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Goshenite Seniors Services and Desimone Shoes and Spa invited local business to participate in the Fourth Annual Christmas Stockings for Seniors Holiday Program, and the response was overwhelming!

To help to alleviate the loneliness some seniors may feel while staying in a nursing home over the holidays, we will be visiting nursing homes and delivering Christmas Stockings filled with goodies such as hats, gloves, scarves, socks, toiletries and personal items, small games, sugar free candies and other treats to the residents on behalf of our sponsors!

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Christmas is about many things. Some, attached to the religious aspects, go that route. Others follow a more pagan winter solstice path. Many only want the eggnog, roasted chestnuts, and a stocking full of deodorant and disposable razors. Whatever your reason for the season, there is one constant that runs through it from about mid-December to the dark, early days of January. And that common thread is love. And that love comes from family and friends.

Few things connect loved ones like the observance of the family tree. Take a moment to pull your eyes off the pine in the corner, glammed up like a Vegas showgirl, and think about your own family tree. Open a photo album (these are still a thing) and feel the bonds between generations past and present. Look at a photo of great, great uncles heading to Europe to fight in WW1. Show a granddaughter your grandmother as she rides a pony. Wanna get really sentimental? Pull out a recipe book, the kind with the handwritten instructions in a cursive too exquisite to call just writing. The kind with newspaper clippings yellowed with

time. Stand shoulder to shoulder in a crowded kitchen making the same treats that people almost forgotten made a hundred years ago. Why? Because it grounds us, no it roots us in a time and place that is only available to us because of generations gone by, sometimes just for simply being.

With the smell of gingerbread and sugar cookies thick in the air, take a moment to pause and fill your lungs with the memories they bring and the ones they are making. Remember that as you live and breathe, one day you won't. (Bummer, I know.) Inhale the moment deeply and exhale the times that will never be again. Indulge in the season. Hug someone you love. Eat another cookie.

Nicole Blais,
Publisher



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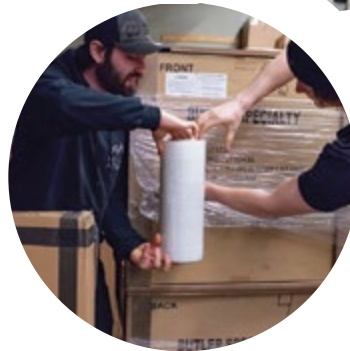
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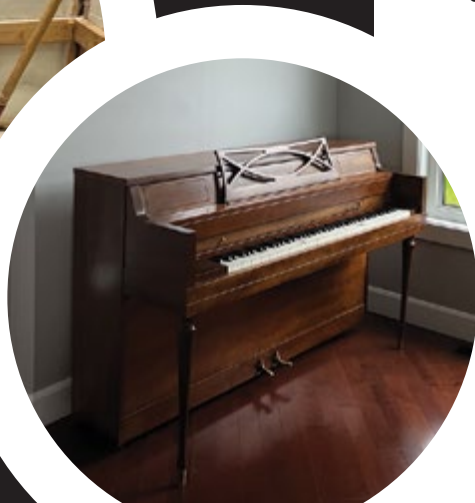
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Feet Get Bigger As We Get Older



Recent studies have shown that the feet tend to spread out and even stretch in length as we get older. The ligaments that hold the bones of our feet together tend to give way allowing more movement of the bones from their original position. Many patients express regret at the fact that they may have worn shoes that were too small for them in their younger days because they used to be a size 7 and now they wear an 8 ½. The fact is, they may very well have been wearing the right size for them at that time but now their feet have lengthened.

Some people though, may not allow for this spreading of the feet and may be wearing shoes that, at one time fit very well, but may not fit now. This can be the danger of keeping shoes in the closet for many years. In the following paragraphs are some tips to making sure your shoes are a good fit.

