche at breakneck speeds on a California highway, but rather to stare the inevitable in the face with a smile, with some grace and understand that, in the end, you're powerless to defeat it.

Ladies and gentlemen, vanity is not the enemy. Vanity is not a bad thing in moderation. In excess, it is a burden that turns the mirror from friend to foe. Eventually, it reflects poorly on you. Use it in small doses. And always remember that beauty is only skin deep, but ugliness goes right to the bone.

Who's the fairest of them all? Who the hell cares?

Stay well.



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OUT ON A LIMB

By John Kelly

"I am always doing that which I cannot do, in order that I may learn how to do it."

— Pablo Picasso

"At the time of my accident, my wife was 5 months pregnant and gave birth to our son, nine weeks premature. My situation seemed irrelevant compared to what my wife and son were going through."

Ron Dagget was born in 1957 in Sudbury.

"My mother was a stay at home mom and my father worked as a locomotive engineman at Canadian Pacific Railway. I had followed in his footsteps and worked at the same railway," explains Ron.

Hockey brought Ron out to Markstay, just east of Sudbury, now and again. It's where he met his wife Judy. They were married in 1984 and, five years later, made Markstay home. Everything was right on track.

"On September 02, 1987, while switching cars in the North Bay rail yard, I stepped between some moving cars, tripped and fell in between them, subsequently amputating my right leg above the knee. I did something I really wasn't supposed to be doing, but I had done it many times before. Doing it wrong too many times caught up with me," says Ron.

A little bit of wallowing in self pity ensued. But not for long. A very premature baby boy quickly put things into perspective for Ron. He came to terms with his new normal and adopted a 'what can I do now' attitude. And Ron is quick to point out that his recovery, both physical and emotional, was not a solo one.

"I am lucky to have a very supportive wife."

As for his 'what can I do now' outlook, a list of what Ron can't do would be much shorter. He shovels his driveway and his roof. He lifts weights. He golfs. He bicycles. Shingles are more common after



Ron Dagget came to terms with his new normal and adopted a 'what can I do now' attitude.

fifty. How about getting up on your roof and laying them in the hot sun? I saw him do that.

"Yes, I do climb a ladder."

He mows the lawn for cryin' out loud. Ok, it's a riding mower. We'll give him a pass on that one.

By day, Ron is a mild-mannered civil servant at the Canada Revenue Agency.

"I have been active my entire life. I still can't sit still for five minutes. The job I do as an IT Technician is physically demanding. I move a lot of computer equipment."

Ron is grateful his story has encouraged others.

"I inspired a young man with a physical disability to become an IT Technician. His mother brought him to work for job shadowing day and asked me if he could follow me around because he was interested in computer technology. After that day with me, he told his mother that if I could do it, he could do it. Subsequently, he went on to graduate in computer technology from Cambrian College and worked with me at CRA. He has since moved on to Ottawa and is doing very well. I would like to think that I am only doing what anyone else would do if they were in my shoe," says Ron.

That's 'shoe'. Singular. A sense of humour helps.

"I miss working for the railway and playing hockey. I also missed teaching my children how to skate and ride a bike."

I suspect what he was unable to teach them about skating or riding a bike was more than made up for in what they learned from their father about playing the hand you're dealt, determination, and standing on your own two feet. Sorry, Ron. You started it.



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Heel Pain



By Julie DeSimone,
Chiroprapist, B.Sc.
Podiatric Medicine

As foot care specialists, Chiroprapist/Podiatrists treat more heel pain than other medical professionals. This hands-on experience, combined with chiroprapodial medical training ensures that you will receive a thorough evaluation and treatment program.

The plantar fascia is a thick, non-elastic band, of connective tissue that runs from the heel to all five metatarsal heads. Its main function is to maintain the medial longitudinal arch of the foot. Problems begin to occur when parts of this non-elastic band pull away (tears) from its insertion - the heel bone.

Probable causes:

- Flat pronated feet
- High arched rigid feet
- Improper footwear
- Toe running, hill running
- Soft terrain (i.e. running on sand)
- Increase age

Pain is most commonly felt first thing in the morning and/or after prolonged rest, and

usually dissipates with weight bearing. If the condition is not treated promptly, a heel spur may develop. However, the treatment for plantar fasciitis and heel spur are the same.

Short term treatment includes stretching exercises, tapping, anti-inflammatories and possibly cortisone injections. However, the more conclusive treatment is treating the cause of the symptom and not only treating the symptom. This is achieved by wearing custom-molded corrective orthotics and proper footwear.

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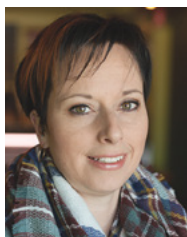
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FINDING YOUR VOICE

By Céleste Bouffard

Let me get on my soapbox right away. I'm here to help you find your voice. Every so often, I watch TV (usually an episode of Grey's Anatomy), and in the middle of it, a pretty celebrity scoffs at "LBL". You know – light bladder leakage. "Its no big deal" - that's what this fancy incontinence underwear is for! Even worse, the one where a fifty-something divorcée is going on a first date with a strapping gentleman for a night of dancing... wearing fancy form fitting underwear. Incontinence isn't sexy. And it is a big deal. I'm here to tell you, instead of resorting to the fancy underwear, you can have a few treatments of pelvic floor physiotherapy, and take care of the issues for good! But, you need to use your voice. Studies show that most doctors won't bring up the subject. It's up to you! Bring it up. Ask for a referral. You won't regret it!



