

MUSKOKA SENIORS MAGAZINE

Not Just A Read... It's A Connection

Fall/Holiday 2021

Holiday Gift Guide



**Sweet
Potato Soup**

**MSM Annual
Charity Contest:
It's a Tie!**

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How To Get Through Emotional Strain And Come Out Strong

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Cheryl A. Patterson

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MUSKOKA SENIORS MAGAZINE

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FROM THE PUBLISHER



MUSKOKA SENIORS MAGAZINE

Not just a read...

It's a connection.

*With a mission to inform,
inspire, support and
include.*

What is it about time that makes it feel like with the blink of an eye, yet another year has passed?

On a positive note, it's another year of dealing with Covid behind us. And as important as it is to be 'in the know', it's also important to take a break from it all. That's where we come in!

With topics about "Rocking and Rolling", "Sittin' and Thinkin'" making faith your rock, and grief support, to name a few, you're sure to be nicely distracted for a while.

Ready for your holiday shopping? We have you covered there too, with some interesting, quick and easy ideas in our annual *Holiday Gift Guide*.

We've packed as much valuable information that we could in this edition for you, taking the time to go over each topic carefully, with your interests, wants and needs in mind.

We take the time because we care and because we can, being an independently owned publication, with a mission to "inform, inspire, support and include" you. And you can add keeping you safe to that list of things we care about.

Being digital means no physical contact with anyone, making *Muskoka Seniors Magazine* 100% safe, with zero risk of Covid, or any other flu or cold viruses from this publication, regardless of whether it's the time of year when germs are more readily spread or otherwise.

Being digital also gives you the opportunity to share as many copies as you want to your friends and family with the simple pasting of a link to your email lists, social media pages and more, without passing on germs, especially during the holiday season with busier public places and increased social gatherings.

So, here's to you, your health and overall well-being during this holiday season. Thank you for your loyalty over the years. We will continue to work hard to give you the best content, with a little fun thrown

in. We truly value you. Merry Christmas, Happy Hanukah and joy in whatever your religious or spiritual practices may be. Blessings to everyone.

Happy Holidays!

Cheryl Patterson,
Publisher



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community pharmacy

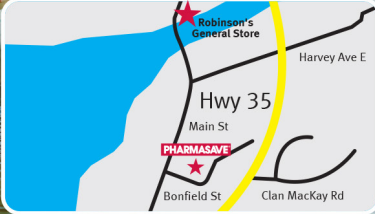
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Are you feeling off but can't quite put your finger on why?

"Old habits die hard," or so they say. It may depend on how much it's sabotaging your health, relationships, goals or life. Sometimes it's happening right under your nose and you don't even realize it. You just know something is not right.

Wellness Habits

A Compilation of Writings
for Emotional Health

Cheryl Patterson

Maybe you find yourself angry more than usual and for no apparent reason. You're outwardly lashing out in the form of criticism, blame or hurtful comments, or passively engaging in digs or "jokes," or forgetting things that are important to others. Either way, you're sabotaging your chance at happiness because the focus is on the emotions and reacting to what you don't want through these destructive behaviours that you think nobody notices, instead of focusing on your wants and needs.

How about your self-worth or esteem? What would you rate that on a scale from 1 to 10? Are you noticing that you're doubting yourself or seeming a little worse for wear emotionally when you're around certain people? Could you be feeling better about yourself?

If you were to describe yourself to someone, what would you say? Would there be a criticism of some kind, such as about your weight or lack of abilities in some area? Are you your own worst critic? Would you like to have a better view about yourself?

Our habits can come in many shapes and forms. The trick is to pay attention to what ones are propelling you forward and which ones are holding you back from living your life to the fullest.

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MUSKOKA SENIORS MAGAZINE

Not Just A Read... It's A Connection

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MUSKOKA SENIORS MAGAZINE is published quarterly.

EDITORIAL NOTE

The information presented in this magazine is not intended to substitute medical advice from a licensed practitioner.

Your suggestions and submissions are welcomed. However unsolicited manuscripts will not be returned.

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Barb Simpson. Jim and I retired to Huntsville in 2012, we love living in small town Ontario. I celebrated my 75th birthday in July and I'm planning on having many more.



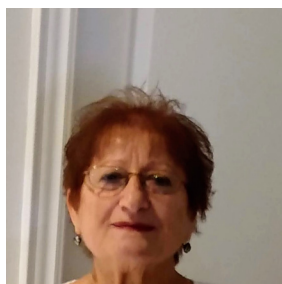
Dr. Susan Hunter, is an Associate Professor in the School of Physical Therapy at the University of Western Ontario. Her clinical and research interest is in older adult health.



Marguerite Oberle Thomas, RN., BScN is Consultant Liaison, Fall Prevention Community of Practice, sponsored by Parachute. She is a senior and former caregiver, keen to prevent injuries.



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Marguerite Strecker. Throughout history, stories and poems enrich our hearts and minds. Their timeless words stamp our souls with their everlasting mark that time nor the universe can ever change.



Bill Harvey Born in Detroit, 1954. Day job career as a computer technician, and analyst. Wanted to draw superhero comic books but switched to a single panel comic strip in the mid-2000's.



Kenn R. E. Page, proud to be Canadian! Born in Toronto, raised in Pickering, worked for Bell and IBM. Moved to Muskoka in '75 to design and build homes for 40 years. Hobbies: Fishing, reading, painting, gardening.



Sandra Hartill, Master Gardeners of Muskoka and Parry Sound. Our goal is to share, inform and advise avid and amateur gardeners with tips for indoor, outdoor and balcony gardening.



Peter Cassidy, born in Scotland and came to Canada in 1948. I played Canadian sports, and loved hockey and boxing. I love to write stories of those wonderful players and characters who were the stars in my day.



Bessie Grimes is the author of Bible Stories From a Different Point of View, Little Pigs and Big Carrots and Other Amazing Tales, and the editor of Pioneer Homemaking in Muskoka.



***Peter Meraw** is a pharmacist and owner of the pharmacy in Dorset, Lake of Bays. He visited cottage country often in his youth and was thrilled to move here permanently in 2006 to run his first pharmacy. He lives in Minden with his wife, two daughters and golden retriever Simba.*

Happy Holidays and Merry Rx-mas!

The holiday season will soon be upon us and with it comes its many temptations and overindulgences. Eggnog, tarts, chocolate covered rice crispy squares! And it would be just plain rude not to try your mother-in-law's pecan pie, or Dad's single malt 15-year Scotch! After all they bought it just for you! Best keep them happy!

These are just some of the challenges to keeping fit when the holiday season arrives. Of course, now we have the added anxieties of Covid-19 and questions about how much affection we are supposed to show. Can the kids hug grandma? Are elbow bumps still a thing? What if someone has the sniffles?

As a child, holidays never had this many conundrums. Welcome to 2021. Times have changed. The good news is the spirit of the holidays haven't. But a few tweaks are necessary to ensure we all stay healthy.

Diabetics probably have the biggest challenge during the holidays. The sweets, larger portions, and odd eating times throw off the routine, sending sugar levels spiking. Pill taking or insulin injections are often timed with the mealtimes, while insulin dose sizes are often linked with portion sizes. This time of year can be a big challenge for diabetics. Here are a few tips to

keep things in check while still experiencing the joys of the season:

- **Make it about the people.** A year ago, for the first time ever, many of us spent the holidays alone or celebrated a very stripped down version of the holidays with lockdowns limiting who we could visit and where we could go. With most of us now double vaccinated, it should be less of a problem this year. Gathering, sharing, and making memories with our most trusted loved ones is the reason for the season. Focus on that instead of those oh so good chocolate brownies.
- **Get outside during the visit.** The fresh air and exercise will burn some of those calories and keep you away from the kitchen. While the outdoor fresh air will reduce exposure to riskier indoor air. Spend the visit going for a hike or snowshoe. Throw a football around. Walk the pets. Holiday bonding doesn't have to be inside. (OK unless its -40 and a blizzard, but remember you are in Muskoka, there's no such thing as bad weather, just bad clothing choices.)
- **Remember to check blood glucose.** If you own a monitor, bring it along. The new glucose monitoring patches are amazing for keeping a running eye on your glucose 24/7.