Look for any signs of rubbing, blisters, callous or corns. Thickening or bruising of the toenails can be a sign of a short shoe. There should be approximately ½ inch of room between the end of the longest toe and the end of the shoe. Pain in the joint of the large toe can be a sign that the shoe is not wide enough.

When buying shoes always go to a reputable dealer that offers a variety of shoe styles in a wide range of widths, lengths and depths. Insist on having the feet measured for width and length every time you go to buy shoes. Have your feet measured while standing not sitting. The afternoon is typically a better time for shoe shopping since feet tend to swell slightly. A shoe that is bought in the morning may not fit as well in the afternoon. If you wear any prescribed inserts make sure you inform the salesperson and wear them during the fitting. Spend 5-10 minutes walking around the store to be as sure as possible of the fit. The shoe should be fairly comfortable right from the start, you should not have to break them in.

Too often our vanity gets in the way of good sense. Feet are usually the last thing we worry about in terms of our overall health. Good fitting shoes are a good way to keep one step ahead of sore feet.

“Don't let pain stop you in your tracks”

Julie DeSimone,
Chiroprapist, B.Sc.
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Stockings & Stuff for Seniors

By John Kelly

*'The stockings were hung by the chimney with care
In the hopes that St. Nicholas soon would be there.'*

There are fewer chimneys these days, but the stockings still get hung. And those hopes that St. Nicholas drops by, there as high as ever. You don't have to be a kid to look forward to some Christmas cheer and excitement either.

But Christmas isn't all eggnog and mistletoe, not for everyone. For many seniors, the Christmas season can be a sad and lonely time. They may become nostalgic for Christmases past and simply alone in the present. Some face the holidays without the heartwarming visits of family and friends and are left in the care of a long-term facility's staff or, in some cases, no one at all. If the story ended here, you might not feel like eggnog, or there might not be enough eggnog in the world to get you under the mistletoe. But this isn't the final chapter. If Nicole Blais, founder of Goshenite Senior Services has her way, it's just the beginning.

"I wanted, of course to give back to the community. After some research I thought 'what about Christmas stockings for seniors, filling them up with personal items.'"

There are already several Christmas stockings for seniors programs across the country. Given Nicole's passion for tending to so many of our seasoned community members' needs, it was a natural choice to involve them in a Christmas drive.

"And this would be for seniors not just in long-term care facilities, but it could also be for seniors in the community at large or in retirement homes. I thought this would have great meaning and purpose," explains Nicole.

Goshenite already runs a poinsettia campaign that brightens the holidays for dozens of people in Sudbury.

Toy drives are ubiquitous at this time of year

and with good reason. But maybe it's time to think about adult toys. Wait, you know what I mean. Every senior was once a bright-eyed kid on a Christmas morning. Think of the joy you can bring to the heart of someone who might otherwise go without it.

"I've partnered with Desimone Shoes & Spa. They been such good friends to 50+ Seniors Lifestyle Magazine. Julie was all for it," says Nicole. "And they know a thing or two about feet and stockings!"



The magazine, already heading into its seventh year is Nicole's and Goshenite's foray into the world of publishing. And that's Julie Desimone. At Desimone Shoes & Spa their motto is 'Where health meets beauty' and they stand by it. In fact, they actually walk the walk. Let them help get your feet healthy and then put them in shoes designed to maintain and enhance that health.

As for their spreading the Christmas spir-

it, the idea is to get to about four hundred stockings this year each filled with personal and useful items that a senior could use and enjoy. Think socks, crosswords, treats, pocket tissues, fun holiday items, and all manner of toiletries.

What's the part you play in all of this, you're wondering? Simple really.

"We're asking the community to go out and buy a stocking and the items to fill it. Then drop it off at Desimone and we'll distribute them." says Nicole.

Santa's quite busy in the week leading up to his big day, so Nicole has put together a small team of half a dozen volunteers to get the stockings to the seniors. They'll drop them off at the door of each long-term residence where staff will distribute them. For some others, Santa's little helpers will go door to door delivering the stockings themselves.

