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# Spring has sprung again.



It's almost as though you could set your clock to it. The birds are singing a little more sweetly, the air smells cleaner (dog parks excepted), and hats and mitts are put away until Jack Frost decides to stick his fingers where they, to our dismay, belong. As the last of the snow melts away and the trees yawn and blink and stretch their limbs, what are you going to do? Many of us clean up the way Mother Nature does with a little rain and wash of everything, and we rake away the rotting leaves of our minds.

One year ago, I wrote about making a spring resolution rather than a New year's one. I suggested you embrace change and transition. If you took me up on the advice, how did you do? Did you put your arms around the ephemeral bidding them 'farewell' or did you put them in a bear-hug and try to deny their inevitable departure?

There is a wonderful sense of freedom and relief that comes with acknowledging the transience of things. Don't get me wrong; the love of a mother is enduring, and taxes are here to stay. But things change. Thoughts come and go. Our hearts and minds are continually gardens and landfills. We cultivate and cast aside, mimicking nature as we do. So, as we move through spring and into summer, remember to celebrate the dual nature of embrace and release. I think you'll be glad you did!

**Nicole Blais,**  
Publisher

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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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# WHAT IS A NORMAL ARCH?

The beauty of the human race is that we are all very unique. Our differences set us apart from the next guy. We all have different hair, different body types and yes, different feet. I have seen many feet over the last 32 years of practice and believe me, no two pair are alike. Most people's two feet even differ from each other in the fact that one foot is usually slightly larger than the other.

The arches of the feet differ greatly from person to person. There are high arches, low arches and even no arches. I am often asked what constitutes a "normal" or "good arch". That question cannot be answered in quantitative figures. Due to the fact that we are all structured differently, a normal arch for one person may not be normal for another.

There are actually three arches in the foot. The main one, and the cause of most concern is the inside or medial longitudinal arch. The second is the outside or lateral longitudinal arch. The third is the metatarsal arch, which runs across the ball of the foot. The particular bone structures of our

feet, along with the support of ligaments are what makes up our arch.

Many people come to the office complaining of flat feet, or that their child has flat feet. A true flat foot, or pes planus as it is called, is actually quite rare. If you stand on your tippy toes and an arch forms then it is not a true flat foot. It may flatten out when you stand up but a true flat foot has no arch what so ever, even when standing on tippy toes. Surprisingly, most true flat feet are not painful in any way. The problem a flat footed person tends to complain of are sore knees or sore back. True flat feet are very poor shock absorbers and the pains are usually felt is the joints higher up in the body.

When a foot first hits the ground during the walking cycle there is a certain degree of elongation that occurs. This is part of your natural shock absorption. A foot that elongates too much can cause problems. This type of foot tends to look flat when standing. This foot type can lead to heel pain, bunions, ankle and knee pain. A foot orthotic

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



is usually worn in the shoe in this case to support the foot and stop any unnecessary elongation.

High arched feet can have their problems as well. A high arched foot tends to weight bear on only the heel and the ball of the foot causing a weight distribution problem. This can lead to callous or corns on the ball of the foot, heel pain or a pinched nerve called a neuroma. Again, a foot orthotic is usually needed to correct problems caused by an arch that is too high.

A "normal" arch is hard to define because you may run across people with extremely high or extremely low arches with no problems or pain at all. A foot with a good arch is one that works well and is pain free for that particular person.

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# NOVEL CORONAVIRUS, COVID-19

By Jo-Anne Palkovits



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

A novel corona virus (COVID-19) was identified as the cause of an outbreak of pneumonia reported in Wuhan (Hubei Province), China on December 31, 2019. The World Health Organization (WHO) has now declared a pandemic meaning that they believe that the COVID-19 virus will eventually be in all countries.

## What do you need to know?

We all need to prepare ourselves for the potential wider spread of the infection in the community. We are fortunate that the Sudbury and District Health Unit under the leadership of Dr. Penny Sutcliffe are in charge of this evolving situation.

Symptoms of COVID-19 can range from mild to severe and include: fever, cough and/or difficulty breathing (shortness of breath).

If you suspect you have symptoms of COVID-19, call Telehealth Ontario for medical advice at 1-866-797-0000 (TTY 1-866-797-0007) or Public Health Sudbury and Districts at 705-522-9200 (toll-free 1-866-522-9200). Be sure to mention your symptoms and your travel history, including the countries you visited.

If you are ill and must visit a health care professional, call ahead and tell them that you have a respiratory illness. You may be asked to wear a mask while waiting for or receiving treatment to prevent the spread of illness.

If you need immediate attention, call 911 and mention your travel history and symptoms.

## How does COVID-19 spread and how do you protect yourself and your family?

Coronaviruses are spread mainly from person to person through close contact, for example, in a household, workplace or health care centre.

Simple, easy, and routine hygiene practices can reduce the spread of germs and help you stay healthy.

**Wash your hands as an important part of your daily routine.** Washing your hands is your best defense against spreading illness such as coronavirus, influenza, colds, food-borne disease and norovirus.



St. Joseph's Health Centre Of Sudbury  
Centre de santé St-Joseph de Sudbury

For further information visit  
[www.phsd.ca/COVID-19](http://www.phsd.ca/COVID-19)

## Key advice for older adults and people with pre-existing conditions:

- When you have visitors to your home, exchange "1 metre greetings", like a wave, nod, or bow.
- Ask visitors and those you live with to wash their hands.
- Regularly clean and disinfect surfaces in your home, especially areas that people touch a lot.
- If someone you live with isn't feeling well (especially with possible COVID-19 symptoms), limit your shared spaces.
- If you become ill with symptoms of COVID-19, contact your healthcare provider by telephone before visiting your healthcare facility.
- Make a plan in preparation for an outbreak of COVID-19 in your community.
- When you go out in public, follow the same preventative guidelines as you would at home.
- Stay up to date using information from reliable sources.

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# SIT BACK & RELAX WE CAN HELP

By Carolyn Smith

With such beautiful weather around the corner, the tradesman over at Handyman Connection are excited to get out in the sun! And what a good time to get work done outside, that no one wants to do in the winter. For example, re-caulking the exterior of the house, building a garage, putting up a fence or fixing the old one, getting the deck re-finished or even re-done, or simply giving the gutters a good cleaning. Sit back, relax, we are trained to do the work your home is craving, or if it's something you'd like to do and just need a helping hand, we can always help!



