

# Caring Matters

## Milestone



There's an old cliché about how when you're 20 years old, you can't believe how little your parents know. By the time you're 25 you are amazed by how much they have learned. I have lived that cliché with my own parents more than once.

In 1994, my father turned 80 years old. Since he was very involved in our community all his adult life, there was a demand to celebrate this milestone with him at our local community centre. He was born on February 13<sup>th</sup> but the closest day available at the hall was St. Valentine's Day. Since we were all parading back and forth from the buffet table, I was concerned that everyone was too spread out to focus on the speeches that were planned to celebrate my father's birthday. My brother stood up and started the evening by saying that though my father was very involved in the community, he always had time for his kids and his sweetheart, my mom.

Next it was dad's turn. He thanked everyone for coming to his 80<sup>th</sup> and then said, "I would like to tell you all about a more important event that took place on this very day." At this point, the room went quiet. "It was the summer of 1953 and I was 39 years old." .

*(cont pg 4)*

## In This Issue

Milestone.....	pg 1
Tips for a happy marriage.....	pg 1
Anger management.....	pg 2
Toothbrush.....	pg 2
Strange facts.....	pg 2
Learning to cook.....	pg 3
Pain management.....	pg 3
Does the cold make it worse?.....	pg 3
Humour.....	pg 3
Butter or margarine.....	pg 3
Are you heart-health savvy?.....	pg 4

## Director's Message



In late January, I attended my grandmother Marion's 100th birthday party and, realized that I had given little thought to her tremendous accomplishment of living an exceptionally long life.

I asked her how she managed this and, after some thought, she said it probably had something to do with her habit of walking. Not knowing that she exercised regularly, I enquired how long she had been walking and how far. She replied, "Oh, about one or two miles everyday for about 60 years, unless there is a lot of snow." She also reflected that giving up smoking 60 years ago as well as her nightly routine of a rye and water about 10 years ago, "probably helped".

Ten years prior, at a family lunch celebrating her 90<sup>th</sup> birthday, Gran mentioned that she had lived a full life and was "ready to go...anytime." Incredibly, shortly after announcing this, she agreed to go bowling and won! Weeks later, she complained that she would never bowl again because she was so stiff.



David Porter, CSA

We should all be so lucky!

## Tips for a Happy Marriage

Looking for some easy ways to keep the spark alive?

- Make a regular one-on-one date night (or breakfast)
- Think of each other first.
- Communicate with words and ask for what you need.
- Say "thank you" and "sorry", and don't get defensive during arguments.
- Be intimate - share hugs, kisses and casual touches every day.
- Assume your spouse has good intentions when things go wrong.
- Never pass up an opportunity to say, "I love you!"



Source: [www.about.com](http://www.about.com)

# Anger Management

Do you find yourself fuming when someone cuts you off in traffic? Does your blood pressure go through the roof when your child won't cooperate?



Anger is a normal and even healthy emotion, but learning how to deal with it in a positive way is important. Uncontrolled anger can make both you and other people feel lousy. If your outbursts, rages or frustrations are negatively affecting your relationships with family, friends, co-workers or even complete strangers, it's time to learn some anger management skills.

Anger management techniques are a proven way to help change how you express your anger.

## Tips to help get your anger under control:

- **Take a "timeout":** Although it may seem cliché, counting to ten before reacting really can defuse your temper.
- **Get some space:** Take a break from the person you're angry with until your frustrations subside a bit.
- **Once you're calm, express your anger:** It's healthy to express your frustration in a non confrontational way. Stewing about it can make the situation worse.
- **Get some exercise:** Physical activity can provide an outlet for your emotions, especially if you're about to erupt. Go for a brisk walk or run, swim, lift weights or shoot baskets.
- **Identify solutions to the situation:** Instead of focusing on what made you mad, work with the person who angered you to resolve the issue at hand.
- **Use "I" statements when describing the problem:** This will help you to avoid criticizing or placing blame, which can make the other person angry or resentful.
- **Don't hold a grudge:** If you can forgive the other person, it will help you both. It's unrealistic to expect everyone to behave exactly as you want.
- **Use humour to release tensions:** Lightening up can help diffuse tension. Don't use sarcasm, though; it can hurt feelings and make things worse.