"One property manager in town whose building is home to a large number of seniors has already asked if his residents could be on the receiving end of our program. We are certainly going to try and meet the demand."

To that end Nicole is hoping to bring some more partners on board in the years to come to help grow the holiday stocking campaign. I won't mention you by name. That would be free advertising, but you know who you are.

The kindness of strangers is a wonderful version of kindness. The mixture of generosity and anonymity often leaves the recipient in a sort of sweet dismay, incredulous but so happy for the thought and the gift. So, when you're out this holiday season spreading good cheer, think of saving a little for that other someone special, the one you have never met.

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Goshenite Seniors Services and Desimone Shoes and Spa invited local business to participate in the first annual Christmas Stockings for Seniors Holiday Program, and the response was overwhelming!

This heartwarming event will be held each year to bring joy and cheer to the residents in Long Term Care Homes and the community.



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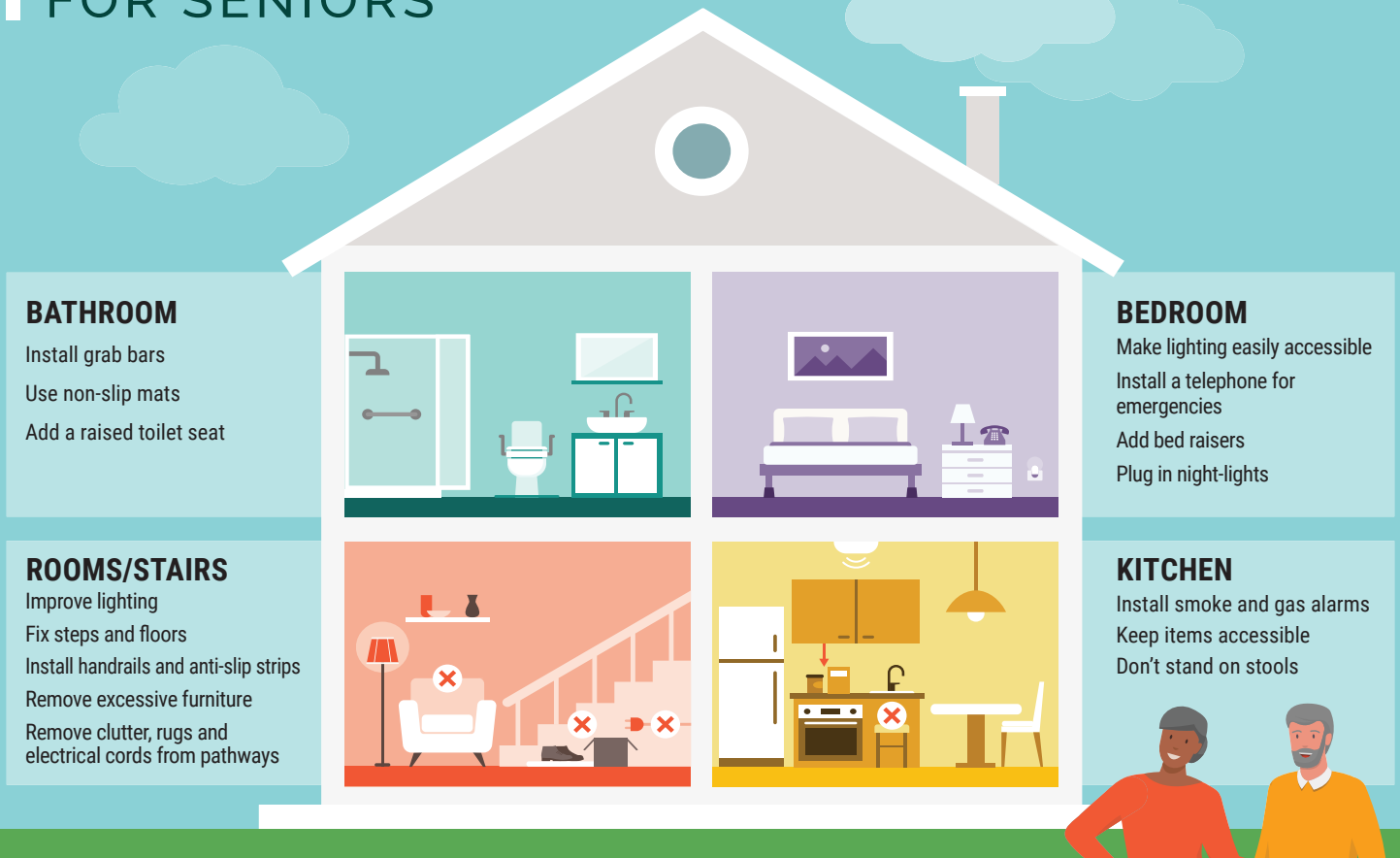
To help to alleviate the loneliness some seniors may feel while staying in a nursing home over the holidays, on Thursday, December 23, 2021 we will be visiting 2 nursing homes and delivering Christmas Stockings filled with goodies such as hats, gloves, scarves, socks, toiletries and personal items, small games, sugar free candies and other treats to the residents on behalf of our sponsors!