- **Use a 7-day pill dispenser pack** if your pill regimen is complex and involves more than 3 medications, or if your holiday travels take you to multiple destinations over several days. If your meds should be taken with food at very specific times, your pill pack will help keep you on track.
- **Store meds appropriately while travelling.** In the winter season remember freezing injectable medications can be worse than heating them. Do not leave insulins overnight in the car as the severe cold will damage them. Never use insulins that have been frozen.
- **Make sure meds are kept in child resistant containers** when making the rounds to prevent overly curious toddlers from accessing meds intended for grandma and grandpa.

So, remember these tips to stay healthy this holiday season. And oh yes, elbow bumps are still a thing, social distancing is still important, and unfortunately yes, if you have the sniffles...stay home. Hopefully that's not the case.

Enjoy the upcoming season with loved ones and celebrate safely, and if you are in Muskoka, remember we are blessed to be in one of the most beautiful places in the world.

~Peter Meraw

Gail's Sweet Potato Soup

by Gail Hope



Ingredients:

1 Medium onion, chopped	2 Lbs sweet potatoes, peeled and cubed
2 Tbsp butter	1 can (14 ½ oz) veggie broth
2 Tsp curry powder	1 ¼ cup water
2 Tsp fresh minced ginger root	1 can (14oz) coconut milk
2 Tsp salt	1/3 cup fresh minced cilantro
¾ cups of half and half cream	

Directions:

In a large saucepan, sauté the onion in butter until tender, stir in curry, ginger root, and salt, and cook for 5 more minutes. Stir in sweet potato, broth, and water. Boil, then reduce heat, cover and let simmer for 15 minutes, until tender, then turn off heat and let cool.

In a blender, process cooled ingredients in batches until smooth. Return blended ingredients to pot, and stir in coconut milk, cream and cilantro and heat (DO NOT BOIL).

Enjoy!

Cleaning Silver

*Submitted by Brenda Wood,
with permission by her daughter,
Judith Barrett*

*Makes 4 batches:
3 litres hot water
3 Tbsp fabric softener
3 Tbsp salt*

Run hot water into the sink. Add fabric softener and salt. Stir well. Place a LONG sheet of aluminum foil on the bottom of the sink. The extra length allows you to move the silver in and out of the water.

Place tarnished silver on foil, making sure that silver is totally immersed in water. Silver will be clean in about 10 seconds. Any remaining tarnish can be wiped away with a soft cloth.

This works amazingly well. Use your beautiful things! The person that inherits them certainly will. Silver and linen grow more beautiful with age, just like people.

A cloth used for 50 years shows even wear. One left in the package for 50 years is worn out at the fold lines.

Do you have a favourite recipe your friends and family rave about?

We know it's important to eat healthy,
but it can be tricky to remember to, or to come up with new ideas.
So, if you have a favourite recipe that your friends and/or family enjoy,
we'd love to help you share it with others.

Send your recipe to:

editorial@muskokaseniorsmagazine.ca

MSM ANNUAL CHARITY CONTEST WINNERS: A TIE BETWEEN HM & AVWS...



Hospice Muskoka - One of the MSM Annual Charity Contest Winners

A Beautiful Beginning. A Beautiful End.

It's been said that it takes a village to raise a child. There is great joy, but it's also hard work, and difficult at times, but with the right support, care, passion and guidance, the road is much smoother.

The same can be said when we come face-to-face with a life-threatening diagnosis or when it's time to say goodbye to our loved ones. With good planning, compassionate support and guidance, the heartache that accompanies these situations can become a more positive, comforting experience for all. That's where Hospice Muskoka comes in.

We provide a person-centred palliative care approach to helping residents and families of South and West Muskoka deal with life limiting illnesses or end-of-life issues. Our services are available, free of charge, to those who live in, or have family who live in, Gravenhurst, Bracebridge, Muskoka Lakes, and Georgian Bay Townships as well as Wahta First Nation, and Moose Deer Point First Nation.

What do we mean by palliative care?

When finding a cure is no longer the focus or end-of-life is imminent, the focus of care shifts to delivering compassionate, holistic care. The kind of care that best serves the physical, emotional and spiritual needs of the individual and their families. In a hospice setting, the goals of care are defined by you. This means you decide what you need to have a supportive and dignified death, including appropriate pain and symptom management. Working together, your hospice team

helps to establish clear goals of care, address the fears and losses that often accompany advanced illness and death. We walk the path with you.

At Hospice Muskoka we believe palliative care support is essential and should be introduced soon after someone receives a diagnosis of a life limiting illness.

Our primary care team is made up of leaders in palliative care, including our Executive Director, Director of Care, Medical Director, RNs, PSWs, Social Worker, and Clergy, together with our trained volunteers. All are here to help you:

- Prepare for end-of-life and the dying process by addressing physical, psychological, social, spiritual and practical issues and associated expectations, needs, hopes and fears
- Understand end-of-life decisions including Advanced Care Planning, palliative care, MAID
- Have palliative support wherever and whenever needed - at home, in hospital, in seniors' residences, (and area) nursing homes and at Andy's House our hospice in Port Carling
- Receive in-home respite care, caregiving support and friendly visits
- Receive compassionate care with appropriate pain and symptom management
- Create opportunities for meaningful and valuable experiences together
- Prepare for and receive bereavement support and

CONT'D NEXT PAGE >>>

MSM ANNUAL CHARITY CONTEST WINNERS: HM CONT'D...

counselling

- Learn how to include Hospice Muskoka in your estate planning
- Help with public awareness and fund raising
- Join the Board or one of our Committees
- Charitable Registration #890333263RR001

Andy's House, our hospice centre, is a family-centred, 24-hour care medical facility focussed on providing leading palliative care. Each private room has individual access to a balcony overlooking the Indian River in Port Carling. The rooms are designed for private and peaceful interactions with private washrooms, state-of-the-art smart beds, call bell system, fold out bed/chair, TV, wifi, and mini refrigerator. Residents and families have access to a large outdoor deck, living room, library, private dining room, children's playroom and kitchen.

Referrals to Andy's House are currently made through a Home and Community Care Case Manager. A Doctor or Nurse Practitioner can facilitate a referral to a Case Coordinator on your behalf or you can call Home and Community Care (HCC) directly to request a referral to hospice. Our local HCC phone number is 705-721-8010. Ask for a Case Coordinator. They will help determine the most suitable location, access your eligibility and begin the process.

Hospice Muskoka is an active member of Hospice Palliative Care Ontario, North Simcoe Muskoka Palliative Care Network, Bereavement Ontario Network.

Need more information?

Call us at 705 646 1697, or email info@hospicemus-koka.com or visit www.hospicemus-koka.com. Mailing address: P.O. Box 156, Bracebridge, ON P1L 1T6

How Can You Help?

- Get involved – become a trained volunteer or visiting volunteer
- Become a monthly donor
- Sign up to receive our quarterly newsletter or follow us on social media
- Learn how to include Hospice Muskoka in your estate planning
- Help with public awareness and fund raising
- Join the Board or one of our Committees
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Aspen Valley Wildlife Sanctuary - One of the MSM Annual Charity Contest Winners

FOR THE LOVE OF WILDLIFE

Aspen Valley Wildlife Sanctuary has been caring for wildlife for almost 50 years. It started as the passion of one woman – Audrey Tourney – a high school teacher from Parry Sound, Ontario who was well known for her love of animals. Since she first took in an orphaned raccoon, Audrey nursed many more animals back to health as they were brought to her doorstep in increasing numbers over the years. Today, her legacy has been expanded upon by a dedicated group of staff and volunteers.

