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VOL 4 ISSUE 6 FEBRUARY 2022

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On The Cover

Margret Nodwell was born and raised in Montreal and moved to New Hamburg four and a half years ago. Read her inspiring story on page 8.

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LETTER FROM THE EDITOR

During the month of February which is also known as the month of love, it's easy to just focus on the special people in your life by giving them lots of love and attention, but it can be hard to turn those efforts inward and also give yourself that level of love and care too! Self-care is so important these days when we are all stretched thin by everyday stressors like work, world issues, and even relationships that can leave us feeling stressed, drained and stuck in a rut.

Self Care Tip ~ Schedule "ME" time

We hear it each time we get on the airplane. "In case of a cabin pressure emergency, put on your own mask first before assisting others." A simple concept that makes sense. You can't help others for very long if you don't take care of yourself first. And yet, how many of us carry on assisting others with their oxygen masks and giving little thought to how long our own oxygen supply will keep us going or if the mask is even on?

Don't feel guilty about deciding to take some time and dedicating it to yourself! Do whatever helps you relax, recharge and find inspiration. Go for a walk, take a bath surrounded by candles, read a book, practice meditation, or even treat yourself to a day at the spa or a movie! Do something small that gives you that much-needed break. Research shows that self-care can also help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke. The Woolwich Community Health Centre has shared some great information on heart health for Heart Month, be sure to read the article on page 7.

We are always looking for people to share their stories to help others. Please feel free to reach out to us if you are interested in sharing your story and being featured in Embracing Change.

Wishing You Health, Happiness and Everything Your Heart Desires!

Tara



How to Take Your Own Blood Pressure

High blood pressure (hypertension) is known as a silent disease, which means it generally doesn't cause any symptoms until a cardiac event such as a heart attack or stroke occurs. Nine out of ten Canadians will experience high blood pressure at some point in their lives, but only 65% of them will be able to control their disease properly with treatment.

When they're not experiencing any symptoms, it can be difficult for people with high blood pressure to understand or feel the benefits of their treatment. However, it is important to treat hypertension correctly as this has a direct effect on the risk of a cardiac event.

HOW DO YOU MEASURE YOUR OWN BLOOD PRESSURE?

Blood pressure readings are an important indication of whether the treatment for hypertension is working, and can help determine whether your treatment needs to be adjusted.

Blood pressure levels tend to rise and fall during the day, and are influenced by a number of factors, including activity level, stress, the effect of medication, and even what you eat. It is important to have several readings in hand, in order to have a good overview of the situation.

To compile more readings without having to see a doctor or go to the drugstore, patients with hypertension are encouraged to take their blood pressure themselves at home

(self-measurement). Blood pressure devices are inexpensive and easy to use. They also allow you to obtain readings that are not influenced by the doctor's presence (white coat syndrome), as some people tend to exhibit higher blood pressure levels in a clinical setting than at home.

IDEAL TARGET OF BLOOD PRESSURE

Your doctor will tell you what your blood pressure levels should be. These levels vary from one person to another, depending on age, other illnesses (notably diabetes), and overall health.

Even once your pressure is back to normal, you must never stop the treatment. It's the treatment that helps maintain your blood pressure at the right level. If you stop the treatment, your blood pressure will rise, as will the risk of complications like heart attack or stroke.

HOW TO CHOOSE A BLOOD PRESSURE MONITOR?

There are various BP monitor models on the market. The classic model, like the one doctors use, measures blood pressure using an upper arm inflatable cuff. Some devices measure blood pressure at the wrist or fingers, but these models are not recommended by organizations like Hypertension Canada or the Canadian Cardiovascular Society, as their results are less reliable than those provided by conventional models.

When choosing your device, ask your

pharmacist for advice. He or she will help you select the monitor that best suits your needs, and make sure the cuff is the right size for your arm.

HOW TO USE A BLOOD PRESSURE MONITOR?

To take a reliable reading, it is important to follow a few rules when measuring your blood pressure:

Position of the cuff: Secure the cuff directly on the skin of your arm, about 2 cm above the elbow.

Moment of calm: Take a least 5 minutes to rest before taking your pressure.

Position of the body: Sit down on a chair with your back supported, legs uncrossed, and feet touching the floor. The arm on which you position the cuff should be supported, ideally at heart level, for example on a table.

Substances to avoid up to 30 minutes before self-monitoring: coffee, tea, cigarettes, or beverages containing caffeine.

WHEN TO MONITOR YOUR BLOOD PRESSURE?

It is recommended you take your blood pressure on seven consecutive days before doctor appointments and after any change in your treatment (for example, an increase in dosage or a new medication).

Measure your blood pressure twice in the morning and twice in the evening (wait two minutes between readings) before taking your hypertension medication.

The readings you obtain can either be saved in the device or recorded in a blood pressure log.

YOUR PHARMACIST IS THERE FOR YOU

In addition to helping you select the right blood pressure monitor for your needs, your pharmacist is also there to help you reach your treatment goals and provide advice if you encounter any difficulties along the way.

If your doctor has prescribed a medication for another health problem, or if you want to take an over-the-counter medication or natural health product, your pharmacist will ensure it is compatible with your hypertension medication.

If, after a change in your treatment, you find yourself in a situation where your medication needs to be renewed at different times during the month, your pharmacist can make the necessary adjustments to synchronize the dates and spare you multiple visits to the pharmacy.

Your pharmacist is there for you! Consult them if you have any questions.

ADDITIONAL TIPS

- Blood pressure goes up and down during the day due to several factors, such as activity level, stress, the effect of medication and even what you've eaten.
- There are several types of blood pressure monitors. When choosing a device, don't hesitate to consult your pharmacist.
- It is recommended that you measure your blood pressure for seven consecutive days.
- Your doctor will tell you what blood pressure values to aim for according to your condition.
- You should never stop treatment once your blood pressure values have returned to normal.

