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NORTHEASTERN ONTARIO | SPRING 2024

FREE/GRATUIT

Lifestyle

Magazine

Brushing Away Winter Blues

The
Therapeutic
Symphony of

COLOURS IN SPRING



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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

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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.

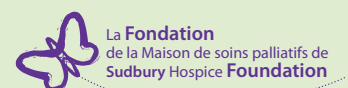
PROGRAMME DE SOUTIEN ET DE DEUIL

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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Right in Our Own Backyard

Spring is in the air. And there's tons of stuff to sniff right under our noses. No, it's not the undeniable and oh so specific scent of a winter's worth of dog owners having failed to stoop and scoop. And speaking of the grass and it always being greener on the other side of the fence, allow me to state unequivocally that the grass is (or at least will be) just as green in Northern Ontario as anywhere else. Instead of a spring getaway to any number of those cliché spots, consider staying put and taking in all of what you can enjoy right in your own backyard.

Kivi Park is a stone's throw (depending on your arm) from anyone in Sudbury. Yes, when we think of all the activities the park offers, summer, winter, and fall enjoy the lion's share. Spring is kind of like the black sheep, the sibling that gets left out, that sits at the bar for dinner. But don't be fooled! With over 480 beautiful acres of places to explore, there's no shortage of spring things to do. Hike to your heart's content. And don't forget your waterproof boots or shoes.

What about Bell Park? On the shores of Ramsey Lake, it's the perfect oasis of nature hidden amongst the hustle and

bustle of a busy urban center. There'll be hot days at the beach soon enough. Until then, how about strolling the boardwalk on a blue spring afternoon and watching as the ice on the lake slowly gives way to the water and the warmth of the season. It's the perfect segue from the cold to the coming sun and a great way to recharge after a long, dark winter season.

And there's plenty more to do too! Don't fall victim to taking the beauty of the city for granted. Don't get trapped into thinking that, somewhere else, the grass is always greener. You don't have to dig too deep to find huge hauls of charm around town. Sure, Sudbury, like many Northern Ontario cities was built from the underground up, but there's no lack of beauty above terra firma. Make this spring your perfect opportunity to mine for the mother lode.

Nicole Blais,
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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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PROTECTING YOUR PRECIOUS VISION

Are you struggling to read small print? Like more than 80% of Canadians over the age of 50, you probably require eyeglasses for some sort of vision problem. Most people require some sort of correction for reading after the age of 40 due to a condition called 'presbyopia'. This condition happens when the lens inside our eye (called the crystalline lens) slowly loses the ability to focus up close. As we age, this focusing ability becomes harder to achieve, therefore requiring us to wear reading glasses or bifocals for viewing any small print.



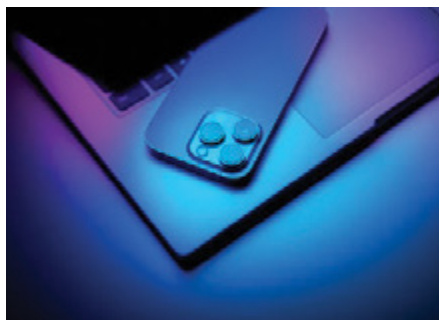
ROUTINE EYE EXAMS

Having an eye exam with your optometrist is recommended every one to two years which may be covered with your health card depending on your age and any other medical conditions. But having a routine eye exam isn't just about your eyeglasses prescription! Did you know that your optometrist can detect signs of other important medical conditions such as high blood pressure, diabetes, heart problems and even certain types of cancers? A large component of your routine eye exam is an eye health examination. Certain eye diseases that can be detected during the eye health examination such as glaucoma or retinal detachments can be treated if caught early enough. If not treated early, permanent vision loss can occur which is why it is so important to see your optometrist on a regular basis even if you feel that the prescription in your eyeglasses hasn't changed.



SUNGLASSES

Aside from seeing your favourite optometrist, there are some things you can do to help keep your eyes healthy! Wearing UV protected sunglasses when you are outside is so important even in (especially in!) the winter months! The glare from the sun off of the snow can cause the rays from the sun to bounce up from all directions, so a good pair of sunglasses is necessary to protect those eyes from the UV!



