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Magazine

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SENIORS

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**ON THE MOVE!**



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# Higher, Faster, Stronger

How many things do we do only once every four years? I hate to think of who and what would fall into disrepair if that were the case. I had a great uncle who bathed once a month whether he needed it or not. Let's not go there. Precious few things require our attention less than once every for years, things like getting the roof done or resurfacing the driveway. The Olympic Games come every four years, two since they started alternating the summer and winter games. If you ask me, watching some of the world's greatest athletes for a few weeks is way more fun than tying yourself off to re-shingle or slop tar down in the hot sun.

Ordinary people doing extraordinary things is how one commentator defined the people who ran and jumped and swam and yes, danced for glory in France this summer. I would imagine they all do it because of an inherent desire to compete and to be the best. For some of the luckier ones, there are other incentives, fame and fortune not the least of them. Those are the ones who end up on the front of the cereal boxes. But for others, there may be a small parade when they back home,

a week of celebration and back-slapping, and then a lifetime of anonymity. But no one can take from them their Olympic triumphs.

Hard work, determination, and resiliency are words that best describe many of the athletes we watched in Paris, and one competitor stood out for me. She's been competing for years and has made the quintessential comeback. Atop the iconic Eiffel Tower, Celine Dion made her return. She certainly couldn't run the 100 meters in 11 seconds, or lift 150kg overhead, and I don't know about her breakdancing chops. But she took on all of the hurdles that life has thrown in her way and cleared them all. Afterall, overcoming obstacles is what winning athletes do, and Celine did it with ease and gusto and grace.

**Nicole Blais,**  
Publisher

**PUBLISHER**

Nicole Blais

**EDITOR**

John Kelly

**ADVERTISING REPRESENTATIVES**

Nicole Blais  
nicole@gosheniteservices.com

Diana Holloway  
50plusseniormagazine@gmail.com

**EDITORIAL CONTRIBUTIONS**

John Kelly

**GRAPHIC DESIGN**

AddFX  
graphics@addfx.ca

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At Goshenite Seniors Services our goal is to simplify and educate our clients about all options available to them in their community during the transition process. As a former Director of Care in Sudbury and having worked with discharge planners in the health care field, it became evident that most seniors had not planned for transition, leaving them and their families in CRISIS mode after a life changing event.

Transition is often daunting, leaving many seniors and their families reeling from the challenges. Often, adult children of seniors live miles away and need someone on location to help meet their parents' needs. This is when Goshenite Seniors Services Consultants can help with the coordinating of all aspects of the changes and moves. We are experts in post-retirement transitions. We will answer your questions about how best to deal with your situation and create a detailed plan that accommodates your specific needs.

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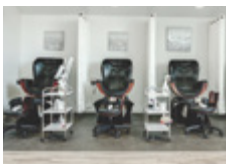
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# BEWARE OF BUYING AND SELLING ONLINE

Instead of laying out belongings you no longer want or need in your yard, driveway or garage for strangers to peruse and haggle with you over price, many people are choosing to buy and sell things on social media.

Within a few minutes, you can list your items for sale free of charge to a large audience without worrying about whether it will rain or if anyone will show up to a yard sale.

However, online marketplaces are sometimes rife with scams and scammers.

Last summer, I had a family show up at my door to pick up the washer they had bought through a local online buy-and-sell group.

A profile appearing to be a middle-aged woman advertised the washer and asked the family for a deposit to hold it for them. This is very common, but sometimes if it sounds too good to be true, it probably is.

In this case, the seller took their deposit and gave a fake address, which happened to be mine. The poor family ended up without the much-needed appliance and out several hundred dollars as well.

When buying things online from people you don't know in real life, there are some things you need to know to keep you and your wallet safe:

- Make sure someone knows where you are going and who you are supposed to be picking the item up from or bring someone with you to the pickup
- Pay cash only upon seeing the item in person
- Meet up in a neutral location, like a coffee shop parking lot
- Trust your instincts

When selling things online, avoid telling buyers when you will not be home and wait until they arrange a specific date and time for pickup to provide your address. It is also a good idea to look at a potential buyer's profile. Treat newly created social media accounts and accounts without a name or photo with caution.

That being said, buying and selling online is a great way to make a little extra money and find new homes for things that no longer serve you. It can also be a great source of incredible bargains.

