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Goshenite Seniors Services and Desimone Shoes and Spa invited local business to participate in the Third Annual Christmas Stockings for Seniors Holiday Program, and the response was overwhelming!

To help to alleviate the loneliness some seniors may feel while staying in a nursing home over the holidays, we will be visiting nursing homes and delivering Christmas Stockings filled with goodies such as hats, gloves, scarves, socks, toiletries and personal items, small games, sugar free candies and other treats to the residents on behalf of our sponsors!

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Ebenezer Scrooge woke up Christmas morning a changed man. But if it takes the specter of a former business partner and three other ghosts to give you pause, to make you ponder your behaviour, you might need something a little more potent—spirits notwithstanding—than a quick word from me. But humour me while I dredge up some ghosts of Christmases past, the rosy-cheeked, wide-eyed, child-like ones.

Let's leave the pagan winter solstice thing and the star of Bethlehem for another time, another essay. I'm talking about the kind of feelings so many of us are filled with through the holidays. And it starts early; we learn from our parents and the adults in our little worlds that Christmas brings a certain sense of brotherhood (excuse the masculine), a goodwill toward womankind (pardon the feminine). But seriously, there is a palpable mood that floods the streets, permeates the public places, and fills the homes we snuggle down in.

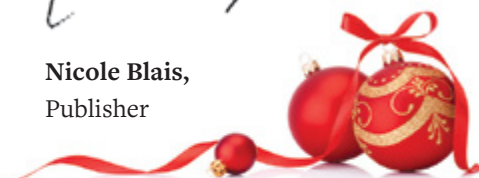
My challenge to you is to make that feeling not a fleeting one, not some ephemeral fortnight that is gone with the first broken resolutions in the new days

of January. What if we task ourselves with making that spirit of giving one that lasts year-round? What if we resolve not to eat less, not to exercise more but to treat others the way we want to be treated?

As children, we said hello to strangers simply to see a smile. We gave hugs because they were needed. We offered food when it looked like someone was hungry. Doing these things shouldn't end with the advent of adulthood, and their demise certainly shouldn't be when the tree comes down and the crockpot you didn't want is returned with a gift receipt. And it shouldn't take the cautionary tale of a miserly old man in Dickensian London to make you take a look inside. It is a helluva movie though! Have you read the book?

Merry Christmas!

Nicole Blais,
Publisher



PUBLISHER

Nicole Blais

EDITOR

John Kelly

ADVERTISING REPRESENTATIVES

Nicole Blais
nicole@gosheniteservices.com

Diana Holloway
50plusseniormagazine@gmail.com

EDITORIAL CONTRIBUTIONS

John Kelly

GRAPHIC DESIGN

AddFX
graphics@addfx.ca

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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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e. nicole@gosheniteservices.com

Understanding Social Isolation and Loneliness

By: Kimberly Brathwaite, Communications and Awareness Manager

Most people have experienced a period of social isolation or loneliness during their lifespan. Oftentimes these terms are used interchangeably, however, they are not the same. It is important to understand the differences to be able to help yourself or those that you care about.

Social isolation is the lack of measurable social and physical connections with others, while loneliness is the feeling a person has that they are alone no matter how much social contact they have. For example, you could be at an event filled with people, and still feel sad and have feelings of loneliness. Social isolation and loneliness can have an impact on one's mental health and well-being. It is important to understand the difference between social isolation and loneliness, as the solutions to each of them are different.

Here are a few helpful things you can do to cope with social isolation or loneliness:

- Call or visit friends or family
- Consider adopting a pet
- Try volunteering in your community
- Connect with a professional counsellor for free, through WTC
- Join an online group

If you are ready for change and want to learn about ways to reconnect with people and foster healthy relationships or want to talk to someone about your fears or feelings of loneliness, Wellness Together Canada (WTC) is here to help. WTC is funded by the Government of Canada in partnership with Stepped Care Solutions, Kids Help Phone, and Homewood Healthcare. It is a free virtual portal and app (Pocketwell) supporting mental health and substance use health for people living in Canada and Canadians abroad. Individuals can access immediate counselling, peer support groups, e-courses, and so much more on their terms. You will never be asked to provide a referral letter or health card. For more information visit wellnesstogether.ca.