Céleste Bouffard,
Pelvic Health Physio

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CREMATION OR BURIAL SOMETIMES THE CHOICE MAKES ITSELF

By David Laplante

Lots of my family and friends assume I must know which of the two I'm going with when I pass away. You would think with over 20 years in the funeral industry, I would have my mind made up...and I do.

The answer is...it depends.

It depends on whether my wife or I pass away first. Let me explain. My father passed away in 2000 after a short battle with colon cancer. He, being an old school catholic, was going to be buried much like his parents. Something happened along his journey with the disease that made him decide, pretty much on his death bed, that he wanted to be cremated. My mother, brother, and I proceeded in following his wishes, had an open casket, service at church followed by cremation.

When my mother passed away from Alzheimer's in 2015, we did much the same. Before the disease took her mind from her, she would often joke with us that if she didn't get her mass with a Christian burial, she would get up from her casket and walk to church. Having both my parents cremated and being one of the operators at the Cooperative Crematorium, I'm leaning toward cremation after a visitation and church service as well.

What's good for the goose is good for the gander, right? Not so simple. My loving spouse, who just so happens to be a funeral director as well, cannot fathom why anyone would want to cremate their loved one. Still in her early thirties, she is part of a minority when it comes to her thoughts on cremation. She's just not comfortable with the idea. She prefers a burial. So, with that in mind, if I die before her, I am to be buried in a casket, in a double lot, awaiting her eventual burial next to me. I figure the grief will be enough to handle without her doing something with my remains that she just isn't comfortable with. Yes, it's my funeral but I don't have to live through it. She does. However, if she passes away before me, I may just as well instruct my daughters to have me cremated and bury my ashes over her casket.

Having an open dialogue about death and dying is something that comes natural for us because we both work in this field. It provided us with a road map to follow in the eventuality of our death. Having a conversation with your loved ones about your wishes AND theirs can help you make a decision. You may be surprised by what they have to say.



David Laplante,
Funeral Director



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The Cooperative Funeral Home, firmly established in the core of Sudbury since 1952, aims to satisfy the needs of grieving families by using a simple, humane and professional approach.

Goal:

Our goal is to serve the people of all nationalities, expression or religion in the Sudbury area by following the cultural traditions of its members.

Mission:

La Coopérative funéraire est une entreprise qui se distingue par: - La qualité de ses services - Le professionnalisme de ses employés - Les relations interpersonnelles qu'elle entretient avec tous ses membres et ses clients

Vision:

La Coopérative funéraire, solidement établie dans le milieu sudburois depuis 1952, vise à satisfaire aux besoins des familles endeuillées par une approche simple, humaine et professionnelle.

Raison d'être:

Notre raison d'être est de desservir les gens de toute nationalité, expression ou religion de la région de Sudbury en suivant les traditions culturelles de ses membres.



**David
Laplante**

*General Manager
& Funeral Director*



**Chantal
Bourgeois**

Funeral Director



**André
Rainville**

Funeral Director

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From Top Left:

Dr. Dr. Krishnan Venkataraman,
Dr. Todd Mazzuca, John Whitehead,
Dr. Lorraine Mercer, Dr. Lyne Giroux,
Julie DeSimone

Julie DeSimone, DeSimone Foot & Ankle Centre

Julie DeSimone has been practicing since 1987. She was the Director of the Chiropody Department at Laurentian Hospital for 9 years and has since been in private practice. Because of her dedication of promoting health care in the North, Julie has recently been appointed as a director of the inaugural NEO Kids Foundation Board.

Julie is very committed to the growth of her profession and has always been a crusader and forward thinker in the advancement of Chiropody.

Her past volunteerism includes sitting on the Board of Directors the Ontario Society of Chiropodists, the Canadian Federation of Podiatric Medicine and the College of Chiropodists of Ontario, and locally on the

Laurentian University Board of Directors and the United Way. She was also the Chair of Meals on Wheels Sudbury, as well as many other local charities.

Julie is happily married and mother of two children. It was a very proud moment for Julie when her daughter Megan followed in her footsteps, they now work side by side providing foot care to Sudbury and area residents.

Julie is a graduate of the Michener Institute Chiropody program and the Sunderland University where she graduated with a B.Sc. Podiatric Medicine. Julie's dedication to her patients and to her profession is evident upon entering the DeSimone Foot & Ankle Centre.



John Whitehead, CareLink Advantage & Helpline

Being 50 plus can bring a sense of freedom. But sometimes, challenges present themselves and can rob us of the care-free and fun times being a half century old affords. Perhaps there is no greater test than caring for a vulnerable, aging loved one. The task can seem to prove overwhelming, but there are strategies to make it more manageable.

John Whitehead is the CEO of a group of companies in Sudbury which include Helpline and CareLink Advantage. Helpline provides seniors and their families with peace of mind, knowing that any time they require help, they need only push their medical pendant. They are virtually never alone. Helpline provides a full range of products which has grown to include mobile medical pendants (they work anywhere cell phones do) and GSM locating watches for seniors with dementia.

