

2017



Community Links is pleased to present our 2017 Year of Ageing Well Calendar, offered free of charge to 12,000 older adults and their families in Nova Scotia.

2017 is a special year for Community Links as we celebrate the 25th Anniversary of our organization. This calendar is one of the ways that we work towards our vision that "seniors in Nova Scotia are informed, respected and engaged in achieving well-being for themselves and their communities."

Working on the calendar and the photo contest over the last six years has been a fun and rewarding experience. We are very grateful for the generous support of Community Health Boards throughout the province as well as our business sponsors. Not only have they provided funding to enable us to produce the calendar since 2011, but they have been true partners in ensuring that the calendar is distributed widely.

We also thank those who have contributed the wonderful photos for the calendar through our photo contest, which we have offered since 2012. These images truly represent the contributions older adults make to the vibrancy of our communities.



www.nscommunitylinks.ca



www.facebook.com/communitylinksassociation



https://twitter.com/AgeingWell_NS



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Toll free: 1-855-253-9355



Thank you to all those involved in this calendar!

Congratulations to our photo contest winners:



First Prize:

Shubie Park Hike

*submitted by
Christine Corston*



Second Prize:

Joyce Malcolm Outdoor Yoga

submitted by Gail Fulop



Third Prize:

They're off! Terrence and Louise Mathers

*Submitted by
Barbara Adams*

On the cover

Shubie Park Hike *by Christine Corston*

Community Links gratefully acknowledges the ongoing support of the Nova Scotia Department of Health and Wellness.

Calendar sub-committee members Jan Boswell, Anne Corbin, Pamela Fonseca, Kerry Karsten, Kim Slauenwhite, Tisha White

Set Your Sights on Ageing Well

Research shows that keeping social connections , staying physically active and continuing to learn new things can help us age well . Setting small, achievable goals can help. Following are some facts and goal setting challenges from The Fountain of Health Association for Optimal Aging:

| Fact | Challenge | My goal |
|---|---|---------|
| Social activity lowers your risk of dementia, improves mood and increases longevity. | What steps can you take to increase your social activity? | |
| Physical activity is good for your heart and your brain. It can also lower your risk of dementia and improve your mood. | How will you increase your weekly physical activity? | |
| Lifelong learning improves your brain function, including memory. | What will you do to keep your brain active? | |

Source: www.fountainofhealth.ca



Fishin' for Pickles, submitted by Dawn Harwood-Jones, Municipality of Chester, from a video by Steven Gill



Ted Roy– Gold in Billiards 55+ Games *submitted by Sherri Roy*

[LEFT] It's a puzzle *Submitted by Janet Landry*



Life Long Learning *submitted by Janet Landry*



Nutrition-Get What you Need

As we age our calorie needs and our ability to absorb nutrients tend to decline. Here are some tips for a nutrient rich diet:

Water – Eight glasses of water a day is the general recommendation. Try adding a small amount of fruit juice or lemon slices if you don't like the taste of plain water.

Fiber – Goes hand in hand with water to help avoid constipation and to absorb important nutrients. Eating lots of fruits and vegetables, whole grains and beans will help maintain digestive health.

Vitamin B12 – Foods rich in B12 include fish, meat, poultry, eggs, milk, and milk products. Ask your doctor about whether you should take a B12 supplement to maintain red blood cell production and nerve health.

Calcium – **along with vitamin D and magnesium** are essential for healthy and strong bones, Good sources of these nutrients include: leafy greens, fortified, low-fat dairy and orange juice, almonds, sesame seeds.

Zinc – is often low in the adult diet and is beneficial for a healthy immune system. Try eating foods high in zinc like pumpkin seeds, seafood, baked beans, nuts and seeds.

Sources: World Health Organization, Mayo Clinic



Cut the Clutter

Have you accumulated many years of “stuff.”?
Are you possibly looking to move in the next few years?
Are you running out of space to put things?

Here are some tips:

- Give yourself time. What seems like a huge task can be broken down into many smaller steps.
- Ask a friend to be a “sorting buddy.” A more objective opinion can help the decision to get rid of or keep an item.
- Professional organizers can help if you are feeling overwhelmed.
- Remove all items from a drawer or closet and use a long table to spread out and sort your items. Working at waist height where you can see all the items will make the job easier.
- The theory is that we wear 20%

or our clothing 80% of the time. Keep this in mind as you go through your closet.