HEREDITY A MAJOR FACTOR IN FOOT PROBLEMS

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



Have you ever heard someone say, "I've got my mother's awful feet!" or "I've inherited my father's bunions"? Many foot problems are hereditary. It is maddening for those people who wear good shoes all their lives and still end up with bunions, clawed toes, heel pain, etc.. You don't exactly inherit those specific foot problems. Most foot ailments are caused by improper bone or muscle function during walking, or in other words, a biomechanical dysfunction. This means that certain bones, muscles and ligaments are not working the way they should when you walk. After many years of walking this way a certain amount of permanent damage is done in the form of bunions, arthritic joints and clawed toes. If you inherit the same walking dysfunction as a relative then you usually end up with the same foot problems.

Most of these problems can be detected at an early age. If detected early, then later foot problems can be avoided through the use of orthotics, exercise or shoe advice.



Although poor footwear plays a part in foot disorders, heredity is a much bigger factor.

Early symptoms of foot disorders include tired feet, achy knees, sore leg muscles and intermittent soreness in the big toe joint. Lower back pain can even be related to poor function. Shoes that tend to be worn on one side more than the other is another early sign.

If foot problems run in your family it would be advised that your children or grandchildren be examined by a chiroprapist/podiatrist. This will ensure a healthy step towards the future.

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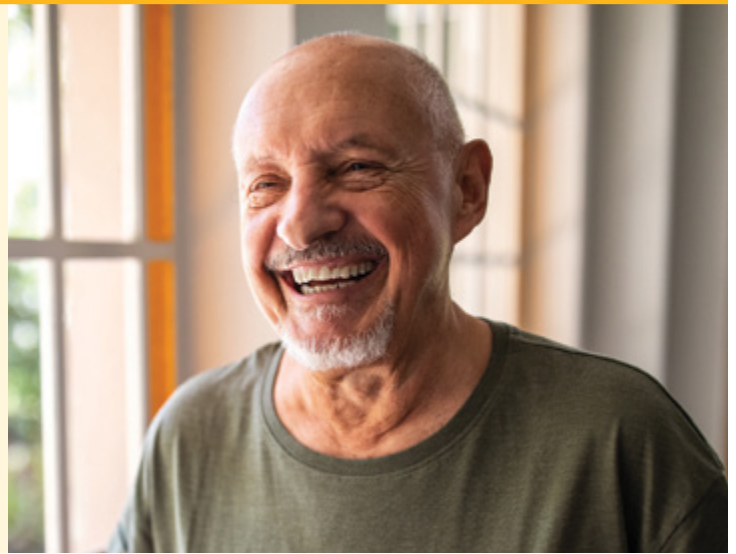
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Did you know the average Ontario household spends about \$2,128* per year on energy, according to the Financial Accountability Office of Ontario?

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* Source: fao-on.org/en/Blog/Publications/home-energy-2021
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A NEW TWIST ON OLD MAN WINTER

By John Kelly

Old man winter. Is he just for the kids? Doesn't have to be if you approach him with an open mind and a sense of adventure.

