

Seniors Connections



Vol 1 Issue 13 Aug 13 – Aug 26, 2017

Published by Nanaimo Lifeline Check-In Service – 250-739-5770



**FEATURE ARTICLE BY
BY MAYO CLINIC STAFF
ALZHEIMER'S:
PART 2 -ACKNOWLEDGE DECLINING
SKILLS AND SENSES**

In the early stages of Alzheimer's, your loved one might forget to eat or lose the skills needed to prepare proper meals. Call to remind him or her to eat or help with food preparation. If you make meals in advance, be sure to review how to unwrap and reheat them. You might also consider using a meal delivery service.

In addition, your loved one's sense of smell and taste might begin to diminish, which can affect interest in eating.

As Alzheimer's progresses, your loved one might forget table manners and eat from others' plates or out of serving bowls.

Changes in the brain might cause him or her to lose impulse control and judgment and, in turn, eat anything in sight – including nonfood items. During the later stages of the disease, difficulty swallowing is common.

Expect agitation and distraction

Agitation and other signs and symptoms of Alzheimer's can make it difficult to sit still long enough to eat a meal. Distractions at mealtime might make this even worse. To reduce distractions, turn off the TV, radio and telephone ringer. Put your cellphone on vibrate. You might also clear the table of any unnecessary items.

If your loved one needs to pace, try cutting a sandwich into quarters and giving him or her a section while he or she walks.

Discourage your loved one from drinking alcoholic beverages. Although alcohol might stimulate the appetite, it can lead to confusion and agitation as well as contribute to falls. *(To be continued)*

GAMBLING AWARENESS WORKSHOP

Join us on Friday, September 1st from 10am to noon for a fun and interactive gambling awareness workshop that is tailored to older adults. We will answer any questions you may have and/or dispel any

myths you may hold. Using a bingo game as the base activity, we will explore the ups and downs of gambling. And yes, there will be a door prize or two! Can't attend the workshop? Learn more at <https://www.bcresponsiblegambling.ca/> or call the toll free line at 1.888.795.6111 To register for the Gambling Awareness Workshop call Kayla at 250-591-2924. Seating is limited to 20 participants.

10 WAYS FOR SENIORS TO STAY COOL IN HOT WEATHER

(from an online caregiver resource)

1. Drink plenty of cool water throughout the day (don't rely on feeling thirsty!) and avoid alcohol and caffeine.
2. Eat cooling snacks like homemade popsicles (with cupcake liner as drip catcher), frozen peas, or slightly frozen grapes.
3. Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes like pot roast.
4. Place a cool washcloth on the back of the neck and a pan of cool water close by to periodically re-cool the towel.
5. Sit with feet in a pan of cool (but not too cold) water.
6. Keep the house as cool as possible by keeping shades closed during the hottest part of the day and using inexpensive solar curtains.
7. Wear layers of lightweight clothing in light colored cotton so it's easy to adjust to the temperature throughout the day by removing or adding layers.
8. Visit a public cooling center like a recreation center, senior center, library, coffee shop, or shopping mall.
9. Take a cool shower, bath, or washcloth wipe-down. For maximum cooling, keep the water just below body temperature.
10. Cover up with a flexible ice blanket – use a thin towel to keep the ice away from direct skin contact



**3 M PROGRAM
3rd Monday
Monthly Music
FREE**

Call for reservation
250-591-2924
Limited Seating.
When: 3rd Monday
7:00 – 9:00 pm
Doors open @ 6:45
Where : 150 B Wallace Street,
Nanaimo



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FOR FURTHER
INFORMATION CALL:
JOAN RYAN AT
250-739-5770

\$\$ - DISCOUNT CORNER - \$\$

Note: LifeLine does not guarantee correctness of data

STORE	%	AGE	DAY OF WEEK	NOTE
Art Knapp	20%	60+	Wednesday	Off regular priced items
Shoppers Drugmart	20%	55+	Thursday	Need Optimum Card
Salvation Army Thrift Store	30%	55+	Thursdays	
Value Village	30%	60+	Tuesdays	
Bulk Barn	10%	60+	Wednesday	
Michaels	10%	60+	Everyday	
M&M Meat Shop	5% or 10%	60+	Tuesday	5% regular; 10% if order is over \$30
Rexall Pharmacy	20%	60+	Tuesdays	
McDonalds	N/A	60+	Everyday	Coffee -\$1.25
Pomme Natural Market	10%	60+	Wednesday	Selected items only
Pomme Natural Market	20%	All	Last Wednesday of month	
Landmark Cienma - Avalon	\$6.00	65+	Tuesdays	\$9.99 other days
Cineplex - Galaxy -	\$9.99	65+	Everyday	

Irish Craic and Humour

What did our parents do when they were bored with no Internet?

I asked my 18 brothers and sisters, and they didn't know either.

irishcraicandhumour.com

LIFELINE HAS A CHECK-IN SERVICE !



Are you .. or anyone you know, HOME ALONE ?

For additional peace of mind, we provide friendly phone calls to "check-in" on your wellbeing.

Call 250-740-2624 for details.

THE SENIORS WELL PROGRAM

Do you self-identify as a senior and would you like help build a vibrant Nanaimo Senior Connect community? The Seniors WELL program (affiliated with the Nanaimo Women's Centre) provides a culturally safe set of services that promote senior wellness, health and community for seniors. The WELL program is committed to the inclusive participation of seniors of all genders and ages 55+. All programs and workshops are designed by seniors and led by seniors to meet the needs of other seniors.

