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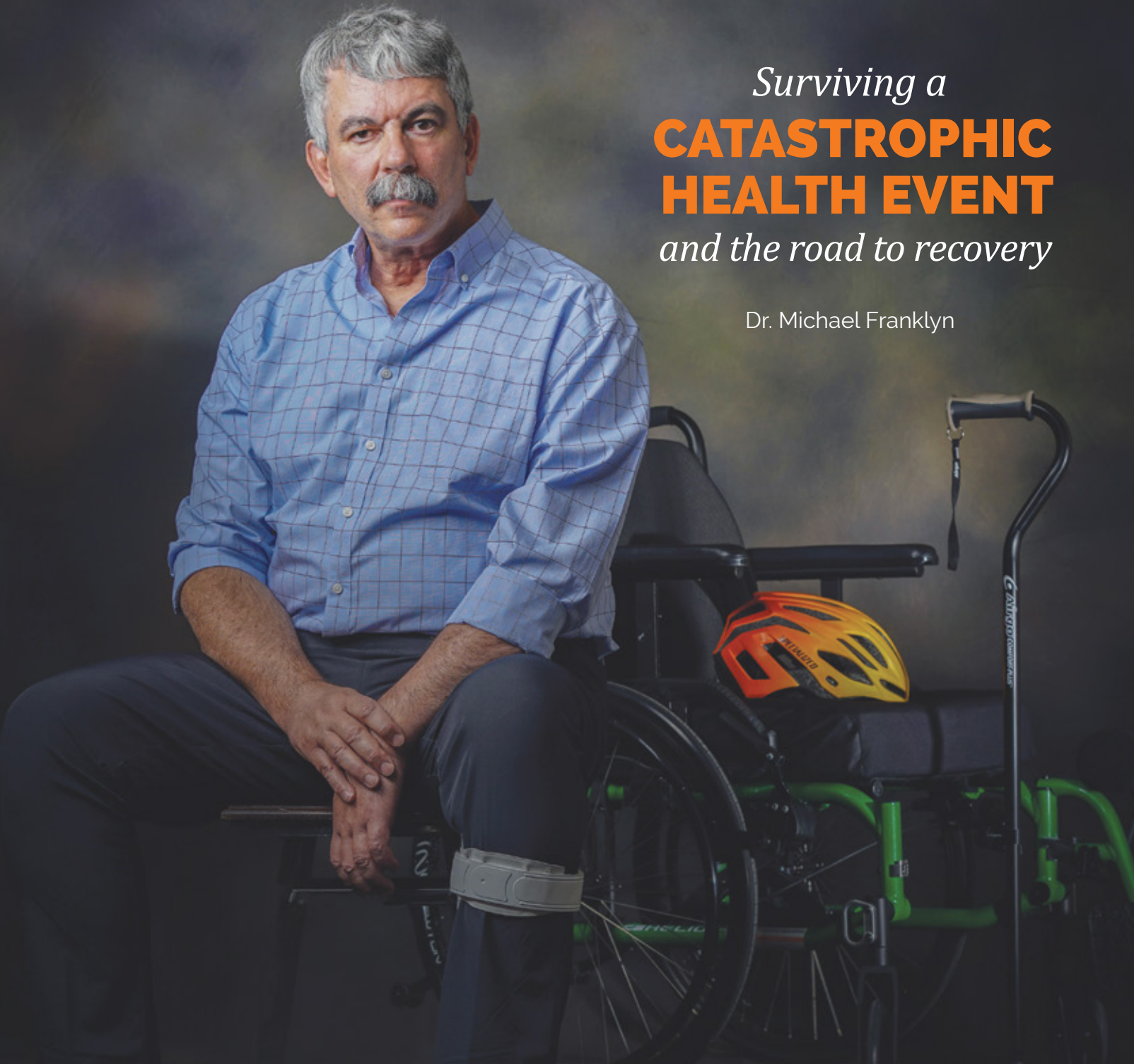
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Dr. Michael Franklyn



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NEWS
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WEEKDAYS NOON, 5, 6 & 11:30

Summer's here. Is the living easy?



Are you dancing in the street? Maybe you're playing that old six string until your fingers bleed. Not recommended. Regardless of how you choose to spend the days of summer, the season is a special one – at once a time for rest and reflection and a time to ramp up the recreational activities that have been dormant since you closed up the camp in October. Are rest and recreation mutually exclusive? I don't think they have to be. When you're out on the lake or in the garden or on the ballfield, take a moment to be still and quiet. Feel how these things feed that part of you that craves a time when joy came simply and spontaneously.

Let the happiness that play affords us spill through you and notice the calm and carefreeness that it brings. Yes, maybe there's a little irony in the fact that moving can slow us and give us pause. Reflect on that and enjoy your time because before long, the leaves will change colour again and the snow won't be far behind.

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 daunting, 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 when Goshenite Seniors Services Consultants can help with the coordinating of all aspects of the changes and moves. 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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ROAD-WORTHY

ENSURING YOUR VEHICLE IS READY FOR SUMMER VACATION

By Michelle Caza Joly

Whether driving to a weekend getaway or taking a cross country road trip, no one wants to be stranded on the side of the road. Take some time to ensure that your vehicle is as ready as you are for that long-awaited getaway.

Check the level of all of your vehicle's vital fluids. They include engine oil, coolant, transmission fluid, brake fluid, and windshield washer fluid. While most manufacturers currently specify using a multi-viscosity engine oil at all times, if you have an older vehicle and have been running a lighter weight "winter" oil, now is the time to switch to one formulated for hot weather.

High temperatures under the hood are hard on rubber parts. The normal lifespan of rubber hoses and belts is approximately four to five years. Most hoses can be checked by pinching them; they should feel the same along their entire length without any soft spots or ballooned-out areas.

Battery problems are a common cause of roadside trouble. The most common type of battery used today is a maintenance-free battery. You can inspect the battery by looking at the colour of the small inspection window on the top of the case - green indicates a healthy battery. You also want to ensure that there are no cracks or holes in the battery casing itself and that the battery cables are securely attached to the battery terminal.

With the change in temperature comes a change in tire pressure. Check the pressure in all tires (including your spare tire) with an accurate tire gauge. Adjust the pressure if necessary to the manufacturer's specifications. You can usually find this on the inner door edge, door sill, or in the glove box.

Brakes are a safety issue whether travelling with your family or during your daily commute. If you hear any grinding noises or feel unusual vibrations when you apply the brakes, you should take the vehicle to a licensed technician for a comprehensive checkup.

Verify that all of the exterior lights are in good working condition, including your brake lights. Finally, inspect your wiper system and your wiper blades to ensure that they are fully functional.

This type of comprehensive review can be time consuming. If you are low on time or not comfortable performing the inspection yourself, your regular service technician can assist you. The cost of this type of inspection should be anywhere from \$69.95 to \$89.95.

Safe travels!



Michelle Caza Joly,
Dealer Principal /
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This advertisement features a woman, Terry S. E-Business, smiling in the upper right. Below her are two Ford vehicles: an orange EcoSport and a maroon Edge. The background is a vibrant blue with a subtle pattern. The text "Ford" is in its signature script, and "EMPLOYEE PRICING*" is in bold. The phrase "YOU PAY WHAT WE PAY*" is prominently displayed. The "BUILT Ford PROUD" logo is in the bottom left, and the vehicle names "ECOSPORT" and "EDGE" are at the bottom right.