BLUE-VIOLET LIGHT

If you spend a lot of time outdoors, on a computer, ipad, or any digital devices, consider a blue light anti-reflection coating on your next pair of eyeglasses. Blue-violet light is emitted primarily from the sun but also from digital sources. Research shows that unlike ultraviolet (UV) light that gets filtered mostly through the lens inside our eye, blue-violet light passes almost entirely through the eye reaching the back part, the retina, which is where the damage occurs in diseases like macular degeneration.



By Amber Fournier
Registered Optician, Owner-Operator
Gagnon Opticians



LIFESTYLE FACTORS

There are also certain lifestyle factors to consider to prevent eye disease. Most importantly, a healthy diet rich in leafy greens such as kale, colourful veggies such as peppers, nuts & seeds like almonds and sunflower seeds & omega 3's such as salmon and tuna can aid in eye health. Smoking drastically increases the chances of developing macular degeneration, so consider butting out to protect your peeps! An active lifestyle will also help reduce your risk of diabetes which can also cause irreversible vision loss if poorly managed or left untreated. Being proactive with your eye health is the best way to keep your eyes healthy, happy, and able to see all of the wonderful things life has to offer!



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- 2. Time and Energy Savings:** Let us handle the heavy lifting while you focus on other important tasks like setting up utilities or saying goodbye to friends. We'll take care of the packing, loading, and unloading so you can relax.
- 3. Cost-Effective Solutions:** While hiring a moving company may seem like an added expense, it can actually save you money in the long run. Our efficient packing and transportation methods help minimize the risk of damage to your belongings reducing the need for costly replacements.
- 4. Customized Services:** Every move is unique, and we understand that. Whether you're relocating to a small apartment or

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- 5. Comprehensive Insurance Coverage:** Despite our best efforts, accidents can happen during a move. That's why we provide comprehensive insurance coverage for your belongings, giving you peace of mind throughout the relocation process.
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- 9. Storage Solutions:** Need extra space during your move? Our self-storage facilities offer convenient storage options for your belongings. Whether it's short-term or long-term, we've got you covered. Store seasonal items, bulky furniture, or sentimental possessions in our secure and accessible self-storage units making your move even smoother.

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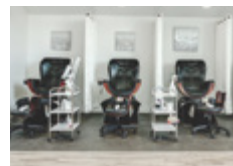
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Brushing Away Winter Blues

The Therapeutic Symphony of COLOURS IN SPRING

As spring unfolds, it serves as a reminder that change is inevitable and that even after the darkest, coldest days, there is always the promise of a new beginning. It is a season that invites us to appreciate the beauty of nature, embrace the opportunities for growth and transformation, and revel in the simple joys of life. With its blooming flowers, chirping birds, and warm breezes, spring is a time to celebrate the beauty of the world and the resilience of life. The return of warmer weather opens up a myriad of outdoor activities. Take advantage of the longer days to connect with nature. Whether it's a leisurely stroll through a blooming garden, a hike in the countryside, or a picnic in a sun-drenched park, immersing ourselves in the beauty of the natural world can be a powerful source of inspiration and tranquility.

A unique and uplifting activity seniors can take advantage of is colouring and painting. Colouring has made a comeback! No longer seen

only as a children's activity. Far more than just a pastime, this creative endeavor is proving to be a therapeutic symphony of colours, rejuvenating the spirits of seniors, and bringing a breath of fresh air to their lives. We encourage seniors to embrace the joy of colouring and painting as an engaging and fulfilling pastime. The arrival of spring is the perfect time and even acts as a catalyst, inspiring seniors to explore their artistic side and create masterpieces that reflect the vibrancy of the season.

Unlocking Memories and Emotions

For many elderly individuals, this creative pursuit is not only about putting colour on paper but also about unlocking memories and emotions. As brushes glide across canvases, stories from the past are unveiled, and emotions are expressed in the strokes of a paintbrush. It becomes a journey into the self, a means of reconnecting with one's life experiences and celebrating the richness of the journey.