Source: Mayo Clinic

# Electronic Vs Regular Toothbrush

It's possible to brush your teeth effectively with a manual toothbrush — but an electric one can be a great alternative to a manual toothbrush, especially if you have arthritis or other conditions that make it difficult to brush well. The bristle movement of an electric toothbrush might even help you remove more plaque from your teeth and improve your gum health.

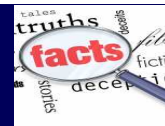


If you choose to invest in an electric toothbrush, make sure it is comfortable to hold and easy to use. Your dentist might suggest a model with a rotating-oscillating head. Other specific features, such as adjustable power levels, timers and rechargeable batteries, are up to you.

Whether you choose an electric or a manual toothbrush, what's most important is daily brushing and flossing.

Source: Mayo Clinic

## Strange



It is difficult to imagine that the USA sent a man to the moon before luggage wheels were invented. Luggage wheels were not popular for some time after they were first introduced by Mr. Bernard Sadow to Macy's department store in 1972.

## Some other strange facts:

- The king of hearts is the only king without a moustache in a standard deck of cards.
- Saturday mail delivery in Canada was eliminated by Canada Post in February 1969.
- Tourists visiting Iceland should know that tipping at a restaurant is considered an insult.
- The sun is 330,330 times larger than the earth.
- There are no words in the dictionary that rhyme with:
  - orange, purple, and month.
  - Chewing gum while peeling onions will keep you from crying.
  - The average person laughs 13 times a day!
  - By age sixty, most people have lost half of their taste buds.
  - Giraffes can not swim.
- The sentence, "The quick brown fox jumps over a lazy dog" uses every letter of the alphabet.



Source: www.strangefacts.com

## Learning To Cook

As we age, learning or re-learning to cook can be of great benefit for both health and social reasons.

The Feeling Better Eat Well Program, (formerly known as the Evergreen Action Nutrition Program), is offered to older adults in Guelph. It promotes the importance of healthy nutrition through displays and educational opportunities. It also encourages good food choices to help improve and maintain health and independence.



In 2004, a group of ten older men joined this program. Their reasons for participating in these cooking classes varied widely. Some were married and wanted to take their turn in the kitchen; others decided to join when they saw their friends, whose wives had been ill, doing more cooking. Other men simply wanted to become more self-sufficient. Some participants lived alone, while others were widowers, who have never learned how to plan and prepare meals.

Pat Vanderkooy, the dietitian who led the program in that year admired the boldness and persistence of the participants. "They felt awkward about joining a cooking group, especially when watched through the window by an audience, so we decided to pull down the blinds and get on with our cooking!" The men learned that there was always a way to redeem a dish that is a "flop." They were allowed to make mistakes and to experiment. For example, if the recipe says to cook the dish covered, what happens without a cover? They helped and encouraged each other. Not only did they become more self-assured in the kitchen, they learned new skills, appreciated different flavours and grew more knowledgeable about making nutritious choices.

The Feeling Better Eat Well Program provides the same services as the Evergreen Action Program, including diabetic support group, nutrition counseling, education information - displays, food tastings, cooking classes and the Garden Fresh Box Program. Fees vary for each program.

Contact Helga Thiessen, Program Coordinator at (519)-822-1260 ext. 2747 or myahfeelingbetter@gmail.com

*Source: Guelph Wellington Seniors Association and Expression (Bulletin of the National Advisory Council on Aging)*

### Butter or Margarine?

Both are 100 percent fat! Butter is rich in saturated fats. Margarine is from vegetable oils, but not all are created equal. The best are soft and non-hydrogenated.

Moderation is the key!

*Source: Canadian Health Network*

## Pain Management

Pain management means eliminating or controlling pain, with the goal of restoring comfort, quality of life and the capacity to function as well as possible given individual circumstances and the source of the pain.



Pain management varies with the kind of pain involved. For instance, preventing or reducing everyday aches and pains is often a question of healthy lifestyle choices. These include regular exercise to maintain strength, balance and flexibility (exercising also increases the body's production of natural pain killers, known as endorphins), eating well, drinking lots of water, brushing and flossing after meals, getting enough rest, and maintaining good posture and a healthy body weight.



