

Featured Article

Tips on Choosing the Right Retirement Residence for You

Choosing the right retirement residence for you can be an extremely rewarding and exciting experience. Taking the right steps can alleviate many feelings of anxiety or stress and the result can be a wonderful new adventure.

Tip #1 – Be Prepared

Once you have decided to investigate making the move to a retirement residence, list all of the residences that are available in the area of town where you would like to live. You can gather this list by contacting resources within the community such as the Seniors Information Services, through the area's senior's papers or even through your local yellow pages for example.

Tip #2 – Plan Ahead

Think about what you are looking for in a retirement residence. Even if you are in good health today, ask yourself if you will be prepared to make another move should your care needs change in the future.

Tip #3 – Tour

Plan on touring as many retirement residences as you can. It is important to get the right "feel" for a place and be prepared to visit more than once before you are able to narrow your decision down to a specific residence. Talk to people to get their perspective on daily life there. Pay attention to how staff members interact with the residents and how the residents interact with each other. When touring, you should be invited to stay or return for a complimentary lunch or dinner, if you are not invited then ask!

Things to consider while on tour:

What is included and what will there be an extra charge for?

- Number of meals and snacks provided each day
- Cable television
- Utilities such as heat, air conditioning – individually controlled
- Housekeeping with flat linen laundry service
- Laundry facilities on every floor for personal laundry
- Recreation programming – is there a residence bus available for outings
- Emergency call bells
- Amenities including a private dining room, library, theatre room, multipurpose room, exercise room, tuck shop, spa and beauty salon
- Bistro available
- Guest suite available
- Pets allowed

Is there a Campus of Care available including independent living, assisted living and skilled nursing services?

- Can meals be delivered to your suite if you are unable to come to the dining room
- Are the assisted living services flexible and available by on-site care aides or are you required to arrange your services with an external agency
- Are there well-being checks made daily for everyone
- Is the residence able to meet the care needs of someone with dementia
- Are wheelchairs, walkers or scooters accepted

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Is there an organized Resident and Family Council in place?
Is the building clean and tidy, are there any unusual odours?
Knowledgeable and friendly staff?
Community services close by such as medical centre, public transit, restaurants and shopping?

Researching the right retirement residence for you is a major decision. Sometimes it helps to have people that you trust come along on your journey. Take the time to get a "feel" for each residence and choose the one that has the best "fit" for you. Enjoy and have fun!

By Shelley Grenier, CSA, SGrenier@retirementconcepts.com

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Ask Dr. John

What do They Mean by Good and Bad Cholesterol

A - Cholesterol is a substance which occurs naturally in the human body. It is manufactured in the liver from the foods we eat. Cholesterol is best described as a 'fatty' substance. It is one of several blood lipids, or 'oily' factors in our blood. For good health, these various blood lipids should be in 'balance', in the correct proportions, as it were.

Con conversationally, we often hear references to "good cholesterol" and "bad cholesterol". In these terms, the simple equation to remember is: good = HDL, bad = LDL (i.e. High Density Lipid and Low Density Lipid). HDL comes mainly from vegetable matter and fish oils. LDL is produced by animal fat. These two blood lipids have different molecular structures, and this is where the "good" and the "bad" comes in. As blood passes through our blood vessels, HDL and LDL do different things. Think of HDL as a 'scouring' substance - - like a Brillo pad or piece of steel wool. It 'cleans' the inside walls of the blood vessels, keeping them clear of 'gunk', fatty globules and dead cell debris - - deposits which would ultimately inhibit the free, full flow of blood through the affected vessels.

LDL, on the other hand, enhances the ability of 'sticky platelets' (blood cells) to adhere to the inner lining and walls of the blood vessels. Tiny fatty globules and cell debris also tend to accumulate in these areas. The net result is a narrowing of the lumen or bore of the vessel. This creates a partial or total 'blockage', impeding the flow of blood past that point, thus 'starving' the tissues "downstream" by depriving them of an adequate supply of oxygen and blood nutrients. If this happens in vessels serving the brain, the result can be a Cerebro-Vascular Accident (CVA, or "stroke") or a Transient Ischemic Attack (TIA - 'minor', 'passing' stroke) depending on the location and severity of the blockage. Similarly, blockages or narrowing in the vessels serving the heart may cause a Myocardial Infarct (MI - "heart attack") or even Cardiac Arrest (stoppage of the heart), again depending on location and severity of the lesion(s). Given these potentially catastrophic outcomes, it is easy to see why we talk about "GOOD" and "BAD" cholesterol.