If you do encounter a problem, make sure to report the profile to the platform and group moderators.



By Chelsea Papineau

Digital Content Specialist,  
CTVNewsNorthernOntario.ca



## Mirror, mirror, that's not fair.

By John Kelly

So, you're not eighteen anymore, or thirty-eight, or forty-eight for that matter. As you pass a mirror, you catch a glimpse of your reflection and mistake it for some old person. You stop on a dime and take two very tentative steps backward, cocking your head to the side. Yep, that was you. Vanity rears its ugly head. Ironic that vanity should be so ugly, you think.

There's a popular meme going around about the physique of a single person versus that same person in a relationship. This goes for men and women. The not so subtle implication is that we use our bodies as bait, and then, once we've landed that prize fish, we allow the shiny lures to rust and the sharp hooks to dull. Guess what? It's probably true to some degree, but don't beat yourself up over it. What we should be beating ourselves up over is the double standard that we've allowed to fester. It seems society holds ladies to a silly standard, while the fellas get a pass.

I can hear the 'false advertising' cries all the way from the other end of the spa from the guys who think their partner has lost a little lustre. You were misled by their beauty, you say. Hold it right there, sailor. Women aren't Sirens. They don't mean to steer you wrong. And, by the way, have you taken a look in the mirror lately? Or are you too busy tied to the mast?

Maybe it's time a few more of us, men and women, embrace the aging process and the changes that come with it, even while we try to fight it. Look, we all know how the story ends if you're lucky. James Dean left a good-looking corpse, but he wasn't so lucky. The lesson here isn't to avoid driving your Porsche at breakneck speeds on a California highway, but rather to stare the inevitable in the face with a smile, with some grace and understand that, in the end, you're powerless to defeat it.

Ladies and gentlemen, vanity is not the enemy. Vanity is not a bad thing in moderation. In excess, it is a burden that turns the mirror from friend to foe. Eventually, it reflects poorly on you. Use it in small doses. And always remember that beauty is only skin deep, but ugliness goes right to the bone.

*Who's the fairest of them all?*

*Who the hell cares?*

Stay well.



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- 3. Cost-Effective Solutions:** While hiring a moving company may seem like an added expense, it can actually save you money in the long run. Our efficient packing and transportation methods help minimize the risk of damage to your belongings reducing the need for costly replacements.
- 4. Customized Services:** Every move is unique, and we understand that. Whether you're relocating to a small apartment or

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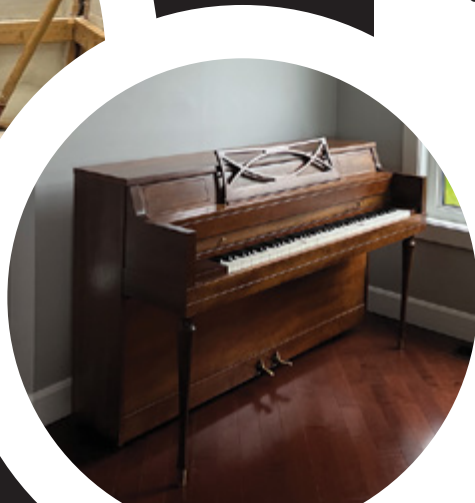
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# PRECIOUS CARGO

By John Kelly



The death of her husband of nearly sixty years left one Northern Ontario resident at the mercy of the kindness of family, friends, and one particularly thoughtful stranger.

“Everyone was there for me, of course. But after the dust settled, the reality was that I had to try and fend for myself,” says Edna. “There was a new normal to be dealt with, but it still included so many of the mundane tasks that are part of everyone’s world.”

Edna’s family was at least two hours away and friends, for the most part, had their own struggles to deal with.

“I didn’t want to bother them as I know they have their own issues. I’m quite mobile and independent around the house, but it’s the getting out to take care of the errands and the day-to-day things that can be problematic,” says Edna. “My husband was the driver. He’d been one all his life.”

It was while she was flipping through the very magazine you have in your hands right now that Edna saw an ad for Goshenite Senior Driving Service. It was staring her in the face. She swallowed her pride and called the number.

“It was like talking to an old friend. So easy, you know? They walked me through the set-up and answered every question I had. They must have wondered what they were getting into with me.”

