

Active Aging

BY DAYNA STODDART



For the 10th consecutive year Active Aging Week (September 24 to October 3) was a huge success. More than 300 Ballantrae residents attended workshops facilitated by 26 experts. We also offered free trial classes to new fall programs this year.

The objective of this annual health promotional event is to give as many older adults as possible the opportunity to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles.

THIS YEAR'S EXPERTS ARE LISTED BELOW.

Ashley Kwong,
Memory and Company

Vicky McGrath,
*Nurse Next Door
Home Care Services*

David Kiernan,
*Cardiac Rehabilitation
and Prevention at
Southlake Hospital*

Dr. Brandy Pridham,
Naturopathic Doctor

Michelle Davis,
*Community Engagement
Specialist at Tweed Inc.,
Medicinal Cannabis*

Beata Blajer, *Registered
Dietician and Certified
Diabetes Educator,
Southlake Hospital*

Yasmin Visram, *District
Stroke Coordinator for
York at the District Stroke*

*Centre, Mackenzie Health
York Region Paramedics*

Dorothy Ratusny,
*Certified Psychotherapist
& Meditation teacher*

Dr. Meagan Lynch,
Chiropractor

Herb Rempel who led
a panel of experts:

**Eric Tappenden, Bob
Herbert, Ian Ross Pelman
and Robert Davies**

Outi Leis, *Health and
Exercise Practitioner*

Scott Dunne,
*Physiotherapist and
owner of Athletify*

Heather Roache,
Bayshore Home Health

Laura Kaufer,
Registered Acupuncturist

**Stacey Mendonca &
Jaime Cruz** from *Alzheimer's
Society of York Region*

Dr. Andree Ann Cyr,
*Professor and Researcher
at York University*

Dr. Ali Waseema,
Stouffville Family Dentistry

Rita Mustafa,
Holistic Nutritionist

Kelly James,
*Delmanor Retirement
Communities*

Anna Malfara,
*Gerontological Nursing
Association of Ontario*

Linda Varnam,
*Certified Level 2 Tai Chi
Qigong Instructor*

Marie Walker,
*Certified Group Exercise
Fitness Instructor*



Chair Fit with Outi:
Thursdays 10:45am – 11:30am



Forever Fit with Marie:
Wednesdays 6:30pm – 7:30pm



Tai Chi Qigong with Linda:
Wednesdays 1:30pm – 2:30pm



**3 and 15 Minute Golf Warm-up Demo with
Scott Dunne and Matt Savage, Athletify Golf**



About Shingles?

BY JAN RICHARDS



DO YOU KNOW that shingles is a viral infection which appears as an itchy painful skin rash on one side of your face or body, leaving nerve damage that may produce localized discomfort lasting months or even years? Signs and symptoms of shingles include a painful blister rash, tingling sensations of itching, burning and numbness, nausea, headache, fever, chills, photosensitivity, muscle pain, extreme fatigue and sensitivity to touch. The sooner these symptoms are identified, the faster treatment can begin. Shingles is caused by the chickenpox virus (varicella zoster), which becomes dormant after childhood illness and resides within the nervous system. It is often reactivated in folks over 50.

DO YOU KNOW that presently there are two vaccines available in Canada for the prevention of shingles – Zostavax II and Shingrix? Shingrix, the new vaccine approved by Health Canada in October 2017, stimulates your immune system to produce more antibodies to help boost the body's response to antigens (toxins or foreign substances). Shingrix is given in two intramuscular injections over two to six months. You need to receive both doses for the vaccine to be fully effective.

DO YOU KNOW the cost of Shingrix is approximately \$150 per dose (\$300 for two doses) and is not currently covered by OHIP for any age group? The cost, however, for Zostavax II is still covered for individuals aged 65 to 70 years in Ontario. However, studies show that it is only 35 per cent effective six years post vaccination.

DO YOU KNOW that the efficacy of Shingrix is 97 per cent in adults aged 50 to 69 years and 91 per cent in adults 70 years and older? Overall, compared to Zostavax II, Shingrix has a higher and longer lasting effectiveness. But there are side effects – the most common being localized pain, redness and swelling at the injection site, muscle soreness, headache, stomach upset, chills, fever and tiredness. Generally, these complaints resolve in less than three days; more serious complications may include postherpetic neuralgia which affects nerve fibres causing persistent burning pain.

Since the Shingrix vaccination is not appropriate for everyone, especially those with a weakened immune system, speak to your doctor to assess the suitability of this new inoculation for your well being. Protect yourself from an unwanted painful infection.