



AGEING SAFELY LATEST NEWS

Ageing Safely in the Home of YOUR Choice

Ideas and Tips to maximize your Health and Wellness

I wish everyone a Happy, Healthy, and Peaceful 2023.

Ageing Safely in the Home of YOUR Choice

Ideas and Tips to Customize your Home into a Senior-Friendly Environment

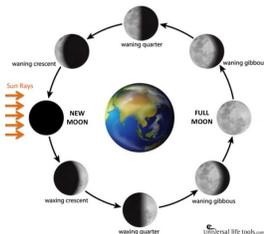


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Lunar Phases



December was certainly a wild end to the year. The month started with typical temperature and weather in some parts of the country, with traumatic events in others. A mid-month snowstorm overwhelmed many. Additionally, five days of every weather event that could happen for Christmas weekend thwarted people’s holiday plans.

As reported by the news, weather warnings impacted the entire country: “extreme cold, Arctic outflow, winter storm, snowfall warning, rainfall warning, wind warning, storm surge, blowing snow, blizzard, and (deep breath) ice fog.”

The New Year started with higher-than-average temperatures and rain, as if we were starting the spring season.

For many, December 2022 is a time they will never forget.

JANUARY ISSUE

WELCOME

- A wild and unforgettable December 2022.
- The newsletter arrives on the New Moon.

Page 1

TIPS & IDEAS

- Health and Wellness Ideas – Part 1: Prevention is Key

Page 2 & 3

NEXT ISSUE

(February 2023)



- Health and Wellness Ideas – Part 2: Healthy Eating
- Want to learn more about a topic? Let me know on the web’s contact form.
- Special pricing on both English and French versions.
- Surprise bonus with each purchase.



The Ageing Safely Newsletter arrives on the New Moon

"The New Moon is a great time to set your intentions, write down goals or begin new projects for the forthcoming cycle. In the darkness, the fertile ground, you plant the seeds of your heartfelt desires on the New Moon, consciously focusing your Mind/Body/Spirit on the 'feeling' of your desires."

<https://www.universallifetools.com/2018/02/energy-of-full-moons-new-moons/>

Health and Wellness Ideas and Tips – Part 1

DISCLAIMER: The ideas and suggestions in this newsletter are for information purposes only. Always check with your health care provider before starting a new routine of exercise, diet, and activities.

Over the next several months, the monthly newsletter will highlight ideas and suggestions to maintain your well-being.

Part 1 will focus on prevention on several levels – January

Part 2 will focus on healthy eating – February

Part 3 will focus on Socialization – March

Part 4 will focus on difficult conversations – April

PART 1 – PREVENTION IS KEY

As a senior, I came to terms with ageing about five years ago; however, more dramatically, three years ago, when an unfortunate incident had a lasting impact on me (highlighted in the book).

As a result, it was clear that I required changes and adjustments to my day-to-day activities and lifestyle.

Seniors experience many changes as they age, so they may need to alter their lifestyles to remain healthy. The following is a list of the most common changes our species tends to experience with ageing:

- Your cardiovascular system.
- Your bones, joints, and muscles.
- Your digestive system.
- Your bladder and urinary tract.
- Your memory or thinking skills.
- Your eyes and ears.
- Your teeth.
- Your skin.
- Your weight.
- Your sexuality.

Follow the link, which explains in detail what is happening and what you can do about it:

<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/aging/art-20046070>

After the post-holiday season, we often feel slightly sluggish and sometimes somewhat depressed.

While everyone can benefit from periodic health screening, constant awareness of tripping hazards and, barring any limitations, remaining physically and cognitively active, seniors must consider how food and beverage choices impact everyday life. These areas are integral to maintaining good health and wellness at any age.

Consider scheduling at least an annual wellness visit (or more, depending on your health requirements) with your healthcare providers (medical, hearing, eyesight, etc.) to discuss potential screenings or tests to determine any changes in your existing condition.

At each appointment, talk to your provider about all the medications you're taking and whether or not you still need them. Find out if you should get any new or booster immunizations/shots.

Asking for a copy of test results might be helpful to track how you are doing. Keeping a personal health record can come in handy should you move to another city and change your health care provider.

VIEILLIR CHEZ SOI. OUI, C'EST POSSIBLE!

Je suis ravi d'annoncer que la traduction et la mise en page sont terminées et que la préparation pour l'impression va de bon train. La disponibilité du livre est prévue pour février 2023.

I am thrilled to announce the availability of the French version is planned for February 2023.



Health and Wellness Ideas and Tips – Part 1

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On the topic of tripping hazards, go back to the newsletters posted on the 'Blog' section of the website (October 7, 2021 (2 links) and November 14, 2022). The helpful articles and suggestions can eliminate or minimize risks of tripping and falls, in and around your home, including continued awareness of your surroundings everywhere you go.