Pain that goes beyond the everyday variety requires professional help. Your family doctor can treat many painful conditions, but when pain does not

*(cont pg 4)*

## Does the Cold Make it Worse?

Some health conditions worsen with the cold weather. People suffering from rheumatoid arthritis or lupus may find it hard to get out of bed in the morning, because of stiff and painful joints.



Changes in air pressure can affect the tissues around the joints, causing them to expand when air pressure is low.

**Some good advice: Keep hands warm with mitts, drink warm beverages and keep moving.**

*Source: Solutions Magazine 2009*

"I have a photographic memory. Unfortunately, it no longer offers same-day service."  
Anonymous

## Pain Management (cont from pg 3)



improve, or the cause is unclear, a specialized clinic may be able to help. Clinics may focus on a type of pain (headache, back pain) or offer a full range of pain management, involving a team of experts who conduct a thorough assessment and produce a comprehensive plan.

Managing chronic pain from arthritis, diabetes, osteoporosis, rheumatism, fibromyalgia requires a combination of strategies, both medical and non-medical, along with healthy lifestyle choices to help you cope better with any pain you might have.

As the Canadian Arthritis Society describes it, pain management means learning gradually to regain a measure of control over your body so that you can achieve some mastery of your medical condition and feel less as if the pain is controlling you.

Finally, pain management is a critical component of palliative care for people facing terminal illness. Powerful painkillers, like morphine, are used, while non-drug techniques can help reduce stress and anxiety. Opiates, when used appropriately, almost always control pain effectively. Some palliative care programs allow patients to decide how much medication they receive (within a safe limit). With this control, people tend to be less anxious, experience less pain, and even use less medication than those who must wait for a nurse to bring the next dose.



Source: *Expression* (Bulletin of the National Advisory Council on Aging)

## Are you Heart-Health Savvy?

1. Men admitted to hospital with a heart attack are 16 percent more likely than women to die within 30 days. True or false?
2. Hemorrhagic strokes are less common but more deadly than ischemic strokes. True or false?
3. Which city has the highest mortality rate for heart attacks:  
a) Charlottetown, PEI; b) Vancouver, BC or c) Toronto, ON
4. Which has the lowest mortality rate for heart attacks:  
a) Winnipeg, MB; b) Calgary, AL; c) Northwestern Ontario



Answers: 1.F; 2.T; 3.b); 4.b) (at 7.5%)

Source: *Women's Health News*

## Milestone (cont from pg 1)



I was very involved in hockey and baseball. Until that point, if I asked a girl out on a date and she said, "How about Friday?" I would say, "No I play hockey that night." She would reply, "How about Saturday?" "I have baseball that night", I would answer. Obviously I wasn't dating much. One night, my buddy dragged me out to a dance. He poked me in the ribs and pointed at a girl he wanted me to talk to. I thought he was crazy; she didn't look a day older than 15. I noticed her sparkling eyes and wavy brown hair.

"Months passed and I was at another dance and there she was again, the girl with the most beautiful eyes in the world. This time we talked. She taught me how to dance the polka and the waltz. 'I guess you can teach an old dog new tricks'," she laughed. It turned out she was 20 years old. I was relieved, but her parents forbade her to go out with me because of our age difference.

"But young love is a difficult force to stop. We wrote letters to each other, we had secret walks and we had secret kisses. One day I had \$108.00 in my pocket, the most I'd ever saved. It was February 14<sup>th</sup>, 1954 and I went to the jewelry store on Main Street. I looked for the perfect ring that would shine like her eyes did. I bought the perfect ring for my girl."

"Today is our 40<sup>th</sup> anniversary and that is the most important milestone for me on my 80<sup>th</sup> birthday."

Written by: Nicky Zeinis

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Compiled & Written by:

David Porter, Rafia Hasan, Nicky Zeinis

Edited by: Claire Valgardson

Designed by: Rafia Hasan

Original Concept by: Kendall Carey

3183A Yonge Street, Toronto, ON M4N 2K9

Ph: (416)-483-0070 Fax: (416)-256-9802

E-mail: [info@laservices.ca](mailto:info@laservices.ca)

Website : [www.laservices.ca](http://www.laservices.ca)