Castle Kilbride staff could not resist sharing these adorable valentine cards sent in the 1930s.

In February, classrooms throughout Wilmot would see students picking out or lovingly creating the perfect card to distribute proudly to their friends. These cards are from the Norma Facey collection.



FLASHBACK PHOTO

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FEBRUARY IS HEART HEALTH MONTH

What are some of the risks?

You may know that coronary heart disease is the leading cause of death in Canada. But did you know that your mental health can affect your heart health and your heart health can affect your mental health?

Heart conditions such as heart attack and angina are also known as cardiovascular disease. These conditions are more common in people living with depression, compared to the general population. In fact, we now know depression is a considerable risk factor for coronary heart disease along with smoking, high cholesterol and high blood pressure. Less is known about the links between anxiety and heart disease, but we do know that many people with anxiety also have depression.

Depression can also affect how well people with heart disease recover and increase their risk of further heart problems.

The COVID pandemic has involved many things that have added to most people's levels of depression and anxiety and interfered with many of the activities and habits that can keep heart disease and poor mental health at bay. Why not make this month your time to review your own heart and mental health risks and if you see risks try to adopt some new habits to help you fight our number one killer.

Depending on your

abilities, lifestyle changes to improve your physical and mental health may include:

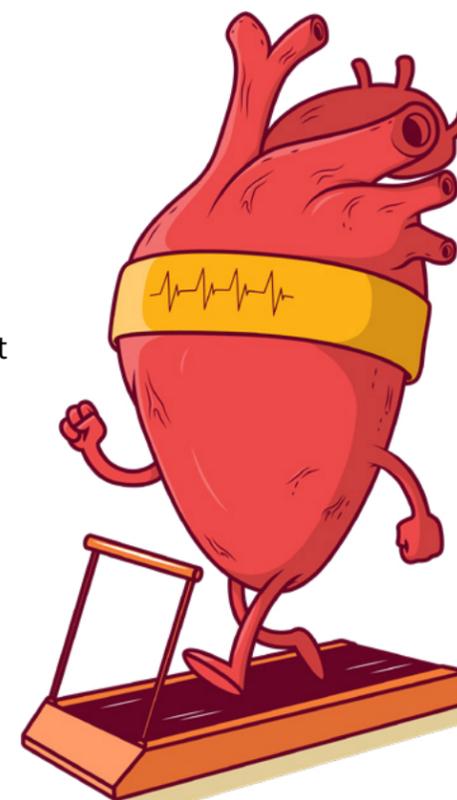
- ♥ exercising regularly
- ♥ eating healthy food
- ♥ reducing alcohol intake
- ♥ practising relaxation techniques
- ♥ doing enjoyable activities.

8 out of 10 incidences of heart disease are preventable through lifestyle changes, for tips on healthy living including stress management and positive mental health check out the resources at the Heart and Stroke Foundation at <https://www.heartandstroke.ca/healthy-living>

Heart Disease also raises your risk of COVID: data from the U.K. Office for National Statistics, published on April 16, 2020, showed that 91 percent of those who died of COVID-19

in England and Wales in March 2020 had at least one underlying condition, with heart disease among the most common conditions (14 percent).

All adults, especially seniors, are recommended to get a third "booster" COVID vaccine. If you haven't already got yours please talk to your primary healthcare provider if you have questions and get the shot as soon as possible. Some very high risk individuals such as seniors in long term care are even being offered a fourth vaccination. We worry about you – don't get left behind!



COVER STORY



Forward is Her Pace

"I've never been a fast runner. I don't want to be a fast runner, that doesn't float my boat. I want to have fun and I want to enjoy it. You get to know your pace and that's what it is." - Margret Nodwell

WRITTEN BY ELAINE BALLANTYNE

For some, life after 50 means hanging up their skates and slowing down. But not for Margret Nodwell of Morningside's Retirement Community in New Hamburg. After Margret turned 50 she took up running marathons. Now years later, she just keeps running.

"I was never as proud as that first half marathon. It was amazing to me that I could do that. It had never occurred to me that I could do it," tells Margret.

Born and raised in Montreal and coming to New Hamburg four and a half years ago, it was going through "the change" that motivated Margret to hit the pavement for the first time. "I was going through menopause and I asked my doctor what I could do without taking medication to help with the hot flashes and night sweats. She

recommended cardiovascular exercise," recalls Margret.

Fittingly, two co-workers at the time were starting a running club. These two co-workers were long-time runners and experienced. Margret went to the first meeting.

At the beginning, there were 15.

"The first time we went out, they paced us. We ran for 20 minutes. It was hard," says Margret. "But with whatever you do, you have to do baby steps. You just need to start."

Armed with this simple philosophy, Margret kept attending the running club. They would run three times a week—two half hour runs during the week—and a longer run on the weekend. Before each run, stretches were done with a warm-up walk. In just 6 months, Margret went from never being a runner to running a half marathon in Toronto.

Several people in the running club dropped out. Now there were 9. "I'm a big believer that you make yourself a priority. Nobody else can do that for you," explains Margret.

Everything is a process, be patient

Margret says that forward is a pace. This thinking is powerful. Taking up running is quite an adjustment for someone physically. "You didn't get sedentary overnight and you won't get active overnight," explains Margret. "You have to build up your body. It's like doing weights. You don't start off by lifting 10 pounds. You start off by lifting 3." Studies show that running is good for your body. For Margret, it has helped her "to feel fabulous" and it made a significant positive difference in her menopausal years.

Running can equal happiness

"When you run, you release hormones. I've always been a pretty happy person but now that I run, I'm an even happier person," enthuses Margret. Also significant to Margret's well-being is the fact that running gives her energy

to spare. Her running boosts her oxygen circulation and exerts her body to produce more mitochondria, which are known as the powerhouses of cells. These mitochondria increase a body's energy supply. "I have AIP syndrome," shares Margret. "That's ants-in-the-pants because I can't sit and read for more than an hour!"