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Good footcare is relatively inexpensive. Just as routine servicing of an automobile helps to prevent more costly major repairs, so too does early detection and treatment of foot problems. Periodic check ups help prevent the development of serious complications. This can be especially applied to diabetics, arthritics, stroke victims and those with peripheral vascular disease. Footcare should also be a concern if any of these conditions run in your family.

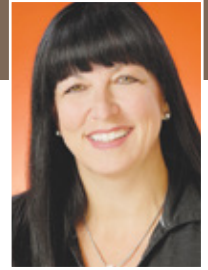
What can you expect from your first office visit?

Your first visit to the chiroprapist will include a complete physical examination of your feet and legs, and a thorough medical history will be taken. A good overall view of your health is important to foot specialists because your health forms an important link to many foot conditions and vice versa. Every attempt will be made to relieve your foot discomfort on the first visit.

Making the most of your visit.

Effective communication is very important. For a productive discussion with your chiroprapist:

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



1. Voice your main concern at the beginning of the visit.
2. Be open and honest about your medical health.
3. Prepare a list of symptoms, when each one started, and if or how they have changed. This way, you can give your chiroprapist a clear description of the problem.
4. Bring or write down all the medications you are taking.
5. Be able to relate your medical and family history.
6. Do not hesitate to contact your chiroprapist if you have any other questions or concerns.

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CHARTING A COURSE FOR HEALTH CARE



Jo-Anne Palkovits,
President and CEO
St. Joseph's
Health Centre

By Jo-Anne Palkovits, *President and CEO*
St. Joseph's Health Centre

As we age, we often find ourselves having to face personal health issues or the health issues of our family and friends. Navigating the health care system is not for the faint of heart. Ours is very complex one. Transitioning through it can make for difficult travel. I have learned through both my own personal experience and in assisting family and friends that even though I am part of the health care system, I too find it challenging to ensure that the care we receive is timely, coordinated and person and family-centred. We are fortunate to have excellent health care providers in our community and province but determining how to access them can sometimes be tricky. To help you navigate the health care system, I would like to provide the following suggestions which are based on personal experiences.

Navigating the health care system is not for the faint of heart. Our health care system is very complex.

1. Develop a strong relationship with your primary health care provider (physician or nurse practitioner). Your primary health care provider is your strongest advocate. They are familiar with your medical history and are your ally. Please ensure that when you meet with them that you are prepared. Bring with you a list of your current medications. Also, I suggest that prior to your appointment, you write down any symptoms or questions that you have on a piece of paper or on your phone and bring it with you. This is helpful as often we forget the information that we would like to share once we get to the appointment.

Something else that I find helpful is to write down what the health care provider is telling me at the appointment so that I don't forget. Another reason for doing this is that sometimes the information that we are receiving is not positive and we may become stressed and then not remember everything that was being said.

2. Bring a friend or relative to be your advocate at your appointments with your primary health care provider, specialists or when presenting at the Emergency Department. I have found this very helpful particularly with appointments of the latter two as these visits usually involve a much higher level of stress. Not only must you advocate for your health care, but it is also helpful to have someone present to assist you. Communication is key so that health care providers can properly assess your personal situation. Please know that they are looking for your assistance so that they can do their best jobs.

3. Be patient. This is a hard one. Please know that our health care providers work very hard and that part of their role is to see the most urgent cases first, either with a specialist and particularly in the emergency department. I find it helpful when I attend at either to ask how long the anticipated wait will be. This often puts me more at ease.

4. There may come a time when you are no longer able to care for yourself at home. At that time, I suggest contacting the Home and Community Care NELHIN. The professionals working with this organization are experts at helping you to navigate the system and to help you identify what might be the most appropriate services for you. They have a menu of services that include but are not limited to assistance

in transitioning from hospital to home, assistance for individuals to remain in their homes and communities such as nursing care, homemaking care etc., and assistance for individuals to access supportive care settings such as long term care or supportive housing. The phone number to call is 310-2222 (no area code) or 1-800-461-2919.

5. Identify your own personal needs and health care goals. Once you have determined your goals, it is suggested that you seek out as much information as possible in order to find services and organizations who can help you meet these needs and goals. The City of Greater Sudbury sponsors an information website entitled 211north.ca. You can go to this website to find different health care organizations throughout Northern Ontario including Sudbury. You can also phone 2-1-1 to get the same information.

While it would be ideal that none of us would have to access health care services, aging often brings health care issues. Please stay healthy and keep moving! However, if you feel that you need to see a health care provider, please do not wait. Please use some of the tips mentioned above so that you are prepared to navigate the health care system with your best interests and to the best of your ability.



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HEARING LOSS AND SOCIAL ISOLATION: EXPLAINING THE LINK

By Lorrie Matarazzo



Lorrie Matarazzo,

*Au.D Doctor of
Audiology
Audiologist, REG.
CASLPO*

Social isolation is defined as loneliness that can affect health with socially isolated individuals having less day-to-day contact with others, fewer fulfilling relationships, and an overall lack of a sense of belonging. According to the Surgeon General of the United States, social isolation is a growing epidemic and is associated with “a reduction in lifespan similar to that caused by smoking 15 cigarettes a day”. Statistics Canada reports that social isolation among the elderly is of particular concern and that more than 30% of Canadian seniors are at high risk.

There are many links in the literature between hearing loss and social isolation. Hearing loss, as it relates to overall health, has often been given low priority in healthcare. Many assume that hearing loss is just a minor nuisance. However, it has a much more significant impact than most anticipate.

Hearing loss is the third most chronic prevalent health issue in older adults, superseded only by hypertension and arthritis. Despite its prevalence, many still don't seek out hearing health care, leaving hearing loss undetected and untreated.

People with hearing loss typically find communication more difficult, especially in noisier environments. When listening becomes more challenging, it requires more effort and thus leads to fatigue. People will often begin to engage less in conversation and may start avoiding social activities, instead choosing to withdraw and isolate themselves. What was once enjoyable has now become stressful and tiring. Isolation has been shown to affect mental health and can lead to depression and cognitive decline. Communication is how we connect with others, thus keeping us involved with life.

Seniors who treat their hearing loss report better relationships with their families, increased confidence, improved mental health, and greater independence and security. These positive benefits allow those with hearing loss to become more engaged with the world around them. Given the negative consequences associated with untreated hearing loss and the effects on quality of life and relationships, getting hearing assessments should be part of routine health checks with baseline testing recommended after age 50.

Like anything with our health, early intervention leads to better outcomes. Be proactive, have your hearing checked and monitored. No referral is needed from your family doctor.

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A nationally-certified audiologist for more than 20 years, Lorrie has a passion for more than simply providing hearing solutions. She strives to help patients truly understand their hearing loss and exactly how any devices and/or management techniques are intended to help. Providing services in English, French and American Sign Language, Lorrie believes a patient's loved ones should participate in appointments and educational classes, so they can understand the patient's challenges and provide support as they work towards improving their hearing.

LORRIE MATARAZZO, Au.D

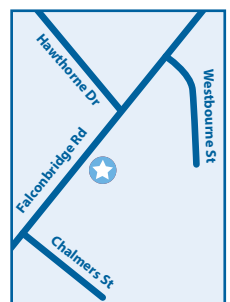
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STYLE, FASHION & BODY POSITIVITY

By Kelsey Gunn & Jaime Panas

Body positivity is an important factor when it comes to our overall health and well being. We know it's easier said than done, but when we dress ourselves to flatter our favourite features, we can't help but feel more confident. Every shape has a style so, why not celebrate the skin you're in and dress for the body you were born with! You don't need to go out and buy a whole new wardrobe, however fun that may be. Sometimes wearing the perfect pair of jeans or a comfy sweater can really bring your overall confidence up.