- Do you need multiple numbers of the same kitchen tool? Keep only those that work best and are used regularly.
- If your “stuff” overwhelms you and you keep accumulating, it may be time to discuss this with a health professional. Although many of us tend to be pack-rats, hoarding is more serious and is a treatable mental illness.

*Sources: Web MD,
various other internet sources*

Keep only what you need, *submitted by Kate Mitchell*



Shirley and Bruce Livingston build a greenhouse, *submitted by Barb Victor*



Exercise for Healthy Bones

Women and men start to lose bone mass in their mid 30's.

As we age, this loss of bone mass can lead to osteoporosis.

At least one in three women and one in five men will suffer from an osteoporotic fracture during their lifetime.

Exercise is important for all of us, but particularly for those who have, or are at risk of, osteoporosis.

Exercises that improve muscle strength, balance and weight bearing aerobic activity are all beneficial.

Talk to a health professional about the best exercise routine for you.

[Left] Joyce Malcolm Outdoor Yoga – *Winner*
Second Prize Photo Contest submitted by Gail Fulop



Silver Sneakers off to a good start-
 Bluenose 2016 *submitted by Anne Corbin*



Lars Willum on the Green
 Gym at Ross Ferry *submitted*
by Noreen Maclean



Exercise with balls,
submitted by Janet Landry



Walk and Talk at St. Agnes *submitted by*
Jan Boswell

Drive Safer, Drive Longer

75% of Canadians over 65 are drivers. Many seniors, especially in rural areas, rely on their cars to get around. However some age related changes in things like vision and reaction time can mean extra care should be taken when driving. Here are some tips from the Nova Scotia Federation of Seniors:

- Choose routes less congested or busy.
- Keep A/C and heaters on lower settings to minimize noise.
- Communicate with drivers and pedestrians your intention while driving. Use your signal lights & horn.
- Keep a safe braking distance from the traffic in front of you.
- Check the rear view mirror often to observe traffic behind you, especially if you are about to use the brakes.
- Inattention and speed are the cause of most collisions. Seniors are more involved with collisions relating to right of way and making left turns, so be alert.
- Consider taking a driving refresher course through the Provincial Senior Safe Driving Program. Seniors 65 years of age or older with a Nova Scotia driver's license are eligible for the funding assistance. Contact 211 to find out about available programs in your area, or for additional information contact Federation of Seniors member Bernie LaRusic at (902) 562-1901 or by e-mail at bernielarusic_392@hotmail.com

*Source: Senior Safe Driving Program,
Nova Scotia Federation of Seniors*



They're off! Terrrence and Louise Mathers
Winner, Third Prize Photo Contest. Submitted by Barbara Adams

Planning Ahead – Personal Directives

A Personal Directive gives guidance to your loved ones and medical professionals regarding your care if you do not have the capacity to make decisions for yourself.

A Personal Directive Includes:

- Instructions for medical and non-medical care (i.e. home care, continuing care, and nursing care).
- The name(s) of who you wish to make decisions on your behalf
IMPORTANT: Be sure your decision maker(s) know of your intentions and where the Personal Directive document is located.
- Your decision maker does not need to be related to you.

Other facts about Personal Directives

- There is no legal requirement to have a Personal Directive. However, it allows your health care wishes to be carried out if you can no longer speak for yourself.
- When you have a Personal Directive, you can still make

decisions about your care if you have the capacity to do so.

- You may change and end your Personal Directive at any time, as long as you have the capacity to do so.

The Nova Scotia Retired Teachers organization offers workshops in many parts of the province to educate the public about the importance of Personal Directives. Contact 211 for more information.



Celebrating Canada Day
submitted by Janet Landry



Sea-doo fun with Barbara and Bob Landry
Submitted by Aimee Landry

Are you a safe pedestrian?

Between 2007 and 2013 there were 2260 pedestrian-vehicle collisions in Nova Scotia. 50 of these resulted in death. 52% of these deaths were among people aged 55 or over. Test your knowledge of pedestrian safety with this quiz.