Margret's need to be doing something is admirable. Margret is a faithful volunteer at the New Hamburg Thrift Center and has a passion for travel. "I believe we're all responsible for our own happiness—whatever that means to you—that's what you should do," she shares.

Eats well

When it comes to eating, Margret likes to live with a 80-20 rule. She says 80 percent of the time she eats the things she should. She says that 20 percent of the time, because she has eaten well 80 percent of the time, she will indulge and eat things like dark chocolate turtles.

Margret refers to herself as a "selective eater." "I don't allow people to call me picky," she laughs.

Margret says she has learned how to eat well despite being particular through reading, watching cooking shows, and doing Weight Watchers.

Marathons

Having goals and achieving them are very important to Margret. And sometimes, even when circumstances change, finishing despite adversity is also key to Margret. Five years ago she did a full marathon in Toronto. But unfortunately, near the time of the race, she developed an issue with her right hip.

"I wanted to finish it but I wanted to do it in five hours and fifteen minutes," tells Margret. "But at 32 kms, my hip said 'no' so I walked the last 10 kms. I ended up finishing at six hours, 10 minutes and 52 seconds."

A really important run to Margret is the Canada

Army Run. This five kilometre run and half marathon is held yearly in Ottawa in September and it supports Canadian Armed Forces members and their families. Margret has done it ten times. This year due to COVID, she did it virtually. "It's a very emotional race," she says. "Soldiers start the race first. The singing of 'O Canada' as the heroes run ahead of us is powerful. Everyone gets a medal—they are dog tags."

Winter running

You may think who would be crazy enough to run in the winter?

Margret Nodwell, that's who. When Margret is training for a race, she tries to run four times a week. Back in Montreal, Margret could run outside all winter. "In Montreal we don't get this up and down so much that you get here," she explains. "We don't have ice like you have here."

There have been many times where Margret is not able to run in New Hamburg due to the ice.

At times like these, Margret doesn't give up—she heads to the in-door track at the Wilmot Recreation Complex or to the Waterloo Memorial Recreation Complex.

"It's not fabulous, but if you're training you've got to get it done. I just listen to talking books on my iphone," she says.

To warm up her body, Margret walks around her house first and does some jumping jacks. She wears gloves, a hat, and dresses in layers.

"When I first start out, I'm chilly but it doesn't take long to warm up," she explains.

Wants to live to be a centenarian

"My plan is to live till I'm 104," Margret says.

With her mindset that age is no barrier—coupled with her healthy lifestyle and positive attitude—anything is possible for this running dynamo.

Always consult with your doctor before starting any new exercise program

February Puzzles!



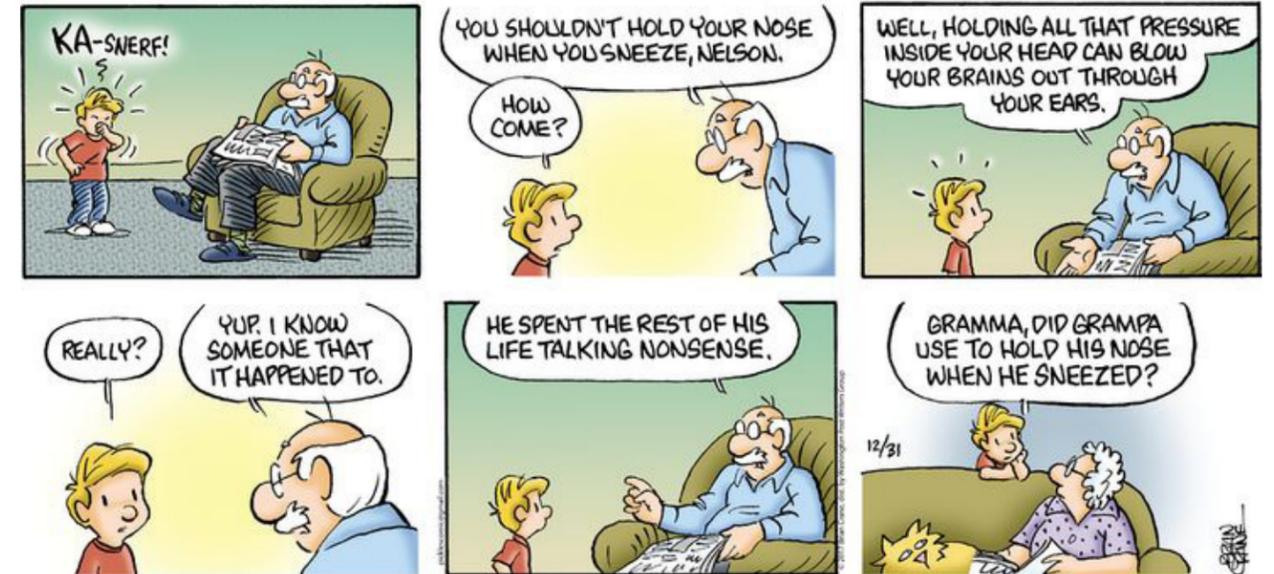
Concentration Puzzle



Laughing Matters!

PICKLES

BY BRIAN CRANE



Find the ten differences between the two pictures.

Word Pyramid #4

Answer the clues to fill in the pyramid.



1. E-I-E-I- _
2. To leave
3. Past tense of do
4. Applaud
5. Keyboard instrument
6. Louvre or Prado
7. Clam or potato soup
8. College newbie
9. Everglades reptile





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Tackling the Winter Blahs

Provided by CCC



As we move past the holiday season, it can be a long stretch as we wait anxiously for spring. It's often not long before we become tired of the cold and snow. You are certainly not alone if around the month of February, you find yourself in a bit of a funk. This year, more than others, when we have remained at home for longer periods to help protect ourselves and others, it is certainly understandable. However, there are things that you can do to help tackle the February blahs.