It was a trip to her doctor about a troublesome hip that prompted Edna to make the call. The morning of her appointment, Edna waited by the living room window. He came right on time. Getting into a car with a stranger is usually a no-no no matter where you’re from. But Edna’s driver (let’s call him ‘Hoke’) was immediately dis-

arming and charming. It’s in the job description to be pleasant, helpful, and kind, not just safe and punctual.

“He came to the door, helped me down the steps, and even opened the door for me. It’s odd to think that an entire generation of young women may never know that little bit of grace. He had the route all planned out on one of those gadgets. ‘In 400 meters, turn left,’” smiles Edna. “The voice reminded me of my grandmother’s. And he wouldn’t put the bloody thing in drive until I was buckled in,” laughs Edna.

In the limited time they had which amounted to about fifteen minutes each way, they discussed Canadian politics, The Toronto Raptors, yoga, The Beatles, and how to make a great gumbo. Not even one small talk word about the weather passed between them.

“I think he let me steer the conversation until he felt I was comfortable. That was wonderfully decent of him in my opinion. And he drove every bit as well as my husband had. You know, it’s a funny thing. There aren’t many places I feel as cared for as when I’m in that car.”

Now Edna uses the service about once a week even bundling her appointments into an afternoon with her favourite driver. He even sat in at euchre once when they were short. Their latest trip included a visit to the eye doctor, volunteering at the community centre, and some grocery shopping. Edna’s children and grandchildren were coming.

“He pushed the cart, reached the items I couldn’t, and carried the groceries right into my kitchen. I’m surprised he didn’t cook dinner!” laughs Edna.

“I worked with Goshenite for several months because they were driving my husband to and from appointments. I found the service to be professional, courteous, prompt, and especially very caring. I have no reservations about recommending their service to anyone.”

**Bonnie**

“In September 2019, I made a long-overdue business trip to Sudbury. I could not easily travel by public transportation because of mobility issues. Nicole (Goshenite Seniors Services) provided an excellent and worry-free return trip from Toronto. She also provided much appreciated and necessary overseeing while I was in Sudbury. No detail was forgotten! I heartily endorse and recommend Nicole’s service.”

**Elizabeth Hill**

“Clearly the transportation services provided by Goshenite Senior Services are exemplary. I found the vehicle to be clean and comfortable and the driver to be truly professional and pleasant during each of my rides to medical appointments. I highly recommend the services of Goshenite Senior Service to anyone who requires transportation.”

**Pauline Brassard**





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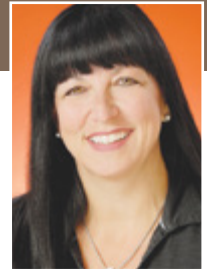
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# FINDING THE PROPER SHOE

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- \* The counter should fit snugly around your heel.
- \* There should be 1/2" distance between your longest toe and the end of the toe box.
- \* Heel height should be no higher than 1 to 1 1/2". Look for a broad heel base.
- \* The width of the shoe is very important. Do not "squeeze" your feet into shoes that are not meant for your foot shape.
- \* Stay away from synthetic material. They do not allow your feet to breathe.
- \* Look for a strong heel counter, laces and a rounded toe box.

By Julie DeSimone,  
Chiroprapist, B.Sc.  
Podiatric Medicine

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# DRY EYES AND AGING

Do your eyes constantly water? While it may seem that having excessively watery eyes is the exact opposite of having dry eyes, dry eye is a condition that causes eyes to water, burn or sting, and can cause blurred vision or redness and irritation.



Dry eye is a condition that can affect anyone, but it is more prevalent among adults aged 50 and over, and is more common among women, especially during hormonal changes such as menopause. As we age, our eyes naturally begin to produce less tears which can cause our eyes to dry out. When the eyes become dry, the body's natural response is to send moisture, which can cause excessive watering.

An important part of our tear film is a layer of naturally occurring oil. Without this oil layer, the aqueous, or water layer, of the tear film evaporates from the eye too quickly, causing the eye to become dry and irritated.

This oil is produced and is secreted from a small gland in the corner of the eye called the meibomian gland. If there is a problem in the production or secretion of this oil from

the meibomian gland, then the balance of the tear film becomes disrupted.

