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BRENDAN CONNOR & MARINA MOORE

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12 DECEMBER

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This November, Remember.



It goes by a few different names, November the 11th does: Remembrance Day; Poppy Day; simply November 11th. Originally, it was Armistice Day, so called to mark the end of World War I. We observe two minutes of silence at 11 am, place wreathes, and wear poppies to honour the lives of people who died in that war and each subsequent one. But as we move further in time away from the events of The Great War and those who died in defence of our freedoms, we run the risk of forgetting. And forgetting is something we swore we'd never do. The last of Canada's veterans to serve in that war to end all wars has died. As memories fade and stories are diluted, our connections to the sacrifices of those men and women can become tenuous. If we simply go through the motions of remembrance, if we experience commemoration by rote, we do an injustice to the memory of those

who died, who died for generations to come, for children and grandchildren they could never even know. We can honour the fallen by investing our time in understanding the depth of their sacrifices. While there's nothing wrong with standing in silent remembrance at the local cenotaph, what about researching the lives, reading up on the loves and losses of even one of the innumerable men and women whom we must not forget. This November 11th, make it personal.

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

Nicole Blais,
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ACHILLES TENDONITIS

PAINFUL AND
CRIPPLING, BUT
EASILY TREATED

Achilles tendonitis can be a very painful and sometimes crippling condition. Luckily, most of the time this problem is easily treated. Tendons are the fibrous bands that attach our muscles to our bones. The Achilles is the tendon that attaches all the calf muscles to the back of the heel. These are the muscles that enable us to point our toes and stand on tip toes. When a group of muscles, like the calf muscles, are pulled or stretched beyond their capacity it can cause tiny tears in the muscles or tendons. This causes inflammation and pain. Some swelling

may occur in the area and it will feel very stiff in the mornings. In Achilles tendonitis you will feel pain behind the ankles, on either side of the heel bone. Sometimes the pain extends up the back of the leg.

Achilles tendonitis can be caused by a number of things but the most common causes are injury or starting a new exercise program. When someone starts a new exercise regime that causes the calf muscles to stretch beyond what they're used to, it may cause this problem. The beginning of the golf season always claims a few Achilles tendonitis victims. The extra walking after a more sedentary winter causes this problem, especially if the course is very hilly. Walking up hills requires a lot of stretching in the calf muscles.

To avoid this problem, a proper stretching program before your activity is advised. Start stretching about a month before golfing season starts to prepare yourself for the walking.

If you already suffer from Achilles tendonitis the treatment is usually very simple and quite

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



effective. First, you must cease the activity that is causing the tendonitis for about two weeks. Use a golf cart instead of walking, continue your exercises except for the stair master or treadmill etc. Insert a ½" heel lift in your shoes to take pressure off of the Achilles tendon. Wear the heel lifts for about two to three weeks and be sure to wear one in both shoes. Wearing only one can cause back pain. Instead of a heel lift, women can wear a shoe with a small heel or wedge.

If the pain continues or you are unsure of the activity that causes this pain, you may want to consult a foot specialist for an examination.

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Suiting SENIORS

By John Kelly

Aside from the very young, it is difficult to imagine a more vulnerable sector in our society than seniors. One might consider it especially ironic given the wisdom and insight that, having lived the greater part of a lifetime, would lie within the hearts and minds of seniors. But built into any real wisdom is a genuine sense of trust. Sometimes this great quality makes seniors susceptible to a society and to those in it who would prey on them.

Flashback to 2007. Enter the National Seniors Council. Not exactly DC or Marvel, but the twelve members on council are unsung heroes in a different kind of fight. And Sudbury's own (by way of Toronto) Dr. Kevin McCormick, President and Vice-Chancellor of Huntington University is the latest appointee to position on council.

"I'm very humbled to be appointed to the seniors council," says Kevin whose appointment took effect, fittingly, July 1. "I feel very fortunate to be part of that group. I have had some meetings with them, and I've found them to be engaging, caring, thoughtful, and deliberate."

Not just anyone sits on council. A rigorous application and vetting process ensures that appointees to the council come with not only a requisite expertise and experience with regards to seniors and aging, but a singular desire to forge positive change in the lives of Canadian seniors. With a background in the area of social justice and international education, Kevin was a natural.

"It became very clear to me years and years ago when I was doing work in the area of social justice and discrimination that ageism is quite prevalent. I often think that having opportunities to ensure that all people and all peoples that age are looked at and are involved actively in the discussion is critically important. The NSC continues to ensure that all people are included in the conversation and that their voices are given the same volume and dignity as others. To me, that's critical to who we are as Canadians and where we're going as a nation," explains Kevin.

The council's mandate is made up of four key pillars: identify ways to reduce crimes and harms against seniors; consider and advise on federal and provincial strategies and initiatives

that include a seniors dimension; provide advice to government on the development and implementation of existing initiatives using an age-friendly/healthy aging perspective; seek measures to counteract ageism by shifting the public discourse.

The council stands above partisan politics (that's correct, to neither the left nor right) in its efforts to improve the lives of Canadian seniors. The wealth of knowledge and information they amass through meeting with various stakeholders is passed on to the Minister of Seniors and the Minister of Health.

"It's not just conversation, but feedback to help ensure that the voice and the needs of seniors are heard across the country and heard so in a way that represents the diversity of our country. The reason I have interest in it is that I'm a great believer, not to be cliché, that we're all aging, that aging and ageism is critical to our country and our national identity," says Kevin.

When he isn't suited up and advocating on behalf of Canadian seniors, Kevin works and has worked for over a decade on Project Honour and Preserve. It's an initiative founded by Kevin and it's a personal mission wherein he works to repatriate personal items and recognize sacrifices made by Canadian Veterans. Kevin has personally purchased hundreds of artifacts. He is, by his own admission, by no means, a collector. The items are donated to museums, military units, Veterans' associations, schools, and veterans' families.

If you think there's a common thread in the work Kevin does with the council and the kind he carries out with Project Honour and Preserve, I'd say you have a tailor's eye for detail. Neither the items he repatriates nor the seniors whose voices he and his colleagues at the NSC amplify are relics. They are a resource in which we should take pride and from which we should draw strength and wisdom. Kevin is helping to stitch together for Canada a stronger shawl and a brighter coat with fibre and strand made from some of our country's richest commodities.



Kevin McCormick with Armand and Lorraine Clement at ParkSide Centre

THE TRUTH ON TODAY'S WIGS

By Jo-Anne Cross

Insurance companies pay for wigs. **TRUE**

Insurances will often pay regardless of the reason for hair loss or thinning. Ask your doctor for a prescription for a Medical Hair Prosthesis.

A wig is tax deductible. **TRUE**

If you purchase a wig or a top piece because of hair loss or hair thinning, then it can be claimed as a medical expense. Ask your doctor for a prescription for a Medical Hair Prosthesis.

Wig Boutique needs the prescription. **FALSE**

We do not need the prescription, but your invoice/receipt will state MEDICAL HAIR PROSTHESES.



Jo-Anne Cross,
Owner
Wig Boutique

Wigs are only for ladies who have hair loss. **FALSE**

Many ladies are buying wigs now who don't need one, but want one for reasons of convenience, a style change, for trips, for a bad hair day, for a date night, or just for fun!