CareLink Advantage was born out of necessity. John's mother was diagnosed with Alzheimer's, and he became her caregiver. The system removes the onus from the senior to use the medical pendant. The technology addresses concerns that a loved one may not be

eating, sleeping, or behaving regularly and does so without the active participation of the senior. Entirely wireless, the system provides customized notifications to caregivers of changes in routine. When caregiver burden and burnout are reduced, they can function effectively, and their loved one can remain living independently, delaying, often eliminating the move to assisted living or long-term care. CareLink Advantage is Sudbury conceived and developed. It is available across Canada, and is government funded in some provinces.

There is sometimes debate whether their client is the 80-year-old parent, or the 55-year-old family caregiver. To John Whitehead and his staff, family is the customer. And they are very proud that their products and services have dramatically improved the quality of life for so many client families. Lives have been saved and heartache averted due to the company's unfailing devotion to its customers. For their part, the emotional rewards serve to continually fuel the passion of the entire team!





Dr. Todd Mazzuca, Chiropractor

We have had the privilege of serving the residents of both Capreol and the Sudbury area for over 20 years by educating people on the importance of moving well, eating well and thinking well.

Chiropractic care is a very important part of everyone's overall health. The body is a self-healing, self-regulating organism that requires a fully functioning nervous system, vital to one's wellness.

Our purpose is to take care of people; you are never too young or too old for chiropractic care. Anyone can start to move from Dis-ease to Health and Vitality. With a proper balanced spine and nervous system, a person is able to reach their optimum health potential.

Our bodies are designed to move. We often ask "How do you want to live? Do you want to be active and pain free?" The work that

is put in now will show benefits years down the road. Age as they say is truly only a number. Our job is to give you the tools and motivation you need to be better today than you were yesterday and continue to move forward.

A chiropractor is specially trained to examine you for the presence of spinal misalignments, called "Vertebral Subluxations". If detected, your chiropractor will use safe and effective chiropractic adjustments to restore proper spinal movement, correct your subluxations and remove nervous system interference.

As a Chiropractor it is an honour to have people place their trust and health in our office. We help improve the health and wellness of many people throughout their lifetime.



Dr. Lorraine Mercer, Huntington University

Lorraine Mercer, Ph.D. is Chair of Gerontology and Associate Professor at Huntington University. Her work as an educator and researcher is founded in experience working with older adults as a social worker in Newfoundland and Labrador and as a pastoral care and palliative care worker in Sudbury. She carries these experiences into the classroom to enliven discussion and demonstrate to students that aging is not a disease, it is a time for meaningful living. Professor Mercer has won awards for her leadership and teaching at Huntington University.

Gerontology, or the study of aging, is a relatively new field of study, but it is evolving quickly. Dr. Mercer, along with her colleagues, are keen to ensure Huntington's program is one of the best in Canada. The Gerontology Program offers a broad slate of courses that address topics such as spirituality, mental health, nutrition, dementia, optimal aging and

much more. Dr. Mercer designed the gerontology placement course in which all students spend time in the community, working face to face with older adults at local senior clubs, support services, residences or day programs. Students direct their own learning in this course which makes it possible for the novice student and the experienced student to gain from the placement experience. The most frequent discovery is that no two older adults are alike. It is a simple but powerful foundation for working with older adults.

Dr. Mercer is an advocate of life-long learning and access to learning through online courses and digital technology. She believes that learning, at any age, enhances health and human development. She is proud that she completed her doctorate at age 59 and now works to make education accessible to other adult learners in the classroom and via online learning.

Dr. Lyne Giroux, Sudbury Skin Clinique

Dr. Lyne Giroux opened her private Dermatology practice in 2005. Since then, she has remained the only full time Royal College board certified Dermatologist in the City of Greater Sudbury and she also sees patients from all over Northern Ontario. Being the only Dermatologist in our area has its challenges and she continues to advocate for more Dermatologists to serve the North. In order to alleviate the demands of her practice, she has a dedicated, highly trained staff of 14 to assist her, including her sister Anne Malo the Office Administrator, and Lori Ingriselli, the Cosmetic Clinic Manager.

In 2006, Dr. Giroux opened the Sudbury Skin Clinique to address the increasing cosmetic dermatology needs. While Dr. Giroux devotes her expertise and time to her medical patients, she is on site to direct and supervise the Sudbury Skin Clinique (SSC). The SSC offers multiple services: lasers, fillers, Botox, micro needling, PRP, hair removal, skin care, makeup, tattoo removal, minor cosmetic surgical procedures, and much more.

The devoted mother of three children

(Mylène 16, Henri 13, and Théo 10) is married to Sudbury MP Paul Lefebvre and is very active in our community.

In order to offer the most up to date and effective cosmetic treatments, Dr. Giroux attends multiple dermatology conferences worldwide and often asked to be on advisory boards. She also likes to try out new procedures herself in order to improve and better describe them to clients.

A basic good skin regimen, she says consists of an anti-oxidant and a moisturizer with a SPF of at least 30 every am rain or shine all year long applied to the entire face, ears and décolleté. If going outside, she is also reapplying SPF every 2 hrs to exposed areas, seeking shade while wearing wide brim hats and sun protective clothing. In the evening, she uses a Retin-A cream over her moisturizer. Her favourite cosmetic treatment is intense pulse light (IPL) done every fall and spring to reduce red blood vessels and brown sun marks.