Source: Canadian Red Cross

| | | | |
|---|--|---|---|
| 1 | More pedestrian/vehicle collisions happen in winter than summer | T | F |
| 2 | Most pedestrian/vehicle collisions happen on rainy days | T | F |
| 3 | You can enter a crosswalk when the “hand” symbol is flashing | T | F |
| 4 | Marked crosswalks have a low rate of pedestrian injuries | T | F |
| 5 | Cyclists must dismount when using a marked crosswalk. | T | F |
| 6 | By law, you have to press the button at a crosswalk that has one | T | F |
| 7 | Scooters and motorized wheelchairs must drive on sidewalks | T | F |
| 8 | Crosswalks only exist if they are marked | T | F |
| 9 | Pedestrians always have the right of way at stop signs | T | F |

Answers: Back page



Women on Wheels (WoW)
Heartland Tour
submitted by Cheryl Veitch

Prepare for Your Doctor's Visit

A visit to the doctor can be rushed and stressful if you have several things to discuss. In order to make the best use of your and your doctor's time, you may want to follow some of these tips.

- Ask a family member or friend to be your appointment companion.
- Make a list of questions and issues you want to discuss. Put them in order of priority in case time is limited.
- Prepare a list of your medications, including dosage amounts. Include over the counter medicines and supplements.

- Collect any test results, appointment referral letters, and other information you have been asked to bring to the appointment.
- Have a pen and paper so you or your appointment companion can take notes.

Source: Arthritis Society



Roseway Manor Horticultural Group
submitted by Patsy Jones-Hassapis



An Apple a Day ... Bonnie Lea Farm submitted by Jane Rafuse

Choosing a Mobility Aid: 10 Tips

When you start feeling unsteady on your feet...it might be time for a cane!

When you start needing to push up from a chair with two hands...it might be time for a walker.

If you have already had a fall, it might be time for a physiotherapist to assess your balance and walking ability and need for an aid.

Here are some tips to get the best out of your walking aid:

1. Your mobility aid should be fitted to your specific requirements.
2. Stand up straight when you get measured for a cane or walker.
3. The top of the hand grip should be at your wrist level.
4. Your elbows should be bent about 20 degrees.
5. Hold the cane in the hand opposite your weaker or painful leg.
6. Push up on your chair, not the walker when getting up - otherwise the walker may tip over.

7. Stand up as tall as possible and look ahead when walking.
8. Stop and rest when you need to. Many short walks may be easier for you.
9. Hold the handle grips lightly – gripping tightly will cause pain and fatigue.
- 10 Four wheeled walkers have a seat and brakes:
Your brakes should be on unless you are walking.

ALWAYS put your brakes on before you start to sit down.

Put your brakes on EVERY time you stop.

Only take your brakes off when you are ready to walk – practice this often.

If you have your mobility aid prescribed by your family doctor, you may get some or all of the cost covered by your private health plan.

Source: Physiocare at Home



Congratulations on finishing the 2015-2016 season of Walk 'n' Roll
submitted by Wendy-Lee Hamilton

Is it time for a personal alert?

Do you need the extra security of a personal alert? Try out the quiz below.

| | | |
|---|-----|----|
| I have had a fall in the last six months. | Yes | No |
| I have had a slip, trip or stumble in the last 6 months. | Yes | No |
| I live alone or spend a lot of time at home alone. | Yes | No |
| I have a chronic health condition. | Yes | No |
| I use or have been advised to use a cane or walker to get around safely. | Yes | No |
| I am worried about falling. | Yes | No |
| I steady myself by holding on to furniture when moving about the house. | Yes | No |
| I often have to rush to the toilet. | Yes | No |
| My friends and family are concerned about me. | Yes | No |
| I have lost some feeling in my feet. | Yes | No |
| I take medications that make me feel light headed or more tired than usual. | Yes | No |
| I worry about something happening to me at home and no one knowing. | Yes | No |

If you answered yes to 3 or more of these questions, you may need a personal alert system to feel more secure at home. Contact 211 to find suppliers of personal alerts.

For more information about this quiz, contact Northwood inTouch at 1-800-461-3346

Source: Northwood inTouch



Jim Russell and his dog Bella *submitted by Sherri Roy*

It Takes a Community ...