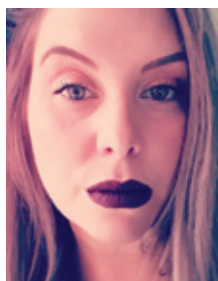
I believe that everyone has a favourite pair of jeans, and NYDJ denim is revolutionizing the way we wear them. They have both classic and modern styles available, as well as 66 different sizes to choose from including petite and plus! NYDJ gives you the chance to find the right fit for you. Body positivity isn't just about dressing up, it's about feeling good and comfortable.

While I love a good pair of jeans, I also love a good oversized sweater. Pair it with leggings and camp socks for the perfect cozy campfire outfit. I personally feel my best when I am comfortable, and that's really my end goal when I'm choosing my clothing. My favourite sweaters are by Parkhurst, a Toronto based company that has been making knitwear since 1926. The reasons why I love them are simple, they are made in Canada with recycled cotton yarn. With ethics and comfort I can get behind, I'm ready to sit back and relax in style.

Looking good is more than just buying nice clothing. In order to look your best, you need to feel your best. Remember to treat yourself properly, drink some water, and tell yourself what you like about you. You deserve it.



Kelsey Gunn,
Leather Works Plus



Jaime Panas,
Leather Works Plus



NYDJ
FIT IS EVERYTHING



10 TIPS TO HELP YOU ADJUST TO THE SUMMERS HEAT

By Natalie Champagne,

Marketing Manager, Autumnwood Mature Lifestyle Communities

Hot summer days can be dangerous. With age, a body's ability to sweat and regulate temperature decreases. This heightens the risk of heat-induced illnesses such as heat exhaustion, heat cramps, heat stroke, or hyperthermia. Further risk is possible with medications and health issues such as kidney, heart and lung disease, poor circulation, high blood pressure, and weight.

Here are a few things that can help you handle the heat:

EAT LIGHT FOODS like yogurt, fruits and vegetables. Eat smaller portions throughout the day so that your body doesn't have to work hard at digestion.

STAY HYDRATED by drinking water regularly, even if you don't feel thirsty. Consider sweat replacement products with salt and potassium to boost hydration. Avoid caffeine and alcohol.

If you take water pills or limit fluids, as per a doctor's orders, check with him or her about hydration for hot days.

CHECK MEDICATIONS with your physician to see if it can affect you during higher temperatures and whether hot temperatures can affect the efficiency of your medications.

AVOID EXERCISE AND WORK during high heat. If you must, do those tasks in early morning or in air conditioning.

KEEP YOUR COOL. Do not stay outside for long periods. If it's really hot, go inside. Close doors, windows, and window coverings to keep heat and humidity out. A cool bath or shower can lower your body temperature.

If you don't have air conditioning, go somewhere that does. Visit family or friends, or go to a seniors' centre, library, mall, or theatre.

TRAVEL in a vehicle with air conditioning rather than waiting outside in the heat for a bus.

KEEP IN TOUCH with family, friends, or neighbours. Have them call and check on you regularly to ensure that everything is alright. Keep a list of emergency phone numbers and contacts where you can easily find them.

AVOID SUN EXPOSURE. Seek shaded spots. Wear sunscreen and a hat that covers the top of your head. Wear light weight, light coloured, loose fitting clothing made of natural, breathable fabrics like cotton.

PROTECT YOUR EYES and the sensitive skin around them by wearing sunglasses. Ensure your glasses block harmful UV rays to preserve your vision.

KNOW THE SIGNS of heat induced illnesses, including:

- Change in behaviour such as confusion or agitation
- Dryness or flushed skin
- Headache
- Rapid pulse
- Faintness
- Nausea and vomiting
- Heavy breathing
- Lack of sweat

*Remember these tips
so you can handle the
heat this summer.*

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S H O P P E



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Swimwear is available year-round and we have new selections and styles every month. Stop by for a quick peek!

ENJOYING THE SKIN YOU'RE IN

By John Kelly

Got a wedding this summer? A day at the beach? Maybe a high school reunion? This is the season for them, especially the beach. Why not pop into The Lingerie Shoppe and let them get you into the perfect outfit to get heads turning while you make a turn into a new season in your life? Make waves in beautiful new beachwear or part the seas in an ensemble that will leave an impression long after the last dance.

Summer is a time for reminiscing, for closing our eyes and remembering first loves and first losses, for recalling the smell of pine and the taste of peach. But for some, nostalgia is a bitter pill, a medicine that reminds of what we used to be, and we sometimes wince at what we've become. It would do us all good to remember that not everyone gets to lament the fact that they aren't the skinny things they used to be. Not everyone is lucky enough to see every season their lives promised in the beginning.



June Cote,

Owner/Operator
The Lingerie Shoppe

At The Lingerie Shoppe, June Cote and her staff will put you in swimwear or a summer dress that will have you dreaming of the future more than wishing for the past.

At The Lingerie Shoppe, June Cote and her staff will put you in swimwear or a summer dress that will have you dreaming of the future more than wishing for the past. A new outfit can remind us that with every day we are also new with a chance to be grateful for the time we've had. Never mind that you're not that teenager on the beach. Embrace each part of you that time has given. And encourage one another with a pat on the back that you've each made it this far and that around every curve there's more to come. One size doesn't fit all. That's why The Lingerie Shoppe has a size for everyone.

Do we all need to live and let live a little more? Maybe you think someone needn't cover up that way. Or perhaps you think a certain manner of dress or lack of it is disrespectful of one's self or unladylike, but remember one person's trash is another's treasure. Cover or uncover. This summer, just enjoy the skin you're in.

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Rx SHARING *and* CARING

By John Kelly

A couple of hundred thousand years ago, give or take, we (we humans) sat around the fire and told stories. They were our entertainment and our therapy. Fast forward to present day. You've come a long way, baby! But our sources of recreation and healing still come from the same well spring – the story. Whether the novel or movie or song, we find pleasure in them and we draw hope.

Dr. Michael Franklyn has practiced family medicine in Sudbury for twenty-five years. Obstetrics is a passion. And so is the treatment of addiction especially in the context of obstetrics. He was instrumental in the implementation and direction of Rapid Access Addictions Medicine (RAAM) and in the demonstration of its viability and its financial benefits to the province's health care system. He has routinely flown into remote First Nations communities in Northwestern Ontario to treat patients in their homes who would otherwise go without medical attention. Dr. Franklyn is a caregiver who cares.

INT. MIKE'S HOME, SUDBURY

MIKE

The middle of the night on October 17th. I had some changes just before I went to bed. I think it warrants mentioning that even as a physician, I didn't think that I might be having a stroke. I didn't want to wake my wife up and worry her. So, I went to the bathroom and had a seizure in the middle of the night. I hit the floor like a ton of bricks.

One of the only things worse than worrying one's wife is angering her. Lesson - If it walks like a duck and talks like a duck, wake the wife. Call the ambulance. Mike's wife Karen did. He was into the ICU for observation where a brain bleed complicated things. Couldn't get much worse than that, right?

INT. HEALTH SCIENCES NORTH

MIKE

And then I crashed, so I needed emergency neurosurgery. They had to take a big chunk of my skull out to relieve the pressure.