Thank you to all sponsors for your generous gift! Happy Holidays!

Thank You!!



HOME SAFETY AND FALL PREVENTION FOR SENIORS



Avoiding falls is crucial for maintaining safety and health, especially for older adults and individuals with mobility challenges. Here are some effective strategies to reduce the risk of falls:

1. Home Modifications

- **Declutter:** Keep walkways clear of clutter, including electrical cords, furniture, and rugs.
- **Lighting:** Ensure all areas are well-lit. Use night lights in hallways, staircases, and bathrooms.
- **Grab Bars:** Install grab bars in bathrooms near toilets and in showers or tubs to provide support.
- **Non-slip Mats:** Use non-slip mats in the bathroom and kitchen to prevent slipping on wet surfaces.

2. Wear Appropriate Footwear

Choose shoes that fit well and have non-slip soles. Avoid slippers or shoes with slick soles that can increase the risk of slipping.

3. Stay Active

Engage in regular physical activity to improve strength, balance, and coordination. Activities like walking, tai chi, or yoga can be particularly beneficial.

4. Regular Vision Checks

Have your vision checked regularly. Use appropriate eyewear and be aware of any side effects from medications that might affect balance or vision.

5. Medication Management

Review medications with a healthcare provider to identify any that may cause dizziness or drowsiness. Adjustments can help reduce fall risks.

6. Use Assistive Devices

If needed, use canes, walkers, or other assistive devices. Make sure they are properly fitted and in good condition.

7. Maintain a Healthy Diet

Eating a well-balanced diet rich in calcium and vitamin D can help maintain bone

strength. Stay hydrated, as dehydration can lead to dizziness.

8. Plan for Safe Outings

If going out, plan your route to avoid obstacles, and consider using public transportation or ride services if mobility is a concern.

9. Educate and Communicate

Educate family members and caregivers about fall prevention strategies. Communication about risks and safety measures is vital.

10. Emergency Preparedness

Consider wearing a personal alert system or having a phone nearby to call for help in case of a fall.

By implementing these strategies, individuals can significantly reduce their risk of falls and enhance their overall safety and independence. Regularly reviewing and updating these practices can help maintain a safer living environment.

RISING CONCERN OVER INTIMATE PARTNER VIOLENCE

Recent horrific events in northern Ontario involving intimate partner violence have put a spotlight on this dark societal issue. After the tragic murder-suicide in Sault Ste. Marie in October, the City of Greater Sudbury declared intimate partner violence an epidemic, following dozens of other municipalities around the province. Just weeks after the Sault shooting rampage, the body of a 40-year-old woman was found in a wooded area of Sudbury with blunt force trauma. The body of her partner, who was wanted on outstanding warrants for intimate partner violence, was also found in the same area shortly after as police were searching for clues. Sudbury police said there is no foul play suspected in his death.