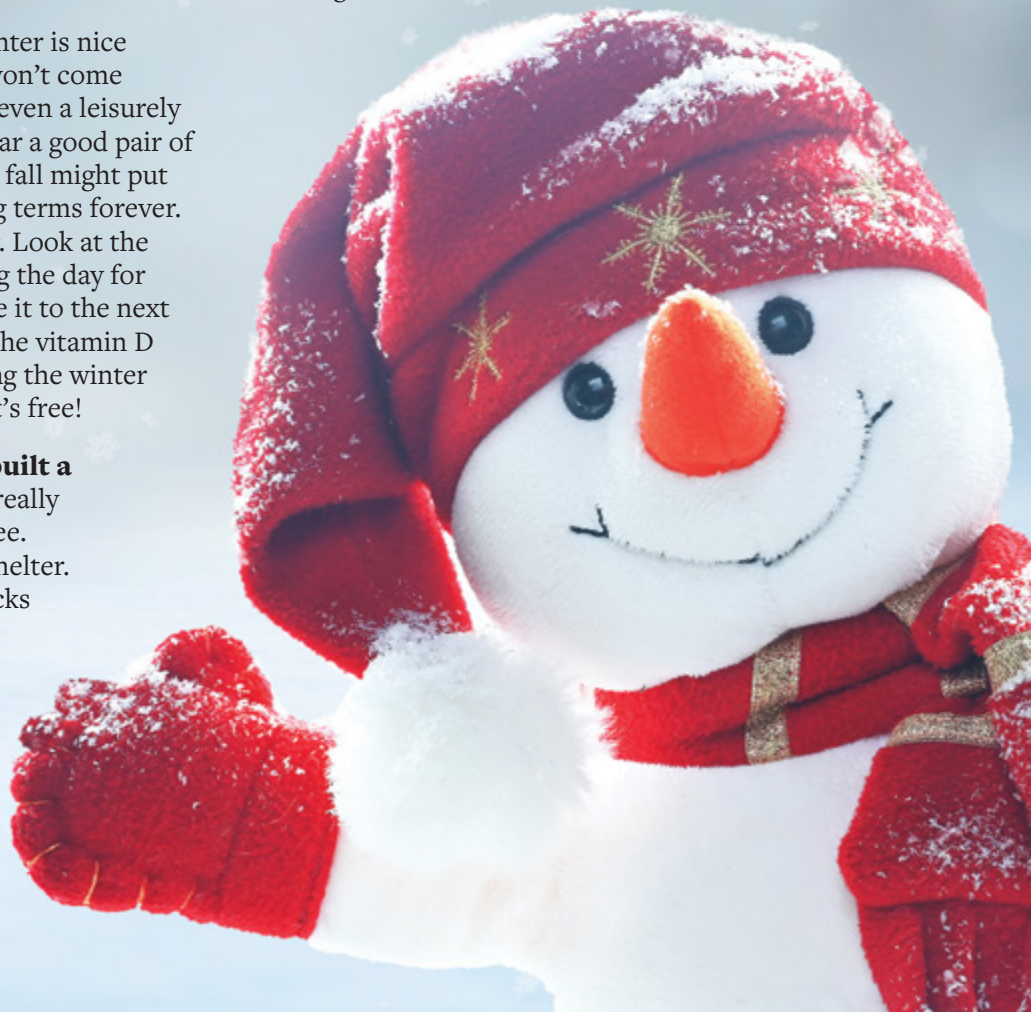
With each passing year the thought of winter, let alone the arrival of it has some of us shaking in our insulated boots. Life can be tough enough. Throw a layer of snow and ice on top and the everyday, mundane things we do can become treacherous. So, we have a choice to make. We can either wrap ourselves in a blanket, lie on the couch, and wait it out, or we can embrace the season and make the most of it. If you choose the former, good luck and be sure to change positions now and then. If your choice is the latter, let me offer some ideas on how to make winter not only tolerable and manageable but fun and enjoyable.

Go for a walk. A walk in the winter is nice because, dressed properly, you won't come back drenched in sweat the way even a leisurely summer stroll can leave you. Wear a good pair of boots and mind the ice. Taking a fall might put you and the old man off speaking terms forever. Go out for a wander after dinner. Look at the moon and stars. Or go out during the day for some exercise at lunchtime. Take it to the next level with a pair of snowshoes. The vitamin D that some of us run low on during the winter is out there for the taking. And it's free!

When was the last time you built a snowman? A fort? Want to get really adventurous? Construct a quinzee. What's a quinzee? It's a winter shelter. Whereas an igloo is made of blocks of hard snow, a quinzee is made of snow piled and then dug out. Building it is not for the faint of heart, but if you've got the time and energy, the finished product is well worth the effort. The internet is full of information on how to do it.

If you're the sporty type, there's skating, skiing, tobogganing. If it's been a while since you've done any of these activities, take it slowly at first, and ease into it. It's hard to warm up to the cold again once it's had its way with you. But there's nothing like the exhilaration that comes with a bit of outdoor exercise in the crisp winter air. And the added bonus when you're done is your renewed appreciation for the indoors.

The snow is already on the ground, and it's not going anywhere for about half a year. Old man winter, as always, is settling in for the long haul. It's up to you whether he's treated as a lazy tenant who's late with the rent or like an old friend who's welcome to crash as long as he likes. I'm opting for friendship. Come April, with the right amount of winter fun, it'll be a teary goodbye until you meet again.