FADE TO BLACK

Mike remembers nothing of the seventeen days he spent in ICU. The fog lifted in early December and

Mike could not believe he had been in the hospital for forty days. He had no strength, unable to even lift his head off the pillow. The nurses shared with Mike that it took four people to help him shower. And it was in the hospital as the days became incrementally brighter that other things were shared. Stories of success and tales of overcoming were told and with them came the understanding that the romantic account of the underdog beating the odds is not just a Hollywood screenplay.

Mike gives full credit to Karen as primary caregiver and for sussing out personal care needs during weekend passes to home early in his rehab.

INT. THE FRANKLYN SHOWER

MIKE

The shower and the dressing. You know, the first time we tried it was an hour and forty-five minutes. Both of us were sweating, exhausted, laughing/crying almost, on the floor.

Despite being blessed with what self-deprecating Mike calls a complete lack of insight, he constantly is aware of those in situations less conducive than his to quality care. His appreciation for family and friends and a health care system that is universal in its mandate is beyond measure.

INT. HEALTH SCIENCES NORTH

MIKE

My wife and daughter were there every single day...they were both amazing. My close friends, my sister and others came to visit me daily. I reflect on people from out of town or don't have family...it would be devastating not to have that support.

The story is one man's health event, our health care system. But these are merely the locations, the sets. They are not what it's about. The story is one of hope, of sharing hope, and ultimately one of perspective and gratitude.

INT. MIKE'S HOME

MIKE

The message of sharing hope...that's why I hope to be involved in The Stroke Network giving talks...I can only imagine somebody who doesn't have resources, stuck at home alone, paralyzed in bed. It's really important to know that there is hope for recovery.

'Imagine' is a word that punctuated Mike's story. I think it implies a genuine empathy for others. Another guy gave one of his songs that title. Anyway, Mike is slowing things down in the months to come, but his over-arching principle is still the guiding one. More teaching is in the offing, and when his health permits, he intends to practice more of what he calls 'Poverty Medicine' helping homeless alcoholics. If Mike's example of care is indicative of how we look after our most vulnerable, our society is in good shape.

We are still sitting around the fire. We are still telling stories. The most important ones to share are those like Mike's by people like Mike – the one's the inspire and offer hope, that put the vulnerable in a place of resilience and the weak in a place of strength.

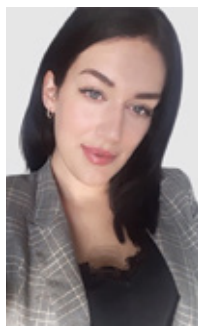


HANDY TIPS FOR A SMOOTH RENOVATION PROCESS

By Hannah Thompson

Finding a reliable, experienced contractor can feel a little like trying to nail Jello to a tree. Here at Handyman Connection, we believe in following through with what we start. Working to gain our clients' trust, we aim to provide exceptional customer service while getting the job done right the first time.

Customers want to be involved in the process. You shouldn't be left in the dark. So how do you ensure that you are going to get quality workmanship, a fair price, and a smooth renovation process? Let's look at a few factors that can help you decide:



Hannah Thompson
Handyman Connection

- 1. Trustworthiness.** When shopping for a contractor to do anything from changing a light bulb to building your dream kitchen, an important factor should be made clear. YOU the customer should feel comfortable with this person in your home. Don't be afraid to ask for credentials. Background check? Insurance? Samples of past work? These are things that can be discussed and should be readily available for the customer.
- 2. Price.** There are three things you should consider when talking dollar amounts for any kind of contract work. Time. What is the time frame of the work? If not hourly, then you should be able to obtain a rough estimate as to how many days the project will take. What are their hours? When can you expect them in your home throughout the week? Tools. What kind of equipment and tools will be needed to complete work? Talent. Understand the skillset your contractor brings to the table. Experience, education, special certificates, licensing, and overall knowledge in their field. Combined, looking at a contractor's time, tools, and talent should help you when coming to an agreed price.
- 3. Input.** As the client, it is important you feel heard in the decision-making process. No matter how big or small your project is, you are the paying customer and should be valued for your input and specific needs. Watch closely at how the contractor takes what you are saying into consideration and uses your ideas when quoting the job.

The heart of Handyman Connection business has always been and still is very much about our commitment to customer service. We are the jack of all tradesmen, servicing our clients by providing them with just about every type of work. Whatever your needs, feel free to give us a call!



FLY FROM SUDBURY FOR YOUR NEXT WEEKEND GETAWAY

By Jean-Mathieu Chénier

Building in several hours of driving time for your next weekend getaway? Spend less time in the car and more time taking in the sights by flying directly from Sudbury. Today, our airport offers more convenient flight options than ever before with early morning, daytime, and evening departures. Flying from Sudbury will get you to your destination sooner.



Jean-Mathieu Chénier,

Director, Marketing & Airport Development
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- **Bearskin Airlines:** Offering air service to and from many Northeastern Ontario cities several times daily (if you're from further north of Sudbury, this is your best option to connect to global airlines).
- **Sunwing Vacations:** Offering flights from Greater Sudbury to sun destinations in Jamaica and the Dominican Republic from December to April annually.

We understand our importance within our region and that's why over the years we've invested significantly in our airport. Part of that investment involves bringing the airport closer to home with our new website. Designed with you in mind, the site is filled with everything from helpful travel tips to important airline information and much more in between. Our information online has been carefully reviewed and organized for easy access. We're proud of our customer service focus which is evident in our on-site services including our courteous and helpful staff.

Looking for a bite to eat before taking off? We suggest our personal favourites from the Clear Sky Bistro. Maybe you're looking for the best way to travel to and from the airport? Allow us to assist with your transportation plans. In all, we endeavour to provide a seamless interaction. We know travelers can encounter some interruptions, so our customer service model is built to work around that. Our climate has a way of surprising us, but our operations maintenance crews work with determination to keep runways clear and safe for everyone. We know your time is valuable, and we're always striving to stay ahead of the weather, so your travel experience isn't hindered.

So, I challenge you to consider flying from Sudbury on your next trip. Experience the difference and take advantage of our options.



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GET A GRIP

By Cyril McFate

When we ask for a hand it usually means we want assistance with some task. Unless of course we are thinking long term, like maybe let's "spouse" things up. But let's say we really need assistance but don't know how to do the job. The person we are looking for is probably a handyman. This then would not be a handout for we would be expected to hand over the money.

The key to success and to maintain good workable hands over our life time is to balance the work we demand of them with a thoughtful and effective workout program.

If you are wondering what this is all about, I am just trying to get a handle on this introduction to what I hope will be a fair discussion regarding the importance hands have in our everyday lives. Interestingly, there are more than 300 words in the English language that contain the word hand and I assume that is because much of what we do involves our hands and therefore we require words to describe those activities

I think most would agree that hands are a very important part of our body when it comes to getting things done, even things as subtle as adding expression to speech or a gentle touch to show understanding or sympathy.

But my purpose in this piece is to generally deal with the impact hands have on our daily activity as we age. If our thinking is that we

don't need as much hand function as we age due to a gradual decrease in activity, we are truly of the wrong mind. In youth and through our working years, hands are in constant use by virtue of the work we do in support of ourselves and family. This usage can include everything from hard labour to very limited physical activity. In both cases, our hands can easily be negatively impacted by this daily usage.