Physical activity can be safe and healthy for older adults — even if you have heart disease, diabetes, or arthritis! Many of these conditions get better with mild to moderate physical activity.

Exercises such as tai chi, water aerobics, walking (Inquire at your local shopping mall, local community or senior's group), and stretching can also help you control your weight, build your muscles and bones, and improve your balance,

posture, and mood. Read the website's blog posts on November 9, 2021, and November 14, 2022.

The more you use your mind, the better it will work. Reading is a good choice. Socializing (see blog posted October 25, 2022) also boosts your brain, so join a bridge or euchre club, or perhaps a discussion group at your local library or senior center.

Or take a course at your local community college — some offer free classes for adults 65 and older.

Check out 'Coursera' for a variety of online programs. Some are free.

<https://www.coursera.org/courses?query=free>

A common perception is that older adults need less sleep than younger people. Wrong! Seniors need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening. A power nap of 15-20 minutes to reenergize is beneficial, however, set the alarm to wake up.

Avoid intense, loud, and dramatic television programming, including

the news before going to bed, as it triggers the mind, making falling asleep challenging.

Start your day by listening to quiet music and drinking a cup of warm water with a bit of lemon to hydrate. Then prepare your breakfast and, if so inclined, catch up on the latest news for a short period before going about your intended daily routine.

Chapter 22: Supplementing our senses of *'Ageing Safely in the Home of Your Choice'* highlights some of the changes individuals might experience, as they grow older.

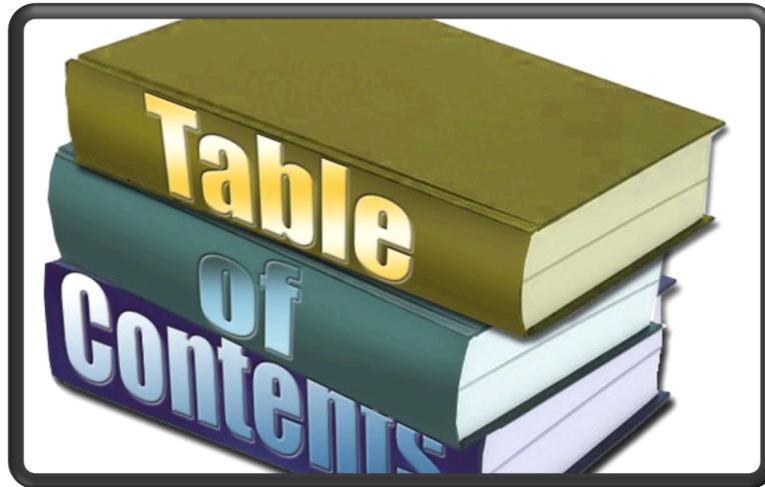
Hearing and sight tend to exhibit more decline, though all our senses lose their fine-tuning. Seniors must acknowledge and remedy changes in their senses, as research has shown that when left unattended, it may lead to more severe and damaging issues.

Stay tuned to the February newsletter for Part 2 – 'Healthy Eating.'

Stay safe!

Don't forget to check out my blog posts, as I share tidbits of information and links to informative articles and resources on a regular basis. <https://www.jeanfrancoispinsonnault.com/blog>

Books can be purchased (credit card or PayPal) directly from my website at 15% discount and free shipping when you enter the promo code: Thank You



Acknowledgements

Introduction

Part 1: Why Me? Why Now?: My Caregiving Journey – Matching Mother’s Needs to a Future Home

Part 2: Ageing Challenge: Canada’s Health System – Impact of the Pandemic – The Way Forward

Part 3: Next Steps: Where the Future Takes You – Remaining in your Current Home – Involving Family – Appendix I – Likes and Dislikes Self-Assessment.

Part 4: Exterior Environment: Eliminating or Minimizing Exterior Risk Factors – Minimizing Expenses & Enlisting Others – Appendix II – Exterior Checklist.

Part 5: Interior Environment: Entrances – Kitchen/Dining Area – Appendix III & IV – Most-used/Rarely used Kitchen ware, Utensils, Small Appliances, Living Areas – Bedrooms – Bathrooms – Other Areas – Appendix V & VI – Interior Checklist and List of Items to Enhance Quality of Life.

Part 6: Staying or Moving?: What Next? – Appendix VII – Decision Making Factors, Suggestions and Tips During the Downsizing Process – Appendix VIII & IX – Downsizing Checklists.

Part 7: Moving to....: Multigenerational Living with family – Multigenerational Living with non-Family Members – Other Housing Options

Part 8: Miscellaneous Ideas: Supplementing Our Senses – Safety of Parents Versus Parent’s Autonomy – In Case of Emergency (ICE)

Part 9: Conclusion

Resources

Appendix I through IX : Tools and Techniques to facilitate adapting your residence.

Sources, links and definitions