



AGEING SAFELY LATEST NEWS

Ageing Safely in the Home of YOUR Choice

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

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



JEAN-FRANÇOIS PINSONNAULT

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Holiday**

NOTE: La version française
sera disponible au début de
l'année 2023.

Winter arrived with a vengeance in mid-November, even though officially, it's on December 21st. In Eastern Ontario, approximately 12 cm (about 5 inches) of snow covered the landscape.

Some areas of the country received much more. The frigid winds sweeping over the unfrozen great lakes dumped a lot of snow in its path and created snow squalls on their leeward side.

Also, I hope you have your winter tires installed on your car. I always have mine installed in early November to be on the safe side.

Due to other commitments, I delayed wrapping the vulnerable smaller trees and bushes in burlap to protect them from freezing rain. A task I completed a few days after the first snowfall.

The arrival of December also signals the return of many religious observances and holidays, notably, Christmas, Hanukkah, and Kwanza. If gift giving is a part of your traditions, consider 'Ageing Safely in the Home of Your Choice.'

SPECIAL ISSUE

WELCOME

- December is upon us and holidays and observances.
- Perfect gift for loved ones.

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TIPS & IDEAS

- Health and Wellness Tips for the winter season.

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NEXT ISSUE

(New Year Issue #11, 2023)



- Goal setting for the New Year.



- Up-date on French version availability
- Holiday Gift giving special.
- Useful links

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Holiday Gifts – Order now!

Don't know what to get your grandparents, parents, friends, and neighbours for the holidays? They keep saying they need nothing. Order a copy of 'Ageing Safely in the Home of Your Choice.' This timeless gift will ensure their safety and comfort for years to come. To ensure on-time delivery, order by December 16th.

Health and Wellness Tips for Winter



NOTE: Always check with your doctor before starting a new routine of exercise, diet, and activities.

Get your flu shot.

Adults over 65 are at high risk for experiencing serious health complications from the flu. Be sure to get your flu shot every year. The vaccine is safe, will not make you sick, and can reduce the risk of getting the flu by up to 60 percent.

During the 2020-21 season, there were few flu epidemics in Canada. Why? We were wearing masks. So, why not continue wearing a mask to keep the flu at bay and of course maintain your COVID-19 booster shot.

Stay active indoors

Physical fitness is important at every stage in life for good health and well-being. During the cooler winter months, you may not feel inclined to walk or hike outside. But there are still several great activities you can do indoors:

- **Chair yoga.** Chair yoga is a wonderful option if you have limited mobility. It provides the same benefits of traditional yoga – increased circulation, flexibility, muscle tone, and respiration. Check online for further information. The following link is an example.
 - <https://www.seniorlifestyle.com/resources/blog/infographic-top-10-chair-yoga-positions-for-seniors/>
- **Stretching.** Joints and muscles will quickly get stiff and achy if they are not taken care of properly. Stretching keeps your whole body limber and flexible, making it less prone to pain and damage. Make time for 15-20 minutes of full body stretching every day.

Light weight lifting. Use light kettle bells or dumbbells to maintain your upper body strength. Check online for further information. The following link is an example.

- <https://kettlebellworkouts.com/kettlebell-exercises-for-seniors-and-older-adults/>

Cook healthy one-pot meals

Cut down on your cooking and cleaning time. Discover the ease and simplicity of healthy one-pot meals for warm, nourishing lunches and dinners throughout the winter. As the name suggests, these recipes use just one pot to cook a nutritious, tasty meal with plenty of leftovers! Check online for further information. The following links are examples.

- <https://greatist.com/health/53-healthy-one-pot-meals#breakfast>
- <https://allnutritious.com/keto-one-pan-meals>

Let the sunshine in

Take advantage of sunny days by opening the blinds and curtains each morning when you get up.

Ageing Safely in the Home of YOUR Choice (Vieillir chez soi, Oui, c'est possible!)

French translation and proofreading are complete. The formatting stage is next.

December Book Special

**Order no later than December 16th for on-time delivery.
Receive a 15% discount and free shipping (Canada & USA) by entering the promo code: Holiday**



(If you want to ship directly to a loved one, specify it during the purchase process. A personalized note can also be included. Fill out the contact form on my website (<https://www.jeanfrancoispinsonnault.com/contact>) and let me know what you wish written, and I will include your message.)