Community Collaboration and Social Harmony

Colouring and painting sessions have become communal affairs, fostering a sense of camaraderie and social harmony among the elderly. Art workshops and classes provide a platform for seniors to come together, share their artistic endeavors, and appreciate the diverse perspectives each individual brings to the canvas. The sense of community and shared



accomplishment acts as a powerful antidote to the loneliness that some seniors may experience.

Therapeutic Benefits for Mind and Body

Research suggests that engaging in creative activities, such as colouring and painting, can have profound therapeutic benefits for seniors. From improving cognitive function and memory to reducing stress and anxiety. The act of creating art has been linked to enhanced mental and



emotional well-being. But don't take our word for it! Additionally, the physical act of painting promotes fine motor skills, providing a gentle form of exercise for aging bodies.

Colouring Can Reduce the Stress of Dementia

For seniors struggling with dementia, colouring can help ease the agitation that often accompanies it. Colouring is not reliant on memory nor does it require any specific steps or processes. The freedom to colour as one pleases can help to lessen the stressful sides of dementia and open up a new avenue of self-expression. Karen Tyrell of Personalized Dementia Solutions Inc. in Vancouver has developed a therapeutic colouring book that connects those living with dementia and their caregivers in a shared activity

A Canvas of Possibilities for the Future

As older adults from the community continue to embrace the therapeutic and communal aspects of colouring and painting, it is evident that this creative resurgence is more than just a fleeting trend. It is a canvas of possibilities for the future, where seniors can continue to express themselves, connect with their peers, and enjoy the myriad benefits that artistic pursuits bring.

Completing a colouring project gives a sense of achievement which can boost self-esteem and confidence, especially for those who may face challenges in other aspects of life. Colouring allows seniors to express their creativity and individuality. It provides a non-verbal outlet for self-expression and can be a source of joy and satisfaction.

Take Colouring Anywhere, Anytime

And one great benefit of colouring is that you can do it anywhere. For seniors whose mobility may be limited, colouring can still be enjoyed no matter the environment or circumstance. And for the tech-savvy senior, colouring applications are readily available for cell phones and tablets and easily customizable. With the ability to enhance size and definition for easier viewing, it's a great alternative to paper for seniors with decreasing vision. Colouring provides limitless enjoyment, independent of mobility or access.



In the brushstrokes of older adults, we witness not just the colours of spring but also the vibrant tapestry of their lives, painted with memories, emotions, and the enduring spirit of creativity. As the seasons change, the artistic legacy of these seniors remains, a testament to the timeless joy found in the simple act of putting colour to canvas.

So, grab a colouring book, some pencils, brushes, and a friend or two, and discover the simple, yet abundant joys of colouring.





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Four Must-See Destinations for an Ontario Road Trip

Spring is in the air so why not take a trip locally or a couple of trips, road-trips we mean? It's a fantastic way to get away from the boredom of where you stay without adventuring off too far!

We have a couple of places in Ontario you'll want on your list of places to visit or think about.



1. Algonquin Provincial Park

If you're on the lookout for getting back to nature and exploring in a destination that offers both a retreat and relaxation, then Algonquin Provincial Park is the place for you. Would you like to see nature in a state of childlike wonder while sighting moose and the paw prints of

black bears on your hiking trails? Sounds exciting, doesn't it? We think the location is worth an overnight stay or even one for a couple more nights.

2. Blue Mountain Village

There are so many things to do in this popular getaway, that you'll never regret making that road trip here. With its stunning unspoiled nature and luxurious comfort, it's the perfect getaway.

In the alpine-style resort of Blue Mountain Village, you'll enjoy an endless array of shops, hotels, and restaurants all perched around a scenic millpond and central plaza. Ski lifts run up the slopes in the summer so you can enjoy open-air gondolas if you're up for some more view-seeking.

