

Caring Matters[®]

Our Tenth Year Anniversary Edition!

Newsletter of Living Assistance Services Volume 5, Issue 13



LAS Opens New Office!



Celebrations took place in late October for the opening of a new Living Assistance Services office serving Mississauga, Oakville and Burlington.

Director Tim Powell, said, "Our goal is to mirror the exceptional service the Toronto

office provides to the community."

Powell already has his first client and has recruited a circle of first-rate caregivers to provide assistance with activities of daily living such as joyful companionship, meal preparation, personal care, errands, shopping, housekeeping, laundry and respite care for family members.

"We provide a full range of service and can attend at the care recipient's home, hospital or nursing home on a full-time, part-time, live-in or live-out basis", said Powell.

Tim may be reached at the Mississauga office at (905) 286-0031 or at (905) 829-9214 for Oakville/Burlington.

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Director's Message



To all, have a healthy, happy and wonderful New Year!

I receive advice from time to time and pass some of it along with the hope that it will help you as much as it has me:

- Many people will walk in and out of your life, but only true friends will leave footprints in your heart.
- To handle yourself, use your head. To handle others, use your heart.
- Anger is only one letter short of danger.
- If someone betrays you once, it's his fault. If he betrays you twice, it's your fault.
- Great minds discuss ideas; average minds discuss events; small minds discuss people.
- He who loses money, loses much; he who loses a friend, loses more; he who loses faith, loses all.
- Beautiful young people are acts of nature, but beautiful old people are works of art.
- Learn from the mistakes of others; you can't live long enough to make them all yourself.
- The tongue weighs practically nothing, but so few can hold it.

LIVING ASSISTANCE 
services



David Porter

David Porter, CSA

Tips for Older People

F.Y.I.

- Stay sociable as you age; maintain and add to your network of friends and acquaintances.
- Keep in contact with old friends and neighbours if you move in with a relative or change to a new address.
- Develop a "buddy system" with a friend outside the home. Plan for at least weekly contact and share openly with this person.
- Ask friends to visit you often. Even brief visits allow them to observe your well-being.
- Participate in community activities.
- Have your own telephone number and postal address, and open your own mail.
- Arrange to have your pension cheques or other income deposited directly into your bank account.
- Get legal advice about arrangements you can make now for a possible future disability, such as powers of attorney.
- Keep accurate records, accounts, and lists of property/assets available for examination by someone you trust, as well as by the person you or the court have designated to manage your affairs.
- Review your Will periodically and do not change it without careful consideration and discussion with a trusted family member or friend.
- Give up control of your property or assets only when you decide you can't manage them.
- Ask for help when you need it.
- Discuss your plans with your attorney, physician or family.

Source: Canadian Academy of Senior Advisors Inc

Project Redial

Do you have an old cell phone kicking around in a kitchen drawer?



By donating it to the Canadian Diabetes Association's Project Redial, you can help fund diabetes-related programs and services while minimizing waste, diverting toxic chemicals from landfills and helping those in developing nations attain a much-needed method of communication.

Donate your cell phone(s) by dropping them off at participating Value Village stores or any of Canadian Diabetes Association offices.

To find the location nearest you, call 1-800-505-5525 or visit www.diabetes.ca

Love in the Later Years

Remember your first crush? The insanity of falling in love? The amazing feeling of being with the most wonderful person in the world? If you are newly (or not so newly) single, there is no reason you can't experience these feelings again as an older adult. And if you have been married for decades but feel more like roommates than lovers, it's never too late to bring passion back into your relationship.



It's normal for humans to want an intimate physical and emotional connection at any age, and the statistics are in your favour. Today's retirees are more active and healthier than previous generations, and they aren't necessarily ready to give up romance. Here are ten tips for connecting with someone new or rekindling that old spark.

1. Things have changed: If you are newly single after many years of marriage, or find yourself alone after caring for a loved one, you may be surprised by how things have changed since you last dated. There are more of us taking a second or third look at romance than there were a generation ago. Other changes include greater financial security for retired people and more open-mindedness and independence for women.

2. Determine your needs: Do you just want to revive an existing relationship? Do you want a companion on your travels or a guest for a dinner party, a tennis partner or a roommate? Can you picture yourself re-marrying one day? Sometimes after years of living alone, people want companionship, but not extra laundry in the basket! Figure out what is important to you and look for a partner with similar goals.

(cont on pg 4)

Osteoarthritis

UPDATE

Key risk factors for osteoarthritis include:

- **Heredity:** The way your bones fit together may have been passed on to you by your parents.
- **Excess Weight:** This can add additional stress to weight bearing joints, especially knees and hips.
- **Joint Injury:** This can stem from a damaged joint that didn't heal completely, or from working in certain occupations.
- **Complications from Another Type of Arthritis:** People with rheumatoid arthritis can develop osteoarthritis in joints where inflammation has largely burned out.

Source: www.arthritis.ca



Getting Older

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, however, their activities had been limited to playing cards a few times a week.



One day when playing cards, one looked at the other and said, "Now don't get mad at me. I know we've been friends a long time, but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just glared and glared. Finally she asked, "How soon do you need to know?"

Source: www.swapmeetdave.com

Smoking: Does it cause wrinkles?



Yes. So if you need another reason to quit add premature wrinkles to the list.