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ENHANCING THE LIVES OF SENIORS

By: Jessica Draper (PSW)

We live in a society that has many seniors. As our population continues to age, it is important to place significance on enhancing the lives of seniors in our communities. At times, seniors can feel forgotten, alone, or struggle with socialisation. With the proper strategies in place that address seniors' physical, mental, and social wellbeing, we can help improve their lives. Enhancing the lives of seniors is a community effort that can help promote happy, healthy lives for our vulnerable.

There are many physical, mental, and social activities and engagements that seniors can participate in to boost their wellbeing. Making physical health a top priority, it is important for seniors to be eating a balanced diet. Eating a variety of nutritious foods will increase their overall wellness and boost energy levels so that they can participate in more activities. Physical activity is also crucial for seniors as it promotes better mobility, balance, and strength. Consid-

er reaching out to a senior in your community and asking them if they would like to go for a walk, swim, or do an outdoor activity such as gardening.

Mental wellness for seniors is just as important as any other activity. We often forget about how important it is to check in with our mental wellness from time to time. For seniors, mental wellness plays a large role in their overall wellbeing. Seniors are often alone or feel secluded and their mental wellness can take a toll. Seniors should engage in cognitive exercises regularly such as doing puzzles, games, or learning new skills to keep their mental wellness sharp and avoid cognitive decline.

Social wellness in seniors is a very important part of their overall well being. Seniors who engage in social activities often feel less alone and give them a sense of belonging and purpose. Seniors can participate in social activities such

as volunteering, joining clubs, or attending community events. In our society, we have the benefit of having technology readily available and relatively user-friendly. Consider getting a senior in your life set up with a device such as a laptop or tablet that could help them engage socially when it is difficult to physically get out. Having access to technology can also help seniors find events, participate in virtual clubs, and stay connected.

Overall, senior wellness requires a multifaceted approach to address their physical, mental, and social wellbeing. By promoting the wellbeing of seniors in our communities, we can empower seniors to age with grace and maintain a high quality of life. Whether you are a senior looking for help, a family member or friend to a senior in your life, consider reaching out and asking them if there is anything you can do to assist with enhancing their wellness.



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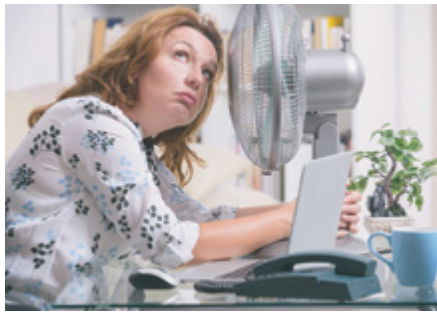
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Many women don't have access to a comprehensive menopause assessment and range of treatment options. That's why Roberta Heale developed the Virtual Menopause Clinic

Roberta is a nurse practitioner with almost 25 years' experience in comprehensive primary health care and full certification with the Menopause Society (previously North American Menopause Society).

The Virtual Menopause Clinic offers fully online convenient, accessible, and effective care for you during perimenopause through to post menopause.

Roberta will work with you to help you achieve your optimal health now and into the future.

Roberta cares for all menopause symptoms, and the clinic has a special focus on menopause weight gain.



Check out Virtual Menopause Clinic today:
www.virtualmenopauseclinic.com

PRESERVING YOUR EYE SIGHT

Low vision can cause people to struggle with everyday tasks such as reading, writing, watching TV or recognizing people's faces.

One the most common impairments in people over the age of 65, low vision is a condition that cannot be corrected by eyeglasses, contact lenses, surgery or medicine.

Vision loss may be caused by injury or disease such as macular degeneration, glaucoma, diabetes, cataracts or retinitis pigmentosa.



Amber Fournier
Registered Optician
Owner-Operator

while the wet form accounts for 20 per cent and is much more aggressive, causing more severe and rapid vision loss.

While there is no cure for AMD, there are some injection treatment options available for the wet form, to help slow the progression of the disease.

There are some options available to assist people with low vision, called "low vision aids", which consist mainly of

different types of magnifiers, binocular, telescopes and digital video magnifying devices. There are different devices designed to help with a variety of different functions to help people remain independent and perform everyday tasks around their home.

Low-vision care does not restore vision, however, it can be thought of more like physical therapy for the eyes. It is a training process and can take some time and some patience to re-train the eyes and the brain how to use assistive devices to see things.

Gagnon Opticians is one of the only optical stores in Northern Ontario to offer a wide variety of low vision products.