And for our hands, strength and flexibility is very important during our working years, however we must not minimize the importance of these requirements after we retire. At that point our hands will be required for somewhat different tasks. Security of movement, for example, will depend on hand strength if we have issues with our legs. It is certainly not uncommon to have issues with our feet or require joint replacement which can lead to the need for the support provided by our hands.

I want to emphasize the difference between working and working out. In short, work will tend to use and or abuse strength and flexibility while a workout is designed specifically to build strength and flexibility.

Further to the workout issue, and in the case of our hands, it is very easy for us to keep our hands in good working condition with little if any material support. At home, at work, or play, we can take action on a regular basis to keep our hands active in a manner that builds strength and flexibility. We all know what our hands can and should do, therefore it is



Cyril McFate

just a matter of applying that knowledge on a regular basis in a controlled manner. If there is any doubt on how to do this, we can ask for assistance from therapists, personal trainers, medical specialists, or friends.

The key to success and to maintain good workable hands over our life time is to balance the work we demand of them with a thoughtful and effective workout program. This will not take a lot of our time or financial resources, just determination and appreciation of the positive results that will provide more self-confidence.

And further, you can make an important difference by having hands that can help others. The benefits of helping those in need goes far beyond the act of giving someone a hand; you effectively "put yourself out there" as an active and very important part of society.

So, get a grip, and keep fit.

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St. Joseph's Continuing Care Centre CELEBRATES 10 YEARS OF CARING...BEYOND THE MOMENT!



St. Joseph's Continuing Care Centre Of Sudbury
Centre de soins continus St-Joseph de Sudbury



In honour of this momentous occasion, dignitaries, patients, family members, staff and volunteers attended a special celebratory event.

His Excellency Most Reverend Marcel Damphousse of the Diocese of Sault Ste. Marie provided a special blessing in recognition of St. Joseph's Continuing Care Centre's 10th anniversary. A host of dignitaries and special guests including: Frances Gélinas, MPP for Nickel Belt, Jamie West, MPP Sudbury and Paul Marleau, Chair, St. Joseph's Continuing Care Centre along with current and former Board members, community partners and supporters were present.

Jo-Anne Palkovits, President and CEO took the opportunity to thank those in attendance and provided the history of how the SJCCC came to be.

Since opening, over 3000 patients have transitioned through these hospital doors. The majority of individuals are those who otherwise would most likely have continued to stay at Health Sciences North but who are now in a more appropriate setting including either at home, retirement living or long-term care."

Thank you to all who live, rehabilitate, work and volunteer at the SJCCC



Left to right (Back):
Bishop Marcel Damphousse,
Jamie West, MPP,
Jo-Anne Palkovits, President and CEO,
Paul Marleau, SJCCC Board Chair,
France Gélinas, MPP Nickel Belt.

Left to right (Front): Sr. Bonnie Chesser,
Shirley Newell, former patient,
Nancy McDow, patient

St. Joseph's Continuing Care Centre (SJCCC) is a 64-bed class G and E hospital that opened on June 1, 2009, as the first stand-alone Continuing Care hospital in the North East.

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GET OUT!

By John Kelly

"I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach..."

Henry David Thoreau

We didn't always live inside four walls and beneath a roof. There was a time when the stars were our ceilings and our walls were made of mountains. Well, times have changed, but our desire, our need to be outdoors persists.

Everyone goes to great lengths to beautify their homes – the flooring and paint, the fixtures and finishes, the bricks and siding and shingles. But now, more than ever, taking it outside and decorating those spaces is a preoccupation and passion of many homeowners.

"Making our spaces, all our spaces beautiful makes us feel good," says Jacqueline Bergeron, owner of La Vie en Couleur in Sturgeon Falls. "We even take our decorating ideas outside to find beauty in nature."

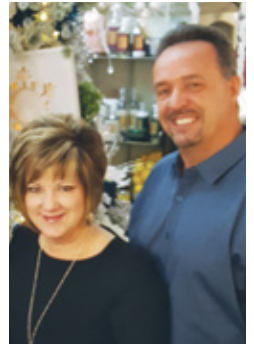
Given our latitude in the North of Ontario, summertime with a few weeks on either side of it is the sweet spot for spending time outdoors if you're going to do it without winter boots and jacket. It's only a few months, but the payoff for the investment of decorating your outdoor spaces is well worth it.

"The smell of flowers and the peaceful feeling that brings us makes it like our own little oasis in our backyard," says Jacqueline.

The staff at La Vie en Couleur can help whether you just want to spruce up (spruce – unintended pun. Will leave it.) a deck or balcony or patio or move the indoors out. Their workshops and consultations won't lead you down the garden path. Rather, you'll gain insight into how to turn your under or unused area into a centrepiece of your property.

At La Vie en Couleur their stock-in-trade isn't heavy machinery and building garden walls. Leave that to the renovation guys. Instead think icing on the cake, the touches that make your space unforgettable. You'll find one-of-a-kind items that make your home truly yours.

We all don't have the desire for solitude in nature like Thoreau did. But how about trying to make this summer the one when you went outside not as a diversion but a destination?



Jacqueline & Marian
Bergeron,

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THE PERILS OF FAMILY JOINT OWNERSHIP 101

By Tina-Marie Junkala



Tina-Marie Junkala,

Junkala Wealth
Building Inc.

We hear so much about the importance of estate planning. It allows you the opportunity to magnify the legacy you leave behind with proper life insurance planning and makes division of your assets easier for your executor.

One situation I often see is when parents decide to make their assets jointly held with children or family. Problems with division of joint assets could happen while you are alive if you find yourself in need of the very assets you wanted to be your legacy. When your home/property/investments are jointly held you lose absolute control of the asset.

Let me share the dangers of joint ownership so that you are aware and can make informed decisions.

Disaster: In a disaster situation where your asset sustains damage, you may be limited in what you can do. Joint owners can refuse to cooperate when you need to deal with that property. You cannot sell it or take it back without full consent of all parties.

Death of joint owner: Your child could die first or at the same time as you, and the asset could become part of their estate, which may not be divided according to your wishes.

Divorce: If your child is named as a joint owner, their divorced spouses can make a claim to any joint assets, property, bank accounts, and investments.

Debts: Creditors of bankrupt children can make claim to the joint property or investment putting your asset at risk.

Disposition: Transfers of some assets create a capital gain and other expenses. There is a deemed disposition (meaning the Current Market Value less original purchase price and update receipts) on real estate, such as a cottage. The tax bill on the capital gain on that property is required to be paid, either now by you or later at resale/transfer.

Avoid these situations with proper use of Power of Attorney. Allow your assigned "attorney" access to your assets but set limits on these powers of access. I have witnessed a no home to come home to after a lengthy stay in hospital as the house was sold by their assigned attorney. Due diligence in making your choice is never time wasted. Protect yourself and plan your legacy with more security. Control your assets and access to them.

Life insurance planning is very beneficial in many ways. Life insurance allows you to offset income tax on your RRIF (retirement income fund) at death, equalize the legacy amount you leave for each beneficiary, pay off any debts and final expenses, and transfer wealth in a very tax-efficient manner. Let me help you explore these options.

We may find opportunities that others have missed. Let's see if there is an opportunity to add true value to your situation.

Questions? Call or email Tina McGee
at (705) 589-8899 or tina@junkala.ca.