The Seniors WELL August programming is starting off with a bang! We had great attendance for our Tuesday Hawaiian Dance workshop at the Snuneymuxw Health and Recreation Centre and our regular Tuesday chair yoga workshops continue to prove to be very popular. Some highlights of upcoming August workshops include: Mason Jar Salad Making with Heidi, the Nanaimo Seniors WELL Tea Party and Cowichan Knitting with Joanne. Stay tuned for some exciting September 2017 workshops! They include two Quecha language drop-in sessions (the South American First Nations language) and a fishing outing for five seniors at Westwood Lake.

Please contact Fiona, the Seniors Program Coordinator for program information or to pre-register for classes at: 250-753-0633 or at: seniorsprogramcoordinator@nanaimowomen.com! We look forward to hearing from you!

Some Testimonials:

Cowichan knitting: " I love to regularly connect to my cultural community and make new friends!"

" I do enjoy visiting the Centre and participating. It has a great vibe!"

" I wish this workshop could be longer – especially as it relates to Cowichan knitting!"

CAN SOME TYPES OF OSTEOPOROSIS DRUGS ACTUALLY HURT MY BONES?

Answers from Kurt A. Kennel, M.D.

Certain types of osteoporosis drugs have been associated with an increased risk of two rare but serious problems — osteonecrosis of the jaw and an unusual type of fracture in the upper thigh bone (femur). Osteonecrosis of the jaw develops when the jawbone fails to heal after a minor injury, such as getting a tooth pulled. An impending atypical femoral fracture can cause pain in the thigh or groin that begins subtly and gradually worsens. It sometimes develops in both legs at once. If untreated, a complete fracture of the femur requiring surgery can occur even with normal weight-bearing.

Bisphosphonates — such as alendronate (Fosamax, Binosto), risedronate (Actonel, Atelvia), ibandronate (Boniva) and zoledronic acid (Reclast, Zometa) — and denosumab (Prolia, Xgeva) have been linked to osteonecrosis of the jaw and atypical femoral fractures.

The risk appears to increase with the length of time the drugs are taken. In addition to treating osteoporosis, bisphosphonates and denosumab are also used to treat cancer that has spread to the bone. The risk of osteonecrosis of the jaw is much greater for people taking higher doses of these drugs to treat cancer than it is for people who are simply treating osteoporosis

CAN A JUNK FOOD DIET INCREASE YOUR RISK OF DEPRESSION?

Answers from Katherine Zeratsky, R.D., L.D.

Depression and diet may be related. Several studies have found that people who ate a poor quality diet — one that was high in processed meat, chocolates, sweet desserts, fried food, refined cereals and high-fat dairy products — were more likely to report symptoms of depression. The good

news is that the people who ate a diet rich in fruits, vegetables and fish were less likely to report being depressed.

These results are in line with other research findings that healthy diets help protect against disease. For example, studies suggest that people who follow the Mediterranean diet — which emphasizes fruits, vegetables and fish, and limits meat and dairy products — have lower rates of depression and other diseases, such as Alzheimer's disease, diabetes and heart disease.

More research is needed on the connection between depression and diet. In the meantime, it would be wise to cut back on the less nutritious options and make healthier choices



FLORIDA—SENIOR STOPS ALLIGATOR ATTACK

This is a story of self-control, a brave, cool-headed woman with a small pistol against a fierce predator.

Here's her story in her own words: "While

out walking along the edge of a pond just outside my house in The Villages with my soon to be ex-husband, discussing property settlement and other divorce issues, we were surprised by a huge 12-ft. alligator which suddenly emerged from the murky water and began charging us with its large jaws wide open. She must have been protecting her nest because she was extremely aggressive.

"Just one shot to my estranged husband's knee cap was all it took. The 'gator got him easily, and I was able to escape by just walking away at a brisk pace.

"The amount I saved in lawyer's fees was really incredible.

"His life insurance was a big bonus too."

Aug 14 – Sep 1 – SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
14 • Drop in 10am – 3pm	15 • Drop in 10am – 3pm	16 • Drop in 10am – 3pm	17 • Chair yoga with Sheila 10:45am – 11:30am • Seniors WELL Tea Party 1pm – 2:30pm	18 • Light Exercise with Brian for Adults 55+ 1pm – 2pm
21 • Drop in 10am – 3pm • 3M Music Night 7pm – 9pm	22 • Drop in 10am – 3pm	23 • Drop in 10am – 3pm	24 • Chair yoga with Sheila 10:45am – 11:30am • Cowichan Knitting with Joanne 1:30pm – 2:30pm	25 • Light Exercise with Brian for Adults 55+ 1pm – 2pm
28 • Drop in 10am – 3pm	29 • Drop in 10am – 3pm	30 • Drop in 10am – 3pm	31 • Chair yoga with Sheila 10:45am – 11:30am • Essential Life Skills; Stress Management 1pm – 3pm	Sep 1 • Light Exercise with Brian for Adults 55+ 1pm – 2pm

Please note workshops are subject to change, please visit our website www.nanaimoseniorsconnect.ca for full details
The Seniors Connect Centre is located at 150-B Wallace Street, Nanaimo BC
Free workshops for Adults 55+ - Register by calling the Seniors Connect Centre 250-591-2924.