Wigs are hot. **FALSE**

Yes, if you wear a wig it will be hotter than if you had nothing on your head, but wigs are NOT too hot to wear. Most of the wigs today are very light and some weigh only a few ounces. The more you wear your wig, the quicker you get used to it, and after a while you won't even feel it. Many of our clients wear wigs all day and all year long.

Women feel embarrassed about wearing wigs. **TRUE**

Sadly, most women do feel embarrassed and don't want others to know it's a wig. But times have changed and we are working hard to empower women to be proud. We help other women when we say "IT'S A WIG!" People will not believe you because you will have had expert help to choose what looks the most beautiful and natural on you. With 10 years of experience, you can trust us.

I can spot a wig a mile away. **TRUE & FALSE**

Tricky one! Yes, you can spot the bad ones, but you can't spot the good ones. Many ladies are wearing wigs and you would never know it. Times have changed and today's wigs have too!



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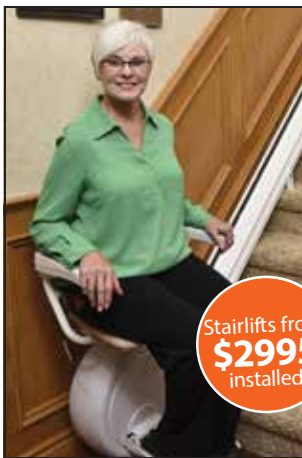


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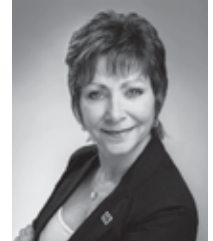
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SNOWBIRDS WILL FLY!

By Deborah Slywchuk

When the leaves begin turning to beautiful Fall colours, for many Canadians this means making plans to head to warmer climates with a desire to leave the harsh Canadian winter behind. These folks are commonly referred to as "Snowbirds", there are more of them now and they are younger than ever before! Snowbirds are no longer just travelling to the southern States; they're travelling all over the World and they are seeking out more exotic and adventurous locations.

Whether you have travel insurance through an individual or group plan or through your credit card, it's important to understand your policy.



Deborah Slywchuk,
CFP®, CEA

Insurance/Financial
Advisor

The Co-operators

Here are a few tips to consider before packing your bags this Winter:

1. KNOW YOUR HEALTH

- When applying for travel insurance, be sure that you understand the questions on the application; ask your family doctor for help with any answers you may be unsure of. It is your responsibility to understand pre-existing conditions to be sure that you are eligible for the coverage.
- Travel Insurance is for medical emergencies only, be clear on what will NOT be covered.
- While marijuana is legal in Canada and is very commonly used for medical purposes, it is still illegal under Federal U.S. laws, therefore it is important to be mindful of what you can and cannot bring across international borders.

2. KNOW YOUR TRIP

- When travelling to less popular areas, be sure to check for Canadian Government travel advisories, certain Countries may have exclusions for coverage. When in doubt, contact the insurance carrier for confirmation of coverage.
- If you are planning on doing any high-risk activities, like rock climbing, parasailing or bungee jumping, you will want to add a rider to the policy, if available, for these types of activities.
- How long do you plan to be gone? Make sure your policy will cover you for the duration of your trip, some plans will limit coverage to 30 days, you may need to top up your coverage if you intend to be away for longer. If you plan on taking more than one trip per year, it may be more economical to purchase a multi-trip annual policy.

3. KNOW YOUR COVERAGE

- Does your policy cover you for trip cancellation? Trip cancellation doesn't mean that you've changed your mind about taking that trip. Typically, a valid reason would be due to a medical emergency. Weather hazards and natural disasters occurring at your destination would also be a valid reason. Trip cancellation will cost a little more, however, it can be a very valuable addition.

Doing a bit of research and learning about the details of your travel insurance coverage takes only a bit of time, however, can turn into a huge savings in the long run if you must make a claim.

Happy Travelling Snowbirds!



SUDBURY WOMAN RUNS OUT OF GAS ON MATTAWA ROUNDAABOUT

NORTH BAY – Lise Theriault expected her trip to Ottawa to go off without a hitch.

“It was my grandson’s birthday,” said Theriault. “Everything was going great until the you-know-what hit the fan in Mattawa.”

Just after noon, Theriault encountered the roundabout that leads motorists either into town or east towards Ottawa. Put in place in 2011, the roundabout has been met with praise for the most part.

“I just kept going around in circles. It was like trying to get out of one of those Toronto parking garages. I was so dizzy,” explained Theriault.

“I just kept going around in circles. It was like trying to get out of one of those Toronto parking garages. I was so dizzy,” explained Theriault.

Roundabouts exist throughout the world and studies confirm they improve safety and traffic flow and are cost effective.

“It was like a counter-clockwise descent into hell,” said a visibly shaken Theriault. “I was so wound-up.”

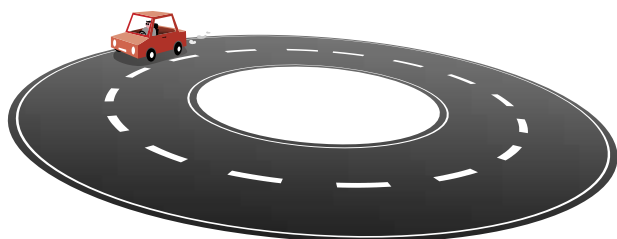
France leads the world with about 30,000 roundabouts. The Netherlands continues to lead the world in dykes and Switzerland is still tops in fences.

“People kept honking. The sun was going down. I was supposed to be in Ottawa by before dinner. I had a potato salad in the back. Eventually I ran out of gas and just sat there.”

A heavily moustached Constable Button of the O.P.P. agrees the new technology presents difficulties for some people who may just be stuck in a rut.

“I was stuck in a rut, alright. I made the gosh darn rut!” fumed Theriault.

(Reporting by Lefty Kumho)



EXPERT ADVICE

By Chelsea Papineau

Because we have many knowledgeable local professionals here in the north, CTV News Northern Ontario has decided to harness that expertise into educational segments for our audience.

That is why every Monday, during CTV News at 6, Marina Moore talks with a different local professional about their industry in a new segment called ‘Ask an Expert.’

Since the launch in September, Marina has talked to:

- Yves Charette, a massage therapy professor at Collège Boréal, about deep tissue massage and pain, choosing a reputable massage therapist, types of therapeutic treatments, and if tipping is common practice.
- Lisa Beaton from Cambrian Insurance on the difference between no-fault and not-at-fault vehicle insurance.
- Stephanie Valentini, a development service professor at Cambrian College, about preparing students with special learning needs to go back to school, resources available, helping students with individualized education plans transition from high school to post-secondary, and accommodations that are available in post-secondary education.
- Julie Desimone, a chiroprapist at Desimone Foot & Ankle Centre, about children’s foot health, common issues, signs that parents should look out for, pain, treatment available, and advice on properly sizing children’s runners.
- Alain Therrien, a carpentry professor at Collège Boréal, about the training required to get into the carpentry industry, the carpentry education program, job placement, apprenticeship, and jobs that are available and in high-demand in Northern Ontario.

The new segment is also audience interactive. Prior to the segment, we ask our viewers to send in questions about the upcoming topic that they would like answers to. We post the upcoming topics on our social media accounts and on our website. If you have questions that you would like answered, email them to: CTVNorthernOntarioWeb@bellmedia.ca

If you missed an episode, or would like to re-watch, you can always find it on our website www.CTVNewsNorthernOntario.ca. Just click on the Ask an Expert button to watch all of the video interviews.