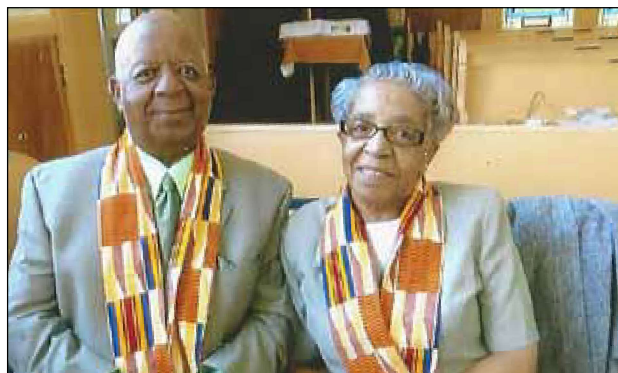
Most of us want to have a sense of belonging. Keeping socially active is good for physical and mental health. Whether you are new to a community or looking for a change, there are ways to become more involved and make new connections.



[Above] Charley Patriquin-Wentworth
Music Afternoon

submitted by Hope Bridgewater

[Below] Byron and Ruth Patterson
at Cornwallis Street Baptist Church,
photo by Phyllis Wilman,
submitted by Crystal John



- Find a group that has an interest you share, like photography or gardening.
- Visit your local library to find out about groups in your community who welcome new members.

• Call 211 or visit www.211.ca to see a list of volunteer opportunities.

• Want to see something change in your community? Talk to your municipal representative to explore options.



June Newton visits
Santa in Windsor

submitted by Karen Ferguson



Maudina Wheeler and
Friend, Gables Lodge

by Jill Blaikie



Phyllis Brown with Santa, Gables Lodge,

submitted by Jill Blaikie

Frauds and Scams

Some telephone and e-mail scam artists can seem very convincing. Here are some basic tips to avoid being taken in:

- Beware of identity theft! Never provide personal information over the phone such as date of birth or credit card numbers unless you have made the call.
- Calls or e-mail posing as government agencies or banks can seem real. If in doubt call the bank or agency to verify.
- Beware of the “grandchild in trouble” e-mail and phone scam. These can seem very convincing.
- If an offer seems too good to be true, it probably is. Never agree to a credit card payment over the phone from an unsolicited call offering a product or service.
- If you have call display, write down the name & number to provide to police in case of an incident.
- Never send money to people you do not know.
- Never leave paperwork containing personal information (name, address, bank account number) at bank machines, trash cans or any public spot - destroy all self-identifying paperwork you no longer need.