Our Opticians can provide an assessment and help find suitable solutions for all your low vision needs. Call us today at 705-560-5151 to book an appointment and see what you've been missing.



AMD/Low Vision

Age-related macular degeneration, or AMD, is the leading cause of vision loss in Canada. It affects the part of the retina called the macula, which causes central vision loss, or a "blind spot" in the centre of one's vision.

There are two types of AMD, wet and dry. The dry form is much more common, making up 80 per cent of all cases and is a slower progressing form of the disease.

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RISING CONCERN OVER INTIMATE PARTNER VIOLENCE

Recent horrific events in northern Ontario involving intimate partner violence have put a spotlight on this dark societal issue. After the tragic murder-suicide in Sault Ste. Marie in October, the City of Greater Sudbury declared intimate partner violence an epidemic, following dozens of other municipalities around the province. Just weeks after the Sault shooting rampage, the body of a 40-year-old woman was found in a wooded area of Sudbury with blunt force trauma. The body of her partner, who was wanted on outstanding warrants for intimate partner violence, was also found in the same area shortly after as police were searching for clues. Sudbury police said there is no foul play suspected in his death.



By Chelsea Papineau

Digital Content Specialist,
CTVNewsNorthernOntario.ca

Norma Elliot of Women in Crisis Algoma says we are losing nearly 52 women to gender-based violence a year in Ontario. That's one woman a week.

"BUT HE DIDN'T HIT ME"

Abuse is not just physical. There is also financial, psychological, and verbal abuse which can be just as damaging.

"It usually will not get better," YWCA Sudbury said. "Partners who are violent usually do not change. The abuse may get worse over time."

There are agencies available in the community that offer free and confidential support and often, businesses offer workers access to an employee assistance program (EAP).

"There are people willing to help both (partners)," she said. "And maybe the relationship can work, maybe it can't."

Everyone deserves the right to live free from abuse and violence.

"We need to hold people accountable for their behaviour. They need to either accept responsibility or the consequences," Elliot said. "And for some, it may be how they grew up. But the reality is, everyone has a choice. It is not one else's fault."



BE SUPPORTIVE

Family members of victims can sometimes make things worse. Expressing concern for a loved one can have unintended consequences and can put survivors in the difficult position of defending their abuser or feeling responsible for "making a bad choice." Elliot said it's vital to carefully phrase your concerns and to not pass judgment when reaching out to someone suffering abuse.

"When a woman comes into the shelter, we understand that she shows a tremendous amount of strength and courage walking through that front door, just reaching out for help," she said.

Instead of talking negatively about the abusive partner and telling the survivor what to do, crisis workers choose to focus on the survivor's feelings and support their needs. Elliot said you can start a conversation with a loved one by saying, 'I'm really concerned about you, you look very tired.'

YMCA Geneva House is one of many resources located in Sudbury that helps protect women and children fleeing violence.

If you or someone you know needs help, the shelter can be contacted at 705-674-2210.



WHY IT'S HARDER TO LOSE WEIGHT WITH AGE AND WHAT TO DO ABOUT IT

By Drs. R. Righi and S. Wallace

Northern Ontario Women's Wellness (NOWW)

Have you noticed how the scale seems to betray you? You've never had problems with losing or maintaining your weight before but now that you're older the scale is stuck or worse keeps climbing higher and higher. You're not doing anything differently but that darn scale won't budge! Is it broken? Do the batteries need to be changed? Ugh!! It's so frustrating! Well you're not alone. As we get older, our bodies just don't respond to weight loss efforts like they used to.

According to a review by the Agency for Healthcare Research and Quality, we gain 1-2 lbs per year as we age. Not everyone will become overweight as this is influenced by genetics, physical activity and food choices but everyone will find it harder to maintain or lose weight as they age.

Some of the main reasons for this include:

1. Age-related muscle loss to the tune of 3-8% per decade after the age of 30. This can be compounded by lack of activity. Lean muscle mass burns more calories than fat even at rest and if you don't adjust the number of calories you consume you'll end up gaining weight over time.
2. Normal hormonal changes that occur with menopause especially a drop in estrogen which causes a shift in fat storage from the hips to the belly. The average weight gain in the years just before menopause is about 5 lbs. Growth hormone production also slows making it harder for you to make and maintain muscle.
3. Slower metabolism.
4. You become less active.
5. Lifestyle changes including dietary choices for convenience because you have less time in your busy schedule to prepare healthy meals and sacrificing your workout because you have to run the kids around.