Upcoming topics include: home insurance, water damage in your home, heel pain, picking good shoes, navigating the healthcare system, nailing a job interview, and much more.

Stay tuned!



Chelsea Papineau

Digital Content
Specialist
CTV Northern Ontario

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St. Joseph's Foundation raises \$130,000 at its 2019 Fundraising Dinner hosted by the Ravi Family

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DOWNSIZING

By Natalie Champagne,

Marketing Manager, Autumnwood Mature Lifestyle Communities

Downsizing can be overwhelming, but it has benefits.

Going through long forgotten items can be a trip down memory lane. It's a great time to spend with family and friends, sharing memories. It allows you to pass on items of value and frees you from things that hold you back from living life now.

Picture starting from scratch to prepare yourself for letting go. Think about what you need. List what you can and cannot live without.

Ask the kids to get their stuff from your house. And, don't acquire new stuff as you downsize.

List valuables like photographs, heirlooms, jewelry, sentimental items and assets. Ask family members which items they want and note who you wish to give things to. Invite family to go through items and photographs. If they have special meaning, share the meaning, and share stories.

Start somewhere easy, that's not sentimental, like sock drawers or linen cabinets. Work in one or two-hour time periods to avoid being overwhelmed. Think about finishing a room at a time.

If you're having difficulty knowing what to keep, ask:

- Do I really need this?
- Does this have meaning or value for me?
- How often do I use this?

If you haven't used it in over a year, let it go. Let go of books you never got to reading.

For paperwork, tackle a box at a time. Shred old cheques and banking information.

Start a box or file for important papers you must keep including deeds, wills, durable powers of attorney, medical records, military records, diplomas and degrees, birth certificates, passports, etc.

Keep important papers in a safe or a safe-deposit box. Let your closest family members know where they are.

Sort as you go to make it easier when you're ready to have items leave the house. There are many places to send things.

- Some stuff will go to family or friends.
- Old medications go to a pharmacy.
- You can sell items at auctions, estate sales, yard sales or online.
- You can donate to charity.
- You can recycle.
- The remainder can go in the garbage.

Downsizing allows you to see the life you've built. You've had ups and downs. You've survived it all and you will survive downsizing. You'll free yourself of things that are holding you back from enjoying life now. With a good plan and the right mindset, downsizing can uplift your spirit.

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BUILDING A BRIDGE

By Joy Wirta

Too often after a death has occurred, we are alone and challenged, trying to figure it all out. "Once the casseroles have stopped coming, the funeral has taken place, and the family and friends have gone back to their lives, it leaves many individuals alone and forgotten, especially in an aging demographic," says Joy Wirta.



Joy Wirta,

Owner
Dragonfly Advisory
Services

Dragonfly Advisory Services started with "aftercare" services, but it has become much more. Their mission became to build a stronger community, healthier conversations, but most importantly to bring choice to individuals and families. Dragonfly Advisory Services bring free workshops to the community, working with funeral directors, mental health experts, legal and benefits advisors to start the conversations prior to a death occurring. 56% of Canadian's are not ready. Are you? It's important to have discussions about advance care planning and who are our decision makers.

"Death Cafés have become a place to have non-judgmental conversations, where talking about death will not kill you while you have great desserts, coffee, and maybe meet a new friend," Joy says.

Dragonfly Advisory Services have now introduced Death Doula's to our Region. They provide support, guidance, education, and more importantly, a comforting presence to someone who is dying while supporting their circle of family and friends. Dragonfly Death Doula's can work with individual's through their whole journey from start to finish, from diagnosis through vigil in a non-medical, non-judgmental role.

"Medical Assistance in Dying or "M.A.i.D", as it is often referred to in the community, is a roller coaster of emotions for many family members. It is important for us to support those dying and help educate on choice. I could not be prouder of the steps we have taken and of the death doulas working with us," shares Joy.

"Today 'dying well' is a priority for Dragonfly Advisory Services. We can do more. There are not enough beds in hospital or hospice and for many of us who wish to die at home wherever home may be. Supporting Home Hospice North and being the chair of the new not-for profit organization is an honour. Alongside some amazing board members, together we can make a difference, bring choice and support for anyone wishing to have the best death possible," Joy explains.

"We have come a long way from a personal touch and a lending hand, and I am excited for our next part of the journey," she says.



dragonflyadvisoryservices.ca

IMMEDIATE DENTURES AND RELINES

- WHAT ARE THEY AND DO I NEED THEM?

By Preston Johnson, DD

The Denture and Implant Center

Let's start off on the topic of Immediate Dentures, sometimes also referred to as Temporary Dentures. These removable appliances are inserted at the time of tooth extraction, they are beneficial in most cases seeing that the denture will work like a Band-Aid, keeping pressure upon extraction sites thus decreasing the bleeding while keeping down the swelling of affected tissues. Let's not forget the fact that having a denture placed immediately upon extraction of teeth means that you will never need to go without or unable to smile.

After the removal or loss of natural teeth, your ridges (gums) will inevitably shrink. Unfortunately, this is a fact and is unavoidable. The first 8-12 weeks after extractions, the most shrinkage will occur. One mistake that is often made is relining a denture too prematurely, not giving the gums ample time to heal resulting in extra unnecessary appointments and fees. Luckily, during the healing stage there is a combination of chairside/temporary linings & fixatives such as Poligrip available to help you get through and diminish unwanted movement in your prosthesis.



*One should expect
to need relines on
the bottom denture
approximately
every 3 years and
on top every 3-5
years.*

Once your final reline has been done there is a general deterioration of bone that continues throughout life. One should expect to need relines on the bottom denture approximately every 3 years and on top every 3-5 years. Of course, there are always exceptions to this timeline.

It is vital to keep your dentures at an optimum fit seeing that loose fitting dentures can accelerate the deterioration of your bone. People can become so used to the fit of their dentures that they neglect to have them analyzed as often as

they should (generally every year. Keep in mind there are other factors that play a significant role in denture fit such as: weight gain (15+ lbs.); changes in medical history (medication, diagnosis of illness) as well as diabetes; smoking, and alcohol consumption.

Write to us about subjects you would like us to discuss, or any questions you may have. Until next time, Preston Johnson.

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What Were They THINKING?

During the Cold War, I was stationed in France and Germany (1962 – 1967) with The Royal Canadian Air Force. This was an incredible time in Europe as the last war was only 15 years or so behind us, and there were still remnants of WWII that gave us some idea of the loss and destruction that had taken place.

I was in my 20s at that point and didn't have much interest in the past but being surrounded by visible history changed my attitude very quickly. During this period of the cold war, military members that passed away in Europe were laid to rest at the RCAF Cemetery in Choley, France which is also the last resting place of many Canadian War Heroes.

While overseas, I had the task of playing 'The Last Post' at the grave site to honour those fellow military members we lost in Europe, and while standing on those hallowed grounds in Choley, one thing painfully obvious was the age of our fallen war heroes, many of them in their twenties when they made the supreme sacrifice.

I was looking at the grave sites of Canadians in the same age group as myself and wondered how they could have dealt with the terror of war day after day, and what was in their minds that keeping them going.

Was it thoughts of home and the desire to see their loved ones again?