By Chelsea Papineau

Digital Content Specialist,
CTVNewsNorthernOntario.ca

Norma Elliot of Women in Crisis Algoma says we are losing nearly 52 women to gender-based violence a year in Ontario. That's one woman a week.

"BUT HE DIDN'T HIT ME"

Abuse is not just physical. There is also financial, psychological, and verbal abuse which can be just as damaging.

"It usually will not get better," YWCA Sudbury said. "Partners who are violent usually do not change. The abuse may get worse over time."

There are agencies available in the community that offer free and confidential support and often, businesses offer workers access to an employee assistance program (EAP).

"There are people willing to help both (partners)," she said. "And maybe the relationship can work, maybe it can't."

Everyone deserves the right to live free from abuse and violence.

"We need to hold people accountable for their behaviour. They need to either accept responsibility or the consequences," Elliot said. "And for some, it may be how they grew up. But the reality is, everyone has a choice. It is no one else's fault."



BE SUPPORTIVE

Family members of victims can sometimes make things worse. Expressing concern for a loved one can have unintended consequences and can put survivors in the difficult position of defending their abuser or feeling responsible for "making a bad choice." Elliot said it's vital to carefully phrase your concerns and to not pass judgment when reaching out to someone suffering abuse.

"When a woman comes into the shelter, we understand that she shows a tremendous amount of strength and courage walking through that front door, just reaching out for help," she said.

Instead of talking negatively about the abusive partner and telling the survivor what to do, crisis workers choose to focus on the survivor's feelings and support their needs. Elliot said you can start a conversation with a loved one by saying, 'I'm really concerned about you, you look very tired.'

YMCA Genevra House is one of many resources located in Sudbury that helps protect women and children fleeing violence.

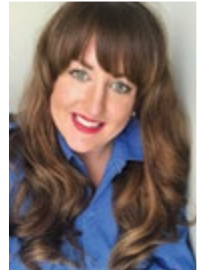
If you or someone you know needs help, the shelter can be contacted at 705-674-2210.



CELEBRATE YOUR PLANNING PROCESS.

By Kerrie Michelutti

Planning, planning, and more planning. That is where the creativity happens. You may feel like it is taking forever to get your project off the ground, but hang in there, this can be fun too! We know the feeling of wanting to get it done yesterday because you have wanted to do it for 20 years, but please take my words of advice as gospel—the better you plan, the better your renovation will be.



Kerrie Michelutti,

PMP, Owner

Home & Haven
Design Studio

Everyday, we get questions like, "can I get my kitchen in 6 weeks from now?" or "I want to do my kitchen next summer. Is it too early to start?" These questions tell us that people are looking to us for guidance.

There are all kinds of situations that drive our kitchen replacement needs: a house flood; a closing date is bumped up because your house finally sold; one afternoon you just decided to rip the old one out to force yourself to get started. No matter the reason, way we need to start the planning.

Whichever kitchen supplier or designer you choose, I am sure you will pick someone that will help you plan your space based on the needs and wants you communicate. Here are some pointers to help in the process:

1. What are the items you must have? Remember, this space will last you the next 20-30 years, so choose materials that will last you.
2. What do you want for functionality? Do you want a pullout garbage? Do you want something in your corner to be able to reach the back? When you get your design, imagine yourself in the space.
3. Pick your appliances first! These will dictate your space so come prepared with your specifications.
4. Work with someone you trust. You will be spending a lot of time with them and a lot of money. Pick your person and develop that relationship.

Loving your project means having to put the mental hours in before you start. You will thank yourself for it later.





Shortbread Cookies

Buttery and melt in your mouth, these easy Christmas Shortbread Cookies are a holiday baking staple!