Have yourself a Healthy, Wealthy Day



CONSIDERATIONS: UNDERSTANDING PATIENTS' PERSPECTIVES

By Lissa Gagnon, RN BScN MScN

Assistant Professor
School of Nursing, Laurentian University

Sharing medical information with patients is a professional responsibility that occurs across a continuum of healthcare services. Sharing of this information may occur when care providers describe a medical test or procedure, help manage optimal health through prevention and promotion of healthier behaviours, or clarify health related questions. Conversely, how do contemporary healthcare providers prepare for this responsibility and accountability?

Simulated patient scenarios can provide an opportunity for understanding patient perspectives. For example, a re-creation of a clinical experience, which may include elements of uncertainty within the interaction, is beneficial for gaining insight into patients' realities. When questions and responses from the pseudo patient and his/her family member(s) are raised, healthcare providers can better understand and empathize with the fears, anxieties, or concerns of healthcare consumers. The simulation process also provides an opportunity for feedback as it relates to relational care quandaries. This focus of debriefing of clinical simulated scenarios can help bridge gaps between patient-provider perspectives. Structured debriefing provides an opportunity to transform practice into learning, thus preparing healthcare professionals to better understand and address patients' viewpoints.

Resources:

Hudson Simulation Services. (2010). Retrieved from hudsonsim.com.



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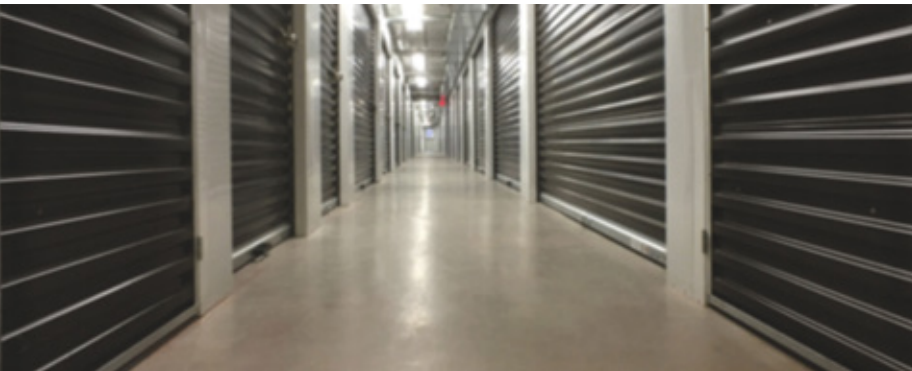


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TALKING TRASH

By Melanie Pelletier

Brady Storage Solutions opened its doors in 2011 and rapidly grew into the largest storage facility in Sudbury. Our location on Brady Street offers climate-controlled units in various sizes and provides a safe and central location for all residential and commercial customers. In 2013, we expanded our storage options and started the portable storage division known as the Brady iCUBE. This division started out with a small fleet and it now spans into the North Bay market. My focus has always been to provide a great personalized service. Our customers return to our facility because we have built a trusting relationship with them and they feel comfortable storing their personal belongings with us.

In 2016, we became the only Molok® waste and recycling distributor in Northern Ontario. Molok® is the revolutionized waste and recycling collection system that provides curb appeal and cost savings to any commercial property. These semi in-ground units range in sizes from .4 to 6.5 yards (300 to 5000 litres) of waste capacity. The Molok®



units are installed 5 feet in-ground and 3 feet above ground providing ease of disposal for any user. You have the ability to choose the lid, lifting liner, and framing that works best for you. Molok® units offer unrivalled advantages compared to conventional collection methods such as being compact, attractive, sanitary, accessible, and safe.

The Molok® Deep Collection system was created in Finland, and they have since spread across 40 countries worldwide. These units have vastly grown in popularity in Northern Ontario and are quickly becoming part of any site plan, new or old.

It is important for us, not only as a company, but as a member of this community, to work towards solutions to the problems we encounter on a day-to-day, such as waste. If we actively work together, we can really make a difference in the world we live.



Melanie Pelletier,
Operations Manager/
Lead Executive
*Brady Storage
Solutions*

HAVE NEWS TO SHARE?

By Chelsea Papineau

Have you ever seen or heard something and thought “more people should know about this” or “this should be on the news”?

Well, don't keep it to yourself. Share it!

CTV News Northern Ontario has always been dedicated to gathering and delivering news for the north, and we are reaching out to our viewers because we want to know what is going on in your community and neighbourhood from your perspective.

If you have witnessed someone or something extraordinary that deserves some recognition, snap some pictures or take some video and send it to CTV News Northern Ontario via email at sharemyvideo@bellmedia.ca telling us about it. Landscape orientation works best. Your event or story might be shared on air, on our website CTVNewsNorthernOntario.ca or even on social media.



Chelsea Papineau
CTV Northern Ontario
Digital Content
Specialist

We will give viewers a sense of each event and the community around it, showcasing what makes it special.

Our region has so much to offer and we want to showcase its beauty and depth. That is why we will also be taking our show on the road more often to visit the various exciting events around the northeast.

After the success of the recent live broadcasts of our Remembrance Day Special in Sudbury's Memorial Park and Sault Ste. Marie's Queen

Street Cruise, our teams, of both CTV News at 5 with Tony Ryma and Jessica Gosselin and CTV News at 6 with Brendan Connor and Marina Moore, will be visiting even more communities. Our new Weather Specialist, Will Aiello, will also be getting out of the studio regularly to go explore some of the hottest events around the north.

We will give viewers a sense of each event and the community around it, showcasing what makes it special. For consideration, please send your event details to sharemyevent@bellmedia.ca.

In an effort to stay connected, we are on several social media platforms: Facebook, Instagram, and Twitter. We share contests, photos and videos of what happens behind the scenes, the people in front of and behind the camera, as well as our news stories. You can also connect with us there if you like as well.

We look forward to hearing from you!



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**“Can’t he speak any English?”
me demande le paramédic.
Je lui réponds: “Can’t you speak any French?”**

Écrit par Kim Morris

Cette situation s’est produite quelques années passées à Val Caron. Mon voisin était en train de subir une crise cardiaque. Entre la douleur et la peur, il ne pouvait plus parler anglais. Il communiquait seulement en français. Vous êtes surpris?

Les recherches démontrent que certains facteurs comme la douleur, la vulnérabilité ou le stress font souvent en sorte que des gens qui maîtrisent pourtant bien le français et l’anglais dans d’autres circonstances, n’arrivent plus à s’exprimer adéquatement dans leur langue seconde.

Voilà l’importance de pouvoir desservir les patients en anglais ainsi qu’en français.

Avec l’appui du Consortium national de formation en santé (CNFS), le Collège Boréal travaille à augmenter l’offre de programmes de formation et de services de santé en français. Notre but : assurer l’accès à des professionnels de la santé capables de soigner en français dans tout le pays.

Le CNFS est un regroupement pancanadien de seize institutions d’enseignement universitaire et collégial offrant des programmes de formation en français, dans diverses disciplines de la santé et services sociaux, et de trois partenaires régionaux qui appuient et facilitent l’accès à ces programmes de formation. En augmentant l’apport et le nombre de professionnels de la santé bilingues par la formation de ces derniers en français, le CNFS contribue à améliorer l’accès à des services de santé de qualité pour l’ensemble de la population canadienne, souvent dans des régions éloignées et mal desservies.

Le CNFS Boréal appui des programmes tels que : Assistant de l’ergothérapeute et assistant du physiothérapeute, Hygiène dentaire, Soins infirmiers auxiliaires, Soins paramédicaux et plusieurs autres.