**Carolyn Smith**  
*Handyman Connection*

## Now, what is Handyman Connection?

To most people Handyman Connection is just another contracting company. Like all the others we promise satisfaction and proper workmanship. To some, Handyman Connection is their means of providing for their families and themselves. It is also a place of learning, where contractors get to gather, grow and share their knowledge, assist one another when taking on new challenges even if it is just making new connections. Some even call it home.

## That brings the question: What is a home?

For me, home has always been the place where I have felt comfortable expressing my desires like putting my espresso machine where my bedside lamp should be and a place to express myself by arranging things the way I like them. Therefore, your home is an expression of you, although it may prove to be challenging to maintain your wonderful home from time to time. Over at Handyman Connection we are proud to help our community with any job big or small, just give us a call.

## What is a contractor?

Quite simply, a contractor is a person. A person who has dedicated part of their life to learning the art of the trades. Continuously overcoming new obstacles, contractors are very knowledgeable in their profession. At Handyman Connection we encourage a sense of community and teamwork so everyone can share their passions and hopefully learn from the experiences of others. Thus, we all have a place to learn and grow, together.



# TIPS FOR ESTATE PLANNING

By Deborah Slywchuk

## Tip #1:

A recent poll by the Angus Reid Institute revealed that 51% of Canadians do not have a will; this is referred to as 'dying intestate'. In the absence of a will, somebody, usually a family member will have to apply to the court to be appointed as your Estate Trustee and Ontario's Succession Law Reform Act will set out how your estate will be distributed. More than likely, the outcome will be neither what you wanted nor expected! The effort to write a will now, will save time, grief, and money for everyone in the long run.



**Deborah Slywchuk,**  
**CFP®, CEA**  
*Insurance/Financial  
Advisor*  
The Co-operators

## Tip #2:

Much can go wrong when appointing one or more adult children as joint owners of a principal residence, bank, or investment account. While the intention may be to avoid provincial probate tax or allow the child to help with some of the financial affairs, what most people don't realize is that these assets will then be exposed to any potential creditors, bankruptcy, division of assets on marriage breakdown, or lawsuits their children may be involved in. Sometimes, paying the provincial probate tax may not seem like such a bad idea once the risks of joint ownership with adult children is better understood.

## Tip #3:

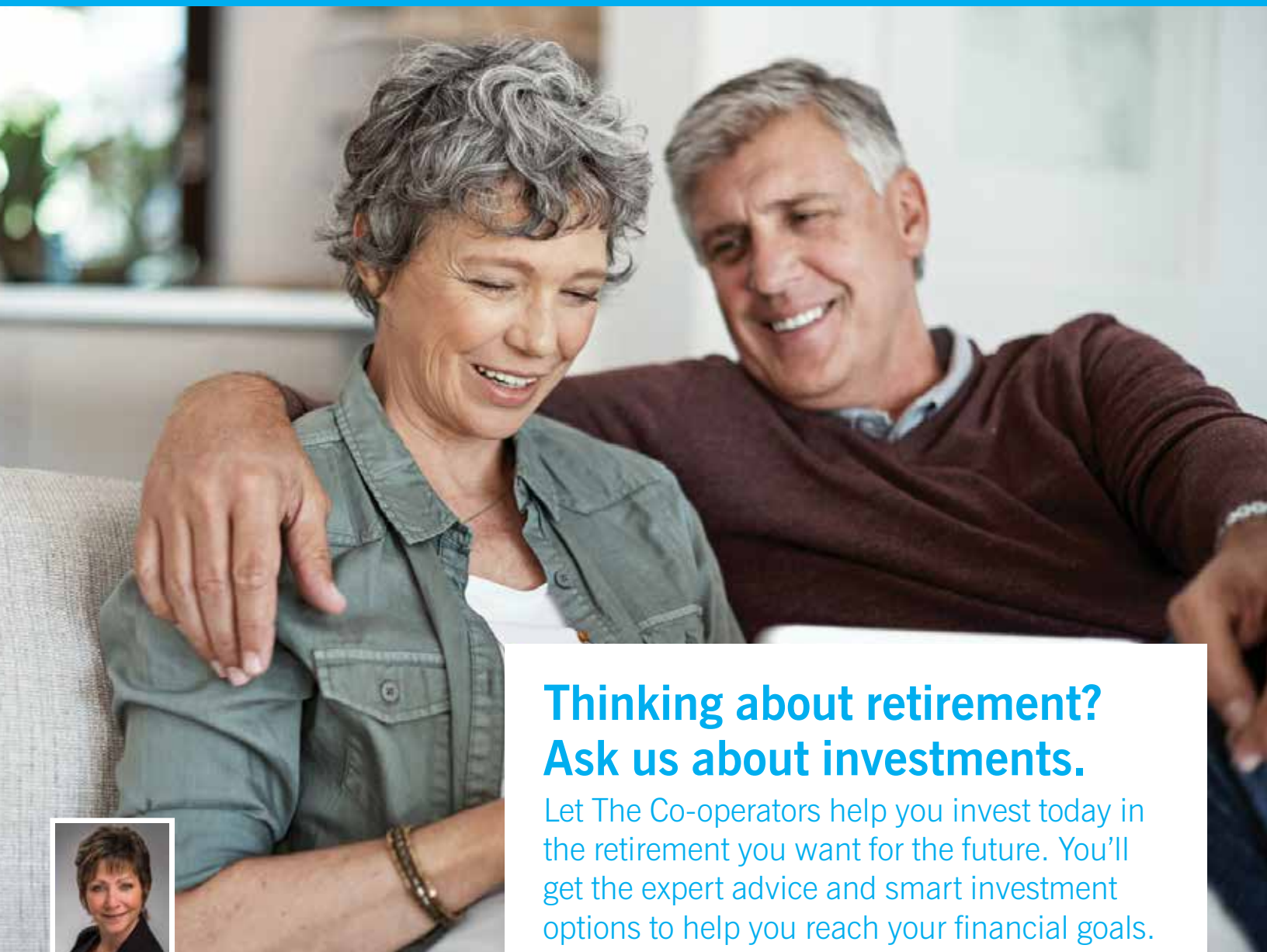
Two things are certain in this world – death and taxes! Two things that are tax free in Canada - life insurance and capital gains on a principal residence! In Ontario, we have experienced a huge growth in value of recreational properties in recent years. If your family is fortunate enough to own such a property, and it is not your principal residence, you should be prepared for the potential for a pretty hefty tax bill upon the sale, or at the death of the owner. Without the availability of liquid cash assets to cover the taxes on the second property, it may need to be sold, just to pay the taxes, sidelining any plans to pass the property down. This is where a tax-free life insurance policy could work to cover that impending tax bill. In some situations, we see where adult children have chosen to fund the insurance plan, thereby ensuring the property remains in the family for generations to come.