3. Niagara Falls Canada

Niagara Falls remains a popular tourist destination for plenty of reasons. Among the long list of reasons millions of people choose to visit this spectacular wonder of the world year after year are indoor and outdoor activities that offer enough of amusement for the perfect weekend getaway or an extended vacation. Made up of three different waterfalls, you'll be



By Charlene Nadalin,
Founder and CEO, Aminro

experiencing the largest waterfall rate of any waterfall in the world! The stunning view of nature and exciting thrill of getting sprayed by the water is an experience you need to have once in your lifetime! It's worth visiting again and again. If you have a thirst for exploring history, places like Old Fort Niagara and the McFarland House will take you back in time. Adventurers will certainly quench their thirst through boat tours such as "Maid of the Mist" and

zip-lining activities over the gorges of Niagara. Is your heart pumping yet?

4. Niagara's Wine Country

If you've already visited the Niagara Falls, why not make a pit stop at Niagara's Wine Country. If you decide to visit this destination on its own for the sake of wine-tasting, it's still worth it!

If you have the appetite for an extraordinary culinary experience while you sip on a glass of rosé, then you might consider a visit to the Peller Estates Winery. This winery offers tastings that are conducted on a beautiful patio with bright red umbrellas shielding you from the sun. The property is exquisite with vineyards draped around it.

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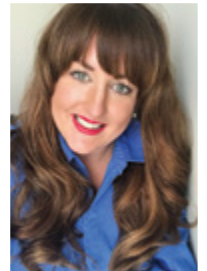
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PERSONALITY FIT AND RENOVATIONS - FIND THE PEOPLE

By Kerrie Michelutti

When I go to a professional office there is one key feeling that I want to feel, and that is the feeling of being handled. I am humble enough to know that I don't know everything, but I am confident enough to know that there are a lot of great people who do.

I trust the people I work with, and I select based on service and knowledge. This is how I operate, from my dentist, to the folks who sell me my car. I trust that they will listen, deliver what I need, show me things that I didn't know, and educate me so I can make the right decision.



Kerrie Michelutti,
PMP, Owner
Home & Haven
Design Studio

*I trust the people
I work with, and
I select based
on service and
knowledge.*

*This is how
the renovation
process should be.*

This is how the renovation process should be. Most people do renovations once, maybe twice in their lifetime. Some people, like me, always have something happening. But generally, if we are following a rule of thumb, most people don't do renovations everyday, and they are looking to be handled.

You may feel anxious about mess, insecure about your knowledge, nervous about costs, and yes, all these things build up and everything comes to a grinding halt. We are paralyzed and don't know where to start.

Having a vision is the first step, finding a person who is a good fit for your vision and personality is the second step, and being realistic with expectations and budget is the third. Shop the people you are working with until you find the right fit. It's like a wedding dress; once you find "the right one", stop looking. Build the trust and get going. Renovations are expensive and time consuming, but this is only a moment in time. It will be worth it when you are done. Find the people, invest in your vision, and enjoy the process.



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MENOPAUSE AND SLEEP

By Drs. R. Righi and S. Wallace

Northern Ontario Women's Wellness (NOWW)

If you are over the age of 40 and have trouble sleeping, you are not alone! Along with physical changes and life circumstances, the hormonal shifts that come with menopause can contribute to sleep problems. During the time around menopause, the body produces less estrogen and progesterone. This affects the thermoregulatory centre in the brain and tricks it into thinking the body is overheating even at a normal core temperature. The majority of women going through menopause experience hot flashes and night sweats which can be accompanied by profuse sweating. Although these flashes only tend to last for a few minutes, it can be difficult to fall back to sleep if they wake you up. These flashes can go on for years, and if they occur multiple times through the night, this can cause significant sleep disruption which can in turn causes problems with mood, anxiety, difficulty functioning on a daily basis and has even been linked to heart health risks.



The hormonal shifts that come with menopause can contribute to sleep problems.

Hot flashes aside, menopause has also been linked to insomnia which is characterized by difficulty falling and staying asleep. Many people experience a weakening of their circadian rhythms affecting the sleep-wake cycle. Snoring also becomes more common due to weight gain and the effects of hormone decline on the soft tissues in the throat. As well, according to the Sleep Foundation, over 50% of post-menopausal people experience restless leg syndrome which can also make it difficult to sleep.