Was it fear of the consequences of losing?

Was it anger at being subjected to the atrocities of war?

Was it fear for their lives and the lives of those who fought with them?

I am certain these thoughts were with them and there must have been many more stressful thoughts streaming through their minds as they fought through the endless days and nights.

But deep down they must have known the importance their actions would have on the future of their families and the country.

Through it all, we know that these individuals remained committed to a mission that would eventually see our enemies become our allies and many more people living in peace and security.

We will never know for certain what kept them going, but I know we must never forget the gift we have as a result of their sacrifice – "Freedom"

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Cyril McFate,
Lieutenant Colonel
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BACKPACK BUDDIES OF SUDBURY

By Melanie Pelletier

BackPack Buddies of Sudbury is a campaign that was started in 2018 by Melanie Pelletier from Brady Storage to collect new and gently used school supplies to help local families with the immense back-to-school related costs.

In recent surveys posted by Radio Canada International, it was concluded that the average cost to enter a new school year is a whopping \$880 per child. This cost includes supplies, clothing, shoes, etc. This can be a trying time for many families, especially those with more than one child.

We have received a tremendous amount of support from the community as well as local businesses which helped us make this campaign a huge success. In 2018, we were able to help over 200 children. 2019 proved to be an even bigger success, having helped over 400 children start their school year with confidence and a backpack full of school supplies.

As most kids, teachers, and parents are now back to the routine of school, work, activities, and everything else that surrounds the daily lives of families, Brady Storage continues to collect backpacks, lunch bags, and school supplies in order to be able to help a greater number of families next year.

"This campaign is particularly close to my heart as I have two children of my own and fully understand the costs required for summer daycare, back-to-school and kids activities which all come due around the same time of year. It is taxing on any family. If we come together as a community to help children and their families with some of the burden, it's already a huge win for everyone."

We are counting on the support of the community to continue to donate any school supplies and help grow this campaign and all the benefits it brings to children in our community. With community involvement, the future is a bright one.



Melanie Pelletier,
Operations Manager/
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Look Who's Two!

By John Kelly

It's already been two years! While most toddlers are, well, only toddling by this point, The 50+ Lifestyle Magazine has been up and running for a while.

"In one year, the magazine went from being in Sudbury only, and today we are across Northeast Ontario. That was the five-year plan," explains Founder and Publisher Nicole Blais.

The magazine grew organically out of Nicole's Goshenite Seniors Services, a company that looks after the needs of seniors in all aspects of residence transitioning. Nicole started with a vision to produce a magazine that would educate the community about services and programs available to them. In the fall of 2017, that vision became reality. But there's more. The human touch, the 'paying it forward' is evident in its pages.

"I really believe in giving back to my community. That's why we sponsor educational and informative columns in every issue," explains Nicole.

Amongst the requisite articles highlighting health, nutrition, travel, and finances, expert columnists provide content to inform readership about their programs and services in their respective industries. The magazine is where a growing number of people in the community are finding answers to questions that, in turn, lead them to the experts and professionals in the field.

But we're getting ahead of ourselves. If its birth was in the fall of 2017, conception came much earlier. Who knows how long a magazine gestates? Regardless, it was

during that gestation that Nicole met with industry professionals across the province to gain insight into how to not only produce a quality magazine but make one that would be accessible to everyone.

"For example, the weight of the paper is key. 100 lb stock ensures that people with disabilities, dexterity issues, and older adults could leaf through the magazine without difficulty," says Nicole.

The slightly thicker pages give the magazine a five to seven-year shelf life - a little ancillary benefit for advertisers looking for ROI. It's a simple 'your commercial runs on longer in syndication' scenario.

Nicole heads things up but is as much team builder as leader and has surrounded herself with professionals to deliver a quality product. The team includes experts in layout and design, writing, photography, and of course the sales team.

"We are extremely proud of every issue we have put out. Every October our entire team gets together, and we discuss the upcoming year and where we need to make changes, what our covers will be for the next year," she says.

Ever the savvy businesswoman, Nicole runs a financially self-sustaining model to ensure the magazine is free to the public. And their readership continues to grow as a result of the attention paid to every part of their target demographic.

"We hope to include more francophone columns for those communities. We also have opportunities coming in the new year

for advertisers with smaller budgets," says Nicole.

The need for such a magazine is clear and the feedback Nicole receives the community rewarding, a testament to its necessity and value.

"The impact we are having is clear to me as the publisher. I receive phone calls, emails, and text messages from people in the community telling us they are so happy about the magazine and they love to read it. I received a call just yesterday from a Mrs. Maki wanting to tell me how much she loves the 50+ Lifestyle Magazine."

It's safe to say the accelerated growth has The 50+ Lifestyle Magazine squarely on the verge of adolescence. It's already thinking about leaving the proverbial nest and expanding beyond Northeastern Ontario.

"My hope is, with the growth of our franchises, The 50+ Lifestyle Magazine will one day be published across Canada and the U.S.," says Nicole.

Legacy is a tricky concept. To think of one's own requires the bravery to look objectively to the future without you in it and at what might be left by you and the commitment to address what needs changing. For Nicole, legacy is grown in the present, cultivated like a garden of perennials. Her promise is to those members of our community that are sometimes passed over for the newer flower. The 50+ Lifestyle magazine is a garden shed full of the perfect tools for anyone looking to make the second act of their life every bit as rich as the first.

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LORRIE MATARAZZO, Au.D

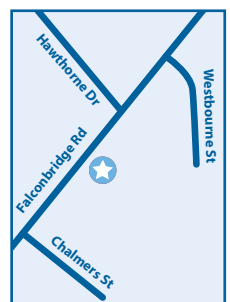
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TINNITUS:

WHAT IS IT, AND HOW DO WE MANAGE IT?

By Lorrie Matarazzo

The perception of sound, when no actual external noise is present, is commonly referred to as tinnitus, and it is much more common than people think. According to Statistics Canada (2019), an estimated 37% of adult Canadians (or approx. 9.2 million people) have experienced tinnitus in the past year. Most patients describe tinnitus as the perception of ringing, buzzing, hissing, and roaring, among other less common sounds. For many people, it is a passing sound that only happens occasionally; however, for some, the sound is always present with little to no relief.



Lorrie Matarazzo, Au.D

*Doctor of Audiology
Audiologist, REG.
CASLPO*

For those that experience bothersome tinnitus, they may report sleep disturbances, difficulty with concentration, anxiety, depression, stress, and a variety of challenges in their relationships.

Tinnitus is not a disease; it is a symptom of an underlying condition. The most common causes of tinnitus are age-related hearing loss, noise-induced hearing loss, blockages in the ear canal, head/neck trauma, certain medications, and certain medical conditions. It is always recommended to have a hearing assessment and to speak to your physician about your tinnitus, especially when it affects only one ear, is pulsatile (hearing your heartbeat in the ear), has a sudden onset, or is chronic. Once medical concerns have been ruled out, the focus becomes the management of tinnitus.

Although there is no known cure for tinnitus, there are many strategies that can help manage tinnitus to help reduce one's perception of it over time and its overall impact on one's quality of life. When hearing loss is present, it is critical that it be treated appropriately. Other management strategies include sound therapy, stress reduction techniques, practising good sleep hygiene, and possibly seeing a counsellor for cognitive behavioural therapy (CBT). Implementing one or more of these strategies can be very beneficial and are known to help individuals to better cope with their tinnitus.