**For information on these and other estate planning strategies, reach out to a Certified Financial Planner today!**





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C&C

# WHEN TO THINK ABOUT CHECKING OUT RETIREMENT RESIDENCES

By Natalie Champagne

Marketing Manager, Autumnwood Mature Lifestyle Communities

Now's a good time!

Too often, older adults wait until they have a crisis before checking out a retirement residence. But there are great benefits to touring retirement residences before you ever need one.

## KNOW THE DIFFERENCE

Many people still don't understand the difference between a retirement residence and a long-term care facility. Checking retirement residences out early will give you a clear understanding of the different levels of care offered and clear up any misperceptions, so that you understand what's available and what you may desire or require at different stages of life.

## YOU CAN RELAX

Most people don't like to commit to big changes under pressure. Getting information and knowledge early will help you to make big life decisions later. Without the pressure of knowing you need to move in right away, there's no fear of an imminent big change. You can just take it all in.

And, you'll have more time. Instead of having a few weeks to decide, you'll have all the time you need.

## YOU CAN GET AROUND

Doing all of the leg work when you can easily get around makes sense. If you wait until you have a crisis, you may have mobility issues that make it difficult to get around and you may lack the energy or health to check out as many residences as you'd like.

## ON THE LIST

Residences often have long waitlists. Some have over 300 people waiting for a suite. It's good to be on waitlists long before you need a space so that if you do have a crisis, you're not at the bottom of the list. Going early gives you plenty of time to get on a waitlist for any place you might like.

When you wait until you have a crisis, you often end up taking a spot wherever you can get one rather than at a place where you wish to live.

## KNOWLEDGE IS POWER

If you check out residences early, you'll have a great idea of products and services offered. You'll understand the prices and the value and you'll be able to make financial plans now based on what you will want later.

So, get at it already! While you're still healthy, and able to get around, go tour any retirement residence that you're interested in. Now is a good time.



# ENHANCEMENTS TO DIGITAL NEWS

By Chelsea Papineau

CTV News Northern Ontario has been delivering news for the north for over 60 years.



Chelsea Papineau

CTV News  
Northern Ontario  
Digital Content Specialist

While we still have newscasts on TV at noon, five, six and 11:30, you don't have to wait for the broadcast or for posts to pop up in your social media feeds to get the latest information. If you miss a newscast, you have the option to go to our website, [CTVNewsNorthernOntario.ca](http://CTVNewsNorthernOntario.ca) to watch it or check out individual stories in both article and video formats for free.

Recently, CTV News has made many improvements to its website as well as launched a new app that lets you customize the information you want to see, including local, national, international and various categories such as politics, entertainment, sports, health and business.

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With the amount of information available, recognizing reliable and trustworthy sources is becoming increasingly important. This is one of the reasons why CTV News is working towards even greater transparency in its online reporting.

Some of the new features on the CTV News Northern Ontario website include labels indicating if an article is news, opinion, review, or other. We also will let you know where we are in the storytelling, if it is developing, breaking, new, or updated. Each article now also has an error reporting mechanism and link to the company's editorial standards and practices. In the event a correction is made to an article, the change is explained. Within each article, you will find the name of the author, time, date, and location of where it was written, as well as be able to contact us with feedback.

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Thank you for watching!







### Cozee Homes

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I would like to take this opportunity to introduce myself and my business Cozee Homes.

My name is Claude St. Amand and I have spent most of my years in the Region of Niagara. I recently moved to the Sudbury Area.

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# MIND YOUR MATTER

By Jennifer Thoma

The phrase 'mind over matter' can remind us of the power of the mind and its ability to push us past physical barriers. However, the opposite can be true if we need to be reminded of our body's power and its ability to push us past mental barriers.

At Evolve Active Therapy, that is exactly what we are doing. We help people overcome chronic pain, repetitive strain, and countless other physical issues by educating them on how they move and how to correct the imbalances creating stress on their body. We are here to tell you that your body is capable of things your mind cannot comprehend.



**Jennifer Thoma**

Owner  
Evolve Active Therapy

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# LEASING vs BUYING A VEHICLE

By Michelle Caza Joly

Buying a vehicle is one of the biggest purchases that you will make, therefore you should consider all of your options. Buying a vehicle outright is the most cost effective, however, only an option for a very select few. Your other options are leasing or financing which have both advantages and disadvantages, just like renting vs buying a house.

The most obvious difference is that with a lease, you get a new vehicle every few years and don't have to deal with selling the vehicle at a later date. At the end of the lease you can just hand over the keys to the dealership and get a new vehicle.

However, when you finance a vehicle, every payment that you make builds equity and once the loan is paid off the vehicle is yours to keep driving or to sell.

In order to determine what is the best option for you, you must first determine what your goals, needs, and driving habits are. We all have different priorities in vehicles, life, and finances. When deciding on leasing vs financing, what's right for one person can be wrong for another.

**If the following criteria describe your needs, then leasing may be your best option.**

- You want to drive a new vehicle every two to three years
- You want lower monthly payments
- You want to have the latest safety features and a vehicle that is always under warranty
- You have a stable, predictable lifestyle and drive on average 20,000 to 25,000 kms annually
- You have no problem properly maintaining a vehicle

**If the following criteria describe your needs, then financing may be your best option.**

- You want complete ownership of your vehicle
- You want to build equity, resale value in your vehicle
- You want the freedom to customize your vehicle
- You want to drive the same vehicle for a long time
- You don't mind unexpected repair costs after your warranty has expired
- You don't mind a higher monthly payment
- You drive more than the average kilometres on an annual basis
- You want to be payment free once the vehicle loan is completely paid off

In the end, your decision will come down to your budget and your driving needs. If you are not sure which option is the best for you, always ensure to seek advice from a credible source such as a financial advisor, accountant, or your local trusted dealership.



