



AGEING SAFELY LATEST NEWS

Ageing Safely in the Home of YOUR Choice

Ideas and Tips to maximize your Health and Wellness

PART 4 – CHALLENGING CONVERSATIONS

Most of us dread challenging conversations. Whether about an uncomfortable issue or behaviour with a colleague or manager, having to communicate unpleasant news, talking about something going wrong, and needing to change or discuss a delicate subject.

The thought of having these conversations—whether with one’s co-workers, manager, relatives, parents or grandparents, life partner, children (particularly adolescent or adult children), relatives, or friends —can fill you with anxiety and apprehension or even fear, and take over your mind and distracts you from everything else around you.

Regrettably, weeks, months, and years go by with no, or very little, information sought or shared.

Ageing Safely in the Home of YOUR Choice

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

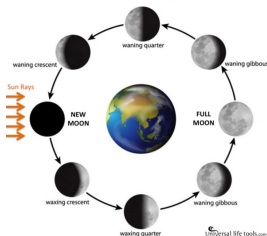


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Lunar Phases



APRIL ISSUE

WELCOME

- Part 4: Challenging Conversations
- The newsletter arrives on the New Moon.

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TIPS & IDEAS

- Part 4: Challenging Conversations (cont'd)
- Springtime Readiness
- Vieillir chez soi. Oui, c'est possible!

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NEXT ISSUE

(June 2023)



- Maximizing Summer
- Want to know more about a topic? Great! Use the web’s contact form to let me know which subject.



- 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 4

DISCLAIMER: Please note that I am not an authority on the following topics; however, I am a researcher and have identified helpful information. Always check with reliable professionals.

PART 4: CHALLENGING CONVERSATIONS

Spoiler Alert! This next section highlights a crucial subject we must address and discuss with loved ones well in advance or as soon as we become independent, mature, and aware of the unfolding of our eventual future—the importance of Advanced Care Planning.

‘Estate Planning’ is often the first step, or as soon as you acquire assets and start a family. *“Estate planning is the process of creating a detailed plan on how your assets will be distributed in the event of your death while also minimizing tax liabilities.”*

<https://www.wealthsimple.com/en-ca/learn/estate-planning>

Part of your ‘Estate Planning’ is preparing a ‘Last Will and Testament.’ Provinces and Territories have different approaches to this evolving document. Always validate local rules and regulations.

Make regular adjustments as you age, acquire assets, and grow your family. Regrettably, more than fifty percent of Canadians do not have a last will.

<https://www.willful.co/legal-wills-in-ontario>

You may choose to include a ‘Living Will.’ Always check regional rules as they vary. *“It allows you to choose what medical treatments you want if you become incapacitated. In a living will, you may also name someone to make decisions on your behalf.”*

<https://retirehappy.ca/living-will/>

The ‘Advanced Care Planning’ component is closely related to a living will; however, it is also directly linked with your future wishes, should you become

physically incapacitated and require special medical attention for an extended time.

“The Advance Care Planning (ACP) Kit invites you to think about and express your wishes for health care and treatment at the end of life. It provokes thinking, conversation, planning, and encourages communication among you, your loved ones, and your health care providers.”

Check out this link and locate the information for your region.

<https://www.dyingwithdignity.ca/education-resources/advance-care-planning-kit/>

A conversation about ‘Advanced Care Planning’ is hard, however, it is a priceless gift to caregivers and loved ones. Start with this clip.

<https://www.youtube.com/watch?v=FIRvFqmMM0>

Check out these suggestions:

<https://www.psychologytoday.com/us/blog/some-assembly-required/201703/how-have-difficult-conversations>

VIEILLIR CHEZ SOI. OUI, C’EST POSSIBLE!

‘**Vieillir chez soi. Oui, c’est possible**’ is available on the website. Tell your friends who prefer to read in French. **On special: 15% off plus free shipping. Enter promo code: Merci or Thank You**

You will also find a workbook (8.5” x 11”) in both languages for individuals who prefer to capture information in a larger format. On special at 5\$, when you purchase a copy of the book.



Spring Readiness

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

SPRING READINESS

“The sun is getting stronger; winter gear is gradually diminishing; blossoms are beginning to show; hope is starting to grow – springtime!

In Canada, there are a few things to remember to be ready for specific emergencies the new season can bring, such as the increased risk of flooding as snow melts away.” Read the Red Cross article on this subject. <https://www.redcross.ca/blog/2021/3/the-canadian-thaw-getting-ready-for-spring-after-winter>

Whether you have a backyard, a tiny space or a balcony, you can always plant various vegetables and herbs you can

enjoy at different times of the summer or autumn. It is a great pastime: you can savour and enjoy what you produce.

The 2023 Almanac will give you an idea of what and when to plant or seed. Hurry, for some it’s time. Enter the name of the area you live.

<https://www.almanac.com/gardening/planting-calendar/ON/Ottawa>

Also, if you have a couple of hours, don’t miss the Ottawa Cottage Life & Backyard Show at the EY Centre on April 22 & 23—great discovery ideas.

The perfect garden spot is where the sun shines for 5-6 hours most days. Any south or southeast-facing backyard, front walkway or balcony will do the trick.

A good layer of topsoil enriched with sheep manure and nutrients will go a long way. Space permitting a raised garden for a backyard will make it easier to manage. Hardware stores sell various types of structures that are easy to assemble.

For the balcony, you can utilize large pots and planters or, depending on available space, a small raised garden planter. Again, search the net to choose the appropriate planters, and you will find everything you can imagine.

If growing vegetables is not your favourite, consider planting flowers that attract pollinators. Butterfly gardens with large areas of flowers that are easy to see from far away, especially in colours like red, orange, yellow, and pink, are sure to attract them. They like flat-headed flowers, as they’re easier to land on.

Hummingbirds love nectar, so hanging a feeder with the home made mixture described in this link.

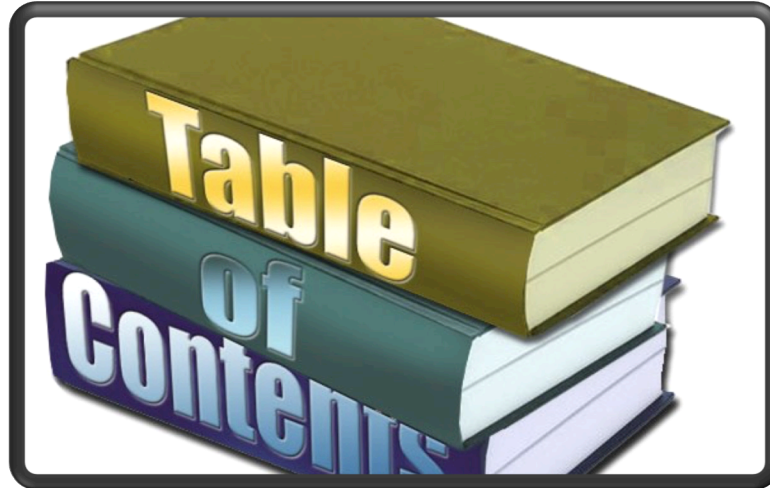
<https://nationalzoo.si.edu/migratory-birds/hummingbird-nectar-recipe>

Enjoy spring: it’s here, as we all saw these past few days, however, be ready for a last front of cold that may come our way.

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



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