“Vigilant year round sun protection (always), getting regular exercise (get cranky if I don’t), eating well (most of the time?), having good friends (lots of



laughs) and family support (lots of love) are my pillars for anti-aging. My motto is live life to the fullest; giving back to my community, working hard and playing hard, no regrets. Getting treatments at the SSC is an added benefit, time permitting!”

Cosmetic consultation with a SSC nurse/laser technician is free. They are now offering a Walk-in Botox™ clinic. However, a referral is still required to see Dr Giroux for medical dermatological concerns.

Dr. Krishnan Venkataraman, Huntington University

Krishnan Venkataraman is a Biologist and a Gerontologist educating young minds about the process of aging. In his 40’s now, Krishnan discovered a passion for studying ageing while working as a biomedical scientist early in his career. As a university professor in Gerontology at Huntington University (Federated with Laurentian University), Krishnan hopes to motivate and inspire students to recognize both the potential in older adults and also the opportunities that the students themselves have as a result of studying aging.

“The perception of what it means to be an older adult is changing. Several older adults now are healthy, fit and active. Retirement often means travel, adventure vacations and active participation in community.” he muses. Additionally, he reckons, “With

a growing older adult population that comprises a very diverse demographic, there are several needs that must be met. That translates into the potential for a lot of employment and career opportunities for our students.”

Krishnan believes that all students, regardless of discipline, must study the process of aging. This exposure is essential to sensitize all of our students (younger and older) to the reality of our changing demographic. It allows a recognition of the fact that older adults are just like everyone else- distinct individuals and not a unique bloc of people with identical attributes. It enables our youth to be mindful of inclusion and not set themselves up to fall into ageist traps or mindsets.



A PLACE TO CALL HOME

By Leslie McDermid

Having a place to live is one of the most important and necessary things in your life. Whether you're searching for a new place to call home, or want to downsize, there is more to look for than just a nice-looking space.

Paula Peroni, who is the Regional Leasing Manager at Panoramic Properties Inc. stresses the importance of finding a safe and accessible building, especially for seniors.

Paula's recommendations for things to look for when seniors are searching for a new apartment, townhouse or home to rent:

- Wide doors for accessibility
- Secure entrances
- Property manager, super intendent, landlord, or building employee who is available to answer maintenance requests as well respond to emergencies.
- Easily accessible
- Elevators
- Fitness rooms/social rooms
- Close to amenities that matter to you i.e., hospital, grocery store, activity centre, medical building, etc.

"When you call us, you will never get an answering machine or call centre," shares Paula. "Our tenants (and their families) really take comfort in knowing that we will answer their call, 24/7."

"Our employees will respond to their requests, concerns or their emergency."

Heather from Nesbitt Drive says "The living is easy-I don't even have to change a light bulb and their staff are professional and courteous!"

Dave and Pat say "We feel safe and secure and at this time in our lives our move to Panoramic was the best decision we could ever have made. Our kids are so happy we are in such a wonderful environment!"

Robert says "I'm a widower, but I'm not alone. I've made so many friends and there is always something going on to be involved in. It's a real community and I wish I had done this years ago!"

Panoramic Properties Inc. has apartments, townhouses and homes for rent at various locations around Sudbury and across the province. Panoramic Properties started in 1995 and has properties and complexes all over Ontario. The goal for President Angelo Butera is to create beautiful, affordable and comfortable places for people to call home. He has set very high standards for Panoramic Properties Inc.

For more details about Panoramic Properties Inc., you can contact Paula Peroni, Regional Leasing Manager at 705-523-2010, or search properties online at www.panoramicproperties.ca.



HAVE FAITH AND BE WELL

By Alison Hood

If you ask people about the role of religion in their lives, it is not uncommon to hear the response, "I'm spiritual but not religious". Although this jumping of ship to spirituality versus organized religion is a concern to mainstream religious traditions, spirituality may be the more important part of the equation when it comes to our quality of life as we age.



Alison Hood,

Department Chair of Religious Studies at Huntington University

Recent studies have shown that one's spirituality, spiritual practices and beliefs can contribute to overall health and successful aging. Spirituality can be rooted in a formal structure or a religion, or can be purely secular. For many it is often a blend of both and may or may not include belief in a transcendent being. Simply put, spirituality is the individual's search for, and understanding of the meaning of life, and the shaping of

Spiritual practices allow an individual to reflect upon their own lives as they strive to understand their place in the world.

one's purpose for being. Spirituality is what we use to "make meaning" in our lives. Religion, on the other hand, is essentially the organized system of beliefs, practices, and rituals of a specific group.

Spiritual practices allow an individual to reflect upon their own lives as they strive to understand their place in the world. The sense of purpose found in spiritual practice often fosters a positive attitude and a greater understanding of self, allowing one to observe and reflect on the world around them. This, in turn, allows individuals to continue to grow as human beings throughout life, establishing empathy and compassion for others. Spirituality provides a sense of connectedness through relationships, often a community of support made up of others who share comparable ideas. For many people, having a set of beliefs and experiences that creates a framework of meaning helps them to navigate daily life. Thus, adapting to changes that come with aging such as loss of loved ones, or diminishing independence can be moved through with a sense of peace and wellbeing, and successful ageing.