**Michelle Caza Joly,**  
Dealer Principal /  
Vice President  
Cambrian Ford



# CANDLES, BADGERS, AND BUNNIES ...OH MY!

By Alison Hood

Our ancient hunter gatherer and agrarian ancestors were far more attuned to the natural world. Their lives were intimately linked with the orbit of the earth around the Sun. The midpoint between the winter solstice and the spring equinox was, and still is, for many cultures, the beginning of spring. For the pre-Christian Celts, Imbolc was a traditional festival which celebrated their survival of the cold, the dark, and the food restrictions of winter. Lambs, chicks, eggs, and flowers were the symbols of fertility and rebirth. As the Christian church spread across Europe it frequently appropriated the dates and nature of pagan festivities to reshape them as Christian holidays or 'masses'. Thus, Imbolc transformed into Candlemas, a time when churches were filled with lit candles to celebrate the coming of lengthening days. Parishioners carried glowing candles, lit from the Christ candle, back to their homes. The folklore was that if the skies were gray and the flames were bright, then winter was over and spring on its way. However, if the day was sunny and the candles didn't shine as bright, then winter was only halfway done. In turn, if the badger came out of hibernation on Candlemas and saw its shadow then a lengthy winter was predicted. The scarcity of badgers in North America led to the prolific groundhog being given the job of spring prediction.

*Eostre was a pagan goddess of spring whose symbol was the hare.*

Eostre was a pagan goddess of spring whose symbol was the hare. Christianity reshaped the festival of Eostre into what we now know as Easter. The symbolic use of eggs and flowers to herald the coming of spring and new life continued and

Eostre's symbolic hare, over time, transformed into the iconic Easter bunny (folk tales first documented the Easter bunny in writings of the 1500s). The late 1900s saw the introduction of the chocolate Easter bunny, and by the early 20th century, it had become a staple of modern Easter celebrations. Nowadays, chocolate eggs and bunnies are sweet symbols of the rebirth.

Although many no longer tie the orbit of the earth around the sun into their daily spiritual lives, and the religious roots of many of these festivities and symbols are lesser known by people today, the traditions remain and continue to evolve into modern cultural and community festivals.

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



**Alison Hood,**  
Department Chair,  
Religious Studies,  
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# TRANSFORMING A PERSPECTIVE

By Mavia DeNoble, OT Reg. (Ont.)

Throughout my career, I have had the privilege to work with individuals living with Alzheimer's disease and other forms of Dementia. Too often, patients and caregivers have shared the negative reactions they receive from others after sharing their diagnosis. Let's challenge some common misconceptions of the disease to improve our awareness and help minimize this reproach.



**Mavia DeNoble,**  
OT Reg. (Ont.)

Occupational Therapist &  
Geriatric Assessor

North East Specialized  
Geriatric Centre

## "It's an old person's disease."

While generally diagnosis occurs most often in people over the age of 65, it is not uncommon for people in their 40's and 50's to be affected. Early diagnosis and intervention is key to help manage symptoms and maintain a person's quality of life.

## "Memory loss is a normal part of aging."

While there is some age-associated memory loss, like occasionally forgetting things or events, or forgetting names of acquaintances, there are some changes that are not caused by aging. These can include forgetting more immediate memories, like recent conversations or events on a regular basis; frequently misplacing items; having difficulty getting dressed; following steps in familiar tasks such as preparing a common meal, or playing your favourite card game the way you once did. Some other things that are not normal parts of aging include having trouble remembering the right words, or mixing them up on a regular basis; or a lack of interest or initiation in previously enjoyed activities. When memory loss begins to impact day to day functioning, it's best to be assessed by an expert.

## "A diagnosis of Alzheimer's disease or Dementia signals the end of life."

A person living with this disease is very capable of living a meaningful life. Routine activities, regular participation in exercise, a balanced diet, social outings and gatherings, and activities that are stimulating and interesting are encouraged. Depending on the person and their medical history, there are some medications which may help encourage a person's ability to participate in daily tasks for a period of time.

## "I'll never manage this alone."

Caregivers often feel overwhelmed and alone while navigating this disease with a loved one. Many communities have access to resources to educate and support caregivers throughout the disease process. There are also many great resources found online.

Remember, the person living with this disease will experience change. What remains constant is that there is still a life to be lived, memories to be made, and a person to be loved.

Learn more on the Alzheimer's Society  
Website: [www.alzheimer.ca](http://www.alzheimer.ca)  
For additional Caregiving Strategies visit:  
[www.rgps.on.ca/caregiving-strategies](http://www.rgps.on.ca/caregiving-strategies)



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# OSTEOPOROSIS: THE SILENT THIEF

By Drs. R. Righi and S. Wallace

Northern Ontario Women's Wellness (NOWW)

Osteoporosis is a bone disease characterized by decreased strength due to poor bone quantity or quality. The term osteoporosis literally means "porous bones". The fragile bone has an increased risk of fracture. This is different from osteoarthritis which results from damage to the cartilage in joints resulting in pain, stiffness, and decreased movement. With osteoporosis, there are often no symptoms until a fracture occurs. These can occur spontaneously or as a result of a minor injury. Some of the risk factors for osteoporosis include:

- Older age (>65 years)
- Too much salt - aim for <2300 mg of sodium/day
- Lack of exercise - 150 minutes of moderate intensity aerobic activity plus strengthening exercises 2 days per week
- Smoking
- Alcohol (especially more than 3 drinks per day)
- Being underweight (< 60kg)
- Certain medications like steroids and some anti-epileptic drugs

Women are at an especially high risk of developing osteoporosis after menopause due to the role of estrogen in maintaining healthy bones. 1 in 3 women will develop an osteoporotic fracture in their lifetime.