Keep up with regular exercise. An average of three exercise sessions each week has been shown to build strength and balance as well as minimize the risk of falls, the leading cause of health decline in older adults, while helping to boost mental health. While in-person group exercise classes that are typically offered through a variety of community locations may be temporarily on hold, take advantage of several free online classes held each week. Beyond the physical benefits, the classes provide a great opportunity to connect with others, strengthening mental wellness.

Participating in exercise classes not for you? There are many other ways to get exercise including taking a walk with a friend, experiencing the many trails, or joining one of many activity-based online programs. Staying active is a great way to tackle the blahs!

Stay connected with others. Connecting with others can make a big difference in helping you to get through the winter and through this tough stretch of isolation associated with the pandemic. Research shows that maintaining

social connections is one of the most important factors in helping people to address issues that they face. Each week there are many free activities available for seniors sponsored by Community Care Concepts and other local service providers. Until we can gather in person, there are many activities offered by phone or online. Perhaps it's listening to a community presentation, playing a virtual game of cards, joining a game of bingo, crafts, sharing a cup of coffee or sharing a common interest with others. There are so many opportunities to explore.

Others appreciate the opportunity for a more personalized visit or conversation with someone to share a cup of coffee or tea and share common interests. Friendly visitors are available to either connect with you on a regular basis by phone or in person.

While the winter blahs are common this time of year and especially during the pandemic, it is important that we monitor our mental health for signs that what we are experiencing may be more than the traditional winter blahs. If you find yourself experiencing depression or bouts of anxiety, sleeping excessively or very little, experiencing low energy or irritable, having difficulty maintaining self-care or are concerned about what you are experiencing, talk to your doctor or a mental health professional. Help is always available by calling Here 24/7 (1-844-437-3247) 24 hours a day, 7 days a week.

For more information on these and other ideas contact Community Care Concepts at 1-855-664-1900, 519-664-1900 or 519-662-9526.

WHERE TO GET YOUR FREE COPY

Copies will be available around the first Wednesday of every month at the following locations:

WILMOT TOWNSHIP:

- MeMe's Café New Hamburg (outside magazine stand)
- Sobeys New Hamburg (outside magazine stand)
- Hemmerich Hearing
- Dolman Eyecare
- Morningside Retirement Community
- Stonecroft New Hamburg
- Nithview Community
- Foxboro Green
- Community Care Concepts
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Office Pro
- No Frills New Hamburg
- Baden Village Pharmacy
- Rudy Held Performance Centre
- Soles Journey New Hamburg
- Little Short Stop New Hamburg
- Heart & Home Creations NH



- McDonalds (outside magazine stand)

WELLESLEY TOWNSHIP:

- Schmidtsville Restaurant (outside magazine stand)
- Wellesley Township Community Health Centre

- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym's Village Market
- In Season Home & Garden St Clements
- Len's Mill Store - Hawkesville
- Food Town IFT St Clements (Outside Magazine Stand)

WOOLWICH TOWNSHIP:

- Community Care Concepts
- Martin's Guardian Pharmacy (outside magazine stand)
- Kiwanis Transit
- Woolwich Health Care Centre
- St Jacobs Place Retirement Place
- MCC Thrift & Gift Elmira
- Living Waters Books & Toys Elmira
- Bonnie Lou's Cafe
- Hillcrest Home Baking
- Dollarama Elmira (outside magazine stand)



Ask the Doctor

with Dr. Nicole Didyk

As the winter months progress, I start dreading the cold days ahead. I once enjoyed winter and outdoor activities, but now in my senior years it seems to bring on more stiffness and joint and muscle pain.

Is this psychological or does the cold weather actually amplify these symptoms? Is this why so many older Canadians are spending the winter months down south?

Many people report that the weather causes more stiffness and joint pain. In theory, changes in humidity, temperature, barometric pressure and even wind speed can cause temporary expansion or shrinkage of joint tendons and tissues. The atmospheric pressure changes could affect nerve sensitivity, which may cause pain.

Colder temperatures may promote increased thickness, or viscosity of joint fluid and cause more stiffness. But scientific evidence doesn't provide an explanation for this phenomenon. There have been numerous studies of weather and joint symptoms, with sometimes conflicting findings.

Only about 3% of Ontarians aged 65 plus are "snowbirds", who spend the colder months in a sunny spot, and many have chosen to stay home related to the COVID-19 pandemic. The snowbirds that I've met often tell me that the warm, dry weather of Arizona and the sunshine of Florida are wonderful health tonics!

Most of us need to stay in Canada over the winter and knowing that our joints might give us more

aggravation during the colder months might be a good motivator to look after our joint health throughout the year. This includes exercising to maintain strength and flexibility, managing our body weight and eating a diet rich in vegetables and fruits, and healthy proteins and fats (and whole grains too!).

For more information about aging and health, go to www.TheWrinkle.ca

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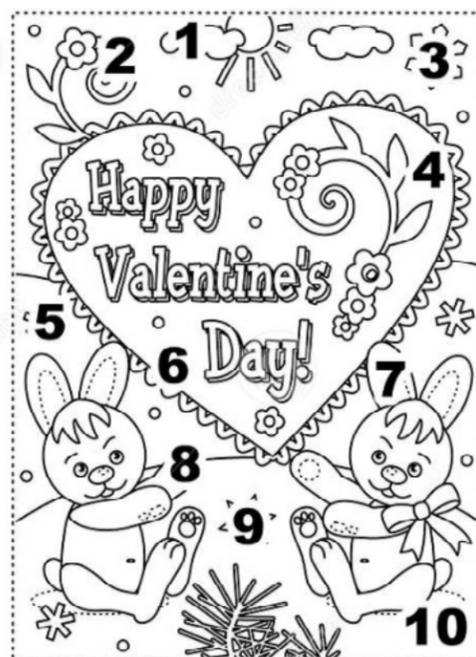
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The *Be Wise* booklet inserted in this issue of *Embracing Change* is factual information about cannabis and its uses.