Alison Hood is the Department Chair of Religious Studies at Huntington University.



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By Norman Piché, CFP, CPCA, H.B. Comm, RRC,

Executive Financial Consultant

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will create adequate retirement income that takes into account the eroding effects of inflation and other inevitable cost-of-living increases (including the potentially expending costs of health care as you age).

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Whether your retirement is just around the corner or way down the road, you can't afford to lose sight of the fact that you may require an income for 20 years or more. To protect you from outliving your savings, we'll create a withdrawal strategy to help ensure you'll have a steady income stream throughout your retirement.

4. How can we make your retirement life simpler?

As you move toward retirement, we'll recommend strategies to simplify the administration of your assets by consolidating as much as possible your various investments, savings accounts, registered plans, and insurance plans.

5. Is your financial safety net strong enough?

With age, certain costs are bound to increase, maybe by a lot. Everyday medical expenses for prescriptions and other health care necessities will rise. You may encounter an illness or injury requiring an extended stay in a health care facility or expensive home care. Any number of conditions could quickly erode your finances, so we will discuss protecting your income with such lifestyle insurance options as critical, disabilities, and long-term care insurance.

Look ahead to be ahead...when you retire

Getting ready for the new "after-work" phase of your life should not be a last-minute effort. Of course, the length of time before you plan to retire plays a significant role in determining any sense of urgency you may feel. But the best time to start building your unique vision for retirement is now!



Norman Piché,
CFP, CPCA, H.B.
Comm, RRC

Now is the time to start taking the steps necessary to build the retirement of your dreams where you will be able to live every second on your own terms. It's your life. You define it your own way. But you shouldn't do it on your own: get help, advice, and support you need from family and friends. I am pleased to make myself available to assist you in making sure your retirement dreams will be financially sound.

Norman Piché, CFP, CPCA, H.B. COMM, RRC
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LA GÉRONTOLOGIE MULTIDISCIPLINAIRE: BORÉAL RÉPOND À VOS BESOINS!

Écrit par Kim Morris

De multiples études ne cessent de démontrer que l'espérance de vie de la population canadienne a augmenté, et continue d'augmenter de façon importante. De plus en plus, il y a une demande accrue pour des professionnels de la santé et de services communautaires avec des connaissances spécifiques pour desservir cette population. Mais, la réalité est que ces experts sont plutôt rares.



Kim Morris,

Doyenne-École des
Sciences de la santé

Le Collège Boréal vous offre la solution: un post-diplôme en Gériologie multidisciplinaire! Ce programme, unique en Ontario français, vise à approfondir les connaissances, les compétences et les attitudes du personnel œuvrant auprès des personnes vieillissantes. Il est destiné aux proches aidants, aux professionnels et aux cadres qui travaillent dans le domaine de la santé et des services communautaires et qui souhaitent mieux comprendre les réalités du vieillissement et assurer les meilleures interventions.

Cette certification peut être suivie complètement à distance/hybride, à partir de votre domicile, et comprend des activités interactives et pratiques et des séances en direct (par Internet). Le programme est de 600 heures, donc 12 cours, et offert à temps partiel.

D'après Natalie Aubin, PhD, Directrice Administrative, Service de santé mentale et toxicomanie, Horizon Santé Nord, « Cette spécialisation en Gériologie multidisciplinaire assure la disponibilité d'une formation professionnelle, de qualité et en français offert dans un format accessible à tous. Cette formation aura comme résultat l'amélioration de l'accès aux services visant spécifiquement les besoins et les intérêts de la population vieillissante. Ce programme constitue un investissement qui contribuera de manière importante à la qualité des services de santé et communautaires et, encore plus important, à la santé et au mieux-être de cette population. »

Voici un échantillon des cours offerts par le Collège Boréal:

- Optimiser la santé de la personne vieillissante
- Lois, droits et questions d'éthique concernant les personnes vieillissantes
- Perspectives gériologiques : La vision canadienne du vieillissement
- Promouvoir l'autonomie chez la personne vieillissante en milieu communautaire (projet)

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COMMUNICATION 101

By Kimberly Wagg, RPN

Communication, when effective, is seldom rigid or structured. It is emotional, flexible, and curvy. The antiquated model of the sender and receiver standing like stick figures staring at each other does not promote open communication nor does it promote an effective dialogue.

Communication, at times, cyclones in a vortex, with the notion that the perceived outcome will benefit the needs of the individual or group. It stops completely to take on an adversarial direction when the notion of this perceived outcome will not be achieved and the rigidity of one or both parties impedes the flexibility of compromise.

Good communication is the foundation upon which a successful, respectful relationship can be cultivated. The most reliable source of information about a family or culture is the family itself. The creation of a trusting atmosphere supports good communication. Your body language is extremely important and can be easily misinterpreted during a crisis. Listening and compromising are essential to effective communication.

1. Determine the problem
2. Examine the problem
3. Identify the options
4. Listen as much as you talk
5. Identify the resources
6. Create and deliver the care plan
7. Evaluate the plan.... tweak as needed
8. Try again
9. Keep a sense of humor, be flexible
10. Tolerate ambiguity, honour, respect, appreciate and celebrate differences of opinion.

As healthcare professionals, the people that we meet are in crisis. They come to us for help and their perceived outcome is that they will receive it. They are frightened, and their response to us will depend on our approach. We must remember they are sick, we are well.

