



# AGEING SAFELY LATEST NEWS

## Ageing Safely in the Home of YOUR Choice

Ideas and Tips to maximize your  
Health and Wellness

### Ageing Safely in the Home of YOUR Choice

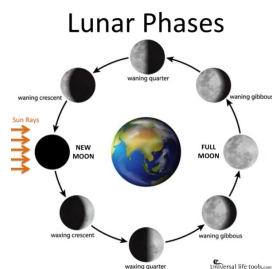
Ideas and Tips to Customize your Home  
into a Senior-Friendly Environment



JEAN-FRANÇOIS PINSONNAULT

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### PART 2 - HEALTHY EATING

February was bitterly freezing in several regions of the country. Cold enough that for many seniors, going out to get groceries was prohibitive. Due to fluctuating weather patterns, often seen once in a hundred years, they are now frequent, invasive, and destructive. We should always be prepared!

Everyone should have a plan for dealing with sudden and unforeseen emergencies such as power outages, floods, extreme cold or heat, etc. Check out these links for further information on how to prepare for such eventualities:

<https://www.getprepared.gc.ca/cnt/rsrccs/pblctns/yprprdnssgd/index-en.aspx>

<https://www.getprepared.gc.ca/cnt/rsrccs/pblctns/pplwthdsblts/index-en.aspx#psn.03>

A common theme highlighted in the available information is the need for everyone to plan for at least three days of food and other items, as listed in the above links.

### 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/>

### JANUARY ISSUE

#### WELCOME

- Health and Wellness Ideas – Part 2: Healthy Eating
- The newsletter arrives on the New Moon. Page 1

#### TIPS & IDEAS

- Health and Wellness Ideas – Part 2: Healthy Eating (cont'd)
- Vieillir chez soi. Oui, c'est possible! Page 2 & 3

### NEXT ISSUE

(February 2023)



- Health and Wellness Ideas – Part 3: Socialization
- Want to know more about a topic? Great! Get back to me on the web's contact form.
- Special pricing on both English and French versions.
- Surprise bonus with each purchase.

## Health and Wellness Ideas and Tips – Part 2

**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.**

### PART 2: HEALTHY EATING

Seniors and their concerned adult children should take the necessary emergency prepared steps and be regularly updated. It is essential to have enough food available, especially non-perishable items used for healthy meals.

Maintaining a healthy diet as we age is essential for living well. As mentioned in Part 1, the digestive system slows down with age, so it becomes necessary to incorporate high-fibre foods. Adding fibre helps seniors maintain a healthy diet but can also lower the risk of significant health problems like stroke and heart disease.

Incorporate three to five servings of fruits and vegetables daily. Choose a variety with deep colours, such as dark green, bright yellow, blue, and orange. Choices like spinach, peppers, carrots,

collard greens, oranges, blueberries, strawberries, and cantaloupe are incredibly nutritious. Include nuts, beans, and legumes in your daily menu and essential vitamins your health care professional suggests.

- Choose fibre-rich whole-grain bread, brown rice, pasta, lean protein, and low-fat dairy.
- Pick less fatty meats like chicken or turkey. Have heart-healthy fish twice a week, like tuna, salmon, or shrimp. Include calcium and Vitamin D sources to help keep your bones strong; two daily servings of low-fat milk, yogurt, or cheese are an excellent way to get these nutrients. Use healthier fats like olive and canola oils instead of butter or lard. Use herbs and spices to add flavour when cooking, which reduce the need to add salt or fat.
- Pay attention to fruit juices and soft drinks. They are very high in sugar. Diet drinks are also not good for you as they contain artificial sweeteners that cause havoc to your body. Drink water instead.
- Another health secret for seniors is to stay hydrated.

Because seniors tend to feel less thirsty as they age, seniors are prone to dehydration. So ensure you and your loved ones drink plenty of water to stay energized and avoid constipation and urinary tract infections.

In the past, I stopped drinking any liquids after 6 PM. This kept me from getting up at night to go to the bathroom. Then I realized I was severely dehydrated. So I started drinking water with lemon or lime juice or herb teas during the day, ending around 9 PM.

Though I still get up around 4 or 5 AM, I am no longer feeling dehydrated, and it also allows me to put wood in the stove, making the house more comfortable when I get up in the morning.

Lack of appetite is a common cause of poor senior nutrition. It's essential to first address the causes of appetite decline in older people. There can be many causes, but researchers concluded that simply improving the 'mealtime ambiance' and the lack of 'flavourful food' seems to be the top issues.

## VIEILLIR CHEZ SOI. OUI, C'EST POSSIBLE!

**Je suis ravi d'annoncer que la version en français est maintenant disponible sur le site web.**

**The French version, 'Vieillir chez soi. Oui, c'est possible' is now available on the website. Tell your friends who prefer to read in French of the current special: 15% off plus free shipping.**

**Enter promo code: Merci or Thank You**



## Health and Wellness Ideas and Tips – Part 2

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### PART 2: HEALTHY EATING

Sharing mealtimes with friends and family and planning specific times for meals, snacks, and drinks can be quite helpful in supporting a healthy diet.

Whether alone or with someone, I set the table, prepare a nutritious meal, and sit down to enjoy the moment with calming music in the background. I make sure that I place the food items on the plate in an appealing manner, sometimes whimsically. It is a style I mastered many years ago when working in the restaurant business.

Case in point, have you ever had breakfast or brunch at Cora's? Every dish served is a work of art; the presentation is a critical factor in their success.

'Enhancing the flavour of food' could work wonders for a senior's appetite. The biggest complaint I have heard from seniors everywhere is the bland food.

I grow many herbs, which I dry for the winter season. If this is not an option, check out the no-salt spices called Dash. They come in various flavours. There are also many herbs and spices at your favourite grocery store. Just check to make sure they are low in sodium.

Keep a healthy weight and incorporate tips such as:

- Offer or have smaller meals or snacks more often. Eating five or six times a day may be easier than getting the same amount of food in three meals.
- When suggested by your health care provider, ensure you are taking essential vitamins.
- Prepare things that are easy to eat, such as bite-sized finger foods that do not require utensils.
- Trouble chewing or swallowing could be a choking risk, so talk to your medical team, who can recommend more convenient foods.
- Cooking large quantities of food can be a time saver by simply refrigerating or freezing them in smaller portions, i.e. soups, chicken, etc.
- Exercise can boost appetite. Taking into consideration physical limitations, you can take walks, chair yoga and light exercise or do simple chores to stay active.

### Eat Healthy and Filling Foods.

Feeling hungry can be one of the most significant challenges to sticking to a healthy diet. But foods with high fibre content can help you feel fuller faster and stay full longer. High-fibre foods can include:

- Fruits: Strawberries, raspberries, pears, blueberries, and apples.
- Vegetables: Broccoli, peas, artichokes, green and yellow beans, and leafy greens.
- Grains: Whole-grain pasta, barley, oat bran, and All bran Buds (psyllium).
- Legumes & nuts: Almonds, walnuts, black beans, and lentils.

### Eat Slowly

Mindfulness is vital in many areas of life, including mealtime. Sitting down to eat—not eating standing up over the kitchen sink—can help you make better nutrition choices. It can also help you avoid overeating.

### Be Mindful Of Portion Control

While you might take time to read the fat, sodium, and sugar content, we overlook the unrealistic serving size. Proper portion sizes and exercise are crucial to weight control, especially carbs, which can be dangerous for people with diabetes.

**Don't forget to check out my blog posts, where I regularly share tidbits of information and links to informative articles and resources.**

**<https://www.jeanfrancoispinsonnault.com/blog>**

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