While the actual perception of tinnitus may persist, many people will naturally begin to habituate to the sound over time. The brain will eventually "lose interest" and will stop paying so much attention to it.

On a preventative front, hearing protection should always be worn when exposed to loud industrial or recreational noise, loud music, hunting etc. There are many types of over-the-counter and custom-made hearing protection available. If you would like further information or education regarding tinnitus or hearing protection, contact an audiologist to book a consultation.

The Northern
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Écrit par Kim Morris

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Kim Morris,

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Mais Boréal en ligne ne veut pas dire des programmes à distance, lointains et désengagés. Nous avons donc imaginé une formule dans laquelle l'étudiant à distance pourrait être ENGAGÉ. À temps plein, à temps partiel, l'étudiant étudie au rythme qui lui convient. En aucun cas, il est seul derrière son écran : chaque semaine ou aux deux semaines, des rencontres virtuelles avec les professeurs et les collègues de classe permettent de créer du lien et d'échanger sur les cours. Amélie Ouellet, Gestionnaire responsable de Boréal en ligne, explique : « Bien que la formation à distance comprenne un élément d'apprentissage autodirigé, le rôle du professeur est primordial à la réussite de l'étudiant. Celui-ci joue un rôle de coach, d'encadrement et de transférabilité des connaissances et permet un lien pratique et concret au domaine d'enseignement. » L'étudiant a aussi accès à des activités en lien avec son domaine d'études pour remplir les besoins de l'aspect pratique de nos formations.

**Nous avons
donc imaginé
une formule
dans laquelle
l'étudiant à
distance pourrait
être ENGAGÉ.**

Boréal en ligne permet d'avoir de la flexibilité parce qu'on s'intéresse à une nouvelle clientèle, adulte, qui dans plusieurs cas a des enfants et un emploi. Ces programmes sont non seulement offerts aux Ontariens mais également à l'ensemble de la population du Canada.

Présentement, 12 programmes sont offerts mais Boréal en ligne va continuer à ajouter des programmes question de répondre aux besoins du marché!

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HANDY TIPS FOR BATHROOM SAFETY

By Carolyn Smith

For seniors or individuals with limited mobility, the bathroom can be a tricky place to maneuver. Based on a multitude of reasons, bathrooms can be dangerous. Slippery surfaces and few dependable things to hold onto are a couple of examples. By making just a few adjustments, you can reduce some of these hazards.



Carolyn Smith

Handyman Connection

Non-slip flooring

With water and moisture present in the bathroom, falls are more common. Therefore, choosing a non-slip floor makes sense. Studies show that 80% of all fall related accidents are a result of suffering a slip in the bathroom. This can be significantly minimized by having proper slip resistant shower mats and anti-slip flooring in place. The importance of slip resistance should be considered when choosing non-slip bathroom floor material. The non-slip flooring is easy to walk on, easy to clean, and maintain.

Walk-in showers and safety steps

Showering and bathing can become incredibly difficult for those with reduced mobility. The walk-in shower or safety enable people to remain at home and live independently. Traditional bathtubs often present hazardous situations. Entering and exiting a bathtub are when many mishaps can occur. Walk-in showers are designed with consideration of basic needs, safety, and convenience. An economical option for easier access into their bathtub is the safety step. A safety step is a cut out from the existing tub and creates minimal mess. There is little disruption of use. The shower is usable within eight hours of install.



Grab bars

A grab bar can be made of composites, fiberglass, plastic, or metal. When installing grab bars, it is important for them to be waterproof and rust free. Grab bars provide assistance during tub entry or exit to prevent slips and falls but can also aid when finding it difficult to stand up from the toilet, leave the bed, and even climbing the stairs, which makes it handy in other problem areas of the home. The presence of safety bars can add to the elderly's feeling of safety.

These three safety tips offer seniors a safe way to move through daily living activities while also fostering independence. As a senior who understands mobility issues all too well and how costly safety aids and equipment can be, it is important for us to look out for one another. HandymanConnection offers a 10% discount on labour, up to \$100 for seniors.





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PRECIOUS GEMS ON THE MOVE

By John Kelly

Goshenite is primarily found in pegmatites. 'Wait!' you say. 'What on earth is a pegmatite?' It's igneous rock formed underground. Never mind. Goshenite is the colorless variety of the Beryl mineral group. It is also known as "white Beryl" or "mother of gemstones." It was first discovered in Goshen, MA. I'm still trying to figure out how it got its name. Goshenite can also be found in Russia, Brazil, Pakistan, Madagascar, and other locations. It really gets around. Or at least got around. It's transparent like its rich cousin the diamond but doesn't carry nearly the same value as a gem. But wait. What it lacks in flash and style, it more than makes up for in substance. That's right, substance.

You see, just like the Sudbury company that takes its name, Goshenite is that rare sort of gem that puts its nose to the grindstone. For others. It's modest, unassuming, and puts other gems before itself.

Goshenite Seniors Services, founded by Nicole Blais in 2015, sees the need and the value for such a gem, for a business that looks after the interests of one of our community's most valuable commodities. At Goshenite, the mission is to facilitate an easy transition in lifestyle for seniors whenever and by whatever that change is necessitated. And, if they already haven't, this mining town would do well to discover it.

"We respect and uphold their values during the transition process," says Nicole. "We want to simplify the process and educate our clients about all options available to them."

At Goshenite Seniors Services it's all about moving, about moving forward. The company recognizes its vital role in the transitioning phase or phases in seniors' lives. Their services extend beyond move management and estate & content sales into their Driving Seniors Companionship program. Qualified and courteous drivers will take seniors on errands, to appointments, virtually anywhere they need to go. The program can accommodate seniors with impairments whether are cognitive or physical.

Goshenite may never hold the universal appeal of diamond. Nor should it. Your loved ones are unique and special to you. In your own collection, they are the goshenite and you know their true value.

Precious gems on the move. That is the motto of Goshenite Seniors Services. It is people helping people. Oh, by the way, the chemical symbol for goshenite is Be₃Al₂(Si₆O₁₈). Imagine naming your company Be₃Al₂(Si₆O₁₈)?

For more information / franchisee opportunities, contact Nicole Blais at 705 698-5318 or email: nicole@gosheniteservices.com



Nicole Blais,
Franchisor/CEO
Goshenite Seniors
Services Inc.

FACTS ABOUT WINTER TIRES

By Michelle Caza Joly

Like it or not, most Canadians have to start thinking about winter weather and winter driving. According to the Tire and Rubber Association of Canada 2018 Winter Tire Report, 76% of Canadian drivers now use winter tires, and 80% of them believe driving a vehicle equipped with winter tires has saved them from being involved in a potentially hazardous driving situation such as loss of control or collision.

Safe driving is all about traction. Winter tire treads are engineered to expel water and snow to provide maximum contact where the rubber meets the road, helping to improve stopping, cornering, and handling. Winter tire tread compounds are designed to perform when temperatures drop below 7 degrees Celsius. All-season tire compounds can harden in colder temperatures, creating less ability to grip road surfaces. Safety systems like all-wheel drive help keep tires on the road but winter tires provide the traction to drive safely in winter conditions such as

ice, snow, and cold. Other safety systems such as anti-lock brakes and traction control are also great safety features, however they don't provide the traction and grip that winter tires do.