Located on 460 acres of pristine habitat in Rosseau, Ontario, Aspen Valley's primary goal is to rescue and rehabilitate wildlife. Once rehabilitated, these animals are released back into the wild to give them a second chance. This year, the Sanctuary has taken in over 1000 animals – many orphaned and in need of around-the-clock care and feeding.

Aspen Valley's year-round staff consists of 3 full-time and 3 part-time employees. "It's a small team with a big task – one that requires a lot of heart and a great deal of support from the community," said Executive Director, Linda Glimps.

Well over 100 volunteers work alongside its skeleton staff each year. In the summer months, when animal admissions are at their highest, 16 full-time volunteers live at the Sanctuary for a minimum of 4 consecutive weeks. Many of these volunteers come from around the world and are responsible to fund their own transportation to Canada. Part-time volunteers from the local community selflessly give the gift of their time to help

with an endless variety of tasks. There are many full-time, part-time, or project-based volunteer opportunities available each year.

While Aspen Valley is not open to the public, reservations can be made in advance at www.aspenvalley.ca to experience a guided tour. These tours are a unique opportunity to see the Sanctuary's permanent residents, hear their stories, and learn how to live in harmony with wildlife.

Aspen Valley has moose, coyotes, bears, and a wolf pack in residence, to name a few of the animals you may meet on any given day. Sadly, the majority of these animals came to Aspen Valley as a direct result of human interference. Many were born or raised in captivity and were later seized by authorities who then approached Aspen Valley to provide them with forever homes. Animals in rehabilitation are not a part of these tours. In addition, Aspen Valley does not buy, breed, or sell wildlife.

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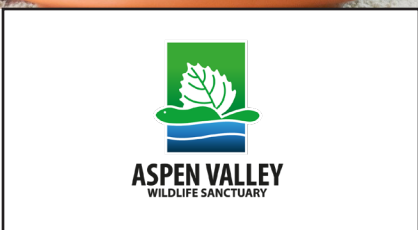




Many individuals have unknowingly made poor choices when it comes to interacting with wildlife and would have acted differently if they only knew what to do. Whether the situation is an animal in distress, or the animal is orphaned, injured, or considered a nuisance, concerned citizens are encouraged to contact 705-644-4122 for expert wildlife advice. Information on “Living with Wildlife” can be found at www.aspenvalley.ca under educational resources.

As a not-for-profit with no government funding, the work at Aspen Valley would not be possible without the generosity of the public for support. Typically, it costs \$40 to \$125 a week to feed each animal in their care, with some species, including moose and beavers, remaining at the Sanctuary for one to two years before they are ready to be released.

Please consider a gift to Aspen Valley. Visit www.aspenvalley.ca to discover ways to support the animals. If you are interested in unique opportunities to create a powerful philanthropic legacy, please call Linda Glimps at 705-732-6368. Linda will work with you to help make a direct impact on a native animal species in a way that is important to you and your family.

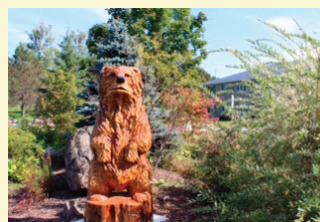


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Have You Thought About What Your Plan Will Be?

My high school football coach said, "Planning Prevents Poor Performance". A motto for the practice, drills, and effort, during our daily practices, in preparation for upcoming games. This little saying, from over 30 years ago, is one I have referred to often, because if you don't have a plan, you leave room for disappointment. As funeral professionals, our team is charged with the honourable task of planning the final goodbye of your loved one. We are the trained, experienced support, to guide you prior to or at the time of a death. It is the preparation we strive to help with, to ensure a memorable send off is achieved.

Death is not a conversation that comes easily to most. Taboo talk if you will. However, at some point, we will all need to have "the talk" about what to do at THE END.

Funeral professionals are trained to provide you with relevant information, so you are prepared to make decisions for you or for a loved one. Sounds quite simple, however, every person is different, which makes planning for every person, unique.

People often make decisions based on prior experiences. For example, if you attended a funeral

for a close friend, perhaps you liked the officiating minister. Or you attended a visitation for your aunt, and you thought the casket the family selected was exquisite. Or you thought that the video the funeral home prepared was truly special and brought back many memories. Any one of these experiences can play a role in the decisions you make for "your end".

My grandfather died when I was ten. I remember seeing him in his casket. I remember the funeral director asked me if I wanted to write a note to my grandpa. I remember vividly, walking up to the casket with my mother and the funeral director and I watched him put my note into my grandfather's jacket pocket. My note was going to be with him forever. Now, I'm the funeral director, trying to impart special memories for others.

13 years later, shortly after becoming a funeral director, my grandmother asked me to help plan her funeral. It made sense that she would ask someone she could trust. So, we had "the talk". She began by telling me, that she did not want anything at all. She just wanted to be cremated and her ashes placed

beside my grandfather. At first, I was shocked. So, I challenged her. Before I go on, you should know that my grandma lived with my family for several years and she was part of a bridge group, a church group and she was well known to all our family's friends. I asked her why she would do it differently than her own husband's funeral. I recounted my memory of my grandfather's funeral. I reminded her that she had 3 children, 6 grandchildren and was very connected within her community groups. I wanted her to understand and think about the impact that her decisions regarding death, would have on everyone who cared about her in life. I offered her every option and idea under the sun. But she made her own decisions.

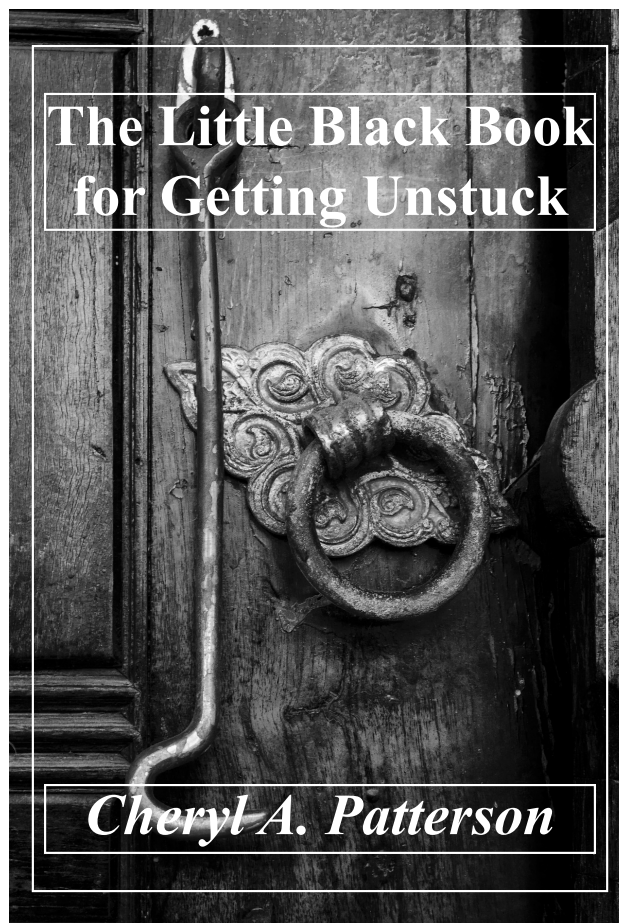
9 years later we celebrated my grandmother's passing. She decided on a private viewing for our family, followed by public visitation for friends. She opted for a traditional funeral held in the funeral home. She chose the cherry casket and the matching cherry urn. We buried her next to my grandfather, just as she wanted. She planned it perfectly.