Here are some things to try to take control of your weight:

1. Make a healthy diet a priority by focusing on protein, healthy fats like avocado oil or olive oil, fruits and vegetables. Decrease your intake of sugar, processed foods and fast food.
2. Downsize your portions slowly. Aim for 100 less calories per day.
3. Stay hydrated with water to avoid confusing thirst with hunger.
4. Prevent muscle loss by incorporating strength training into your work out.
5. Try to get 150 minutes of aerobic exercise per week.
6. Make sure to get between 7-9 hours of sleep per night.
7. Find ways to tame your stress which can cause you to seek comfort food.

Losing weight and keeping it off is hard and gets harder as you age. To be successful you have to make sustainable lifestyle changes and stop beating yourself up over little setbacks.





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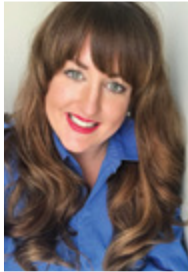
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CELEBRATE YOUR PLANNING PROCESS.

By Kerrie Michelutti

Planning, planning, and more planning. That is where the creativity happens. You may feel like it is taking forever to get your project off the ground, but hang in there, this can be fun too! We know the feeling of wanting to get it done yesterday because you have wanted to do it for 20 years, but please take my words of advice as gospel—the better you plan, the better your renovation will be.



Kerrie Michelutti,
PMP, Owner
Home & Haven
Design Studio

Everyday, we get questions like, “can I get my kitchen in 6 weeks from now?” or “I want to do my kitchen next summer. Is it too early to start?” These questions tell us that people are looking to us for guidance.

There are all kinds of situations that drive our kitchen replacement needs: a house flood; a closing date is bumped up because your house finally sold; one afternoon you just decided to rip the old one out to force yourself to get started. No matter the reason, way we need to start the planning.

Whichever kitchen supplier or designer you choose, I am sure you will pick someone that will help you plan your space based on the needs and wants you communicate. Here are some pointers to help in the process:

1. What are the items you must have? Remember, this space will last you the next 20-30 years, so choose materials that will last you.
2. What do you want for functionality? Do you want a pullout garbage? Do you want something in your corner to be able to reach the back? When you get your design, imagine yourself in the space.
3. Pick your appliances first! These will dictate your space so come prepared with your specifications.
4. Work with someone you trust. You will be spending a lot of time with them and a lot of money. Pick your person and develop that relationship.

Loving your project means having to put the mental hours in before you start. You will thank yourself for it later.



Advertorial

Is your home winterproof? Three common energy myths



Everyone wants to save energy and stay comfy, but did you know that a few simple ways to do so are often overlooked? Let's uncover three of the most common misconceptions around energy efficiency—and how you can complete upgrades to make sure your home is winter-ready this year.

MYTH #1

Air leaks aren't costing me

FACT: A typical home loses as much as 40 percent of its energy through tiny cracks, most likely tiny gaps that you can't see. Uneven temperatures in your home, cold floors and walls in the winter or unusually high energy costs are all signs that your home may have air leaks. Checking your home for air leaks is easy. Simply light an incense stick and hold it near common leak areas on a windy day. Any places where the smoke flickers are likely to have a leak. Once you've identified the problem areas, apply sealing and weather stripping to stop air from escaping.

MYTH #2

A conventional thermostat is smart enough

FACT: If you're still using a standard thermostat, you're missing out on several key energy-efficiency features that new models can provide. Smart thermostats adjust automatically, preventing energy waste whether you're home or away. They also learn your schedule, so the temperature is always tuned to your favourite settings.

MYTH #3

My home has enough insulation

FACT: Actually, many homes—especially older ones—lack enough insulation. Insulation plays an important role in home heating by keeping the warm air where you want it. It's also an investment that pays for itself by saving energy over time. A trusted delivery agent can help in determining whether your home has enough insulation and how best to upgrade.

HOW DO I UPGRADE?

It's not as expensive as you might think. If your household and income are eligible, the Enbridge Gas Home Winterproofing Program will provide certain energy upgrades like insulation and draft proofing at no cost. If you're interested, see if you qualify at: enbridgegas.com/winterproofing or apply by phone in minutes at **1-844-770-3148**.