Source: RCMP, CARP: ABC's of Fraud

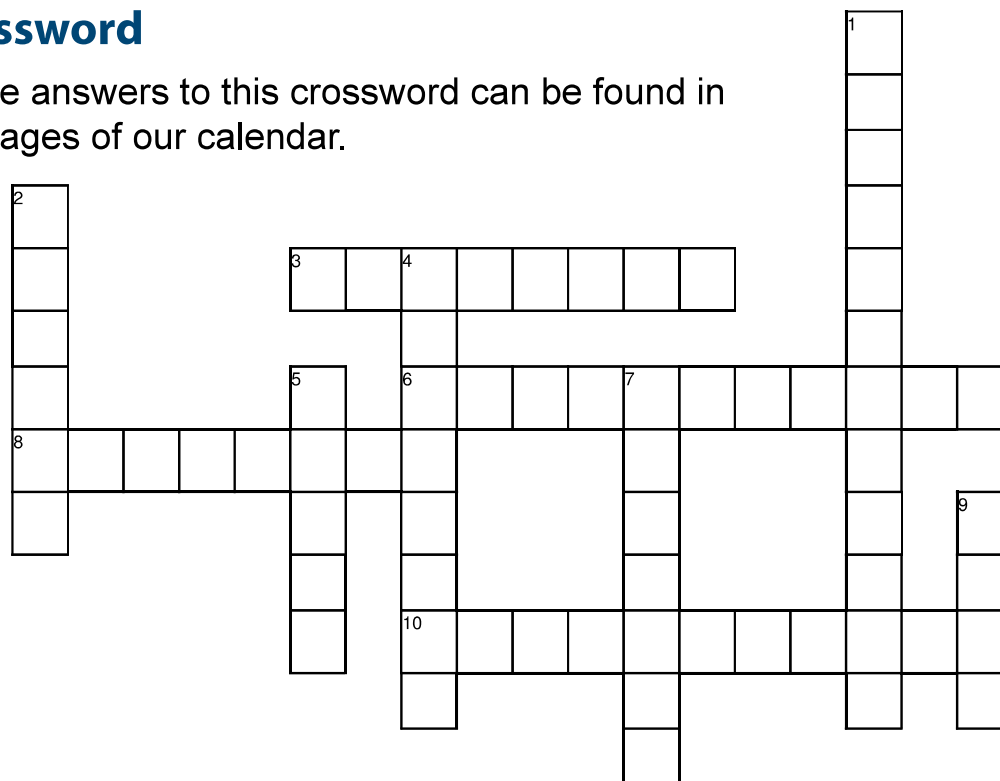




Group reading. Submitted by Carla Conrod.

Crossword

All the answers to this crossword can be found in the pages of our calendar.



Across

3. Scooters and motorized vehicles have to drive here.
6. When visiting the doctor, it is a good idea to have a list of these.
8. This activity is good for your heart and your brain.
10. This problem among drivers is often the cause of collisions.

Down

1. This condition is caused by loss of bone density.
2. Four wheeled walkers have a seat and these.
4. Keeping socially active can lower your risk of this.
5. The recommended amount of glasses of water to drink in a day.
7. This happens when you have too much 'stuff'.
9. This nutrient helps build the immune system.

See answers on back cover.

Some useful contacts

| | | |
|--|----------------|---|
| Provincial Information and Referral Line (24 hour) | 211 | A person will answer! |
| Healthlink (24 hour) | 811 | Talk to a nurse about your health concern |
| Nova Scotia Road Conditions | 511 | Recorded message about road conditions |
| Access Nova Scotia | 1-800-670-4357 | Email: askus@gov.ns.ca |
| Alzheimer's Info Line | 1-800-611-6345 | www.alzheimers.ns.ca |
| Caregiver's Info Line | 1-877-488-7390 | www.caregiversns.org |
| Community Links | 1-855-253-9355 | www.nscommunitylinks.ca |
| Crime Stoppers | 1-800-222-8477 | |
| Department of Seniors | 1-844-277-0770 | www.novascotia.ca/seniors/ |
| Gambling Support Network | 1-888-347-8888 | |
| Home Care (Continuing Care) | 1-800-225-7225 | You can self-refer to this service |
| Income Tax Information | 1-800-959-8281 | Press * to speak to an agent |
| Nova Scotia Pharmacare | 1-800-544-6191 | Email: SeniorsPharmacare@medavie.bluecross.ca |
| Old Age Security and Canada Pension Information | 1-800-277-9914 | Press 0 to speak to an agent |
| Gambling Support Network | 1-888-347-8888 | |
| RCMP | 1-800-803-7267 | www.rcmp-grc.gc.ca |
| Red Cross Community HELP Program | (902) 424-1420 | Health Equipment Loans |
| Senior Abuse Line | 211 | Email: stopelderabuse@gov.ns.ca |
| Seniors Canada On-line | | www.seniors.gc.ca |
| Seniors Info Line (VON) | (902) 454-5755 | |
| Transportation: to find a ride in your area, call | 211 | www.ruralrides.ca |

Answers



Are you a safe pedestrian?

| | |
|-------|--|
| True | There was an average of 22 collisions per month from October - March, compared to an average of 13 collisions per month from April – September in Halifax Municipality |
| False | Weather conditions were clear and/or sunny for 62% of collisions |
| False | This signal means don't start across, but finish crossing if you have already started. |
| False | Many injuries happen at marked crosswalks |
| True | Cyclists must dismount and walk in a marked pedestrian crosswalk. |
| True | For safety, you need to give notice of intention to cross when available. |
| True | These vehicles follow the same rules as pedestrians |
| False | Every intersection has a crosswalk. Whether marked or unmarked, drivers must stop for pedestrians waiting to cross or when they're already in a crosswalk. |
| True | Drivers must stop for pedestrians waiting to cross or when they're already in a crosswalk. |

Crossword

| | |
|----|--------------|
| 1 | Osteoporosis |
| 2 | Brakes |
| 3 | Sidewalk |
| 4 | Dementia |
| 5 | Eight |
| 6 | Medications |
| 7 | Clutter |
| 8 | Exercise |
| 9 | Zinc |
| 10 | Inattention |