This section of our newsletter gives you an opportunity to send in questions and receive answers from one of Canada's leading and founding gerontologists! Following his retirement as a professor of gerontology at Simon Fraser University, Dr. John Crawford continues to share his expertise and wisdom by serving as the VP of Education for the Canadian Academy of Senior Advisors. Take advantage of your access to this remarkable resource by e-mailing your questions to: drjohn@canadacsa.com

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Heart Healthy Recipe

Rainbow Summer Salad

This salad, which includes Canada's Food Guide's recommendation to eat dark green and orange vegetables, will keep for up to 2 days, refrigerated. Great for a summer BBQ or potluck or add some grilled chicken for an easy lunch.

Ingredients (Makes 6 servings)

- 2 cups (500 mL) broccoli, chopped
- 1 cup (250 mL) green pepper, diced
- 1 cup (250 mL) orange pepper, diced
- 1 cup (250 mL) mango, diced
- 1 cup (250 mL) celery, diced
- 1 cup (250 mL) carrots, diced
- 1/2 cup (125 mL) cucumber, diced
- Optional: a handful of unsalted pumpkin seeds

Dressing

- 1/2 cup (125 mL) mango chutney
- 3 tbsp (45 mL) olive oil
- 1 tsp (5 mL) poppy seeds
- 2 tbsp (30 mL) onion, finely diced
- pepper to taste

Directions

1. In a large bowl, combine all salad ingredients.
2. In a small bowl, whisk together the dressing ingredients.
3. Toss the dressing with the salad and serve.

Nutritional information per serving

(1½ cup/375 mL)

- Calories: 193
- Protein: 3 g
- Fat: 7 g
- Saturated fat: 1 g
- Dietary cholesterol: 0 mg
- Carbohydrate: 31 g
- Dietary fibre: 4 g
- Sodium: 395 mg
- Potassium: 432 mg

Developed by Nadine Day, RD. ©The Heart and Stroke Foundation.

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Joke or Quote of The Month

Excellence

"No one ever attains very eminent success by simply doing what is required of them; it is the amount and excellence of what is over and above the required that determines the greatness of ultimate distinction."

Charles Kendall Adams,
1835-1902, Professor of History and Author

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Did You Know?

Fear of Falling

Falls often result in fear of falling. A recent survey revealed that more than half of all respondents over the age of 65 worried about falling (24% were very concerned and 32% were fairly concerned). Of these, 60% reported that this concern had caused them to limit their physical activities, and 45%, that it had limited their social activities.

Source: Seniors in Canada, 2006 Report Card, National Advisory Council on Aging

Seniors Tip

Going Green Wherever You're Going

Green travel can be defined in many ways.

On one level, there is a whole segment of travel resorts and excursions that are targeted at providing a luxury experience sans carbon emissions. Others provide you with an intensely local experience, from native cuisine, locally owned lodging and unique area excursions greatly accessible by foot, bike or on the back of an animal.

Even if you are staying in a standard hotel or on your usual family road trip, there are things you can do to make your trip greener:

- **Take a train instead of flying for shorter trips.**
- **Use public transportation instead of taxis or rental cars whenever possible.**
- **If you do have to take a rental car, consider a hybrid or smaller economy car instead of larger vehicles.**
- **Hang up your towels and leave a note to hotel staff that it is unnecessary to change your sheets every day.**
- **If your hotel doesn't recycle, take your recyclables home with you.**

Nearly one billion tourists travel around the globe each year. And if we all act more environmentally responsible when we travel, we can help ensure our world's breathtaking locations and beautiful vacations remain that way forever.

Source : www.seniorsgotravel.com