I like to think that we, as educated health care providers, have evolved from our reptilian brains to fully utilise our rational brains to provide intellectual and thoughtful communication while delivering dignified care.



Kimberly Wagg,

RPN

Manager of Clinical
Practice

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WEALTH BUILDING TIPS

By Tina-Marie Junkala

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Tina-Marie Junkala, EPC
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Why you need to see me and not a branch

My extensive licensing allows me to sell these investments through the insurance act which means, unlike from a branch, your investment will have creditor protection. It will bypass the will and estate and flow directly to your named beneficiaries in a matter of days, saving time, confusion, executor's time and eliminating the EAT. (Estate Administration Tax.)

How does this investment also differ from a bank?

The potential for returns is based on how the stock market performs. It is also based on a participation rate. Desjardins Guarantee Advantage shares 100% of that growth with you, up to the highest rate quoted above. That 100% is called a participation rate. Chartered banks do not offer 100% participation rate. I have seen 40% at some of the market upswing instead of 100%. Your return will be 60% less.

Remember to ask what the participation rate is on your market-linked GIC's at the banks. Then come and see me. You will be in for quite a surprise.

Please call me at (705) 589-8899 and I will send you an information kit on the Desjardins Insurance Guarantee Advantage account and set up a time to meet.

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COWORKING 101: CONNECTING IN SHARED WORKSPACES

By Rebecca Thibodeau

Are Coworking Spaces The Future of How We Work?

Coworking spaces are rapidly becoming more popular. Have you noticed the jump in the number of "shared" office spaces in and around Sudbury lately? The "shared" office model is rising in popularity. Ten years ago, the trend was almost unheard of, with only 160 documented coworking spaces in the world. In 2017, there were 14,411 documented coworking spaces worldwide and the trend continues to grow. Coworking spaces came about with the notion that having the right working environment is dynamic.

What is a Coworking "Shared" Office Space?

A coworking or shared office space is a membership based environment where individuals can work while sharing office amenities. Those individuals who share the space often work for various different organizations. Most coworking spaces have a variety of work spaces available such as private offices, conference rooms, meeting rooms, work stations, collaborative work spaces, break out areas, brainstorming spaces and after-hours events areas. These spaces provide entrepreneurs, freelancers, start-ups, consultants, professionals, and non-profit organizations with a unique space where their business can grow, thrive and collaborate.

What are the Benefits of a Coworking Space?

Coworking spaces provide individuals and businesses with a flexible, all inclusive, no long term commitment option to work in an office environment without responsibilities of owning their own space. Coworking spaces offer a sense of community and foster a collaborative approach allowing those the ability to network with others. Coworking spaces support those who are looking for a work experience outside of their home. Coworking spaces hope to get workers and business owners to question their current working lives and therefore provide workers with an environment that boosts motivation, productivity, and happiness. What is coworking to you?



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CATARACTS?? ME??

By Karen L. Wilson O.D.

Some things in life are inevitable: death, taxes, and nowadays, cataracts! With the increase in ultraviolet light reaching us from the sun, skin cancer and cataracts at much younger ages are on the rise.

A “cataract” is a haze in the lenses which are inside of your eyes. You’ve seen the white-looking pupil on an old dog. Well, in the right light, cataracts look the same on a person. Most people notice a slight change in their vision with time although cataracts can develop very slowly and many patients are surprised to learn that updating their spectacles is not possible because of the fog in their lenses. Person’s cataracts develop at different rates so that often one cataract is “mature”/ “ready” before their other eye. As optometrists, we try to refer patients to the ophthalmologist for cataract surgery before their driver’s license is at risk of being involuntarily suspended so that your lifestyle choices are not significantly affected. Unfortunately, some cataracts form far more quickly than others which does create an urgent need for surgery which is not usually an option. Our aging demographic is putting tremendous pressure on the cataract surgeons all over the province, so having to wait six to twelve months for surgery is quite common.

The surgery itself is a thing of beauty these days! After an initial consultation with the surgeon, a surgical appointment at the hospital will be arranged. Then, under light sedation, the surgeon makes two tiny incisions in the cornea (the front surface of the eye). Precision instruments are inserted in through the incisions to hold the lens still, then open the capsule (the outside skin of the lens), then use ultrasound to break up the hardened fogged material, then vacuum out the fragments. The lens capsule is then ready to receive the clear implant (new plastic lens) from a hypodermic which holds the implant all rolled up like a taco. The surgeon inserts the implant, positions it, removes the instruments and patches your eye until the next morning!! No stitches at all – just some medications to ensure there is no infection or inflammation. Sometimes the pressure in the eye increases causing some pain overnight but by morning the eye is uncovered and many people love the immediate improvement in brightness, color, and definition!!

The eyeglass prescription won’t be given until the eye(s) are healed which can be eight to twelve weeks later. If the other eye needs to have cataract surgery too, the glasses might have to wait a bit longer. The time between surgeries is at the discretion of the surgeon always.

Sometimes, weeks or months later, the vision fogs again – this is a hazing in the back surface of the capsule. No worries, the surgeon can use a laser in the office which cuts a window in the hazy capsule and immediately clears your vision.