Because hormonal changes cause most of the problems associated with sleep, hormone therapy can be

an effective solution. There is also evidence that taking melatonin can improve sleep. Over the counter sleep aids can be a temporary solution but be sure to speak with your health care provider before trying anything to be sure that there are no contraindications to their use. Your health care provider may also suggest prescription medications to help you sleep.

Be sure to practice good sleep hygiene. Make sure your bedroom is cool, dark, and quiet. Turn off all screens at least 30 minutes prior to bedtime. Do not exercise too close to bedtime. Avoid caffeine, alcohol, and tobacco. Incorporate mindfulness meditation into your bedtime routine and keep your routine consistent.

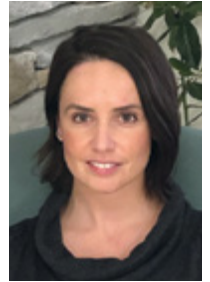
If you are having trouble with sleep despite proper sleep hygiene, speak with your health care practitioner.



YOUR LOCAL HOSPICE: DID YOU KNOW...?

By Julie Aube

Here in Sudbury and Districts, we are blessed to have access to one of the first – and currently the largest – hospice palliative care service providers in Ontario!



Julie Aube,
CPA, CMA,

Executive Director at
Maison McCulloch
Hospice

What makes us the largest?

- We have the largest single-site bed capacity with 20 beds including 1 pediatric and 6 “short-stay” beds.
- We offer Community Hospice Palliative Care services supporting up to 70 people at any given time who have chosen to die at home.
- We have a team of skilled Supportive Care Associates who provide supportive care to our residents and families as well as grief support to anyone grieving the loss of a loved one.
- We provide a Children’s Grief Support program focused on children aged 8 to 12 years who have lost a parent or sibling.
- We provide Visiting Hospice services - sending seasoned volunteers to provide companionship and caregiver relief wherever you call home.
- We host interdisciplinary palliative care education sessions for healthcare workers during the year and also provide general education sessions about our services and Advanced Care Planning concepts to our community members upon request.

What are “short-stay” beds?

Short-stay hospice beds are available to people in their last 12 months of life – with physician referral - for up to a 30-day stay. There are 3 primary reasons to access a short-stay bed here at hospice:

- **Caregiver education:** let our nurses, PSWs and physicians teach you the medication administration and personal care techniques you need to know to be able to take care of your loved one at home.
- **Caregiver relief:** our team will care for your loved one temporarily, giving the primary caregiver time for self-care and a rest.
- **Unstable pain/symptom management:** symptoms may become difficult to manage as the journey progresses. Let our team try new interventions and monitor to provide maximum comfort when discharged back home.

How much do these services cost?

Maison McCulloch Hospice is proud to offer all of the above-mentioned services AT NO COST to our residents and clients thanks to the ongoing generosity of our community members! Every year, the **Sudbury Hospice Foundation** must raise over \$1M to cover the **operational costs**. **Together, we accomplish** this through a number of signature events and draws:

- Monthly 50/50 draw www.hospicehug5050.ca (lottery license number **RAF 136 7560**)
- Annual Hike for Hospice in May
- Care-A-Thon radio broadcast fundraiser in July
- And more!

If you would like to learn more about our services, or simply support the hospice in its work, go to www.maisonsudburyhospice.com.



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FINDING THE PROPER SHOE

- * Feet tend to swell during the day, so it is best to shop for shoes late in the day.
- * Have your feet measured by a trained professional. Sizes may vary with different shoe companies.
- * Try on both shoes and walk around for several minutes. Buy for the longer or wider foot.
- * The soles of the shoes should be designed for proper shock absorption and flexibility.
- * The counter should fit snugly around your heel.
- * There should be 1/2" distance between your longest toe and the end of the toe box.
- * Heel height should be no higher than 1 to 1 1/2". Look for a broad heel base.
- * The width of the shoe is very important. Do not "squeeze" your feet into shoes that are not meant for your foot shape.
- * Stay away from synthetic material. They do not allow your feet to breathe.
- * Look for a strong heel counter, laces and a rounded toe box.