Osteoporosis is diagnosed using a Bone Mineral Density (BMD) test. This test is quick and painless and uses X-rays to measure how much calcium and minerals are in your bones. If you are over the age of 65, or if you are between 50-64 with any risk factors, you should have a BMD.

To reduce the risk of osteoporosis you should consume 1000-1200 mg of calcium and 800 IU of vitamin D per day. Osteoporosis Canada recommends getting calcium from your diet. To determine your calcium intake, you can use Osteoporosis Canada's Calcium Calculator. If you require a supplement, check the amount of elemental calcium in the tablet. This is the amount you use to calculate your true intake. Take no more than 500mg of elemental calcium at a time. It is better to take smaller doses more frequently.

Bone loss at a rate of 2-5% per year can occur in the first 10 years after menopause due to declining estrogen levels. Health care practitioners may prescribe hormone therapy specifically for osteoporosis. Even short-term therapy can improve a woman's bone structure and prevent fractures. The response continues even after stopping the medication. Hormone therapy also offers the added benefit of addressing menopausal symptoms.

Osteoporosis medications are recommended for people at high risk of fracture. There are two broad categories of medications, those that slow down bone resorption and those that increase bone formation. You should assess the risks and benefits of each with your health care practitioner to choose the treatment option that's best for you.



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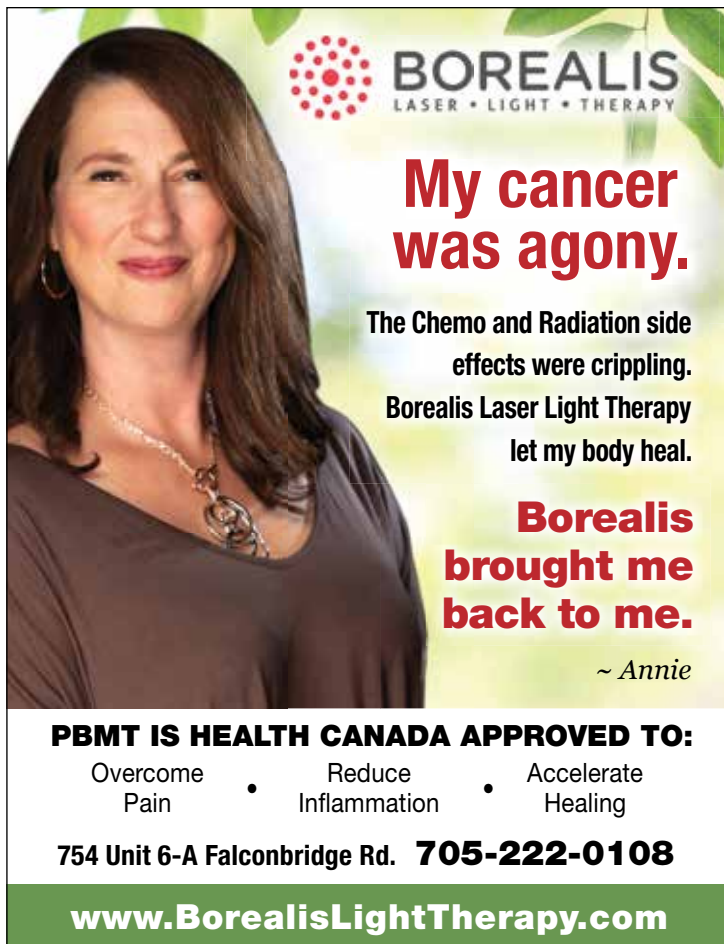
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# "IT'S A WIG"

## NO MORE SECRECY!

By Jo-Anne Cross

Since opening in 2009, a challenge has been the stigma wigs have. It's a secret! This hush hush attitude creates shame and embarrassment.

Happy to say times have changed. Many of our clients say: "It's a WIG."

The secrecy is because most wigs from the past looked bad and wig wearers were humiliated. They did not like what they saw in the mirror. For most it was embarrassing and best to avoid the topic. The stigma attached to both WIG and TOUPEE has been passed on from generation to generation. Some wigs did look bad and most of us can say we have seen a bad wig or toupee. It's easy to spot the bad ones, but you can't spot the good ones! And there are many good ones!



**Jo-Anne Cross**  
Owner  
Wig Boutique

The bad ones have given wigs a bad rap. Here is an example. With her mom, a 40-year-old came in with the intention of buying a head wrap. The look on her face when she saw all the beautiful wigs was shock. "I can not believe how beautiful these are!" This is her story: Sitting in the chemo waiting room the week before, she turned to her mom and said: "I will not wear one of those!" She had spotted a bad wig, and even though she did not want her kids to see her with no hair, she knew that a wig was not for her. In her mind, wigs look bad. She walked out with a wig on that day and could not believe how good she looked and felt. There were tears of joy for this young mom who wanted so badly to have hair.

*She walked out with a wig on that day and could not believe how good she looked and felt.*

Another time, an older lady shared with me that she had been checking out at her pharmacy and after complimenting the cashier on her hair, this is what she heard. "It's a wig." She said she was shocked because it looked so natural. "That cashier changed my mind about wigs and because of her, I decided to end years of being embarrassed by my thin hair. I am here today to get a wig!" That was 6 years and 3 wigs ago. "I love changing my looks & never have a bad hair day." Life changing for her.

Saying it's a wig helps other ladies. You may say that to someone who had no idea how natural wigs can look. We empower one another. Thankfully, the stigma is disappearing because wig wearers are saying: "It's a wig!"

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# Drive By

By John Kelly

It makes her day when they wave in the morning.

There's a movie where a guy just sits in a wheelchair by the window. It's called *Rear Window* and it stars Jimmy Stewart. The main character Jeff watches the comings and goings of neighbours. Mystery and intrigue turn to suspicion and murder. It's a Hitchcock film.

Our story contains no murder, just a little mystery. It's a journey, and like all journeys, it begins with a single step.

"It first started when Nicole would take a walk and then my mother would take a walk," says daughter Gisèle Gascon. "Then they would say hello, and then one day it was a short little chit chat at the end of Nicole's driveway. And then another walk on another day, it was an hour chit chat at the end of my mother's driveway."