Pour un client francophone, la langue est souvent le premier outil dans le maintien et le rétablissement de sa santé. En communiquant en dans sa langue maternelle, le client a plus de facilité à :

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- Assumer la prise en charge de sa santé

Pour en savoir plus au sujet des programmes CNFS offerts au Collège Boréal, SVP communiquer avec Pierre Carrier, Gestionnaire CNFS, au 705-560-6673 poste 3131.

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Kim Morris,

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OSHAWA WOMAN RETURNS FROM KARACHI ANTI-VAXXER CONFERENCE WITH POLIO

TORONTO – It was supposed to be an educational and informative conference on the dangers of vaccines. For Jocelyn Little of Oshawa, it became much more.

The three-day meeting took place in December of 2018 in Karachi, Pakistan where militant anti-vaxxers believe the vaccine against polio is really a government involuntary sterilization program. Little, one month shy of her nineteenth birthday, turned the three days into a week of R&R.

"Oh, it was a wonderful meeting. We all shared our thoughts and views which were, of course, largely the same. Once home, I began not to feel well though. At first, I chalked it up to the Dum pukht. Gosh, I figure I must have eaten that every day for a week, sometimes twice," explains Little.

A visit to her family doctor and another to Toronto's Mount Sinai Hospital laid waste to the notion that the Dum pukht was to blame for Little's condition. A chance backstage encounter with an unkempt keynote speaker seems the more likely culprit.

"When they told me a had polio, I was flabbergasted," said Little, seemingly immune to the idea that the disease is not to be taken sitting down.

"When they told me a had polio, I was flabbergasted," said Little, seemingly immune to the idea that the disease is not to be taken sitting down. "I mean me, Polio?! Whatever."

Little's parents, Sunshine and Sage saw the serendipity in their only child's diagnosis.

"What a great opportunity to pair our business with the health of our Jocelyn. We sell healing crystals. For Jocelyn we've been alternating the albite with the azurite," says Sunshine.

The Littles defend their decision not to vaccinate their child.

"Her shungite treatments as a toddler absolutely should have prepared her chakras for anything. This polio thing really hit us out of the blue," says Sage.

For her part, Jocelyn remains stoic.

"I'm a woman of faith. If God's plan is for me to have polio, then I accept it with an open heart. You have to look on the bright side. I'm at my computer a lot more now. I've already started a blog on the horrors of GMOs and how the government is trying to kill us with chem trails," beamed Little.

(Reporting by Adele Horner)

LIVING A HAPPY, HEALTHY LIFE WITH DENTURES

By Véronique Coulombe, DD

A smile is the universal sign of happiness, joy, friendship, and welcoming. But for some, the time comes when the teeth they came with can't be part of that smile. Simply parting your lips and grinning can become a chore and a cause for anxiety. But thanks to developments in denture technology, this no longer has to be the case.



Véronique Coulombe, DD

The Denture and Implant Center

We are living in a world that revolves around having a healthy, happy social life. With a social life comes gatherings and special occasions surrounded by friends and family. While out enjoying your socials the last thing that anyone wants to have on their mind is whether their denture will be able to stay in place without any unexpected and undesired movement. A few simple steps in denture maintenance will give you confidence and something to smile about again.

It is recommended that all appliance wearers make a visit to their Denturist every year to make sure that they maintain a healthy oral cavity as well as to ensure that the fit of their denture is still optimal and doesn't require any changes or adjustments. Normally, one should expect to have their dentures relined or refitted every couple of years due to inevitable shrinkage of the gums where teeth used to be.

Relines are often completed in one day and have your dentures back to an optimal fit by the end of the night.

Apart from visiting your denturist yearly, there are also at-home tasks that should be done daily to optimize the cleanliness of your removable appliance. It is recommended to brush both your mouth and your dentures twice a day like you would your natural teeth, as well as rinse your dentures after every meal. This allows any debris from the day to be removed and the denture to regain a polished look. Don't forget, it is not advisable to use toothpaste on your dentures! It is best to head into your local drug store and buy a specific denture cleaner which is much easier on your dentures. Search for items such as "Polident". Never hesitate to give your denture clinic a call and book an appointment if you have any questions regarding the fit or function of your denture.


Finally, never forget that the world would be a more beautiful place if we all would smile more at ourselves and at others. Smile, and the whole world smiles with you.

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ANOTHER PAIR OF GLASSES??!!

By Karen L. Wilson O.D.

Wearing glasses is just a normal part of the aging process, but sometimes they don't work well for all our day-to-day tasks and hobbies. By the time we are in our mid 40's, nearly everyone is struggling with their near vision especially on our cell phones and tablets, not to mention those darned medicine bottles with teeny tiny directions.



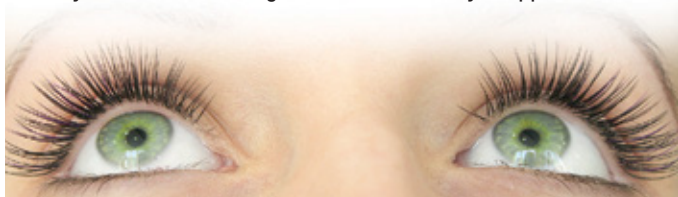
Karen L. Wilson
O.D.,
Optometrist

Reading glasses are a simple solution although the constant on-and-off can be a real bother. The word "bifocal" always brings on wails of "I'm not that old" and other unhappy expletives! These days, most people start with progressive lenses in their 40's in order to have a more continuous range of vision. "Progressive" means that the lens has your long distance prescription at the top and it gradually changes in strength to give you good vision at arm's length right into reading distance. The original progressive lenses had wicked peripheral distortions as you peered down and to the sides which caused difficulty adapting because you felt like you were on a rocking boat.

These days we have many specialized types of progressive lenses designed with minimal peripheral distortion and varying sizes of distance, intermediate, and reading areas. For example, if you do a lot of gaming on your computer or are a weaver, we have lenses which have just a tiny distance area at the top and a much bigger arm's length area so you don't have to keep readjusting your head while you work. Other Progressives are made for desk and keyboards only. Some are even designed for specific hobbies such as model painting /building or fine beading work. Talk to your optometrist about your hobby. Whether it's billiards, shooting, or any activity where your glasses aren't quite perfect, we are happy to offer solutions as the optics experts we are trained to be!

We can adapt our eyewear for favorite activities to make them more enjoyable. Golfers like Transitions Progressives so that when the sun is out, the lenses are very dark and if it gets cloudy, the lenses become lighter to adapt to the ultraviolet level. Progressive sunglasses are one of the most undervalued yet most appreciated spectacles on that cruise, fishing trip, or walk in the woods.

The idea that one pair of glasses is enough is as outdated as the idea that one pair of shoes is adequate. Good old reading glasses still fit the bill for reading in bed or doing needlepoint, but affording specialized multifocal (progressive) spectacles in our senior years is a perk that makes your vision a darn sight better and the days happier!!



OUR HEALTH

By Peter Marshall & Jyoti Pokharel

Many people are confused about the many different healthcare options available to us all as residents of Ontario. If you have a family physician, you at least have someone who can advocate for you and refer you to specialists if that need ever arises.

The Northern Ontario School of Medicine has been graduating doctors for several years and many are staying in Northern Ontario to practice. To find a family doctor you can go to www.ontario.ca and look for their Health & Wellness connect portal.