If the symptoms of dry eye are caused by a blockage in the meibomian glands, applying a hot compress 1-2 times a day for 10 minutes can help to loosen the hardened oils clogged in the glands, allowing it to soften and be easily secreted and mixed into the tear layer. An optometrist once explained it to me like this; imagine these oil glands should be functioning properly expressing the oil like olive oil. If the oil becomes hardened, like butter, it becomes clogged and cannot secrete any oil into the mix of the tear film. Without the oil, the water evaporates, and the eyes become dry and begin to water.



There are many causes for dry eye, including certain autoimmune disorders, such as rheumatoid arthritis, lupus and certain thyroid disorders. There are also several medications which can impact the quality of the tear film, causing dry eye, such as allergy medications, decongestants, birth control pills, acne medications, anti-depressants and medications for Parkinson's disease and high blood pressure.



**By Amber Fournier**  
*Registered Optician, Owner-Operator*  
**Gagnon Opticians**

While the symptoms of dry eye can be unpleasant, there are some ways to manage it. Eating a diet rich in leafy greens and healthy fats can help improve the quality of the tear film. Omega-3 supplements can be very beneficial if your diet is lacking in Vitamin A, found in foods such as fish, flaxseed, nuts and green veggies. Hot compress is very helpful to soften the oil glands. And rewetting drops can help ease the discomfort throughout the day. If you suffer from dry eye, there are also surgical options to help relieve your symptoms if other options don't help. Consult with your doctor or optometrist for more information.



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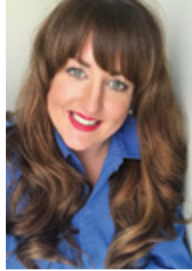


# RENOVATING TIPS WHEN STARTING

By Kerrie Michelutti

Imagining what a space could be is one of the best parts of renovation. Some people do this for years before they pull the trigger on final design choices. This is completely normal. Really living in the space can highlight all the areas you would like to change or keep the same.

Renovating your home is very personal and requires time and energy and partnership in the people you are working with to get the job completed. Here are the top 5 expert tips when starting a renovation;



**Kerrie Michelutti,**  
PMP, Owner  
Home & Haven  
Design Studio

- 1. Get referrals.** This is the best leg work you could do. If someone already had a great experience, the likelihood is that you will too. Asking friends and family who they used is step number one.
- 2. Know your scope.** Knowing where you want to start and where you want to end will help keep your budget in line and your sanity. Projects normally take longer than expected, keep the scope creep at a minimum and that way you meet your own expectations.
- 3. Review the quote.** There are a lot of unknowns when it comes to construction but there are also a lot of sequential items as well. Take the time to talk it through and list the little jobs that you are anticipating the contractor will do that they may not have on their radar. Pour a glass of wine, sit down and list everything from soup to nuts and ask if these items are included.
- 4. Be upfront with yourself regarding budget and timeline.** These are the two sticking points when it comes to renovation. Make sure you have a contingency budget to handle the unknowns and things you may want to add so you are not stressing yourself out about the bottom line. Most contractors will give you a price to complete the extras through a change order, just make sure you have access to the funds to pay for it.

**5. Know when to take advice, and when to leave it.** Designing and decorating is very fluid. There is a term called, 'universal great design'. Whether it is your style or not, people can appreciate when things are done well, functional, and are designed beautifully. With that being said, if you have an overall vibe happening and someone disagrees, or starts off with the sentence, "well it's not my taste..." Just turn down the volume. It's your home and your style. You can do what you want. If you don't know what that is, find help. There are great designers in town that will focus you and deliver what was in your head or what you described you wanted.



# WELCOME TO THE VISITING HOSPICE SERVICE (VHS) PROGRAM!

By Suzette Forget

The impact of getting the news of having a life limiting illness can cause a person and their loved ones to go through waves of varying thoughts and feelings. VHS volunteers provide a space filled with warmth and care to individuals and their caregivers during the end-of-life journey.



**Suzette Forget**  
Client Services  
Coordinator for the  
Visiting Hospice  
Program

Our volunteers come from all walks of life and backgrounds just like the people we support. In essence, this service brings a level of comfort and assurance that no one needs to go through life's difficulties alone.