Be Wise is written specifically for older adults and is based on the latest scientific research into cannabis, its benefits and risks.

To order additional copies, go to www.activeagingcanada.ca or call, 1-800-549-9799.



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- Talking to your doctor
- Dosing and your health condition

New Initiative Helps People Navigate a Dementia Diagnosis

Research shows that when a dementia diagnosis is made, the supports provided often aren't enough. Most people feel overwhelmed, and they don't get the support, resources and help they need. Forward with Dementia was created to address this issue.

The University of Waterloo and Schlegel-UW Research Institute for Aging are part of Forward with Dementia, a five-country collaboration to improve the diagnostic experience and post-diagnosis care for people living with dementia and their care partners. The Canadian arm of the project is co-led by Carrie McAiney, Schlegel Research Chair in Dementia at the Schlegel-UW Research Institute for Aging and Professor in the School of Public Health Sciences at the University of Waterloo. The project is coordinated by Melissa Koch, research assistant, and supported by Emma Conway, PhD candidate.

"Forward with Dementia brings many in-depth resources on dementia-related topics that we currently don't see a lot of," said McAiney. "We strive to help people from the day they get a diagnosis, through managing symptoms, supporting wellbeing, and everything in-between."

Representing Ontario, the Forward with Dementia initiative was recently launched in Waterloo Wellington. An advisory group consisting of persons living with dementia, care partners, and health- and social-care providers provide ongoing advice and feedback to best help those diagnosed with dementia through a variety of supportive resources.

"With the help of the advisory group, we have created a checklist of questions to ask health-care providers, a guide for sharing a diagnosis

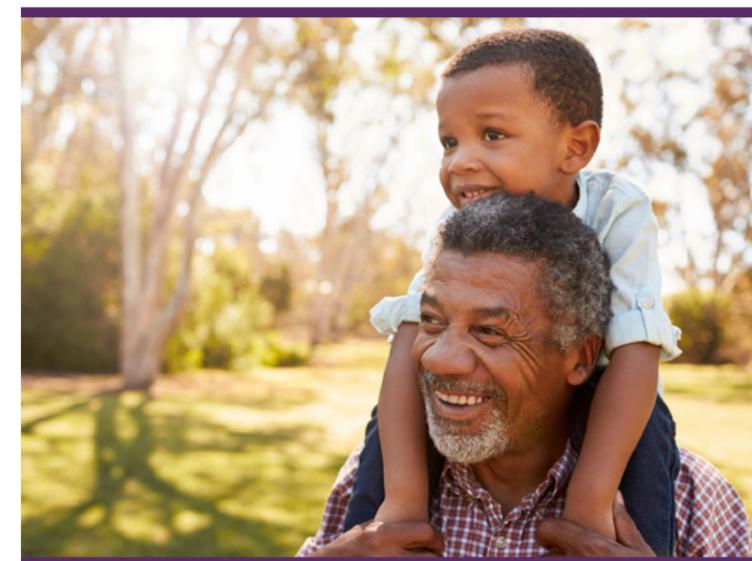
with family and friends, strategies to stay physically, cognitively and socially active and more," said McAiney. "The site also includes stories written by persons living with dementia and care partners, sharing their experiences of adjusting to the diagnosis and learning to live well with dementia."

The stories combined with evidence-based research aim to help people living with dementia choose their own path forward.

"The core message of hope is that people can live meaningful lives after a diagnosis of dementia."

Learn more and access the Forward with Dementia resources at

<https://www.forwardwithdementia.org/ca-en/>



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The Way of Life



When asked if he was a genius **John Lennon** straightforwardly said, “If there is such a thing as a genius, I am one, and if there isn’t I don’t care.” I can’t begin to make any such claim. Yet here I am, like so many writers, still putting in the time and effort. Why?

It can’t be for the money... 20% of all writers make 80% of the dough. For the love of it?... it tends to be a lonely profession. My choice of writing is the short story... short essay really. Maybe even the short musical essay, but that might be splitting hairs or something.

Just now a song sung by Canadian folk singer, **Valdy**, is coming to mind. “When it comes to matters of the heart, I’d rather be lucky than smart.”

That’s how I feel about writing. And my lucky streak started the day a cute little girl with big green eyes caught my attention at high school. So eager was I to impress – when she asked for help with her essay assignment, I volunteered to write it – despite it being due the next morning. I was inspired! She got an A+ even after signing her name on the front of my clearly different handwritten submission. Was it sheer cheek; or was her Literary teacher a true romantic? Was it that obvious we were in love?

My hope is that whatever nuggets of literary gold remain after panning for a lifetime, genetics might also play a factor. When growing up, I remember my paternal grandfather receiving an ‘Award of Merit’ from LIFE magazine. My father also wrote copious amounts of poetry all his life.

Over the years, it puzzled me – despite having a positive online and print presence – I’d never won any awards or writing contests. Then I met a very successful Canadian writer. She was the Writer-in-Residence one year at the University of Western Ontario and said she’d never received any writing awards. Plus, **Dianna Gabaldon**, writer of the Outlander series of

novels, graciously replied to my email saying all you can do is write with honesty and with as much skill that you have... remembering that each time you do it the better you get. I’ll always be grateful to these ladies for encouraging me to keep writing – passing on what they’ve learned.

Would I have changed anything? Not a chance!

That young blond for whom I ghostwrote so long ago? We’re married, still in love... with lighter hair! As a friend once noted, he’d always felt that we were destined for each other. If I had changed even one decision we might never have met.

So, if I can still help her get some A+’s in life – offsetting a few disappointments – I’d be content with that. What can I say? I’m a lucky guy!