The weight of heavier vehicles such as trucks means you can benefit from winter tires even more. The heavier the vehicle, the more force is required to stop and turn. Also, winter tires provide a significant advantage when you are towing.

Winter tire treads are engineered to expel water and snow to provide maximum contact where the rubber meets the road, helping to improve stopping, cornering, and handling.

Changing tires seasonally spreads out wear on the original equipment tires over time, helping extend the life and value of both sets of tires. Even if you are leasing your vehicle, there are still advantages to purchasing winter tires. Changing your tires seasonally reduces wear on the original tires, meaning less chance of replacement costs as the lease concludes. You own the winter tires and rims, you can keep them for your next vehicles, or sell the package and keep the profits.

Another advantage to note is that many insurance companies offer discounts to drivers who equip their vehicle with winter tires.

Don't wait until it is too late - do your research and book your appointment today to have winter tires installed on your vehicle.



Michelle Caza Joly,
Dealer Principal /
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IT'S OKAY TO TALK ABOUT IT!

By Drs. R. Righi and S. Wallace

Northern Ontario Women's Wellness (NOWW)

Genitourinary Syndrome of Menopause (GSM) is a term that describes the signs and symptoms associated with the physical changes of menopause. This includes not only the symptoms of dryness, burning, irritation, and painful sex but also urinary tract symptoms like urgency, painful urination, and recurrent bladder infections. These symptoms are experienced by 40-60% of postmenopausal women and are directly related to reduced estrogen levels. Decreased estrogen causes changes in your anatomy and decreased collagen and hyaluronic acid levels. This results in a thinning of the skin and decreased elasticity as well as changes in muscle function. 20% of women aged 65-70 suffer from urinary tract infections. Lack of awareness of the association between GSM and bladder infections may result in multiple unnecessary courses of antibiotic therapy.



These symptoms are experienced by 40-60% of postmenopausal women and are directly related to reduced estrogen levels.

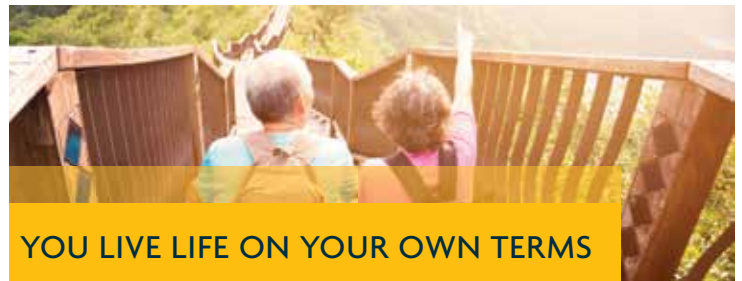
The primary goal of treating GSM is to relieve symptoms. Options include lubricants, long-acting moisturizers, and local estrogen. The Mona Lisa Touch Laser has been approved for the treatment of GSM. It is a fractional CO2 laser that delivers energy to tissues and stimulates fibroblasts in the skin to produce collagen and hyaluronic acid in order to increase skin thickness, elasticity and moisture. This improves lubrication making intercourse more comfortable and improves bladder symptoms including mild stress incontinence. It is non-hormonal and chemical free. The procedure is non-surgical and is performed in the comfort of the office during a routine outpatient appointment. The Laser sessions are less than 5 minutes using proven technology that has been accepted worldwide. The usual course involves three treatments, but many women notice improvement

after only one with resumption of routines within a few days and minimal side effects. For information on the Mona Lisa Laser or to schedule an appointment, contact Northern Ontario Women's Wellness (NOWW) at 705-670-9048, northernontariowomenswellness@gmail.com, or visit our website at NOWW.doctor.

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NOTHING LIKE COMPANIONSHIP!

By Michael Cullen

It's no secret that our population is aging at a rapid pace. This shift is not only going to strain the health care system and in almost all cases challenge the family dynamic where the children, brothers and sisters are submersed in the immediate care of their older adult loved ones.

In many cases of developmental, hidden, or physical disability regardless of age, it's the parents and other family members taking care of the loved ones. In either circumstance, we as a business community must do our part so that all who live in the "care provider" or the "recipient of care" world are offered equal opportunity at every turn no matter where or what the event.

In many public facilities, infrastructures are often grandfathered in as ok to use. But the accessibility and equality must not be status quo. Some simply say, "we are doing our part to accommodate those who may need it". In the opinion of SW Sports & Entertainment and its sporting affiliates (Sudbury Wolves, Sudbury FIVE Basketball, Sudbury Spartans) this issue is being addressed for the 2019/20 sporting seasons and every season thereafter making the safety and wellbeing of the fan experience a top priority regardless of social, physical circumstance, or age.

The program is based on tackling issues around social isolation, inclusion, and promoting companionship

Along with the recent public launch of our Companion Program in partnership with College Boreal, we are now more acutely aware how important every single fan/guest experience is and can be including for those with barriers or accessibility issues. The program is based on tackling issues around social isolation, inclusion, and promoting companionship so that all who subscribe feel invited and part of what our teams and sporting interests have to offer.

The most rewarding part of both the planning and delivery of our Companion Program is the conversations with the families, social groups, residences, nonprofits, and charities that serve our fans. Ideas shared, magical moments, and mutual satisfaction should be the mission of all who operate under any business model.



Michael Cullen,

Community Partnerships
SWSE
(SW Sports & Entertainment)
Sudbury Wolves,
Sudbury FIVE Basketball,
Sudbury Spartans



HUMAN RIGHTS FOR OLDER PERSONS

By Dr. Lorraine Mercer

When I was in grade 8, during a school field trip to New York City, we visited the United Nations. U.N. delegates dressed in saris, robes, suits, and kaftans and spoke in languages that made me think of the Tower of Babel story in the Bible. It made me want to be a translator for the General Assembly so I could do my part to bring about world peace and human rights.

Time and aging have not curbed my idealism. I remain inspired by the U.N. and the work of peacemakers and human rights advocates. For example, in September of this year, 16 child petitioners filed a complaint to the United Nations Committee on the Rights of the Child, protesting lack of government action on the climate crisis. These children see the harm to the earth and fear for their futures, much as I saw the threat of military violence to my future when I was their age.

The U.N. remains relevant for those of us in our later years. Next year at this time, the Open-Ended Working Group on Aging will propose a Convention on the Rights of Older Persons. The "Convention" is not yet formulated and remains open to debate. When it is finalized, it will be a treaty signed by member nations of the United Nations that establishes international rights for older persons. This is similar to the United Nations Convention on the Rights of the Child, the world's most ratified treaty. It will be in keeping with the Universal Declaration of Human Rights, but will focus on issues faced by older people. Two issues of interest are: the rights against discrimination, the rights to participation.

The proposed Convention is not a "done deal" but is a work in progress; one that may or may not receive U. N. endorsement. Critics of the Convention don't see the need for a separate statement on rights of older persons, and/or don't see the need for an international treaty, preferring instead regional or national determination of rights. Proponents of a Convention, such as Help Age International, a global advocacy group for older adults, see the gaps in services, opportunities for older adults, and want to ensure fairness across the life span. To learn more about the proposed Convention on the Rights of Older Persons, visit social.un.org/ageing-working-group/ and www.helpage.org/what-we-do/rights/.