INGREDIENTS

- 1 cup unsalted butter at room temperature
- 3/4 cup powdered sugar
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1/4 cup cornstarch
- 1/4 teaspoon salt
- Sprinkles

INSTRUCTIONS

1. In a large bowl, or the bowl of a stand mixer, beat the butter and powdered sugar together until light and fluffy. You'll want to beat this for at least 4 minutes, scraping down the sides of the bowl a few times. Add the vanilla and beat to combine.
2. In another bowl, whisk together the flour, cornstarch, and salt.
3. Add the dry ingredients to the mixer bowl and mix just until combined. The mixture will look crumbly, but the dough will stick together if you press on it.
4. Transfer the dough to the refrigerator and refrigerate for 2 hours.
5. Preheat the oven to 325°F.
6. Once firm, roll the dough into balls about 1 1/2 tablespoons of dough each. Place the balls on 2 baking sheets that have been lined with parchment paper or a silpat liner.
7. Press the tops of the cookies with a fork and sprinkle with a few sprinkles.
8. Place cookie sheet in the oven and bake until the edges are just set, about 12 minutes.
9. Allow the cookies to cool on the baking tray.

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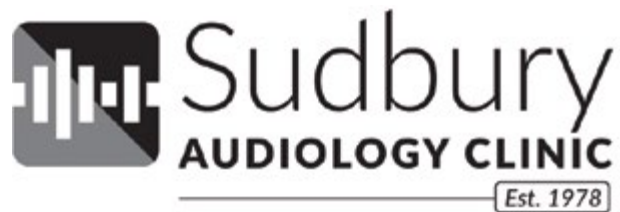


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NAVIGATING WINTER MONTHS: THE BENEFITS OF SENIOR LIVING COMMUNITIES RETIREMENT LIVING!

By Justine Landry,

Manager of Operations, Autumnwood Mature Lifestyle Communities

The winter months can pose unique challenges, from increased isolation to hazardous outdoor conditions. Embracing life in a senior living community can offer a solution to these winter woes.

Ongoing Health Checkups:

One of the standout advantages of retirement living is the accessibility to comprehensive health checkups. Imagine having an in-house primary care team and licensed staff members dedicated to ensuring your health remains a top priority. Regular checkups not only catch potential health issues early but also provide peace of mind, knowing that you are proactively managing your well-being.

Connection and Friendships

Winter often brings shorter days and longer nights, which can impact your social life. Senior living communities provide a vibrant and supportive environment where friends and family are welcome. Residents enjoy a plethora of activities which help foster a sense of connection with neighbours in the community.

Maintaining Exercise and Activity

Staying active during winter can be particularly challenging, but senior living communities provide the ideal location to maintain regular exercise for overall well-being. With dedicated fitness space and comfortable indoor corridors, residents can easily incorporate physical activity into their daily routine. The result? A healthier appetite, fewer aches and pains, improved sleep, and an overall boost in well-being.

Outdoor Hazards

Winter weather brings its fair share of hazards, especially for seniors. Icy conditions, snowfall and the need for home upkeep can be daunting. Senior living communities alleviate these concerns by providing on-site staff for maintenance and eliminating the need for residents to navigate outdoor hazards. From fitness classes to grocery shopping, everything is conveniently available within the community, sparing seniors from the worries of winter responsibilities and ensuring a safe and worry-free environment.

Many senior living communities are equipped with backup generators or alternative power sources, enhancing safety during severe storms. This proactive approach further emphasizes the commitment to providing a secure living space for seniors, even in the face of winter's challenges.

Winter months need not be a source of worry for seniors. Embracing the warmth and support of a senior living community not only addresses the challenges of winter but also creates an environment that promotes social interaction, physical activity and overall well-being. It's a season of life to be enjoyed, free from the burdens that winter may bring elsewhere.

AUTUMNWOOD 
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8 FESTIVE WAYS

To Enjoy the Holidays with Friends and Food



By Charlene Nadalin,
Founder and CEO,
Aminro Inc.