“Sail on silver girl,
Sail on by
Your time has come to shine
All your dreams are on their way”
– Bridge Over Trouble Water by Simon & Garfunkel [Watch on YouTube](#)

That’s the way I figure it. – FP 



‘Music in Me’ writer **Fred Parry** is a lover of people and a collector of stories, music, wisdom and grandchildren.

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Driving with Dementia

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Driving represents freedom, independence and mobility to some, and is viewed as a right by others. Driving is a privilege, and driving ability needs to be reassessed constantly. While driving may feel like second nature to many, sometime it might even feel like you drive on autopilot - it actual is a delicate multi-tasking dance. A diagnosis does not mean you are unable to drive - most people in the early stages of dementia can continue to drive in the early stages of dementia.

With the progressive nature of dementia, it's critical to continuously evaluate and reassess driving. When your abilities have changed to the point that the risk of a collision becomes more likely, it is no longer safe for you to continue driving. It may be tough to hear when it is time to stop, so have proactive discussions on who you want to assess your driving. It is OK and normal to feel angry, sad frustrated or hopeless. It may also become a strain on your relationships, as they might notice changes in your ability before you do. Understand the suggestion to stop driving comes from a place support and care, and it can be equally, if not more devastating, to be involved in a motor vehicle collision. The good news is there are proactive strategies to both manage your driving ability and transitioning to living without driving.



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What is involved with driving?

- Quick reactions
- The ability to divide your attention and multi-task
- Good judgement
- An understanding and ability to recall the rules of the road
- The ability to find a destination and
- Adequate eyesight and hearing

Risky driving behaviour caused by dementia

- Slow response time.
- Traffic violations.
- Taking too much time to reach a destination or not reaching the destination at all.
- Driving too slowly to fast.
- Driving through stop signs or red traffic lights.
- Stopping at green traffic lights.
- Having difficulty merging with traffic.

Knowing when to stop driving

- Ask someone you know and trust to give you an honest and forthright opinion.
- Alternatively, it may be easier to hear an objective assessment from someone.

Strategies to manage your driving ability

- Settle into a consistent routine - stick to the same route when your drive.
- Drive with someone that can assess your driving abilities on an ongoing basis.
- Use technology to support your capacity to drive - if you are driving by yourself, use a GPS to help you.
- Above all, living well with dementia has been shown to slow the progression of dementia. Challenging your brain, following a good and staying physically and socially active will all help.

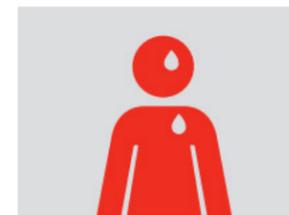
Transitioning to living without driving

- Consider alternative forms of transportation such as public transit or taxis.
- If you don't have to drive - don't! Suggest your friend drives if you are driving together.
- Use these alternative forms of transportation while is still safe for you to drive - this will help you get used to these new routines and may help you accept the difficult decision to stop driving when it eventually comes.

Learn the signs of a heart attack



Chest discomfort
Pressure, squeezing, fullness or pain, burning or heaviness



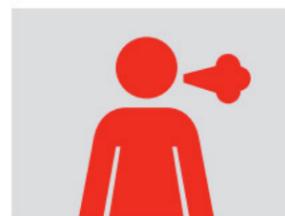
Sweating



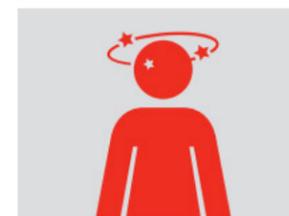
Upper body discomfort
Neck, jaw, shoulder, arms, back



Nausea



Shortness of breath



Light-headedness

For both men and women, the most common heart attack sign is chest pain or discomfort. However, women can experience a heart attack without chest pressure.

If you experience any of these signs, call 9-1-1 immediately.

heartandstroke.ca/heartsigns



Noise Induced Hearing Loss

Provided by Hemmerich Hearing Center

While some forms of hearing loss are hereditary and cannot be prevented, but some forms are hearing loss, such as Noise Induced Hearing Loss (NIHL) is preventable.

Noise-induced hearing loss is caused by overexposure to loud sounds. In some cases, the damage is only temporary. But repeated exposure to excessive noise for long periods of time can cause permanent damage.

Until recently, noise-induced hearing loss was linked mainly to excessive noise in the workplace. Some newer studies suggest that many teenagers and young adults have experienced permanent hearing loss caused by over-exposure to loud noise from a variety of everyday activities.

Reduce your risk

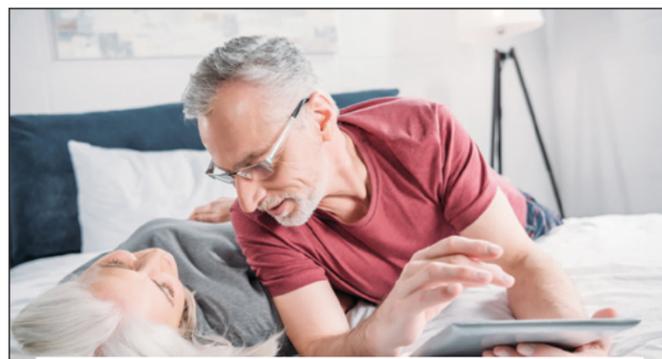
Take the following steps to protect your hearing:

- Limit the amount of time you spend on activities that are extremely noisy.
- Keep your car and home audio at enjoyable but safe levels.
- Wear hearing protection, like earplugs or earmuffs, when you're at risk for noise-induced hearing loss. The protection device should be as well fitted as possible. See an audiologist if you need help with this.
- Schedule some quiet time if you experience temporary hearing loss or tinnitus after work or other activities. Give your ears a chance to recover fully.
- Avoid buying children's toys that produce high sound levels. Look for toys that have volume-control features or an on-off switch so that sound can be kept low or turned off. Remember, children may hold toys closer to their ears than adults.