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



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* "Remember, if your feet feel great – so will you!"

"Don't let pain stop you in your tracks"



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Here's To Your Health



Goshenite Seniors Services Care Companion Caregivers

Care Companion Caregivers is a NEW home care offering non-medical services to older adults or people with disabilities. Care Companions also called "Companions" provide peace of mind for families! Many adults with older parents live in different cities, provinces, even countries. A regularly scheduled visit from a Care Companion can provide reassurance that those parents are in good physical and mental health, that they are well cared for, and are provided with a communication link to their children. Goshenite offers fully trained bilingual Care Companions throughout the Sudbury area.

Care Companion Caregivers are caring and flexible individuals with experience in household management for non-medical, in-home support services, including home management (light housekeeping, laundry, bed making, trash removal), meal planning and preparation, grocery shopping, and client transportation (errands, appointments, shopping trips).

Care Companions can assist clients with the following activities:

- Assisting with basic activities of daily living
- Participating in entertainment such as playing cards, watching a movie, doing a puzzle or just enjoying each other's company
- Setting up the computer or tablet for a virtual visit with distant family members/friends
- Going for walks
- Engaging clients in conversation and joining in social activities and hobbies
- Handling basic housekeeping, such as dusting, sweeping, mopping, organizing, and laundry
- Planning and preparing meals for clients, taking dietary restrictions and preferences into consideration

- Taking a genuine interest in clients by listening to their needs, ensuring that their environment is clean and safe
- Driving clients to planned outings or events
- Providing emotional support for clients and their families.
- Providing assistant with social media if required
- Providing emotional support and non-medical services that improve the lives of the seniors
- Supporting seniors with meal prep
- Participating with seniors in customized activities
- Escorting seniors to appointments or to the grocery store
- Planning and scheduling appointments and social activities
- Transporting seniors to appointments and other activities
- Handling errands for or with clients such as grocery shopping and writing letters, etc.

About 40% of seniors experience loneliness and 17% experience social isolation. Companions are a great resource for families and seniors to help them stay connected and engaged in activities of interest. Care Companions can visit clients in their homes, in a retirement setting, and long-term care facilities. They can also attend medical and non-medical appointments.

The social benefits of a Care Companion "Companion" can help empower seniors to live their best life on their terms. A companion's support and attention can empower older adults to live with more dignity and improve their quality of life.

Call us today at 705-698-3045 for more information or to coordinate a visit with a Companion.



Nicole Blais, *President*
GosheniteServices.com
705-698-3045



Burdened with Sentimental Item Overload

Dealing with sentimental items can be challenging especially when they come from someone who has passed away or someone who keeps giving you things you don't want or need. You may feel like you must accept everything and display it in your home, or else you will hurt their feelings or dishonour their memory. You may also feel guilty for keeping these items in boxes, cluttering your space, and causing you stress. If this sounds like you, you are not alone. Many people struggle with how to handle sentimental items.

You don't have to put so much pressure on yourself to make the right decision. I was challenged with what to do as well until I learned to be more selective and only accept and keep the things that had real value and meaning for me and my family. I was decisive when selecting and accepting items that I could use or enjoy in my daily life. I also keep small items which fit into my children's memory bins.

You can start by saying "no thank you" to the items that don't fit your lifestyle and "yes" to the items you will use or display. Choose treasures that have a story behind them, one you can share with your family and friends and will inspire conversation and reminiscence. For example, a candy dish, a jar of buttons, a vase, a small tool, a potholder, a gravy boat, a piece of jewelry, a pair of binoculars, and so on.

By creating a special collection of sentimental items, you can honour your loved ones without feeling overwhelmed. You can also donate the rest of the items to someone else who can appreciate them and make new memories.



Cori-Lynn Lemaitre
Owner / Consultant
Organizeyourspace.ca
705-919-3869

BEWARE OF ACCOUNT CLONES

Social media can be a fun way to connect with the people who matter to you in your life but not everyone has the best intentions. One way scammers try to get information is through account cloning.