Initially, the thought of having someone you don't know come into the home can be a little uncomfortable. We understand that having one of our volunteers to provide support can feel as though they are strangers and that usually during a person's end-of-life journey some choose to have only certain people in their circle...and that's o.k.

But there are other times when talking to someone outside of their circle can provide some relief. To have someone just listen without judgment or an existing close relationship can, on some levels, ease a person's sense of suffering.

*In essence, this service brings a level of comfort and assurance that no one needs to go through life's difficulties alone.*

Our volunteers go through an intensive onboarding process, which includes going through an interview, obtaining references, training and supervision. These are people with lived experience who truly have a calling to serve others. They are great listeners and have a lot to offer those who are in their last year of life. This service is also

extremely beneficial to the caregivers; when the volunteer is visiting, the caregiver can have some much needed time to themselves.

Clients are matched with volunteers based on an assessment and common or complimentary interests. And the best part...these services are available AT NO COST!

Dying can be a very isolating process – it is such a gift to have people around who understand the journey.





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### RESIDENTIAL HOSPICE SERVICES

In addition to offering end of life care, the team can now offer shorter stay beds for caregiver relief, caregiver education and pain and symptom management for residents with a prognosis of 12 months or less.

### PROGRAMME DE SOINS RÉSIDENTIELS

En plus d'offrir des soins de fin de vie, l'équipe peut aussi offrir des admissions de courtes durées qui ont comme but d'offrir aux aidants naturels une période de répit ainsi que de l'éducation sur les soins à domicile et aux résident(e)s à pronostic de 12 mois ou moins, la gestion de la douleur et autres symptômes.



### COMMUNITY HOSPICE PALLIATIVE CARE SERVICES

A collaborative team comprised of physicians, nurse practitioners and registered nurses who provide pain and symptom management (in-person and virtually) as well as supportive care clinicians who address psychosocial and spiritual needs to patients with a life limiting illness.

### PROGRAMME DE SOINS PALLIATIFS EN COMMUNAUTÉ

Une équipe collaborative composée de médecins, d'infirmières praticiennes et d'infirmières qui assurent la gestion de la douleur et des symptômes (en personne et virtuellement), ainsi que des cliniciens en soins de soutien qui répondent aux besoins psychosociaux et spirituels des clients atteints d'une maladie limitant la vie.



### VISITING HOSPICE SERVICES

Our team of visiting hospice volunteers offers compassionate support by providing companionship, assistance with activities of daily living and caregiver relief services in the client's home.

### PROGRAMME DE BÉNÉVOLES VISITEURS

Nos bénévoles visiteurs offrent un soutien compatissant et fournissent de l'accompagnement, de l'aide aux activités de la vie quotidienne et des services de soins personnels au domicile du client.



### SUPPORTIVE CARE AND GRIEF SERVICES

Our team is available 24/7 for support throughout the end-of-life journey and after. Telephone follow up, grief recovery programs, discussion groups and one on-one grief support are available to the community at large.

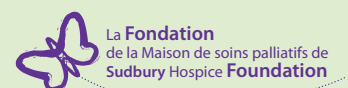
### PROGRAMME DE SOUTIEN ET DE DEUIL

Notre équipe est disponible 24h/24 et 7j/7 pour vous accompagner tout au long du parcours de fin de vie et après. Les suivis téléphoniques, des programmes de rétablissement après le deuil, des groupes de discussion et des supports individuels de soutien de deuil sont offerts à la communauté.



1028, chemin South Bay Rd, Sudbury, ON P3E 6J7  
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## Downsizing with Purpose:

# How to Navigate The Transition from Homeownership to Retirement Living

By Justine Landry,

Manager of Operations, Autumnwood Mature Lifestyle Communities

For many seniors, the idea of selling a long-time home can feel like an overwhelming step. After all, a home often represents decades of memories, hard work, and stability. However, as our needs change with age, it's essential to consider whether homeownership continues to serve us or if it's time to explore other options.

### The Changing Realities of Aging

As we age, the demands of maintaining a home can become increasingly difficult. Routine tasks like yard work, repairs, and even navigating stairs may pose challenges. Beyond the physical demands, there's the emotional toll of managing the ongoing responsibilities that come with homeownership. For many seniors, these challenges lead to questions about whether remaining in the family home is the best decision for the years ahead.