Have you thought about what your plan will be?

Feeling Stuck? One Step Forward, two steps back?

Many of us find ourselves in unwanted circumstances, and if it's happening regularly, you may be feeling tired of the struggle. Having the same problems in the same area repeatedly can be frustrating and overwhelming. No matter how hard you try, you can't seem to move forward from it, like a hamster in a wheel, going nowhere fast, or if you do, sometimes it doesn't last.

On one hand, you worry about what people think of your current situations or choices, yet on the other hand, if you change for the better, you wonder if you'll be judged then too, as maybe 'too much' somehow. It's like the tape recorder of a fear of being 'good enough' is constantly playing over and over again no matter what you do. Sound familiar?



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SUPPORT FOR STRESS



Ways to be Prepared for Holiday Gatherings

Worry and stress may come to mind when you think about the holidays and increased risk of the spread of Covid (not to mention the higher risks given cold and flu season). However, the holidays are a time for greater joy and less angst.

It's been a tough time trying to maneuver our way through this relentless virus, but where there are brains there is power, so let's continue to take our power back.

While the government recommends the best way to avoid the spread of Covid is to stay home, people will likely be spending time with friends and family this holiday season. The following are ways to stay safe while doing so:

- Get tested for Covid-19 before public events, to help lower the risk of it being spread.
- Stay home if you have any symptoms of illness. If you suspect these may be Covid symptoms, get tested immediately or talk to your doctor.
- Sanitize and wash your hands often. If there's a time to make good use of the sanitizers provided when you enter stores, it's now. Also carry some with

you to use when it isn't available elsewhere, and use it immediately upon entering and exiting public places, and before you enter your home. And wash your hands regularly even inside the home, especially before eating.

- Sneeze or cough into the inside of your arm, which is bent toward your face to cover it. Avoid touching your eyes, nose and mouth with your hands.
- Keep your mask on longer around public places. For instance, if you usually put it on right before you enter the store, do it as soon as you get out of your car in the parking lot instead, and wait till you get to your car to remove it. This is in addition to the public protocols already in place.
- Continue to practice social distancing (minimum 2 meters). Personal gatherings don't mean close proximity.
- Reusable face masks should be at least 2 layers of a material that is woven tightly, such as cotton or linen.
- Use paper plates and plastic utensils rather than items that have been handled. The dollar stores are handy for this. For \$1.25 a bag, everyone can use these items that you also don't have the worry of whether they've been properly washed.
- Try and plan trips, errands and visits to be in one outing where possible, rather than going out several times a day or week.

If there's ever a time to go the extra mile, it's now - during such a high-risk time of year, even without Covid - to stay safer while enjoying the opportunity to be with loved ones over the holidays once again.

MSM

Having a hard time with the loss of a loved one?

Sadness, frustration, isolation...

It's still surreal looking back at that period, where I felt like I couldn't breathe, feeling overwhelmed, and without the needed support that most people have.

It had taken it's toll and consumed enough of my life. It was time for me to turn my life around, which I did, and so can you.

If you're struggling with loss, you're not alone, and it can get better.

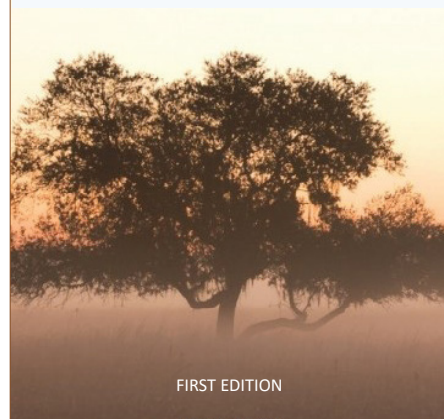
In this book I show you ways that I got through. And if I can get through 9 in a row, you can get through your grief too.

We have this notion that we should stay suffering to prove our loyalty to the loved one that passed, but is that what they would want for you?

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FIRST EDITION

Cheryl A. Patterson

Photo by Matt Paulson

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The MSM Holiday Loneliness Challenge: Are You In?

One of the hardest things in life is going through the holidays alone. Just the anticipation of going through it can be agony for many people.

Depression and suicide rates are at an all time high during this time. And of course, loneliness is one of the worst states for one's health, according to research that has demonstrated an association between a person's level of social support and their risk of physical disease, mental illness, and mortality.

A team of researchers out of the University of Chicago, the University of California-San Diego, and Harvard found that loneliness was associated with health problems such as diminished immunity, cardiovascular risk, the progression of Alzheimer's, obesity, alcoholism, and depression (2009 study, in the *Journal of Personality and Social Psychology*).

Muskoka Seniors Magazine is countering loneliness in our communities this holiday season and asking you to join us.

The MSM Holiday Loneliness Challenge:

For those of you that are NOT alone:

Help those that are alone. Pick at least one person that you can support in some way this holiday. Invite them to a social gathering, bring them a nice meal, Tim's coffee or tea, or some baked goodies, call them, or simply visit them for a bit. Don't feel sorry for, look down on, or make them feel like a charity case. That's insulting. Get creative and just help at least one person to feel less alone, and more cared about and supported in some way.

For those of you that ARE feeling lonely:

We challenge you to do something different to counter that isolated state you think you might find yourself in over the holidays this year. Is there a food bank you can volunteer with? Can you knit or sew something for a child less fortunate? Maybe help a shelter or church? Or do you know a single mom that could use a hand with her child for a few hours, or that you could treat to a holiday dinner or toys for Christmas? How about helping someone else that you know that will be alone during the holidays?

If you're worried about going out because of Covid, can you help a non-profit or charity from home, maybe with some paperwork, or

sending out email notifications for them?

The opportunities are endless regarding the things you can do to counter your isolation, including help spread the word about this challenge so more people can be helped.

We're not done yet!

If you're really up for this challenge (and we hope you are!), tell us about it. What were the ways that you helped someone, or challenged yourself to do something different over the holidays to support less isolation?

We'll publish all of the feedback that we get about how you helped others or yourself to overcome loneliness in the upcoming New Year's edition of the magazine. We're doing so because in addition to our goal of a better holiday for as many people as possible, others reading your ideas in the next edition may be helped by trying them out as well. And the cycle of a happier, healthier, and more supported community continues.

Share the ways that you rose to the challenge this holiday season to: editorial@muskokaseniorsmagazine.ca and tell us exactly how you did it. **MSM**



Faith: Your Rock During Tough Times

One of the most challenging parts of being human is when we feel stuck emotionally. Days where we feel sad, frustrated, doubtful, lonely, helpless, or even grief stricken are normal, although unwelcomed. Emotions can be consuming and isolating, and it can be tough to get out of these states, especially during certain times of the year.

The holidays can be the toughest time for many people, often feeling overcome with these emotions that seem to grab hold and not want to let go. Many people have lost loved ones during these times, and as the season closes in, so do the emotional triggers. It's ironic in a sense, when you think about the meaning behind a holiday such as Christmas.

If there were ever a time with a message sent to us to have faith, the birth of Jesus is at the top of

that list. However, in the midst of our sorrow and grief, we forget. It can be easy to feel trapped in these emotions that block the opportunity to feel love, joy and happiness, and to also forget that we have a choice.

Do you want to live in pain or joy?

The obvious answer for most people is likely joy. We all want to be happy, right? So, why do we allow ourselves to stay stuck and feeling like there's no way out?