\*\*\*

We have all lived in a neighbourhood or two. There are places where you really don't know your neighbour, where you couldn't pick them out of a line-up. And there are places, neighbourhoods where you do, where you say hello, shovel their driveway. You might even borrow a cup of sugar. The neighbourhood in this story is of the latter sort, at least it is for the two main characters, Marcelle Menard and Nicole Blais. They live, depending on how far you can throw a stone, a stone's throw from each other. Two houses, both a like in dignity...wait, that's been done.

"I drive by every day and wave," says Nicole.

"She drives by every day and waves," says Gisèle.

This could get repetitive, and it does, but in a good way.

These waves to one another have become as regular as the other waves, the ones that fall on the beach. Those waves have no choice; the earth and moon force them. That simple raising and waving of the hand between Nicole and Marcelle happens because they want it to.

\*\*\*

There is a life-altering event both women have experienced that further cements their bond.

"Three years ago, my mother got breast cancer. That's when Nicole came over. She brought the magazine. That's when my mother realized she had had breast cancer also," explains Gisèle.

The magazine she refers to is, of course, Nicole's 50+ Lifestyle Magazine, specifically the Fall issue from 2018. The theme centred around breast cancer survivors, and Nicole's cover photo is symbolic of the hope and resilience so many share.

"I was a friend and a resource to her for that. She would come over with her paperwork. It ended up putting her at ease. I feel like it's the good neighbourhood, the neighbourhood watch kind of program," says Nicole.

It's more like a neighbourhood watch on steroids.

"It's gotten to the point where when I leave, I will message her daughter Gisèle to let her know because I don't want her looking for us."

Such is the trust their friendship has forged that "if ever anything would happen, if she needed any kind of help, she'd be calling Nicole," says Gisèle.

The trust is well founded. If Nicole doesn't see Marcelle for a couple of days, she will check in on her to make sure everything is ok. For her

part, Marcelle has become familiar with cars that members of Nicole's family drive. And yes, they get waved at too.

"She's such a wonderful lady. My mother loves her."

Given the work does with Goshenite Senior Services, it's hardly a stretch that she would naturally reach out to and care for an elderly neighbour. Vocations aren't something you do nine to five and leave at the office. They don't come with a uniform that you can sling over a chair at the end of the day.

\*\*\*

Nicole and her husband Moe are just back from having put their feet in the Florida sand.

What does Marcelle think of their recent trip to the sunny south? Gisèle can't count the number of times her mother asked if she were back yet.

"My mother says she's been gone too long. She misses her!"

Well, on Nicole's first day back, there was Marcelle in the window waving, crying, and blowing kisses, overjoyed to have her friend back.

"She made me cry. You don't realize the impact you have on someone. Maybe I don't talk to her every day, but I see her in the window, and I wave to her. She came by the house one day and said she didn't know if I understood that I make her day every day."

\*\*\*

Origins of the wave are a little sketchy. Some say it comes from the military, to demonstrate that you are weaponless, that you mean no harm. In much of western culture, the wave is that familiar palm facing out side to side motion of the hand. There are some very particular variations on it too. Witness the beauty pageant contestant, the Queen, Richard Nixon!

Would-be impeached presidents aside, I did say the story contained no murder, just some mystery. Where's the mystery? Maybe it's in the way that the slightest of gestures can have the greatest impact. Maybe it's the way we crave connection with one another. Or maybe it's just a simple wave back and forth between two friends through a moving car and a picture window and how that can make everyone's day.



Neighbours Nicole Blais and Marcelle Menard



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# HEARING LOSS AND DEMENTIA: EXPLAINING THE LINK

By Lorrie Matarazzo

Many people assume that hearing loss is simply an inconsequential part of ageing. Research, however, over this past decade suggests that it may play a much more critical role in brain health than we've previously thought. Hearing loss is linked to many other health issues, one being an increased risk of dementia. Current research attempts to help us understand this link better.



Lorrie Matarazzo, Au.D

Doctor of Audiology  
Audiologist, REG.  
CASLPO

One theory that exists is that of brain changes over time. That is, hearing loss has been found to cause changes in the brain, which increase the risk of dementia. When the hearing part of our brain grows inactive, it results in tissue loss and changes to brain structure. Studies show that the brain of individuals with untreated hearing loss shrink or atrophy more quickly than those of people with normal hearing. Like other parts of our body, our brain needs to be worked and stimulated in order to remain active.

Another theory that often is cited relates to brain overload. When it is difficult to hear, the brain uses up much more of its resources to understand what people are saying. Straining to hear throughout the day depletes one's mental energy. We refer to this as auditory fatigue. This extra effort required to hear steals the necessary brainpower needed for other critical cognitive tasks such as remembering. By putting all our resources into hearing something, it often can't get stored in our memory.

The final theory linking hearing loss and dementia is social isolation. People with untreated hearing loss are less likely to join organized and casual social activities. When a person begins to withdraw from being socially connected to others, the risk for dementia intensifies. In short, the less we stimulate our brain by interacting with others and the less we use our brain to hear and listen, the more quickly our brain declines, ultimately putting us at a higher risk for dementia.

The research in this area is ongoing. We have learned that the higher the degree of untreated hearing loss, the greater the risk of dementia. As hearing loss increases, generally, the brain has been without regular sound stimulation for many years.

Hearing checks are an essential part of our health. Like many other components of our healthcare, early intervention generally leads to more successful outcomes. If you would like further information regarding hearing loss and dementia or would like a hearing health check, please contact an audiologist.

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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**

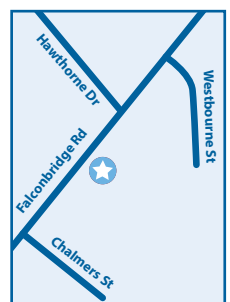
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# WELCOME HOME

By John Kelly

'Make yourself at home'. You hear it all the time. But, at Jean Country, Kyle Hoddy and his staff insists on it, and their customers listen.

"People feel like they're at home when they come in. We've had customers come in and throw their coat in one corner and their purse in another," says Kyle. "They let us help them and dress them."

There is something for everyone of any age.

"Three generations have come in together thinking they were only buying for one, and all three purchased something. They all came out of the change room loving what they wanted."

Grandma bought for her grandchild in this case. It's a rare occurrence indeed when you like what grandma gets you let alone that it's from the same store where she buys for herself.