Health and Wellness Tips for winter



NOTE: Always check with your doctor before starting a new routine of exercise, diet, and activities.

Sun is essential to good winter health as seasonal depression and vitamin D deficiency can still occur. Try to spend at least 30 minutes a day sitting by a sunny window.

Socialize with loved ones

Though it might be tempting to hunker down under the blankets all winter long, don't forget the importance of socialization.

Spending quality time with good friends and family that appreciate and respect you is essential to a good quality of life. It makes you feel happier and connected, and reduces stress, anxiety, and depression.

Wear layers indoors

If you are wondering why we get colder as we get older, our metabolism slows down as we age—which can lead to poor blood circulation and feeling cold often.

Layering up inside can save on your heating bill and protect your immune system by decreasing your chances of getting sick. Sweaters, thick socks, proper footwear, and a warm robe are wardrobe staples you should have on hand throughout the colder months.

Wear appropriate clothing outdoors.

To prevent heat loss or hypothermia when the body temperature drops too low, the elderly who venture into the cold should wear light, layered, loose-fitting clothing under an insulated, waterproof winter coat. Outerwear with a fleece lining and windproof shell is a plus. A hat is a must since as much as 50 percent of body heat is lost through the head. Weatherproof, lined gloves or mittens that still allow for flexibility are also a smart answer to the cold.

Beware of slick outdoor conditions.

Inclement weather can create a build-up of snow and ice on walkways and driveways. Outdoor fall prevention includes these tips:

- Wear non-skid boots, ice cleats, or grippers.
- Get help with snow shovelling.
- Use eco ice melts or sand for traction.
- Watch diligently for black ice.

Keep well hydrated.

Although the elderly may not feel as thirsty in cooler weather, drinking six to eight glasses of liquid daily is essential. Hot tea (regular and herbal), apple cider, and cocoa are fun additions to a wintertime beverage list but stay mindful of excess sugar.

Be prepared for power outages and other emergencies.

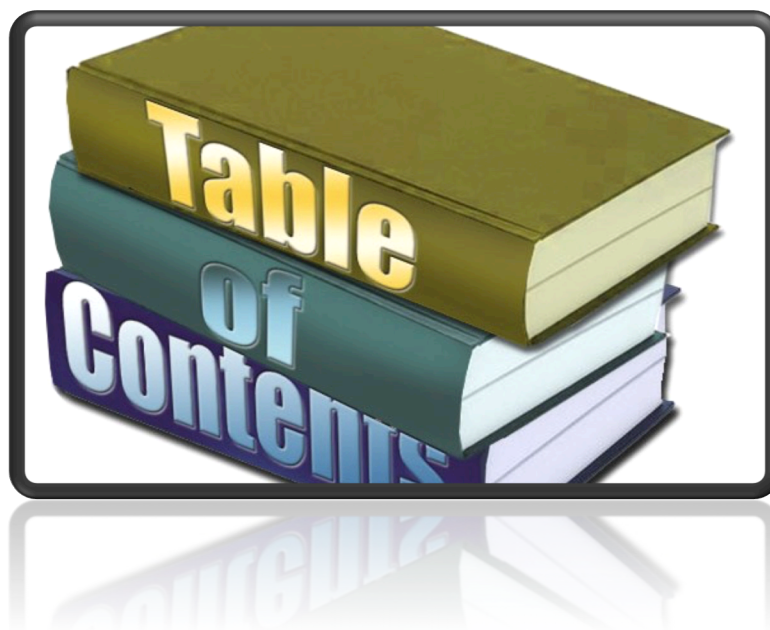
Every home needs a year-round emergency preparedness kit that includes a flashlight, batteries, and first aid supplies.

- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html>

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

Follow this link to a comprehensive document entitle 'How Canadian Seniors Can Stay Safe This Winter' - https://safesteptubs.ca/wp-content/uploads/2015/06/Ebook-How_Canadian_Seniors_Can_Stay_Safe_This_Winter.pdf

My sincere best wishes for Christmas, Hanukkah, and Kwanza and a Happy, Healthy, and Safe New Year.



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