During those tough times, remembering one word can turn everything around. Faith. Regardless of whether you see faith in the religious or spiritual sense, or as a simple way to believe that things can be fine, it holds a lot of power that is available to you anytime you want or need it. All you have to do is to re-

-member... Remember to have faith during challenging times. Make it your 'go to'.

Allow faith in to support, nurture, heal and let you move forward from whatever it is that you're going through. Let faith be your rock during troubled times, instilling courage and possibility, rather than fear and helplessness.

As you go through the holidays, remember that a large part of it all has to do with faith – that you are cared about, that good things are possible and that we are all supported, if we accept it. Challenge yourself to make it an essential part of your practices, celebrations and inspiration.

Remember, "Faith is unseen but felt, strength when we feel we have none, and hope when all seems lost." – Catherine Pulsifer

MSM

AGING WITH A GUSTO: WHAT WORKS FOR YOU? SPECIAL FEATURE



Barb Simpson, 75
Huntsville, Ontario.

I always had an interest in dollhouses and miniatures as a child but never had the opportunity to do anything with it until I became an empty nester.



I first started around 20-25 years ago when we moved from Mississauga to Brampton, and I tripped over a dollhouse kit in a grocery store. I bought it on impulse and that got me going. The pieces in this all slotted together, and it was quite finicky to do, so, I thought I could do better, and so it started.

I had a friend who was also enthusiastic about miniatures, and we started to visit hobby shows, doll house exhibitions etc.



I loved doing it and found I had the ability to design and reproduce everyday things in miniature, a fascinating hobby that has grown over time and gave me lots of satisfaction and a sense of accomplishment.

I try to manufacture everything from scratch when I can using popsicle sticks, buttons, broken jewelry pieces, fimo clay etc. Some pieces can't be reproduced, like metal for example.

I have quite a collection. One room in our house is dedicated to dollhouses and miniature dioramas, I don't make dollhouses anymore but I still make bits and pieces when an idea strikes me or I see something that has the potential to be a miniature something else!



What inspires and makes you happy?

Friends, hobbies, volunteering, exercise?

You never know who you else you might inspire by sharing it. Send a brief description about what works for you to: editorial@muskokaseniorsmagazine.ca for a chance to be published in the upcoming edition!

Holiday Gift Guide

2021



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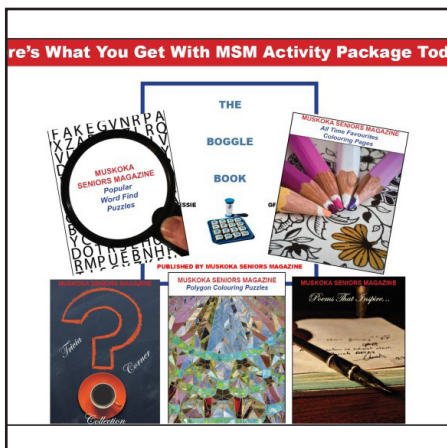
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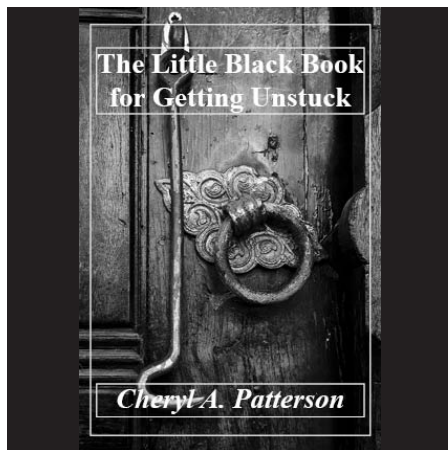
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Holiday Gift Guide

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-C.C. Muskoka, ON

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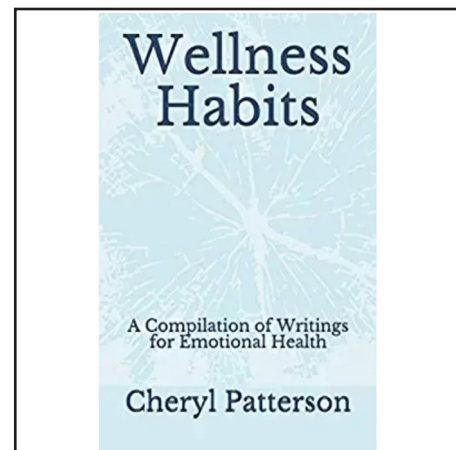
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*Sports Corner
With Peter Cassidy*

The Colours and Scents of a Fall Sunday Afternoon

The autumn season is like an awakening for me. I am sedated by the crisp air and crunchy leaves underfoot. With it the vibrant changing colours make it an artist's dream.

I lived in a small Ontario town where we enjoyed the four seasons. It was a growing up period for me.

While my thoughts and dreams were as always, occupied by sports, my mind was going in a different direction. It might possibly be due to the autumn air, or maybe because girls looked different than they did in my preteens. I met a very pretty young lady who captured my heart.

In our town there was a wide walking path that ran between the millpond and a huge drop to a rushing creek below. You could walk with your girl down the path to a whirlpool, which was where the water changed direction and caused a stir.

Due to the fact we were part of the Niagara escarpment, there was naturally created slate rock that served as seats and tables. It was so quiet that it made for great conversation. On this warm fall Sunday afternoon I had the foresight to bring a cushion, and a thermos of tea, and shortbread my mother had made.

This young lady was not only intelligent and pretty but liked sports. She loved hockey and baseball and could also play golf. Here was me with one of the cutest girls in school having a great chat and a kiss or two and I am thinking about sports.

We walked back to town to a popular "Happy Days" burger place on Main Street. We had a nice meal after which I walked her home. We arranged another date and I danced on twinkle toes all the way home. I had it all, a pretty girl who liked sports, and a little after school job. Life does not get any better.

Peter Cassidy, Scotland born. Came to Canada in 1948. Played Canadian sports, and loved hockey and boxing. I love to write stories of those wonderful players and characters who were the stars in my day.



PREPARING YOUR ROSES FOR THE COLD

By Sandra Harthill

It is time to start preparing your lovely rose bushes for winter! We have all enjoyed the beautiful blooms throughout the summer and want to protect them from our harsh Muskoka winters so that we can enjoy them again next year!

In August we stop fertilizing them to allow the plants to slow down and reserve their strength for the freezing conditions that will inevitably occur. It is best not to prune them in the fall but wait to do that in the spring. Even the hardiest of plants will get some winter-kill and therefore in the spring it is easy to see which stems have been damaged and have to be pruned or removed. We should also reduce our watering schedule in the fall to assist the roses to prepare for winter by hardening their stems.

Place a mound of good heavy mulch, a minimum of 10 inches or higher, around the plant in the fall after the ground is frozen. Putting a rose collar around before putting the mulch down helps to keep it all in place. If you use soil instead of mulch, use good new soil and never take it from around the plant as you may expose some of the root system of the plant. When using winter protection over the roses, ensure it won't keep moisture around the stems as this will cause winterkill.

Sandra Harthill Master Gardeners of Muskoka and Parry Sound. Our goal is to share, inform and advise avid and amateur gardeners with tips for indoor, outdoor and balcony gardening.



Covid, Widowhood and Grief: Part III

By Marguerite Oberle Thomas

“Widowhood is the loudness of the silence”. He won’t be coming through the door shouting “I got the mail”. Now, I can get my own darn mail and listen to the silence when I bring it home. Welcome to the third article in this series. I hadn’t yet seen the second article published when my friend Jacquie, who did see it, offered great advice: “Whatever you do, please tell people to make out a will and be sure that everyone who needs to know, does know what is in it. Ask people to designate things like real estate and vehicles and precious objects. Tell all your family what you want for your final wishes and put it in writing. And whatever else you do, please write down your computer passwords,

That is great practical advice. We know that lawyers, clergy, accountants, financial planners, those widowed, and others would all suggest saying it more than once. Like the message to keep your Covid mask over your nose, some folks need to hear the message way more than once.