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ENB 1449 10/2023

NAVIGATING WINTER MONTHS: THE BENEFITS OF SENIOR LIVING COMMUNITIES RETIREMENT LIVING!

By Justine Landry,

Manager of Operations, Autumnwood Mature Lifestyle Communities

The winter months can pose unique challenges, from increased isolation to hazardous outdoor conditions. Embracing life in a senior living community can offer a solution to these winter woes.

Ongoing Health Checkups:

One of the standout advantages of retirement living is the accessibility to comprehensive health checkups. Imagine having an in-house primary care team and licensed staff members dedicated to ensuring your health remains a top priority. Regular checkups not only catch potential health issues early but also provide peace of mind, knowing that you are proactively managing your well-being.

Connection and Friendships

Winter often brings shorter days and longer nights, which can impact your social life. Senior living communities provide a vibrant and supportive environment where friends and family are welcome. Residents enjoy a plethora of activities which help foster a sense of connection with neighbours in the community.

Maintaining Exercise and Activity

Staying active during winter can be particularly challenging, but senior living communities provide the ideal location to maintain regular exercise for overall well-being. With dedicated fitness space and comfortable indoor corridors, residents can easily incorporate physical activity into their daily routine. The result? A healthier appetite, fewer aches and pains, improved sleep, and an overall boost in well-being.

Outdoor Hazards

Winter weather brings its fair share of hazards, especially for seniors. Icy conditions, snowfall and the need for home upkeep can be daunting. Senior living communities alleviate these concerns by providing on-site staff for maintenance and eliminating the need for residents to navigate outdoor hazards. From fitness classes to grocery shopping, everything is conveniently available within the community, sparing seniors from the worries of winter responsibilities and ensuring a safe and worry-free environment.

Many senior living communities are equipped with backup generators or alternative power sources, enhancing safety during severe storms. This proactive approach further emphasizes the commitment to providing a secure living space for seniors, even in the face of winter's challenges.

Winter months need not be a source of worry for seniors. Embracing the warmth and support of a senior living community not only addresses the challenges of winter but also creates an environment that promotes social interaction, physical activity and overall well-being. It's a season of life to be enjoyed, free from the burdens that winter may bring elsewhere.

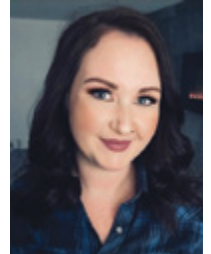
AUTUMNWOOD 
Mature Lifestyle Communities

END OF LIFE CARE — IT'S ONLY NATURAL

By Josée Anne Asselin, RN BScN

The truth is, death affects us all. Whether it be from cancer, chronic disease, or simply old age, it is an inevitable chapter every individual will encounter at some point in their lifetime.

The Community Hospice Palliative Care Team assists members of our community with a life-limiting illness and a prognosis of 12 months or less by providing holistic hospice palliative care services in the location of their choice. Our team consists of Palliative Care Physicians, Nurse Practitioners, an Advanced Practice Nurse, Registered Nurses, Supportive Care and Grief Services as well as Visiting Hospice Services that provide 24/7 support and symptom management to clients in their most vulnerable moments. Our goal is to manage the physical, emotional, spiritual, and social needs of clients and their families during their end-of-life journey in the comfort of their own home and to avoid unnecessary trips to the Emergency Department.



Josée Anne Asselin, RN BScN

*Clinical Manager
for the Community
Hospice Palliative
Care Team at Maison
McCulloch Hospice*

Our goal is to manage the physical, emotional, spiritual, and social needs of clients and their families during their end-of-life journey

The Community Hospice Palliative Care Team and our Community Partners provide in-home visits to assess and help identify client and caregiver needs to ensure good quality palliative care. We focus on the wellbeing of our clients and their family members in order to tailor a plan of care that suits every individual need. Being a part of our Community Hospice Palliative Care Team "family" allows for a seamless transition to Residential Hospice Care based on the client's choice.