And speaking of Grandma, it was during a February blizzard that a ninety-year-old regular customer made the walk, yes walk, in for some sale items. What she bought was a pair of sparkly heels. She's a dancer after all.

"She put them on, did a twirl and a dance in the back of the store. She was thrilled," says stylist Cindy Jalbert.

After refusing the offer of a ride home (that's the way Jean Country treats its customers), she walked home in the snow. The heels? They were in the bag.

Jean Country's Anna Kamerbeek explains, "for us, it's more about establishing relationships with our customers. I know that sounds really corny, but for us it's huge. There's a sense of trust that develops."

That trust was on display recently when two women, having felt so comfortable in the store, decided to bring in their friend for some celebratory jeans. What was she celebrating? The end of cancer treatments. That's trust.

"We really take our time with our customers. We're good at reading their shapes and body types. We find out what kind of style they like and are looking for. Then we try to create a unique look," says Cindy.

It starts with the individual wishes and needs of the customer. This, in large measure, dictates what merchandise Kyle and his staff decide to offer. At so many other retailers, the reverse is true – they buy the latest, trendiest, and throw it on you regardless of what you want.

Anna sums up the store's aesthetic this way: "When people leave us, they still feel like themselves, only better."



**Kyle Hoddy**

Owner  
Jean Country



[www.jeancountry.ca](http://www.jeancountry.ca)





# Spring INTO ACTION

By John Kelly

Bears hibernate for nearly half the year. No wonder they're so hungry and grumpy when they get up. For many seniors, much of the year is spent in their own den, their time spent killing time and pining for the smell of flowers, the warmth of the sun, the great outdoors.

In addition to all of the trials and tribulations life throws at us, for those living in northern climates, there is the added insult of winter. The young, mobile, and strong take it as no insult at all. They welcome the snow and cold with scarfs and mitts, sleds and snowshoes, ice fishing gear and snowblowers. They revel in all things winter. Misplaced enthusiasm for sure.

Many seniors hunker down for as many as six months and wait out the foul weather. Bears go this long without drinking, eating, or pooping. Seniors, as a rule, are more regular. The fact remains though that many are house-bound and unable to participate in activities that kept them on the move, gave their lives purpose. Bears also live off a layer of fat. If that sounds familiar, read on.

Enter spring. She comes in right on cue every year. And her entrance is a soft one. Demure. Sort of unannounced. It's the perfect time to get up out of your chair and get moving. Here are a couple of ideas to help make spring your hint to get outside and moving.

Walking is underrated. In the beginning, and I mean the beginning, we clap and cheer as baby's take their first steps. It's not long though before walking takes a back seat to just about anything that keeps us from walking. Spring can help to change that. It is a great time to rediscover our youth. Make

a point of walking everyday. Keep a journal. Log the miles. You may surprise yourself by how far you get. Nearly everyone can do it, and there's the added little bonus of that dose of Vitamin D from the sun that 's been missing since oh, about October.

There are a few things to keep in mind. Get the 'all clear' from your health practitioner. Invest in a comfortable pair of walking shoes. And remember, it's spring, but you're no spring chicken. Start slowly. Keep the distance reasonable. Keep an eye out for aches and pains that may be the result of too much too soon. If you can walk with a partner, great. It serves a couple of purposes. For one, it's a great buddy system. If your partner is a great conversationalist, even better. If you're able to hold a conversation without feeling winded, you're on track. If not, ease off the throttle a bit.

Some of walking's benefits are obvious: cardiovascular health improves; healthy weight objectives are achievable; bones, muscles, and joints are strengthened. But there are other advantages that fly under the radar a little but are no less important. Studies have shown that walking regularly aids in getting a good night's sleep. And perhaps most importantly, moderate exercise such as walking helps to slow cognitive decline.

Gardening, unless you're one of those people who grows herbs on the windowsill, is really an outdoor spring and summer affair. So, if you've got a green thumb, spring is your green light to get outdoors and start putting down roots. For the senior planter, there are all kinds of ideas to make gardening easier on more 'seasoned' bones. It may be the case that traditional gardening, i.e.

the down to earth on your hands and knees type is simply out of the question. Older back and hips and knees tend to object to all the bending and stooping.

Here are two alternatives to the tried and true 'horizontal' style of gardening, the one where you look down at a rectangle of soil and wish it weren't so far away. First is the raised bed. It's a gardening method that's older than dirt. That doesn't make sense, I know. After the initial investment in some lumber and the labour (that's what children are for), you have a garden that is literally at your fingertips. Depending on space and budget, you can make it as big as you wish.

Second is vertical gardening. Your crops don't go north, south, east, and west. They go up! Create a trellis and stand back. I have it on good authority that a bean stalk will go on forever. Cucumbers, squash, melons, and other vegetables also do well with this method. Potatoes not so much. If you like a glass of wine, consider growing grapes in this manner. If growing your own food or drink isn't your thing, many flowers take to these techniques wonderfully too. Regardless of which approach you may choose to employ, a pair of good hand pruners are indispensable. They'll save your hands and keep you from a great deal of frustration. A pair of gardening gloves and a sunhat complete the ensemble. The rest is optional!

So, it's settled then. This year you'll make like a bear; wake up, shake off the winter dust, do your business. Winter can make leaving the den and being active very difficult. But Mother Nature has a remedy, and her name is Spring. Get your recommended daily dose!

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# ARE PARTIALS NECESSARY?

By Preston F Johnson DD

The Denture and Implant Center

Yes, and for many reasons. Missing teeth in one arch can cause movement of teeth in the opposing arch. For instance, if there are missing back teeth on a lower arch, there is a chance of over eruption of teeth extending on the corresponding upper arch. Since there is a span of missing teeth in one arch, there is a chance as the arch resorbs, that the teeth adjacent to the ridge of teeth can cause loosening and eventually loss of another tooth or even shifting of remaining teeth. Also, the absence of too many teeth can make it difficult to balance a denture in an opposing arch. In a case of a complete upper denture, it can cause a lack of maintaining suction due to uneven pressures from the lower arch. All in all, many problems can be avoided by employing a partial.