You never know when death will come. My friend Don had a lifelong buddy who passed suddenly. Don said, “When he died, it knocked me

silly.” Karen told me, “I was totally whacked upside the head.” With death, especially sudden death, we do feel like we have been severely battered. My immediate response was that I couldn’t breathe. This is not uncommon as my fellow mourners have told me. One of the immediate reactions after a huge loss is just having trouble breathing. When you can’t breathe, nothing else matters. The grief can be at such a deep level that it is physically painful. We do need to breathe. Suggestions from others included to do deep breathing and to do calming exercises. Shifting your breathing from short, shallow breaths to longer, deeper ones, perhaps through mindfulness or meditation. This can help you to get more oxygen which can calm your lungs and help your chest to not feel as tight. I found that the warmth of a Magic Bag or heating pad over the heart helped me to breathe. Going out walking in nature can be helpful as many of us find that being outdoors is soothing. The wise but not so people-smart Sheldon Cooper suggests a hot beverage – also soothing.

Those who pray can find great solace in doing that and in reaching out to those who will support them spiritually. Having family and friends nearby is physically difficult during Covid, but we still have telephones and technology to keep in touch. Each of us will handle it differently and there can be benefit for those who have studied meditation, yoga or other programs designed to calm and centre us.

You don’t know how you will feel. We take life with our partner for granted until our world gets rocked. Our lives will carry on whether we want it this way or not. You don’t just lose him or her. You lose the carefree person you were when you felt love and were hugged

regularly. You miss the excitement and joy of the future that you had planned, and you have to deal with the sorrow and the emptiness of today. Anything that was unresolved will forever be unresolved. All questions are now forever unanswered. You move from a day-to-day certainty and safety to a world that is unpredictable and no longer secure. And you have no partner to tell all about it.

When we lose our partner, it is a reminder that we are all mortal and that we should think about what will happen when we pass away. There is so much to think about but for now the first thing is just surviving. We need to eat even though food has lost its appeal. It is hard to swallow when your throat is choked up in sorrow. Soft foods help. Soup, scrambled eggs, cereal – whatever has any appeal and slides down easily. But please do consult with your doctor if you are worrying about any physical issues.

You may also experience muscle aches, body aches, not being able to relax, feeling tired and irritable, having trouble sleeping, doing rapid breathing, sweating, or trembling, even gastrointestinal upset. If you’re certain your symptoms are from grief and anxiety, and not an actual physical ailment, start by talking to yourself with positive statements. You are wounded and it’s okay to feel not okay.

Sleep disturbance is frequently part of the early days. Some mourners, like Isobel, will say that they sleep on their partner’s side of the bed as it makes them feel closer. Often, they will wear a T-shirt or other article of clothing that still has the smell of their lost partner. Other tips to promote sleep are:

- Develop your own routine of locking the doors, closing the

CONT’D Page 24>>>

GRIEF SERIES CONT'D...

blinds, turning off the lights, turning off the television, brushing your teeth, etc.

- Say your prayers and be grateful for the good people in your life.
- Take warm baths, if that is enjoyable to you.
- Enjoy a warm drink, especially something with a soothing aroma.
- Prepare a cool, dark room like they offer in hotels.
- Wear comfortable nightclothes and use bedclothes that totally suit you.
- Perform physical activity earlier in the day.
- Make a conscious effort to self-talk away the negative pressures of the day.
- Try to go to bed at the same time every evening.
- Warm up your bed with Magic Bags or heating blankets, if that is comfortable for you.
- Practice relaxation techniques or other sleep-inducing strategies.

Avoid:

- Using electronics late evening
- Exercising too late in the evening
- Looking at the clock if you wake up
- Using sleep medication except short term or intermittently
- Trying to solve the world's problems and your own when your job is to sleep

Remember that if you don't sleep tonight, you'll probably be tired enough to sleep tomorrow night.

Recognize that your lost partner was truly a gift. Some of the best advice is the simplest. Get a routine of getting out of bed in the morning, having a shower, getting groomed, making your bed, and ensuring that

you eat and keep that house neat. Clutter and mess can be depressing. Order can make life seem more normal. Covid makes it awkward, but keep those medical, dental, eye and other appointments. Just keep putting one foot in front of the other. You go through the motions of living and after a while, it feels real again.

Learning to live with loss is a marathon, not a sprint. And we can only master that marathon by practicing moving forward. Some days it will hurt so much we have to slow down or stop, but we know that we need to keep going. Grief counseling, bereavement courses or groups and resources from agencies can be helpful, but we also need to look at ourselves and our own personalities for how we deal with stress and loss. If we tended to reach out to others, this is good time to continue doing that. Pick friends who care

and are comforting. Be strong about when you want to be alone. It's not hard to insist on being alone during a pandemic. It's not so much good days and bad days as it is all the emotional flipflops during parts of each day.

This month's final advice on healing ... We who mourn know that we are not the first and we will not be the last. When singer Eric Clapton lost his four-year-old son, Conor, he wrote the song, "Tears in Heaven." The famous line is, "I must be strong and carry on, 'cause I know I don't belong in heaven." Neither do we. Not yet. Little kindnesses do make the journey easier. Both ask for and give them.

Marguerite Oberle Thomas
RN., BScN is a fall prevention consultant, great-grandmother and gardener who also focuses on article writing and encouraging other seniors to write.

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We Want to Rock, Not Roll: Maybe With a Little Help

By Marguerite Oberle Thomas and Dr. Susan Hunter

We were the coolest generation. We had the best music, the best hair and lots of peace and love. We had it all, just like Bogie and Bacall. Now, we may need to get a little help from our friends. Welcome to the sixth annual promotion of November as Fall Prevention Month.

The same people who remember

Woodstock may not even dream about being able to be on that farm, climbing that hill. Today we love our creature comforts. However, we are fortunate in that we still can have it all with modern technology and devices.

As we are fortunate enough to grow older, we may notice a shift

in our gait. We don't necessarily do that brisk and purposeful walk of our youth, rushing here and there. Now, we slow down a bit and look for hazards that might cause us to trip or to interfere with our forward path. What we do is still very meaningful; we just need to do it

CONT'D PAGE 26>>>

somewhat differently. That can sometimes mean being prescribed a gait aid, such as a cane or four-wheeled walker. About one quarter of older adults in Canada use a gait aid.

Mobility, our ability to move freely and independently through our home and community, is fundamental to successful and active aging. Unfortunately, mobility disability is common in adults over the age of 65, affecting one third of older adults living in the community who report difficulty with climbing stairs and walking. Additionally, about 20-30% of adults over the age of 65 years will fall at least once each year, and half of the people who do fall will have recurrent falls. Falls in older adults are the leading cause of injury-related hospitalizations and the absolute number of falls occurring among this group is increasing (Public Health Agency of Canada, Senior's Fall Report, 2014).

Osteoarthritis of the hip and knee affects about 45 per cent of Canadians over the age of 60. This condition causes joint pain and stiffness, which can lead people to restrict their activities or sustain a fall. A restriction in physical activity has the adverse consequence of leading to muscle weakness, reduced endurance, and balance problems which makes us more at risk for mobility disability. The good news is that the proper use of a cane can relieve pain by reducing stresses on the affected joint and allow greater levels of activity with better comfort. To use one cane, use it in the hand opposite to the affected leg to reduce pain.

Also, as we get older, many body functions change slowly with time; our sight, our hearing, our muscles

and our nervous system can all decline, and these can contribute to mobility disability. Changes in our gait includes walking slower, reduced or stiff movement in our hips, knees and ankles, which means we take shorter steps. We become more unsteady. A gait aid can compensate by providing extra support which gives us the independence to continue to be engaged with activities in our community.