See your optometrist annually to have your eye health checked for cataracts, glaucoma, and diabetes and wear your sunglasses and a hat outdoors at any time of the year!!



**Karen L. Wilson
O.D.,
Optometrist**

TAKING CHARGE OF YOUR HEALTH AND LIFE

By Karen Hourtovenko, BScN, MBA, Psy. D

For many, life is controlled by those they live with, whom they work for and/or luck. Life seen through those eyes can seem hopeless. Sadly, there are many that have this perspective. Life, however, is an opportunity for each of us to create greatness.

The difference between those who live well and those who do not is based in mindset. Our mind has the ability to create an amazing life or one of misery. What I mean by this is “what you focus on, you create.” Regardless of health, wealth, relationships, personal or professional goals, mindset plays a huge role.

Take a moment and listen to your own thoughts. How many are positive? Negative? The next conversation you have with someone, listen to what you are saying or the person you are talking to. Complaining? Or talking about how wonderful life is?

Negative comments and thoughts are more common than positive. Many live as a victim instead of the victor, blaming others for their hardships and bad luck.

Research supports that those who quiet their minds and focus on health, gratitude, and positive goals have better health, enjoyment, and are more financially stable. It is more that positive affirmation. It is connecting those positive affirmations and thoughts with positive emotion.

The blueprint of health, wellness and life goals is like a roadmap in the mind. Many believe they have no control on their lives, however we all do. For health, knowing to eat well and decrease stress is essential. Quieting the mind is an important part in health and mind.

Studies show that those who meditate daily improve overall mental health and other medical issues such as blood pressure and pain. During the meditation process, using words or affirmations to support your goals can reset the map of your mind to create health, wellness, and life successes.



**Karen Hourtovenko,
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A FLASHBACK IN NURSING

By Lissa Gagnon, RN BScN MScN

Assistant Professor
School of Nursing, Laurentian University

The health care system continues to adapt to a variety of changes such as political factors and consumer demands. Therefore, the need for effective leadership is increasingly apparent in health structures. Literature suggests the importance of nurses to don a significant role in this actuality, as nursing leadership is beneficial at all levels in organized health services.

In the 1990's, from the Canadian perspective, came health care restructuring. There was dismantling of nursing departments which resulted in loss of nurse leaders as decision makers. Nursing leadership is vital in nurses' work environments as it can support professional autonomy.

The central idea in nurses' professional autonomy is decision-making about nursing care based on specialized knowledge, responsibility, accountability, and independence.

Professional autonomy continues to be an essential element in the nursing profession for the 21st century. Learning about nursing leadership and its contributions to nurse autonomy will help inform theory and practice and will be relevant in shaping the future of health care delivery.

Since the inception of nursing, there have been many changes that contribute to the professionalization of nurses. Moving forward, a reasonable issue to examine involves leadership and its outcomes on autonomy in nursing. Which strategies and interventions would enable leaders to encourage and sustain nurses' professional autonomy? Therefore, conversations about autonomous nursing remain vital in order to attract and retain nurses in contemporary practice.

Nursing leadership is vital in nurses' work environments as it can support professional autonomy.

Resources:

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THE MANY FACES OF SKIN CARE

By Lori Ingriselli

Our faces are the first thing we notice about others and ourselves. It is our first impression, connected to our self-confidence, a measure of our mood and character. It is exposed to the world at all moments and is how we read others.

As we age, we can become increasingly concerned about our faces changing in a way that does not match the way we feel inside. Fresh, rested, youthful, energetic, happy, and approachable are all desired facial traits. Everyone wants to feel attractive. That is the fuel that drives the global cosmetic industry. When you trust someone with your face, it can be a scary thing. Getting honest, knowledgeable facial aging advice is absolutely imperative. It is important to have a plan and consider YOUR priorities among the many options available.

As we age, our faces lose bone mass, subcutaneous fat, muscle structure, dermal thickness... and then we have texture (wrinkles and crinkles), lumps and bumps, redness and pigmentation (like brown spots and freckling) pollution and sun damage. Whew! Oh, and did we mention the evils of side sleeping? We can't even get a good night's sleep without considering the potential damage to our facial tissue.

When considering facial treatments, consider your desired results. Skin care can be "mildly refreshing" like peels, and home skin care, "rejuvenating" with lasers for pigment and redness removal and microneedling, or "transforming" like Botox, filler, skin resurfacing, and fat reduction. Convenience, like walk-in Botox treatments, and late evenings can be vital to your busy life.

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RETIRING FROM DRIVING

By Jo-Anne Clarke, MD FRCPC

Driving is one of the most important things we do everyday. We drive for convenience, to complete essential tasks, to visit family and friends, and to travel. Driving gives us independence and freedom.

However, driving is a complex task. Safe driving requires many abilities: sound judgement; good focus and concentration; intact vision, strength and coordination; the ability to multitask and react quickly; and good memory. While seniors can be among the safest drivers on the road, there are medical conditions that can affect driving ability. Sometimes these medical conditions can be short-lived and sometimes they can be chronic and progressive. In Ontario, there is a law that requires physicians to report any medical condition that might be impacting driving ability to the Ministry of Transportation. This includes vision loss, seizures, sleep apnea, and dementia among several others.