Lorraine Mercer, Ph.D., is Chair of Gerontology and Associate Professor at Huntington University.



Dr. Lorraine Mercer

Chair,
Gerontology Department,
Huntington University



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PERSONAL SUPPORT WORKERS - THE BACKBONE OF OUR HEALTH CARE SYSTEM FOR SENIORS

By Jo-Anne Palkovits

Personal Support Workers care for people who are ill, elderly, or need help with daily tasks. They ensure that clients are comfortable, safe and that they enjoy emotional and physical well-being. Most PSWs work in long-term care homes or in clients' homes as an employee of a homecare agency. In order to become a PSW in Ontario, one must complete a PSW program and obtain a diploma from an institution that is accredited by the Ministry of Training, Colleges, and Universities. PSWs provide for the comfort, safety, and well-being of their clients, and also demonstrate sensitivity and respect for those in their care. The PSWs positive attitude, abilities and approach are critical to the health of the people they support. I would suggest that PSWs are literally and figuratively the backbone of our health care system for seniors.



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

Ensuring there is a sufficient number of PSWs to care for our aging population is one of the most pressing issues facing us. Currently, long-term care and home health care providers report that they face a health human resources crisis. An aging workforce, low-recruitment rates, high incidence of worker burnout and injury, funding challenges, and the increasing acuity level of seniors in care are all factors that have contributed to create this crisis. A sector-wide health human resources strategy is required for our community and province. This strategy must be developed collaboratively with governments, health planning bodies, unions, long-term care providers, homecare providers, post-secondary institutions, and frontline workers themselves. Some of the solutions include: providing tuition for students, as well as other financial incentives to address affordability challenges; developing a comprehensive awareness building campaign including job fairs and social media; clearing a pathway for international students and workers; lobbying the government to provide sufficient funding for increasing staffing levels and direct care hours that support the health and safety of our current PSWs. Finally, there is a need to emphasize seniors' care as a rewarding and meaningful career. We need to change the culture of thinking. PSWs love to help people because it is gratifying work. Remember that PSWs are the backbone of our health care system for seniors. Please help us recruit more and please treat the ones that we have with dignity and respect.



St. Joseph's Health Centre Of Sudbury
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SENIORS ACTIVE LIVING CENTRES

By Peter Marshall

In 2016, the Ontario Government introduced a new Act entitled the "Seniors Active Living Centres Act" that replaced the "Elderly Persons Centres Act" of 1966. Its purpose is to promote active and healthy living, social engagement, and learning for seniors by providing them with activities and services.

The act affirms the government's mandate to support seniors in remaining independent, active, healthy, and socially engaged. It allows for more program flexibility to better meet the needs of Ontario's seniors who are diverse in terms of their culture, age, needs, interests, abilities, and geographic locations



Peter Marshall,
Program Leader,
The Parkside Centre

A recent study by the Older Adult Centres' Association of Ontario (OACAO) highlighted the positive impact that seniors centres have for seniors in Ontario, starting with the heavy participation levels and the longevity of membership. It also found that members of older adult centres were very engaged with their centre and their community, with volunteer participation levels of more than 50%. It was also found that few other services in the province provided the opportunities for social interaction and self esteem that are found in older adult centres.

*The act affirms
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engaged.*

The ParkSide Centre is one of the province's Seniors Active Living Centres. A needs assessment survey helped gain insight and focus on the opportunities to improve our facility and programs, so that the needs of our membership would continue to be included in any future planning.

The completed needs assessment contained a wide range of information that has been useful for the ParkSide Centre. The results mirrored the provincial statistics in many ways. As an example, 71% of our members joined for socialization/friends/support reasons. In fact, our members listed 36 different reasons for joining the ParkSide Centre. Provincially, 71% of attendees visited Active Seniors Living Centres for education, special activities, and fitness classes, which align well with our results.

The ParkSide Centre continues to play an important part in the lives of seniors throughout the City of Greater Sudbury. If you want to learn more about the ParkSide Centre and the programs that it offers, contact them at 705-673-6227, or visit them in the Centre for Life Building at 140 Durham Street in Sudbury.

**the
ParkSide
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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AS UNIQUE AS YOU ARE

By John Kelly

We've all been there – dressed in the new outfit heading out to a wedding reception. 'I look pretty good if I do say so myself,' you say. You walk into the exquisite ballroom, making your grand entrance, and then it hits you like a brick in the face. That woman is wearing the exact same thing as you, from head to toe.

"Our customers don't want to see the same outfit on someone else at an event, work, etc. We sell unique items that you can't buy all over locally," says Kyle Hoody, owner of Jean Country in Lively and Espanola.



Kyle Hoody

Owner
Jean Country

The women's fashion retail landscape is littered with the cookie cutter outlets that will have you looking good, but much too much like the woman across the table from you at your nephew's wedding or your company's Christmas party. Jean Country has the solution with a wide variety of one-of-a-kind items for all shapes, sizes, and ages.

Just because the summer wear has been put away for another season, it's no reason to stop being stylish.

If the snow hasn't flown yet, it'll be flying soon. Jean Country is a Northern Ontario business. Hibernating is for the bears. Just because the summer wear has been put away for another season, it's no reason to stop being stylish. There are four seasons of fashion at Jean Country.

"We have gorgeous fall sweaters and pants and beautiful fall and winter footwear - waterproof, water-resistant, and lamb's wool-lined," says Kyle. "Keep your feet warm and dry while still stylish."

There's something else that sets Jean Country apart on the fashion landscape, and it's not the rock cuts or the pines. Walk into either Jean Country location, and you'll be met with friendly staff that are eager to help.

"I think our stores stand out in northern Ontario because of our amazing customer service," boasts Kyle.

So, before your niece's graduation or your other nephew's wedding, head to Jean Country. You'll leave with something unique, and when the doors to the ballroom open, you can rest, eat, dance assured that no one else is wearing your outfit.



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By Jean-Mathieu Chénier

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- Sunwing Vacations: Offering flights from Greater Sudbury to sun destinations in Jamaica and the Dominican Republic from December to April annually.

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PRESENCE

By Jacqueline Bergeron

For many, the holidays are a happy time of comfort and cheer. It's the season for families to enjoy spending time together and celebrating traditions the generations before us have built. The Christmas tree, lights, and decorations can bring smiles to all.

However, for some seniors, the holidays can bring about sadness and loneliness. They may get emotional, thinking about the people in their lives who have passed away or about all the changes they've been going through. This is why visiting aging loved ones over the holidays is so important. You can show them you love them and support them and celebrate what the season is truly about.



**Jacqueline & Marian
Bergeron,**

Owners, La Vie En
Couleur & Decor

*Sometimes your
presence alone
is enough to let
your aging loved
ones know how
much you care*

If your loved one is already residing in an assisted-living facility, a visit or two over the holiday season is just as important to them as well. Even though they are in a social environment and receiving the quality care they need, visits from family help them know that you love them, and you haven't forgotten about them.

You can enhance the holiday season for your loved ones residing in an assisted-living facility in many ways. Help them decorate their living space to make it festive and inviting.

At La Vie en Couleur & Décor, we specialize in unique décor that can create any home, no matter the size, feel cozy. Assist them with writing out and sending holiday cards to help them remember all the people in their lives who care for them. Most of all, just be there to listen. Sometimes your presence alone is enough to let your aging loved ones know how much you care



NEWS AND TIPS FOR RENTAL LIVING

Brought to you by

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LIVE ALONE AND LOVE IT!