If you're having problems with walking, it's important to see a healthcare professional. A health review can provide options to improve your gait, comfort and continued engagement and social participation, including a possible recommendation to use a gait aid.

Your gait aid should provide the appropriate amount of support, be customized for you and meet your individual needs for your life and circumstances. It's important to be aware that the incorrect type, inappropriate size, unsafe use and lack of mechanical maintenance are all problems that may mean you don't get the benefits you should.

When a healthcare professional helps you choose your new gait aid, all these factors are considered to ensure that, with a little help from our friends, we can still have it all with our independence and quality of life maintained or improved.

Making your best choice for assistive devices, according to *McMaster Optimal Aging Portal (July 29, 2020)*:

1. Discuss your needs, preferences and concerns with a therapist.
2. Ask how these assistive devices can meet your needs. Will they help with independence, mobility and being out socially?
3. Determine if these devices help you to age at home and if they improve your quality of life.
4. Request to see a variety of samples, and choose the one that is most attractive and useful to you.
5. Find out what decision aids are available about assistive devices and resources for publicly funded programs, and charities to aid in the cost.
6. Obtain information as to the timing and frequency of maintenance and repairs for your device.

Dr. Susan Hunter, RN, Associate Professor, University of Western Ontario. Her clinical and research is in older adult health. **Marguerite Oberle Thomas, Consultant Liaison for the Fall Prevention Community of Practice.**

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Sittin' Here Thinkin'

By Kenn R. E. Page

The past while has been a bit tough to say the least. Everybody is feeling it. I've been hunkered down and cooped up, hiding out in my house so long that when I finally went to town to stock up on perishables, I caught myself saying, "So that's what real people look like." Those I saw were about the same as I remembered. Thank goodness for that!

It was indeed a relief to see the Dollar Store open. I was in need of another stack of 3 subject notebooks. I considered it an essential purchase, mental health purposes you understand. I've been doing a lot of writing lately, burned up a lot of pens in the process. Part of that has been writing stories. I usually go through about ten rewrites before I even look at my laptop and type it out. Even then there are changes and corrections. It never seems to fail, I wake up in the middle of the night stiff as a board, stagger to the little boy's room and then the kitchen for a refill. By then I'm wide awake and end up sagging down into my easy chair bored to tears. Hence the writing.

Leaving for town in the pitch black early that morning felt kind of weird. I kept looking at my watch to make sure I didn't have my departure too early. Just



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not use to this I guess. Usually, I'm trying not to be late, this time I was trying not to be ahead of things.

My goal was to arrive at the grocery store just as the doors opened. I hate lineups! It kills my damaged low back to stand still in a line waiting. Anyways, I always manage to get in at this hour. Good thing I'm a morning person! I had to pinch myself several times before I set out just to make sure I wasn't sleep walking. I wouldn't want to be sleep driving in the pitch dark even if nobody else was on the road at that hour.

A few hours later, after I figured out my way back home, and unloaded bag after bag of food, and found a storage place for it all, I sagged once again into my favourite chair. I must have dozed off because it wasn't snowing the last time I looked outside, and it sure was when I looked the next time. It started to look a lot like I restocked my pantry just in the nick of time. Let it snow! I was well prepared to sit out anything the weather could throw at me. Well, almost anything. Then there was the fact that somebody just then informed me the restrictions were extended to a later date. I wasn't complaining, but if this kept up...

CONTINUED NEXT PAGE, 28 >>>

FEATURE “THINKIN...” CONT’D

it could shoot serious holes right through our spring fishing plans. Susan and I don’t ice fish and right around about mid-March Susan is just itching to get a line in the water.

Having spent what I spent in town on essentials, fishing magazines and that sort of stuff, I couldn’t possibly imagine what I could have missed. I mean, I bought too much stuff it took me an hour to put it all away. Still, somehow I had this nagging feeling some thing was missing. After scouring my brain for awhile I gave up. I was still on the mend from some thirty odd trips down the cellar stairs with groceries to stockpile. You’d think going down would be easy, my sore knee didn’t think it was easy! That was one of my more recent signs of old age creeping up on me. With those heavy bags I needed to be three times more careful I didn’t trip forward going down. Due to the weight, I had to take little steps the way my young grandson use to negotiate stairs. Somebody once said, “Going downhill is an uphill battle.” I’m getting sick and tired of hearing me repeating that to myself.

Going down the stairs one step at a time may be safer but it takes twice as long. If I halved the load to make it easier and speed things up, I would have to make twice as many trips which would slow me down. What really worries me is the day I can make it down and I can’t make it back up. Resting and thinking this all over, feeling lucky to have survived, that old familiar nagging feeling returned. What was it I missed? I decided to nap it off but when I woke up there it was again. Fortunately, I was freezing cold and it took my mind off my problem. My grandfather use to do that, nap and wake up frozen stiff. But then he was constantly cold. He wore long johns even in summer, plus three sweaters. I can’t do that. I go from cold to hot so fast sometimes I’d kill myself trying to get out of the long johns.

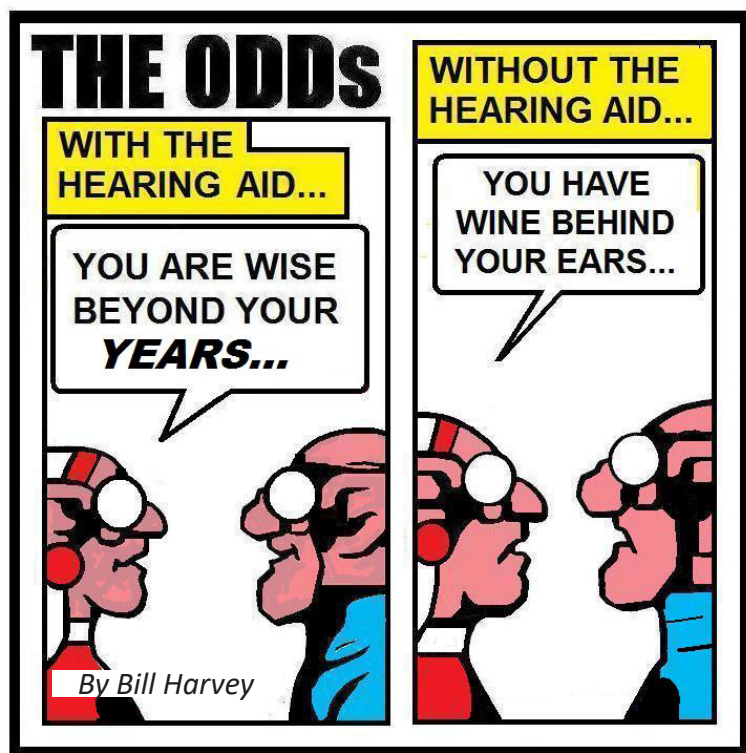
Shivering as I was, my first move was to head to the microwave. No, not to stuff my head in there, to warm it up. I stuffed my heat pack in there instead. It works like magic! Three minutes and thirty-three seconds of nuking and off to my easy chair again to hide under a blanket. So, this is what old age is like. The wait time for the hot pack was brutal. I lost two pounds shivering. While I was waiting, I was tempted to run around the block to get warm. The problem being my rural block is so huge I might be back the following month if I made it back at all. By then my hot pack would be cold again. Sometimes I just can’t catch a break. When

the dinger went off, it was back to my chair again to get warm. Ah, that was the life. It doesn’t get much better than that. At least these days it doesn’t.