Let's talk a little about different types of partials. Firstly, we have the stainless-steel partial, it tends to be the more costly partial, but in the best circumstances, the fit is superior. This partial is metal based and tends to be smaller than other partials. Due to the strength of the metal, we can achieve a thinner, smaller partial. The metal frame is specially fabricated around your remaining teeth and consists of multiple cast clasps and rests to provide you with a comfortable and stable fit without putting strain or stress on your natural teeth. Secondly, we have the acrylic partial. The acrylic partial is all plastic and consists of metal, plastic or, in some cases, no clips. A benefit of the acrylic partial is how easy it is to add new teeth, to repair or relin it, as cast partials can tend to be a little more difficult. Finally, there is a flexible partial. As the name implies, the partial is flexible and can be bent without breaking. Although this partial may sound intriguing, you must keep in mind that it cannot be relined or repaired, hence it is not generally recommended.

*In order to be sure you are choosing the best partial for your needs, your dentist can go over all partials and explain the benefits it can have for you thus resulting in providing you the best suited partial!*

In order to be sure you are choosing the best partial for your needs, your dentist can go over all partials and explain the benefits it can have for you resulting in providing you the best suited partial!

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# HOBBY HIGHLIGHT FOR APARTMENT LIVING - PAINTING

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Getting started at painting can be as simple as having an inspiration, purchasing the material, and creating! Painting is a very convenient hobby for the rental apartment lifestyle. As Spring approaches, it is also a great hobby as you venture outside on the balcony to paint the beautiful landscapes that nature provides in her spring bloom.

There are no rules, but there are some helpful guidelines that might make the process easier for you.

First, you will need to decide which type of painting you would like to do. There are three types: oil; acrylic; and watercolour. The type of paint you choose will also determine the brushes, paper/canvas, and other materials that you will need.

Each type of paint is very different and if you find you don't like one, you should try another. If you have the desire to learn and create, you are bound to find one you enjoy.

Be prepared to experiment and build that into your budget. You shouldn't be afraid of 'wasting' paint or paper. To begin, you don't need the best quality paint, but don't buy the cheapest either. Try a middle-of-the-road paint that fits within your budget; paints can be very different and using a low-quality material may dissuade you from painting with a material you might actually enjoy.

Experiment with mixing colours as this is a fundamental aspect of painting. It is not as complex as you may think. The colour wheel will be your best guide for this:



The main colours you need to make other colours are called primary colours. These are red, blue, and yellow.

**As the colour wheel illustrates:**

Red + Yellow = Orange

Yellow + Blue = Green

Blue + Red = Purple

It's also good to learn about shading and highlighting to add dimension to your painting. In very basic terms, you use black to shade and white to highlight. There are some great resources on the internet that can help you learn more about it; try searching YouTube for demonstrations.

Your painting can take shape in many different ways. This will largely depend on how you prefer to work. Some artists will plan their work in detail with small sketches in black and white and then in colour. Others will go right to their canvas or paper and sketch their image before painting. Some artists will start painting right away with no planning. Don't feel tied to any process or procedure. Art is about creativity, and there are no rules!

Lessons are available at local community centres; it's a great way to learn the basics and to meet others with similar interests! We wish you all the best with your new creative ventures!







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Écrit par Kim Morris

Imaginez les cas suivants : Mme Lafleur attend depuis trois heures pour sa préposée aux services de soutien personnel (PSSP) afin d'avoir un bain et pouvoir s'habiller. L'agence appelle pour aviser qu'il n'y a personne pour venir aujourd'hui. Peut-être demain...



**Kim Morris,**

Doyenne-École des  
Sciences de la santé

Ailleurs, depuis trois jours, il n'y a pas assez de préposés pour aider aux résidents lors des repas au Foyer ABC. Plusieurs des préposés sont à capacité, et il n'y a personne pour les remplacer...

Nous l'entendons régulièrement – il y a une pénurie criante de PSSP en Ontario! Il faut plus de préposés formés pour aider le système!

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*Veldret Léonard-Jetté, Coordinatrice du programme PSSP, Collège Boréal*

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# SUDBURY WOLVES /SUDBURY 5 SEASON HIGHLIGHTS COMPANION PROGRAM

By Michael Cullen

As the Sudbury Wolves and Sudbury 5 seasons wrap up for the 2019/20 sporting seasons, we at SWSE would like to share some successes and stories that are the result of our inaugural Companion Program.

To refresh, the Companion Program was initiated with a conversation that included our partners at Collège Boréal Health Sciences Department, Bayshore Home Health, and a few other key groups on how we can better serve our aging population and those with hidden, developmental, and physical disabilities. The aim was to ensure they enjoy the fan or sporting experience without barriers with both safety and comfort first and foremost.

I am so pleased to share some spirited and awesome stories with all of you from this season! The commitment from Collège Boréal to have student and faculty volunteers at every single game to act as ambassadors was flawless. From simply opening the door to greet our fans to keeping those with mobility issues company while they waited for their private transportation, their efforts were unwavering.

We thank Bayshore Home Health for the wonderful investment of the cozy blankets that were a huge hit when offered to our service audience. This extra touch was the talk of many groups. This past season we saw an increased participation with certain groups such as Autism Ontario, Community Living Greater Sudbury, Plan A Long Term Staffing & Recruitment, and Walden Seniors who even organized a school bus for all games so that their membership could enjoy the game experience.

In addition to the above mentioned, it was the one-on-one conversations that took place many times over the course of a single game. Some of our most loyal fans do in fact have mobility issues and physical restrictions. These regular folks never miss a game and I am pleased to share that over the course of our 2019/20 season our relationship has gone to a much deeper level well beyond just the game experience.

Another highlight this season was to have Rhianna who sang the National Anthem at a couple of Sudbury 5 games. She fully embraced the opportunity with her care provider along side every step of the way. Rhianna has physical restrictions and came to us through Community Living Greater Sudbury.

To take this even further, our organization now has a full-time volunteer who works tirelessly to make certain that our teams changerooms and lounges are kept clean and sanitary with the highest of standards. This individual is, in fact, an older adult who has transformed his life to overcome physical and mental hurdles. To see the interaction, respect, and thanks that the teams have for our official "custodian" is something that we as a team must celebrate and cherish.

We dedicate this submission to "Ed" our guy!



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