Humans are social creatures, but we still enjoy having our own space. Living alone in a rental apartment can be both challenging and rewarding. With just a few tips, you'll be able to make your home your own, and will soon forget how you ever shared a space in the first place.

MAKE YOUR APARTMENT YOUR OWN

Often, our style and décor choices are driven by necessity – a decorative shelf is no good when you have an entire family's worth of books to hold. But when you're living alone in your apartment, you're free to pick and choose the pieces that you like.

You also won't have to worry about anyone's taste but your own. Bold colours and patterns? Go for it. Lace curtains and neutral walls? That's okay, too. There's no one to please but yourself!



TAKE CARE OF YOUR SPACE

It can be easy to let things slide when living on your own. A tidy apartment tidy can play a big role in how you feel in your own space. Find permanent homes for possessions to avoid clutter and stay on top of tasks like dishes and dusting. Call your building manager about any problems you're having, whether it's a leaky faucet or a drafty window – little things add up and can cause more work in the long run.

STAY SAFE

One downside of living alone, particularly in your later years, is anxiety over safety. Whether it's physical safety issues like taking a fall, or personal safety issues like coming home at night, there are things you can do to protect yourself.

First, have adequate locks on your doors, including a security chain.



Ensure there is adequate lighting in areas of the building where you'll be exiting or entering, including all common areas. If not, notify the manager.

For safety inside your apartment, installing devices like bath and shower rails, non-slip mats and rugs can help make daily life easier. Need help? Talk to your building manager about having the work done.

ENJOY YOURSELF!

Living alone comes with its share of responsibilities but is also very empowering. A safe and secure rental apartment feels like home and will surprise you how easy it is to be on your own. Remember, while you are alone in your apartment, you are not alone – company is a phone call away, neighbours are across the hall, and the world is waiting just beyond your space.



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SERVING OUR VETERANS IN DEATH AS THEY SERVED US IN LIFE

By Justine McIntyre

Veterans who have served our country deserve our support and recognition in death as they do in life.

The Last Post Fund – Fonds du Souvenir was founded in 1909 by Arthur Hair, a hospital orderly, after a homeless Veteran was brought in to the Montreal hospital where Hair was working on a cold December night in 1908. The soldier died two days later of exposure, aged 53. As he was penniless and without family to provide for a dignified funeral and burial, Hair himself undertook to do so, and swore that no Veteran should ever again suffer the indignities of an anonymous burial.



Justine McIntyre,
Communications
Officer
*Last Post Fund –
Fonds du Souvenir*

In the words of our founder: “To honour and protect in death seems but a small return to those who have protected their country in life.”

Since then, the Last Post Fund – Fonds du Souvenir has made it its mission to ensure that no Veteran is denied a dignified funeral and burial, as well as a military gravestone, due to insufficient funds at time of death. Funded by Veterans Affairs Canada, the Funeral & Burial program addresses this primary mandate while the Unmarked Graves program seeks to rectify unmarked Veterans’ graves with the installation of a military marker.

Earlier this year, the Last Post Fund launched the Indigenous Veterans Initiative with the aim of improving outreach to Indigenous Veterans communities with our programs. The initiative seeks to work with researchers from Indigenous communities to identify and mark unmarked Indigenous Veterans’ graves as well as offering to add Indigenous Veterans’ traditional name to existing military markers. Researchers interested in participating in the Indigenous Veterans Initiative should contact the Last Post Fund – Fonds du Souvenir.

In your time of mourning, we hope you will remember that if your family member or loved one has served in the Canadian Armed Forces, they are eligible to receive Funeral and Burial benefits provided by the Last Post Fund – Fonds du Souvenir on behalf of Veterans Affairs Canada. Our Counsellors are available Monday through Friday from 8am – 4pm to receive your inquiries by phone at 1-800-465-7113 or by email at info@lastpost.ca.



LAST POST FUND
FONDS DU SOUVENIR

WHO DECIDES?

By Nicole Jansen, RN

When it comes to our health care treatment, we all want to make our own choices and decisions. We hope that we will always be able to do this, however, there may be times in our lives when we may not be mentally capable of making these decisions for different reasons.

There are health care laws in Ontario (Health Care Consent Act) that protect you should you not be able to make these decisions for yourself. Health care professionals who are providing care are responsible to ensure that you are well informed regarding the treatment or the care they are providing. If the health care professional determines that you are not capable to make this decision (able to understand the proposed treatment and appreciate the consequences) regarding your care, they will ask the person responsible to make decisions for you - your Substitute Decision Maker. Who will be your Substitute Decision Maker is based on a predetermined list. On top of this list is your attorney in the Power of Attorney for Personal Care document – this is not your lawyer but the person you have chosen to make health care decisions for you. There are two types of Power of Attorney:

- 1) Power of Attorney for Personal Care - this person you name can make decisions about your health care, housing, and personal care if you become mentally incapable of making these decisions. The person you choose must be capable and at least 16 years of age.
- 2) Power of Attorney for Property - this person you name can make decisions about your financial affairs such as paying your bills, selling your house, and managing your investments. The person you choose must be capable and at least 18 years of age.

If you have not named a Power of Attorney for Personal Care, the health care professional will continue down the predetermined list (spouse or partner, children siblings, other relatives, etc.) to find someone else to make decisions for you. If there is no suitable person found on the list, the government may have to make decisions through the Office of the Public Guardian and Trustee.

It is important for you to choose a Power of Attorney. In choosing your attorney, it should be someone you trust and who will respect and carry out your wishes. This will ensure that you decide!

The Power of Attorney document can be completed with your lawyer or by completing the Power of Attorney kit which is free from the Attorney General office.



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Nicole Jansen, RN
Geriatric Nurse Clinician
North East Specialized
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Resources:

- 1) Ministry of Attorney General of Ontario website
- 2) Google YouTube video entitled “What is your role in healthcare decision-making in Ontario?”



The 50+ Lifestyle Magazine publishes quarterly and is distributed **FREE** throughout Northeastern Ontario.



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Les étudiants du programme de Promotion de l'activité physique et de la santé du Collège Boréal de Sudbury organisent une collecte de fonds pour l'organisation #IVEGOTYOURBACK911 ainsi que pour la création d'une bourse de mérite pour le programme. L'événement a pour but de ramasser des fonds pour offrir des services et de l'éducation pour les travailleurs dans les Services d'urgences et le personnel militaire qui souffrent du trouble de stress post-traumatique (TSPT). L'événement « Courir pour se souvenir - Run to Remember » se déroulera le dimanche 10 novembre 2019 à partir de 9h, au Collège Boréal et comprendra une marche/course de 1km, 5km ou 10km et multiples tirages pour les participants. Tous sont les bienvenus à participer!

The Fitness and Health Promotion students of Collège Boréal are organizing a fundraiser for #IVEGOTYOURBACK911 as well as for the creation of a merit scholarship for the program. The objective of the fundraiser is to collect funds and to create awareness for the first responders and military personnel who suffer from Post-Traumatic Stress Disorder (PTSD). The event "Run to Remember - Courir pour se souvenir" will take place on Sunday, November 10th 2019 starting at 9am and will include a walk/run with the option of 1km, 5km or 10km and multiple draws. Everyone is welcome!

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