It didn’t take but a few seconds in my chair and it hit me... I remembered the thing I was missing. My brain still worked. Wow! For a minute there I thought I was up a creek without a..., without a..., wish I could remember without a what. All this time shut up at home was getting to me. Anyways, I’m happy to report I remembered what I was missing. That was the main thing. It turned out to be a hug. I hadn’t had one for so long I couldn’t remember what one of those felt like.

What I did remember was I use to like it. Oh, to be eighteen again... Oops, maybe not. That was when I had to juggle three girlfriends at once. That was difficult enough then, I couldn’t handle that nowadays. Nowadays I’d settle for forty...years old I mean, not girlfriends. I wouldn’t want to wear myself out. I know, complain, complain, complain. This Covid thing has been a real stinker, but better safe than sorry. Hugs are an essential service. The only way I get steamed up anymore is to put on my mask and remember to breathe. My glasses get so fogged over I start banging into things. When that happens the safest place for me is to wander back to my chair, just sittin’ here thinkin’.”

Kenn R. E. Page, proud to be Canadian! Born in Toronto, raised in Pickering, worked for Bell and IBM. Moved to Muskoka in '75 to design and build homes for 40 years. Hobbies: Fishing, reading, painting, gardening.





A Whole Lot Of Mixup

By Nancy Goodman

It Seems that I like nothing more
Than to kick start the morning
Especially on days that seem like
Endless possibilities are in play.
A glorious sun, a gentle breeze
A powerful blue sky
And the faded wooden deck drying
From last night's rain.
My visual slice of heaven.
Within my walls I can hear
The birds outside, merrily chirping
And inside my kettle is boiling.
I have always loved my first
Swallow of tea in the morning.
I've already had my blueberries
and yogurt.
Which suffices as breakfast for me.

What will I do today?
I ask myself that question.
Once again the possibilities
are endless.
A second and third sip of tea,
And it's time to greet the girls.
Those writing gals of mine
Who are full of ideas
and inspiration.
We sometimes throw in a
writing prompt
Which keeps us fresh
And gets rid of the stinkin' thinkin'.
The authors are all lovely
walking encyclopedias of
knowledge

And above all, lots of laughter.
It's already a bond like no other.
After the initial good mornings
And banter, I sign off.
I was off to get dressed
And greet the day.
I picked out my wardrobe.
I was sure to choose a colorful
dress,
And not form fitting at all.
I put on some perfume
Because I can...
And I do love the smell of pretty
fragrances.
I went through my cosmetic bag
Searching for a lesser shade of red.
I spread it on ever so smoothly
And smacked my lips
Ahhh perfect.
Then I waltz right back to
the kitchen
To top up my luke-warm tea
And I carried it out to the deck
To face my picture perfect morning.
I called today free-falling Friday
Once again the week had
escaped me
One day blends into another
And before I know it
another week has gone by.
Many acquaintances have told me
This is how life goes.

Once you reach a certain age
of wisdom,
And experience.
The time flies by ever so quickly.
It's like being caught in a vortex,
Totally out of control.

Is it any wonder that
I get distracted?
If it's not written on my calendar
It is going to be a day of whatever
comes my way.
I'm quite content to plug away
At my keyboard
And to finish the work I have
accumulated.
Stories, verses and poems
Then edit it over and over again.
If I do say so myself...and I do!
I'm getting quite good at it.
Definitely a big helping of
humble pie
Is needed here today.
Like I said,
the possibilities are endless.

Nancy Goodman, is a lively senior, a prolific co-author of the book "My Affair With Cancer", who lives in Penetanguishene, and enjoys walks on the beach, and fireside chats.



Scarecrow

By Marguerite Strecker

Born from the imagination of children's chattering far back in medieval times, your creation came into being to guard the fields at spring-time.

You were stuffed with leaves and hay and dressed with clothes cast away. We carved your face from a gourd not to be adored.

Leaning against a pole you could not weep or sleep for you had no heart or soul.

Alone you stood in the fields to scare off the crows from feasting on the seeds

neatly planted in the rows.

You stood faithful through the years until Mother Nature made it clear, the crows no longer were afraid or dismayed.

The laughter of children gave you a new command where you happily stand in their fall decor with pumpkins, leaves, and more

Marguerite Strecker. Throughout history, stories and poems enrich our hearts and minds. Their timeless words stamp our souls with their everlasting mark that time nor the universe can ever change.



HOCKEY ACTION

By Bessie Grimes

Come on, everybody, it's time to play.

The visiting team is on its way.

The ice is set and so is the net
They'll rue the day we ever met.

Play, boys, play!

Hockey's a game that takes a lot of skill;

Plain determination; we've our fill.
We'll grab our sweaters and lace our skates.

It can't be said they had to wait.

Play, boys, play!

We're into it now and there's the goal.

The puck's in action; now, aim it low!

Wow! Their goalie missed and we have scored.

The audience cheers. They're not bored.

Play, boys, play!

Life in the locker room! Lot's of fun

Thanking each other for the work we've done.

But we've got to rush. We're on the move.

We'll do it again now we're in the groove.

Play, boys, play!

Bessie Grimes is the author of *Bible Stories From a Different Point of View*, *Little Pigs and Big Carrots and Other Amazing Tales*, and the editor of *Pioneer Homemaking in Muskoka*.

Boggle (print this page, or write words that you find on paper), *By Bessie Grimes*

List the words you find in the puzzle below on a separate page. Each word must contain at least three letters, and each letter must connect either vertically, horizontally or diagonally. Letters may only be used once in any one word.

SCORING:

3 letters = 1 point; 4 letters = 2 points; 5 letters = 3 points; 6 letters = 4 points; 7 letters = 6 points; 8 letters = 10 points; 9+ letters = 15 points.

T	S	E	L
H	U	B	S
O	E	M	D
U	S	A	N

Word Find (print this page, or write words on paper), *By Bessie Grimes*

HOLIDAY TREATS

Find the following words below and circle or write them down.

Chocolate	Candy Canes	Xmas Cake	Dates
Fudge	Eggnog	Turkey	Figs
Pudding	Cashews	Cookies	
Popcorn	Pecans	Peanuts	

C	A	N	D	Y	C	A	N	E	S
A	H	G	T	K	S	E	P	Y	E
S	D	O	N	C	G	G	Y	X	K
H	A	N	C	D	I	D	E	E	A
E	T	G	R	O	F	U	K	S	C
W	E	G	A	O	L	F	R	N	S
S	S	E	N	B	C	A	U	A	A
S	T	U	N	A	E	P	T	C	M
C	O	O	K	I	E	S	O	E	X
Y	X	G	N	I	D	D	U	P	S

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DORSET VILLAGE PHARMACY - Dorset Pharmasave - Your traditional small town drug store. Cough and Cold, Vitamins, Cosmetics, Giftware. Forgotten your meds? Transfers are easy. We can help. Open 8:30 to 5:30 Mon-Fri, Curbside assistance available. Phone: 705-766-1911. p. 8, 11

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CHARITIES AND NON-PROFITS

Alzheimer Society of Muskoka - Helping people live well with Alzheimer’s and other dementias, and their caregivers. Muskoka/Parry Sound 705-645-5621 www.alzheimermuskoka.ca

Aspen Valley Wildlife Sanctuary - Registered. Dedicated to the rescue of injured, sick, orphaned wildlife. Rehabilitated and released back into the wild or provided homes. (705) 732-6368, info@aspensvalley.org

Hospice Muskoka - Person-centred palliative care approach to helping residents and families with life limiting illnesses or end-of-life issues. 705 646 1697, www.hospice muskoka.com.

Huntsville Meals on Wheels - Hot, nutritious meals reasonably priced, delivered weekdays to your door by friendly volunteers. For service 705 780-5681 To Volunteer 705 789-1987.

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