Have you ever received a 'friend request' from a stranger or someone you thought you were already friends with? While a friend request from a long-lost acquaintance or random person who you do not know may seem flattering, it is important to think about what type of information they might be able to glean from your social media feed and if you would share it with a stranger.



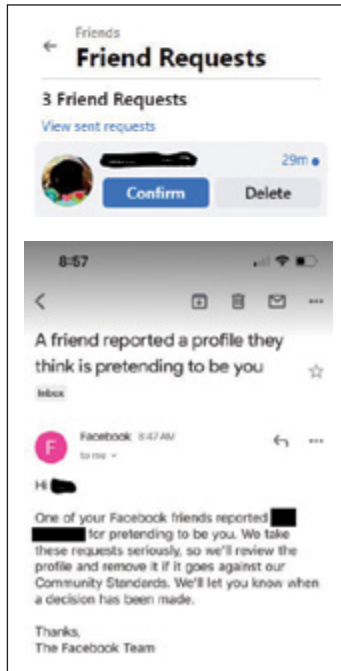
By Chelsea Papineau
Digital Content Specialist,
CTVNewsNorthernOntario.ca

It is free and easy to set up a profile on social media platforms and fraudsters are using peoples' names, photos, and friends lists to set up clone accounts to try and steal your identity. If I do not know the person in real life, I usually do not accept their friend request. When you receive a new request from someone who already has a profile set up, contact your friend directly on their original account first to tell them you received another request from a new account using their name and photo.

It is not usually necessary to start a new social media profile, as there are many ways to reset a password or regain access to an account, but it does happen. Do not interact with the new account until you can verify it is truly the person you think it is. If the account turns out to be fake, make sure to report it to the social media platform.

Steps you can take to increase security on social media:

- Set up two-factor authentication when you sign in
- Set your friends list to private so others can't see it unless you share mutual friends
- Set privacy settings to allow only your friends to see your posts
- Do not share personal information on the internet



Esteemed Readers,

As we gracefully tread into the realms of retirement, financial planning becomes a paramount consideration. We're about to unravel the financial myth that the cost of retirement living is unaffordable for seniors. Brace yourselves for a refreshing perspective on the real cost of retirement living.

It's a familiar routine for many seniors - juggling monthly bills encompassing mortgage, utilities, insurance, groceries, transportation, and the like. However, the journey towards financial ease in retirement involves more than just balancing these conventional costs. Let's explore the liberating alternative - retirement communities.

Homeownership, the cornerstone of the Canadian dream, is often accompanied by unforeseen expenses. Property maintenance, repairs, and escalating property taxes can erode your peace of mind and your savings. Imagine redirecting those funds towards experiences, rather than worrying about fixing a leaky roof. Retirement should be about leisure, not repairs.

In a senior living community, the burden of managing the rising cost of utility bills, grocery expenses, and transportation costs is lifted. These day-to-day expenses are consolidated into a single, predictable monthly fee allowing you to bid farewell to budgeting woes and embrace a hassle-free lifestyle.

Shedding the weight of mortgage payments and insurance premiums is a liberating experience. Picture redirecting those funds towards quality experiences with the people you love instead of funding a property you've already enjoyed for decades.

Senior living communities redefine retirement living by offering an all-inclusive package. Your monthly fee covers everything from maintenance-free living to enriching activities, gourmet dining options, housekeeping services, and even on-site emergency assistance. It's not just a place to hang your hat, it's a community for seniors to connect, share and prosper.

Before you embark on exploring retirement living, take a moment to assess your monthly expenses. The true value of retirement living extends beyond the simplicity of a single monthly bill. It's about escaping the financial binds of homeownership and daily living expenses. Senior living communities present an opportunity for you to savour retirement and focus on leisure, wellness, and connection.

Cheers to a golden era of financial ease and fulfillment!



By Justine Landry,
Manager of Operations,
Bachelor of Health
Management, Certificate
Health Services Financial
Management

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Transition is often difficult, 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. Goshenite Seniors Services Consultants 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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