Talk to your doctor if you have concerns about your hearing. Early signs of hearing loss include:

- trouble following a conversation when there is background noise (like at a social gathering or in a cafeteria)
- a sense that people mumble when they speak
- tinnitus

Prevention is the only way to protect yourself from noise-induced hearing loss. There is no way to know how sensitive your ears are to damage from sounds, until the damage is done.



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Not Happily Ever After

With Valentines Day on the horizon, it seems important to point out that the message we learned ever since we were little about the fairy tale ending of living happily ever after is nothing more than a fairy tale. Unfortunately, we have discovered the harsh reality that one's experience being married rarely meets the lofty expectations of perpetual bliss. Don't get me wrong, marriage can be a wonderful thing, but there are also times when it is heartbreaking and much of the time it can be a whole lot of work.

One would think the longer one is married the easier it gets, but older couples can have just as many difficulties as younger couples in their marriages. Some older couples have resigned themselves to tolerating their relationship difficulties because they made a lifelong commitment. A lifelong commitment is a great foundation for a healthy marriage when it ensures both parties plan to put in the effort to make the relationship mutually edifying. However, a lifelong commitment can seem like a prison term when a relationship is emotionally or physically abusive. If you think you may be in an abusive relationship, it is advisable to seek some professional guidance to discern what you ought to do to stay safe. If your relationship is not abusive, but you need some assistance working through the difficulties, the rest of the article may generate some new thinking about your relationship. Additionally, a counselor can assist you to work through the relationship issues you have.

First of all, it is important to understand why couples, particularly older couples may snap at each other. The main reason couples snap at each other is it takes a

lot of energy to be polite and kind. Much of our energy is spent trying to be nice to people we encounter outside of our home, leaving little energy to be kind to the people with whom we live. Furthermore, we know it is safe to freely express ourselves at home, which is why children who feel like they have needed to keep their emotions in check while at school will have a meltdown when they get home. It is simply easier to allow the emotional explosion to happen than to attempt to restrain oneself.

Secondly, the world of older people tends to get smaller. Younger couples tend to have a wider range of people with whom they relate including work colleagues and children living at home, whereas elderly couples only have each other. Along with shrinking social networks, older people also have less activity in which to engage. Without deadlines or work pressures to occupy themselves bickering can offer them something to do.

Lastly, bickering with each other may be the emotional rhythm or routine the couple has developed. It is almost like the script both parties have implicitly agreed to participate in, even though neither party particularly enjoys it. The bickering may offer the couple a sense of a pseudo-emotional connection, which is to say although the bickering is not edifying, it is better than being ignored. The good news is the old script can be discarded and a new and improved script can be re-written. By being candid with each other about the current script you are using and your ideas of a preferred script you can take the first step to alter the course of your relationship. And in so doing, perhaps find a way to live more happily ever after.



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Family Caregiver Resolutions for 2022

Today, a record number of people are providing care for older loved ones. Caregiving brings with it many emotional rewards. But caregiving can be physically and emotionally demanding. Carers are stressed as they struggle to balance caregiving tasks with their work and other family responsibilities. They lose sleep worrying about the quality of care they're providing. It's no wonder! Today's family carers are asked to perform skilled medical tasks that might seem more the job of a healthcare professional.

The pandemic of 2020 has increased carers' workload considerably. Studies show family caregivers now are providing substantially more care than they were a year ago as they try to keep their older loved ones both safe and socially connected—this on top of working from home, and perhaps supervising their children's school days. A study from the University of Southampton even speaks of social inequalities between those who are caring for an older loved one and those who aren't.

"Juggling all these tasks can lead to what's called caregiver burnout," says Rhonda Eves, Care Planner at Right At Home Canada – Cambridge. "This is a sense of exhaustion when a carer feels drained of time and energy, coupled with feelings of anxiety and guilt. Caregiver burnout can lead to serious depression, and raises the carer's own risk of heart disease, diabetes, dementia and early death."

If you are a family caregiver, make caring for yourself a top goal. "Remember that if you don't take care of yourself, you will be a less effective carer for your loved one," says Eves. Eves offers some great suggestions to add to your list of 2022 New Year's resolutions:

#1 "I will build some 'me-time' into my schedule." Carers often tell themselves that they don't have time to do things they enjoy, or to visit with friends, or just to relax for a while. But respite is vital so you can recharge your emotional batteries.

#2 "I'll get enough exercise and eat a healthy diet." Studies show family carers often neglect the basics of a healthy lifestyle. But you endanger your own health if you live on fast food and your lifestyle is busy, yet largely sedentary.

#3 "I'll keep current with my own healthcare." Though they might spend a great deal of time managing their loved one's doctor appointments and medications, carers seldom have the same diligence about their own healthcare. When was your last checkup?

#4 "I'll learn more about my loved one's health condition and what I can expect in the future." Uncertainty and fear of the unknown can cause us a great deal of stress. Getting a handle on your loved one's situation lets you plan ahead, with fewer surprises that could catch you off guard.

#5 "I'll connect with others who understand." Many carers hesitate to discuss what they're going through. But it's so important to express your feelings. If it doesn't feel safe to share with family and friends, join a caregiver support group—either in person or, more likely these days, online.

#6 "I'll seek professional counseling." A counselor can help you sort through your feelings and provide tools for navigating the complicated emotions of family caregiving. Choose a therapist who is familiar with caregiver issues and dynamics.

#7 "I'll set boundaries." As a loved one's care needs increase, family carers often find themselves spending more and more time and attention on those needs. This is understandable when a beloved family member needs us! But you may need to say no sometimes.

#8 "I won't let 'old business' dominate." Often the tables turn as loved ones age, and we're providing rather than receiving care. Yet who can push our buttons better than Mum or Dad, a sibling, or our spouse? Focus on the tasks at hand. This is an area where your support group or counselor can be of great help.