With the recent expansion of Maison McCulloch Hospice, our Residential Hospice is now a twenty (20) bed operation. This includes fourteen (14) end of life beds and six (6) short stay alternate beds. Our short stay alternate beds are available for our community clients to manage complex unstable symptoms, provide caregiver support and education, and caregiver relief for planned or unplanned functions. Our team works collaboratively with the Residential Hospice staff and all other interdisciplinary team members to recognize and meet the needs of clients and their caregivers with the goal of transitioning them back into their homes and to continue being followed by the Community Hospice Palliative Care Team.

Although death and dying is an inevitable chapter every individual will encounter at some point in their lifetime, the focus of the Community Hospice Palliative Care Team at Maison McCulloch is the key difference: our focus is on your experience.





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RESIDENTIAL HOSPICE SERVICES

In addition to offering end of life care, the team can now offer shorter stay beds for caregiver relief, caregiver education and pain and symptom management for residents with a prognosis of 12 months or less.

PROGRAMME DE SOINS RÉSIDENTIELS

En plus d'offrir des soins de fin de vie, l'équipe peut aussi offrir des admissions de courtes durées qui ont comme but d'offrir aux aidants naturels une période de répit ainsi que de l'éducation sur les soins à domicile et aux résident(e)s à pronostique de 12 mois ou moins, la gestion de la douleur et autres symptômes.



COMMUNITY HOSPICE PALLIATIVE CARE SERVICES

A collaborative team comprised of physicians, nurse practitioners and registered nurses who provide pain and symptom management (in-person and virtually) as well as supportive care clinicians who address psychosocial and spiritual needs to patients with a life limiting illness.

PROGRAMME DE SOINS PALLIATIFS EN COMMUNAUTÉ

Une équipe collaborative composée de médecins, d'infirmières praticiennes et d'infirmières qui assurent la gestion de la douleur et des symptômes (en personne et virtuellement), ainsi que des cliniciens en soins de soutien qui répondent aux besoins psychosociaux et spirituels des clients atteints d'une maladie limitant la vie.



VISITING HOSPICE SERVICES

Our team of visiting hospice volunteers offers compassionate support by providing companionship, assistance with activities of daily living and caregiver relief services in the client's home.

PROGRAMME DE BÉNÉVOLES VISITEURS

Nos bénévoles visiteurs offrent un soutien compatissant et fournissent de l'accompagnement, de l'aide aux activités de la vie quotidienne et des services de soins personnels au domicile du client.



SUPPORTIVE CARE AND GRIEF SERVICES

Our team is available 24/7 for support throughout the end-of-life journey and after. Telephone follow up, grief recovery programs, discussion groups and one on-one grief support are available to the community at large.

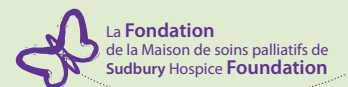
PROGRAMME DE SOUTIEN ET DE DEUIL

Notre équipe est disponible 24h/24 et 7j/7 pour vous accompagner tout au long du parcours de fin de vie et après. Les suivis téléphoniques, des programmes de rétablissement après le deuil, des groupes de discussion et des supports individuels de soutien de deuil sont offerts à la communauté.



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www.maisonsudburyhospice.org



TRUE FRIENDSHIP AND WHY IT IS IMPORTANT



By Charlene Nadalin,
Founder and CEO, Amintro

Kenzoku is a Japanese word that when translated means family. But its definition suggests a deeper meaning; it is a bond between humans dedicated to sharing the same story. In other words, this implies that KENZOKU is the deepest connection of friendship. It is camaraderie, the family that you choose for yourself.

In the hierarchy of relationships, friendships are at the bottom. Romantic partners, parents, children—all these come first. So, as we age, friendships often fall to the backburner, and over time, they may burn out.

However, true friendships have a way of withstanding time. You can go long periods of time without seeing or talking to each other, and then pick right back up where you left off. The thing is, it's in your best interest not to let that happen.

Time and time again, research has found that social interactions with friends offer significant benefits to our physical and mental well-being. In fact, having strong, healthy bonds with other people has been shown to relax the nervous system, strengthen the brain (keeping it healthier longer), and reduce the impact of both emotional and physical pain.



But what if you don't have many or any true friends?

The good news is you can create these types of friendships at any point in your life. While having a history with a person tends to create a strong bond, it isn't the only thing that matters. Common interests, values, and life experience as well as being someone who listens and is dependable are key aspects to forming strong friendships. And of course, enjoying each other's company doesn't hurt.

Start living a more socially engaged life. You will be happier and healthier for it!

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