It is important to be aware of your health and medical conditions, and how they may impact your ability to drive safely. Talk to your doctor and family about what they observe, and what to expect in the future. There are some red flags to look for in your own driving ability: are your friends and family still comfortable getting into a car with you? Have you had any accidents or near misses? Are you less confident in busy situations, or restricting yourself to only short, familiar routes?

Retiring from driving is not easy, and can be one of the hardest decisions you make. Afterwards, people are at higher risk of becoming isolated, and possibly depressed. You can avoid this by talking about it openly with your family, and planning for driving retirement. Consider where you live and how close it is to amenities. Be aware of other driving options and services.

If you do have to stop driving, it is important to talk to your family and friends about how to maintain your quality of life. Develop a plan for regular outings. While you want to still be able to do the essential tasks (appointments, groceries), don't forget about the importance of active living (social outings, exercise) and try to build that in to a regular schedule. Besides asking family and friends for a lift, there are taxis, buses, volunteer drivers, and Handi-Transit (for those who qualify).

It is important to remember that driving is a privilege, and maintaining on-road safety is essential to saving lives. However, deciding when to stop driving can be difficult and emotionally upsetting. There are resources and tools that can help with these discussions.



Jo-Anne Clarke,
MD FRCPC

Geriatric and Internal
Medicine

Medical Lead, North
East Specialized
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MAINTAINING YOUR BIGGEST INVESTMENT

By Jan Oystreck

Owning and caring for a home is a big responsibility. Like a health physical, a home maintenance schedule is important for every home's upkeep and well-being.

Continuing to check up on your exterior, appliances, heating and cooling, plumbing and electrical systems will help prevent breakdowns, save money, and keep your home looking its best. If any of the jobs go beyond your skill level or lead to more involved repairs, hire a professional to help.

Come springtime, most of us are eager to throw open the windows and clean out the closets. It's also time to give your house, inside and out, a good once-over. Walk around the outside of the house: Are there cracks in the concrete? Is the driveway in good condition? Check the roof for signs of loose or broken shingles. Look up at the chimney for signs of wear. Check the facade and foundation for cracks or signs of water pooling.



Jan Oystreck,

Remax Crown Realty (1989) Inc.,
Brokerage

*Heat waves are
inevitable in summer,
so prepare your
home before the hot
weather arrives.*

Summer is the season to enjoy your home, not fix it. But still, some chores must be done. Keep on top of them, and you'll still have plenty of time for gatherings with friends and family! Heat waves are inevitable in summer, so prepare your home before

the hot weather arrives. Check the weather stripping around doors and windows to keep the cool air in. Cover windows that receive morning or afternoon sun. Don't forget to check on your neighbours, particularly older ones who live alone.

When your home is your biggest investment, maintaining it is a must. A home operates with the seasons, coming to life in the spring and hunkering down for the winter. Follow this natural arc all year long, and keep on top of the small stuff, and your house will run like a well-oiled machine.

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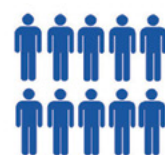
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Light Therapy to Reduce Pain

By Leslie McDermid

Trying to live an active and full life is hard when you are experiencing pain due to arthritis, injuries, or fibromyalgia. Oftentimes taking pain relief pills are the answer, but taking more pills is sometimes not the preferred method to treat those pains.

Maureen Clément with Borealis Photobiomodulation Light Therapy knows all too well about that.

Maureen was diagnosed with Multiple Sclerosis and later with optic neuritis, which is a symptom of Multiple Sclerosis and can lead to blindness. The solution to optic neuritis is steroids, which Maureen didn't want to do. Instead she turned to Photobiomodulation Light Therapy for pain and inflammation relief. The results were amazing, and she no longer experiences the symptoms.

"When something goes wrong in our bodies, when we get older, or injured, sick or stressed, our mitochondria are flooded with excessive amounts of nitric oxide. Nitric oxide is a poisonous gas that shoves the oxygen out of our cells and stops the flow of energy. Photobiomodulation Light Therapy (PBMT) will help remove Nitric Oxide

from your cells and allow your cells to return to a healthier state; allowing you to experience less pain, increased mobility and better health," shares Maureen.

PBMT is a safe and painless healing treatment that helps relieve pain, regenerate new cartilage, increase joint mobility and reduce inflammation.



By reducing inflammation, PBMT helps with the formation of new blood vessels which can help close over wounds with new skin cells and build up collagen.

There are two different treatments available at Borealis Photobiomodulation Light Therapy; their POD Treatment which delivers full-body therapy, and One-On-One Treatment.

"The one-on-one treatment is a

more focused healing for pain and inflammation relief."

PBMT increases blood flow, increases oxygen and nutrient availability. Unlike other forms of radiation, laser therapy is beneficial rather than harmful to tissue and is used in the treatment of

Ligament Sprains, Arthritic Conditions, Chemo side effects, Degenerative Disc Disease, Fibromyalgia, ankle and knee sprains, and more.

"The pain from arthritis holds many people back from performing routine daily activities such as walking, enjoying a round of golf, gardening, or even playing with their grandchildren.

Conventional therapies focus on pharmaceuticals which may serve to mask symptoms but often have adverse side effects. Problems with arthritic medications have led many sufferers to seek safer alternatives. That's where PBMT comes in."

For more information about PBMT visit www.borealislighttherapy.com/ or call 705-222-0108 and speak to Maureen.



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