#9 "I'll practice self-compassion." Feelings of guilt are petrol on the fire of caregiver burnout. Cut yourself some slack. Replace that critical voice inside your head with the same kind of caring empathy you would offer a dear friend.

#10 "I'll get help!" Maybe you have a wry smile on your face at this point. "Those are lovely resolutions," you might be saying. "But who has time for that? I'm a family caregiver!" You don't need to go it alone. It's time to get help, and there are resources to which you might turn:

Talk to your family. Be open about the many things you do to support your loved one. "Other family members might be unaware of the load, especially if they live at a distance," reports Eves. "They might be glad to help by spending time with your loved one while you take some well-earned time to yourself, by assisting financially, or by helping you locate support services."

Bring in professional care. During 2020, professional in-home care became an even more attractive solution for supporting the well-being of older adults. Professional in-home caregivers take over many of the typical tasks of family carers, such as hygiene care, assistance with managing healthcare appointments and medications, light housekeeping and laundry, meal preparation ... whatever tasks need doing. They provide respite care so you can take a break, even go on holiday.

"Hire through an agency that has stepped up to today's challenges," says Eves. Eves reports that Right at Home caregivers are always trained to reduce the risk of illness. They follow local and national guidelines on curtailing the spread of

COVID-19. Right at Home has a task force devoted to keeping owners and caregivers up to date with the latest recommendations during this rapidly changing situation. "As families work hard to keep the most vulnerable family members safe at this time, having trained professionals on the team is a tremendous stress-buster," Eves says.

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Right at Home International is a global franchise organization based in Omaha, Nebraska, USA. Since its founding in 1995, Right at Home has grown to more than 500 global locations. Right at Home franchises, most of which are independently owned and operated, offer in-home care and assistance to older persons and adults with disabilities who want to continue living independently. Caregiving staff are thoroughly screened and trained prior to entering a client's home.

About Right at Home of Cambridge

The Cambridge office of Right at Home is a locally owned and operated franchise office of Right at Home Canada, serving the communities of Cambridge, Kitchener, Ayr, Morriston, Millgrove, Breslau, St. George, Glen Morris, Rockton, Clyde, Blair, and Sheffield. For more information, contact Right at Home of Cambridge at www.rightathomecanada.com/cambridge or by email at Rhonda@rightathomecanada.com



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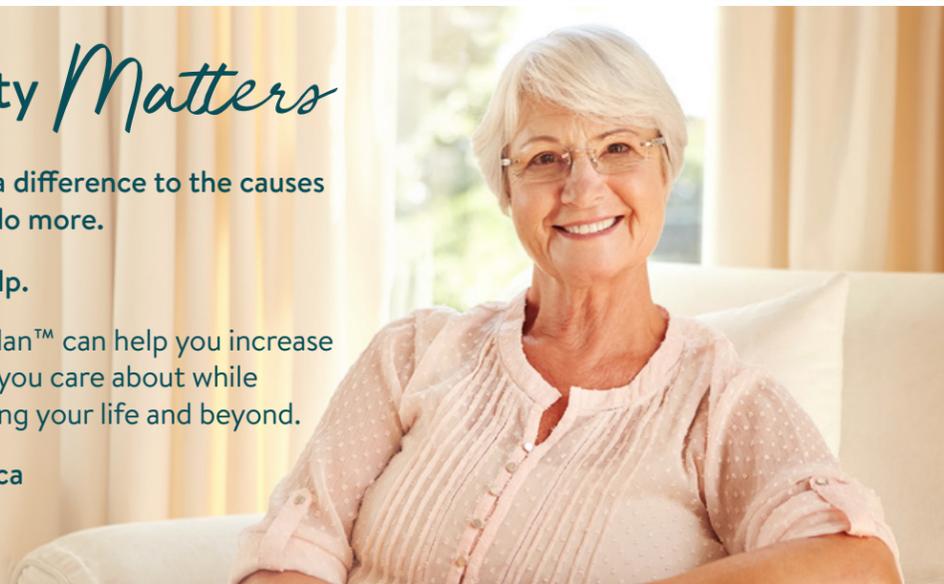
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- Low fat sour cream ½ cup (125 mL)
- Black pepper 1 tsp (5 mL)
- Basil 1 tsp (5 mL)
- Red pepper flakes 1 tsp (5 mL)
- Small onion, diced 1
- Mushrooms, diced ½ cup (125 mL)
- Grape tomatoes, cut in half ½ cup (125 mL)
- Zucchini, grated 1
- Red potato, grated 1 cup (250 mL)
- Parmesan cheese ¼ cup (60 mL)
- Cooked Ontario peameal bacon or ham, diced 0.5 lb (225 g)

Directions

1. Preheat oven to 400°F (200°C).
2. Spray a 9x11" pan with nonstick cooking spray.
3. In a large bowl, whip together eggs, egg whites, sour cream, black pepper, basil and red pepper flakes until well combined.
4. In a nonstick frying pan, sauté the onions for 1 minute, or until translucent and soft. Add mushrooms and sauté for another minute.
5. Once done, stir the onion and mushroom mixture into the egg mixture. Stir in grape tomatoes, zucchini, potato and parmesan cheese. Add the bacon or ham last.
6. Place mixture in the pan and bake for 30 minutes, or until the centre is set and a fork inserted in the middle comes out clean.

NUTRITION PER SERVING
Calories 214 | Protein 23g | Fat 10g | Carbohydrates 7.9g | Fibre 1g | Sodium 516mg



Enhanced animal nutrition and genetics make Ontario pork among the best in the world.



Pork is a source of iron, which helps carry oxygen in the blood. Iron from animal sources is more easily absorbed than iron from plant sources.



To avoid wasting the leftover egg yolks, try purchasing egg whites in a carton.



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