Smoking can speed up the normal aging process of your skin, contributing to wrinkles. These changes may occur after only ten years of smoking. The more cigarettes you smoke and the longer you smoke, the more wrinkling you're likely to have — even though the early skin damage from smoking may be hard for you to see.

And smoking doesn't cause wrinkles only on your face. It's also associated with increased wrinkling and skin damage on other parts of your body, including your inner arms.

How does smoking lead to wrinkles? The nicotine in cigarettes causes narrowing of the blood vessels in the outermost layers of your skin, thus impairing blood flow. With less blood flow, your skin doesn't get as much oxygen and important nutrients, such as vitamin A. Many of the over 4,000 chemicals in tobacco smoke also damage collagen and elastin, the fibers that give your skin its strength and elasticity. As a result, skin begins to sag and wrinkle prematurely.

In addition, repeated exposure to the heat from burning cigarettes and the facial expressions you make when smoking — such as pursing your lips when inhaling and squinting your eyes to keep out smoke — may contribute to wrinkles.

While wrinkles may not be reversible, you can prevent greater damage by quitting smoking now.

Source: Mayo Clinic

Respite Care Explained

Many family caregivers provide care around the clock, seven days a week, 52 weeks a year. This takes a toll on their physical and emotional health.



According to Helpguide.org, "Caregivers need time off from their caregiving responsibilities to relieve stress and prevent burnout. Effective, sustainable caregiving depends on meeting the caregiver's own needs for nurture, reassurance, support and periodic respite."

Respite care gives caregivers planned, temporary relief, and ranges from adult day care settings to hiring a supplementary caregiver. These planned relief periods allow the family caregiver to have a few hours to him- or herself to rest, relax or run errands, or even to go on vacation. Reducing caregiver stress, prevents burnout, which in turn leads to better care for the care recipient.

Source: www.parentgiving.com

Healthy Aging: Over 50

If an interest in healthy aging leads you to consider anti-aging therapies — such as restrictive diets, supplements or expensive treatments claiming to postpone or even reverse the aging process — be cautious.



There's no quick fix for healthy aging. Know what you're buying, and know how to spot suspicious schemes. Often, anti-aging therapies don't live up to the claims.

Eating a variety of healthy foods, practicing portion control and including physical activity in your daily routine can go a long way toward promoting healthy aging.

It's never too late to make healthier lifestyle choices.

Source: Mayo Clinic

Love in the Later Years (cont from pg 2)



3. Finding new partners: You might not feel comfortable hanging out with strangers or have a workplace at which to meet new people, so where do you find this new friend? Seniors residences tend to have a higher proportion of women to men, so ladies you have to get out more, and men, appreciate your good luck. Take up activities that encourage social interaction, such as sports, reading groups and volunteering. Chat people up - you have nothing to lose - and if someone is not "dating material", they could still turn out to be a good friend.

4. Revving up old romance: We sometimes take each other for granted, especially when we spend a lot of time together. Start by doing something special for your partner, once a day, once a week or whenever it feels right. Make it an unexpected heartfelt gesture such as a gift, a special treat or a love note. Don't expect reciprocation; altruism is its own reward.

5. Date ideas: Visit the market, attend lectures, take a trip to a gallery or explore an interesting neighbourhood; or go for coffee or a picnic. Talk about your interests, but go beyond topics like kids, grandchildren and past relationships.

6. Keep your family in the loop: Let your children or other family members know that you are thinking of dating or getting involved in a new relationship. When the time is right, introduce your partner to your family. Some may feel uncomfortable, threatened or concerned about your new interest. If your new relationship is causing a serious rift, consult a social worker or family therapist to discuss your concerns.

7. Defining boundaries: It is important to respect your partner's boundaries and not to pressure him or her into more intimacy than is comfortable. Explore other ways of being intimate and affectionate. Seeing a counselor may also help.

8. Be positive and let go: Marriage counselors suggest that a relationship is healthier if partners accept each other's traits rather than trying to change them. Don't waste your energy. Try to relax and find ways to look at your loved ones positive attributes.

9. Look at the bottom line: If you are planning to re-marry, make sure you know the state of your finances. Sometimes couples move in together to pool scarce resources. Other times, a big difference in assets can cause tension within the extended family. Having a pre-nuptial agreement can protect everyone involved.

10. Rekindle romance: Many books are available to help you jump start your intimacy and appreciate each other more. Think of it like exercise; you may put it off, but once you start it will be fun and you'll feel great afterwards! You owe it to yourself and your partner to live life as fully as you can.

Source: Solutions Magazine

Seniors and Skin Health



In general, the elderly have special skin care needs because aging skin is so thin and dry. If it becomes too dry, it is prone to cracking and dermatitis, which allows for penetration of bacteria that can result in infection. The elderly should:

- Avoid hot baths and frequent showers.
- Use only mild soaps, and gently apply moisturizers to the skin after every shower or bath.

Take extra care to avoid developing bedsores, particularly for those who are incontinent or bed-ridden. These individuals need to be turned frequently to avoid pressure-sensitive ulcers. It is imperative that absorbent products and catheters be changed frequently.

To promote good skin health, seniors should also:

- Avoid or quit smoking
- Never expose themselves to the sun without sun block
- Keep properly hydrated.

Source: www.parentgiving.com



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