### The Emotional Side of Downsizing

Downsizing doesn't mean leaving memories behind—it means creating new ones. Many seniors find that letting go of a larger home allows them to focus on the things that truly matter: spending time with loved ones, engaging in hobbies, and maintaining an active social life. While the emotional attachment to a home is real, so too is the relief that comes from simplifying life and shedding the burdens of upkeep.

### Financial Considerations

For many, a home is their largest financial asset. Selling a home can unlock equity that may be reinvested into a more sustainable lifestyle that aligns with the needs of later life. It's worth discussing with a financial advisor to fully understand the implications of such a move, whether that means funding long-term care needs, freeing up resources for travel, or simply providing peace of mind in retirement.

### Community and Well-Being

Another critical factor to consider is the importance of community and connection. Isolation can be a significant issue for seniors living alone, particularly after the loss of a spouse or when family members live far away. Transitioning to a retirement community or a more supportive living environment can offer opportunities for social engagement, which has been shown to have positive effects on both mental and physical well-being.

### Taking the Next Step

Making the decision to sell your home and transition into retirement living is deeply personal and requires careful consideration. It's important to explore all options, discuss them with family, and consult with professionals who can provide guidance based on your unique circumstances. While the decision may be daunting, for many, it ultimately leads to a richer, more fulfilling retirement experience.

By viewing this transition not as an end but as a new beginning, seniors can take a proactive step towards a lifestyle that promotes health, happiness, peace of mind and Leisure for Life!



# 10 Tips for Finding YOUR NEXT HOBBY

### Seeking a fresh passion to enrich your life?

Dive into the world of hobbies! With an array of options waiting to be explored, here are 10 strategies to help you uncover your next favorite pastime:

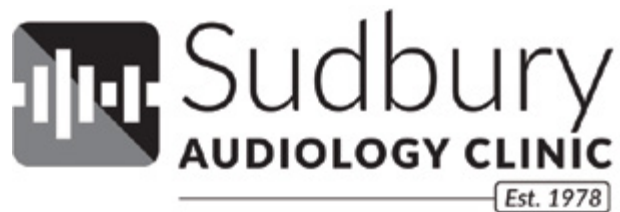


By Charlene Nadalin,  
Founder and CEO, Amintro

- 1. EXPERIMENT WITH NOVEL ACTIVITIES:** Embrace the unknown by trying activities outside your comfort zone. Challenge yourself to explore one new activity each month.
- 2. SOLO EXPLORATION:** Discover the joy of solitary pursuits to gauge genuine interest without external influence. Enjoy your own company while delving into new endeavors.
- 3. ONLINE EXPLORATION:** Harness the power of the internet to discover a plethora of hobby ideas. Browse through online resources for inspiration and visual aids to spark your curiosity.
- 4. COMMIT TO ACTIVITIES:** Hold yourself accountable by signing up for classes or sports leagues. Enlist friends to join you for added support and camaraderie in group activities.
- 5. EMBRACE THE UNEXPECTED:** Remain open to hobbies that may not initially appeal to you. You might be pleasantly surprised by where unexpected interests lead you.
- 6. SEEK INSPIRATION FROM OTHERS:** Draw inspiration from friends and family by learning about their favorite hobbies. Join them for activities to experience the joy of shared interests.
- 7. FOLLOW LOCAL INFLUENCERS:** Stay informed about community events and gatherings by following local influencers and bloggers. Take advantage of free activities in your area to broaden your horizons.
- 8. WEEKEND ADVENTURES:** Dedicate weekends to exploring new hobbies, tailoring activities to seasonal preferences. Embrace outdoor pursuits in summer and indoor hobbies in winter for a diverse experience.
- 9. CHALLENGE YOURSELF:** Set personal challenges to propel yourself out of your comfort zone. Whether it's a time-based challenge or a social experiment, commit to trying new activities regularly.
- 10. EMBRACE OPPORTUNISTIC YESES:** Embrace a "yes" mentality to seize opportunities for new experiences. While exercising caution, be open to invitations and opportunities that come your way.

Embark on a journey of self-discovery through hobbies, fostering personal growth, and enriching your life with newfound passions. With these 10 tips as your guide, embrace the excitement of exploring new interests and creating lasting memories along the way.

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