The experts have been telling us for years about the need to improve our diet and exercise more. This means that, to some extent, we have the power to improve our health by staying active and become aware of how our daily activities can positively or negatively impact us. I have had several experiences with surgeons and specialists in Sudbury, all thanks to referrals from my family doctor. Every single time, I have been treated with respect, although sometimes the wait times can be an issue. Even so, it is still my responsibility to do everything I can to stay as healthy as possible.

There are opportunities for us in Sudbury to join groups or activities that can help us achieve our goals. I have experience with the ParkSide Centre since I have been a member since 2008. It doesn't matter if you want to exercise more in a fitness class or learn to dance. It doesn't matter if you want to paint or make a stained-glass item. It doesn't matter if you want to learn about personal safety or listen to a seminar about travel. The ParkSide Centre has a wide variety of programs that may interest you. Physical activity is not the only area of concern

Even if you are unable to attend programs in person, the ParkSide Centre, for example, has a program called ParkSide Centre Without Walls. It is a series of free programs conducted over the phone for those who cannot physically come to us. These programs are held via conference call so there is no need for a computer.

You don't have to be alone. You can come down for a visit or you can register for a free program over the phone.



Peter Marshall,
Program Leader,
The Parkside Centre



Jyoti Pokharel,
Cambrian College
Community and Health
Service Navigation
Program Student

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help you.

the
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centre

Join us at the ParkSide



There are many reasons to become a member at the ParkSide Centre. The facility offers many interesting and exciting courses including Computer Workshops, Dance Classes, Gentle Hatha Yoga, Painting, and Relief Carving just to name a few.

Thanks to a partnership with the Canadian Red Cross and the Ravi family's assistance with funds raised at our East Indian Dinner, we offer subsidized transportation to our eligible members who qualify through the Red Cross screening for suitability.

The ParkSide Centre is now offering free programs over the telephone for those people who are socially isolated due to physical, financial or geographical limitations. Call 705-673-6227 and ask about the ParkSide Centre Without Walls.

For more information, call us at **705.673.6227** or visit us online at: **www.theparksidecentre.ca**

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HEAD TO TOE, JEAN COUNTRY'S GOT YOU COVERED

By John Kelly

Nothing wrong with jeans, but who wants to wear them all the time in the heat of the summer? Well, it won't take you very long once inside either of two Jean Country locations to know that they're not just paying lip service with their tag line 'More than a Jean Store'. Sure, they can talk the talk, but the largest selection in Northern Ontario of German footwear sister brands Rieker and Remonte proves they also walk the walk. An amazing collection of sandals for ladies from those brands and others like Merrell, Vionic, and FitFlop will keep you strutting your stuff in style all summer long. And you won't find a greater selection of Foot Doctor-recommended FitFlops anywhere throughout Northern Ontario.

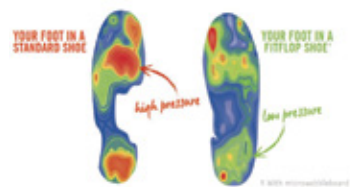


Kyle Hoddy

Owner
Jean Country



More impressive though than Jean Country's line of top-quality products is their customer service. It is the attention to detail that comes as a result of recognizing that no two customers are the same that truly makes the service shine. You'll leave the store feeling you were treated to a shopping experience complete with expert and friendly advice, and not merely having picked up a pair of shoes or a summer dress. And speaking of summer dresses, you'll find a wide variety of ladies' and men's wear to complement what you've



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got on your feet. Something from their unique selection can really make that next occasion a special one.

If you're too busy to make it out to locations in Lively or Espanola, visit them at www.jeancountry.ca. Their new and easy-to-use online store makes shopping for that one-of-a-kind item or items a summer breeze. Check out their 'Deals of the Day', join their VIP Mailing List, or check out an online gift certificate.

The next time you're rolling down Hwy 17 thinking you wish you could find that piece you've always been looking for, stop by Jean Country. They think a little outside the box store. You'll be greeted with a smile and the help of a staff member who genuinely wants to see you happy and satisfied. Whether you're hanging out at the dock or the disco, Jean Country has what you're looking for.

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TREAT THE HEAT WITH RESPECT THIS SUMMER

By Julie Hepworth

With this challenging winter behind us, we are all looking forward to warmer weather. For older adults, with this warmer weather comes an increased risk of heat-related illness. Older adults are less able to sense dehydration and respond to it appropriately.

Heat exhaustion is less extreme than heat stroke with signs such as dizziness, thirst, a feeling of generally unwell, nausea, and headache. This can be treated by drinking enough fluid and cooling down. **Heat stroke** is more severe. The symptoms can include faster breathing, and increased heart rate. Confusion can occur with both heat stroke and heat exhaustion. If you don't have to limit your fluid intake due to heart conditions, you should be drinking a minimum of 8 cups of fluid daily. Remember alcohol and fluids that contain caffeine do NOT count in this total.

Risk for heat illness is also increased if you have medical conditions like obesity, heart disease, lung diseases, or diabetes. Common medications can also increase the risk of heat illness. Some, such as anti-depressants, blood pressure medications, and Parkinson's medications affect thirst. Other medications like water pills (diuretics) and lithium can affect the balance of fluid in your body. The last group of medications include anti-psychotics, heart medications and even some common over-the-counter medications such as Gravol and Benadryl. These can affect our ability to regulate heat.

While we cannot control the medications prescribed or the medical conditions you have, here are some things we can control. We can protect ourselves from heat illness by using home air conditioners, fans, and accessing cooling centres. Note, fans do not protect against extreme humidity and heat. Wearing light loose fitting clothing and managing your energy during increased temperatures can also be helpful. If you are concerned about someone living alone, another helpful plan is to perform frequent check-ins and phone calls to ensure that they are not suffering due to the heat.

If you think you may be experiencing heat exhaustion or heat stroke, seek medical attention. Be heat-smart this summer, so you can be healthy and enjoy all the fun this beautiful weather brings.



Julie Hepworth,
Nurse Practitioner
North East Specialized
Geriatric Centre



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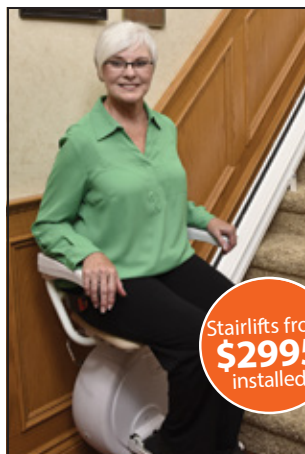
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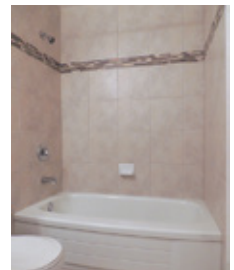
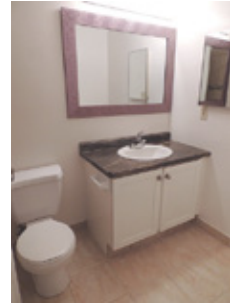


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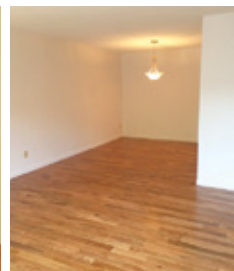
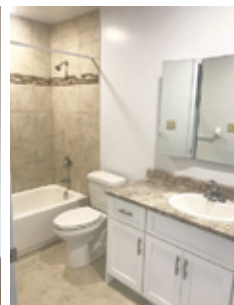
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