The holiday season isn't just for family gatherings—it's also a perfect time to bond with friends over delicious food. Here are 8 delightful ways to celebrate the festive spirit with your pals:

1

Potluck Party: Host a potluck dinner where each friend brings a dish to share. Coordinate in advance to avoid duplicates and ensure a diverse spread of holiday favorites.

2

Bake Together: Spend quality time with friends by baking festive treats like red and green rice krispie squares or candy cane cookies. The warmth of the oven and the laughter of friends make the holiday baking experience truly special.

3

Spread Joy with Food: Show appreciation for distant friends by dropping off homemade goodies at their doorstep. It's a thoughtful gesture that spreads holiday cheer without the need for elaborate plans.

4

Gingerbread House Competition: Get competitive with friends by hosting a gingerbread house decorating contest. Whether you bake your own gingerbread or use a kit, enjoy a fun-filled evening of decorating and laughter.

5

Christmas Cookie Exchange: Organize a cookie exchange where friends bake different varieties of cookies to swap. Create a festive spread and indulge in a delicious assortment of homemade treats.

6

Holiday Snack Board Night: Get creative with themed snack boards, ranging from holiday cocktails to dessert spreads. Add a touch of magic to your gathering with a festive theme tying everything together.

7

Attend Holiday Food Events: Explore holiday-themed food events in your area, such as festive restaurant decorations or holiday markets. Gather friends for unique dining experiences and culinary adventures.

8

Holiday Food Taste Test: Embrace the season's limited-edition treats by hosting a holiday food tasting. Sample festive flavors like peppermint, cinnamon, and marshmallow, rating each item for future reference.

With these festive ideas, celebrate the holidays with friends in delicious style. From shared meals to culinary competitions, cherish the joy of friendship and the warmth of seasonal delights.



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ADVANCED FOOTCARE VS PEDICURE SERVICES: KNOW THE DIFFERENCE



What's the difference between advanced footcare services and a pedicure and why is it important for older adults to receive footcare services on a regular basis?

A pedicure is a cosmetic procedure that focuses on the beauty and therapeutic treatment of the toenails and feet.

Advanced footcare services is a medical foot care service. It involves the assessment and treatment of nail and skin pathologies of the foot. Advanced footcare services are provided by a Podiatrist, a registered nurse (RN) or a registered practical nurse (RPN).

Here is a list of benefits to older adults in receiving regular footcare services by a qualified professional.

- **Decreased Risk of Foot Problems-** As we age and become older adults, we may experience various foot problems such as calluses, corns, bunions, and nail issues. These conditions can lead to discomfort and mobility issues.
- **Diabetes Management -** It is a common factor to develop diabetes as we become older adults. Diabetes Management for older adults is imperative to overall health. Being diagnosed as a diabetic means you are at a higher risk of foot complications, including neuropathy and poor circulation, which can lead to serious infections or even amputations if not properly managed.



- **Mobility and Balance-** Healthy feet are crucial for maintaining balance and mobility. Foot pain or discomfort can lead to altered walking patterns, increasing the risk of falls, which are a significant concern for seniors.
- **Infection Prevention -** Your skin on your feet can become dry and cracked with age, increasing the risk of infections. Regular foot care helps keep skin healthy and hydrated.
- **Circulation -** Older adults can often experience reduced circulation, which can lead to various foot issues. Regular foot care can help monitor and address these problems before they worsen.
- **Early Detection of Health Issues-** Older adults who engage in regular footcare by a Registered Practical Nurse or at a Footcare Clinic will receive a foot examination upon every visit. This can help identify signs of other health issues, such as arthritis, cardiovascular problems, or infections, allowing for earlier intervention.
- **Improved Quality of Life-** Comfortable and healthy feet contribute to better overall mobility, independence, and quality of life for older adults, this allows them to engage more fully in activities of daily living.

By prioritizing footcare, older adults can maintain their mobility, prevent complications, and enhance their overall well-being.

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