

Featured Article

We Will Remember Them

I dedicate this column to all veterans and in memory of my father.

Each year at this time I re-write and update this article but the message never changes. My father was a WWII vet that served with the Westminster Regiment. From my father's accounts, they were the most decorated of all the Allied forces during the great campaign. Although for most of us, the sacrifices, conflicts, heartaches and tragedies of WWII are experiences to be found only through movies and history books. Very few veterans of WWII are around today to tell their story of serving their country so we might live in freedom. In the minds of all of us, whether we participated or not in that great conflict, on November 11 each year we have the privilege of honouring those who served and gave so much.

I remember seeing the movie Schindler's List. There was a little girl who kept appearing throughout the movie wearing a red coat. This was the only colour in this black and white movie. She was not one of the main characters, she did not speak in the movie and yet for me, her role was most significant. She represented the many individual persons who were somebody's daughter, sister, brother, son, mother, father, cousin, friend. It wasn't them or those people, it was him and her. They were individual persons living individual lives; no different than you or me. By pluralizing the participants we can distance ourselves from some of the realities. When we think of the individual, we become involved and it can become personal.

My father served as an infantryman and was wounded in Holland only a few days before the final victory was won. He spent three years convalescing and rehabilitating at Shaughnessy hospital in Vancouver. The physical scars were nothing compared to the emotional ones he carried with him throughout his life... right up to his death.

War is too often glorified by the Hollywood style of interpretation. They tend to de-sensitize us to the harsh reality of what war is really like. November 11 each year is put aside to honour those men and women, those brave unselfish heroes who were willing to make the supreme sacrifice so we might live in freedom today. Many schools, businesses and governments close for this day or at least a part of it, to show respect. We pause to reflect upon the price that was paid for the freedoms that we too often take for granted. We hear every week of young Canadian soldiers returning from Afghanistan that have had their lives ended by war. They were somebody's daughter, sister, brother, son, mother, father, cousin, friend. Let us remember them.

Those among us who have served in the Armed Forces and survived war deserve our deepest respect and gratitude. We put one day aside to reflect and to remember them and all those who have gone before them. On Remembrance Day, take a moment to say "hello" and "thank you" to any Veterans you may encounter and show your appreciation by attending the ceremonies in your community.

Article by, Michael Furlot, CSA, mfurlot@telus.net

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[Ask Dr. John](#)

Does Anyone Ever Die of 'Old Age'?

Q – I have sometimes heard experts say that no one dies of 'old age'. How can that be?

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A - Those experts are RIGHT. Nobody EVER died of old age is a truism! We use the expression (He died of old age) conversationally and inaccurately. Normal aging is BIOLOGICAL not PATHOLOGICAL; therefore, no matter how advanced age becomes, it has NO lethal qualities of itself.

As our bodies go through the normal changes of aging, system by system, we are more susceptible to a variety of diseases. These diseases are called age-related. Key factors in this transition from the normal aging processes to age-related diseases include our genetic inheritance, wear-and-tear processes and diminishing effectiveness of the immune system.

Well recognized age-related diseases include cancer, arthritis and rheumatism, cardiovascular disorders, Alzheimer's Disease and related dementias. All of these can progress to be killer-entities, but NOT aging per se.

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

Lemon Sponge Pudding

This dessert packs a lot of lemony flavour for lower fat and calories.

Ingredients (Makes 6 servings)

- Cooking spray
- 1 tbsp (15 mL) non-hydrogenated margarine, melted
- 1/3 cup (75 mL) sugar
- 2 eggs
- 3 tbsp (45 mL) all-purpose flour
- 1 tbsp (15 mL) lemon zest, packed (from 2 lemons)
- 1/2 cup (125 mL) fresh lemon juice (from 2 lemons)
- 1 cup (250 mL) skim milk
- 6 egg whites, room temperature
- Boiling water

Directions

1. Preheat oven to 325° F (160° C). Spray a square (8 x 8 inch / 20 x 20 cm) glass baking dish with cooking spray and place inside a roasting pan. Set aside.
2. In a large bowl, whisk together margarine, sugar, 2 eggs, flour, lemon zest, lemon juice and milk. Set aside.
3. In a separate bowl, beat egg whites on high speed until stiff peaks form. Gently fold into the lemon mixture and pour into the baking dish.
4. Carefully pour boiling water into the roasting pan to surround the baking dish to a depth of about 1 inch (2.5 cm).
5. Bake for 35 minutes.

Nutritional Information Per Serving (1/6 of glass baking dish)

Calories: 135, Protein: 8 g, Fat: 4 g, Saturated fat: 1 g, Dietary cholesterol: 63 mg, Carbohydrate: 18 g, Dietary fibre: 0 g, Sodium: 121 mg, Potassium: 167 mg

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

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Joke or Quote of The Month

Believe

"What you believe yourself to be, you are."

Claude M. Bristol

"It is better to believe than to disbelieve; in so doing you bring everything to the realm of possibility."

Albert Einstein

"Believe it can be done. When you believe something can be done, really believe, your mind will find the ways to do it. Believing a solution paves the way to solution."

Dr. David Schwartz

"Life begins at the end of your comfort zone."

Neale Donald Walsch

"You never will be the person you can be if pressure, tension and discipline are taken out of your life."

James G. Bilkey

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Did You Know?

Safe Environments

Most seniors feel they live in safe and secure environments. Ninety-five percent (95%) of seniors reported a high level of satisfaction with their personal safety. Most felt safe walking alone in their neighbourhood after dark and were not worried when home alone in the evening.

***These statistics take into account only seniors who carry out these activities.**

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

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Seniors Tip

Timeshare Facts

For those considering the purchase of a vacation timeshare, the Better Business Bureau (BBB) would like you to know the facts before buying and selling them to avoid any costly mistakes.

A timeshare gives you the right, along with other timeshare holders, to own or use property at an allotted time. Usually, this is at a highly sought after travel destination, and the timeshare owner is buying rights to use a resort condominium at a certain time in the year.

Often consumers consult with the BBB after they are offered a free trip or other gifts from a timeshare telemarketing company. The trip is a marketing strategy to have consumers do a site inspection at a resort condominium and attend a timeshare sales presentation. Ask the telemarketer if you will first be required to sign a contract and make a down payment before you receive your prize. Will you receive the gifts if you decide not to buy? Are there any other conditions or fee for the "free" trip or prize?

Essential information about timeshares:

According to the BC Real Estate Act, a consumer has a seven-day rescission period to cancel a contract for real estate timeshare packages. To learn more about your rights, consult the Financial Institutions Commission (ficombc.ca).

Getting involved in a timeshare contract can typically include monthly maintenance fees and other expenses, which will impact your travel budget. Before buying, calculate your annual cost over the term of the deal and compare that to the cost of other vacation options or other uses of your money.

Find out if the timeshare is a title, lease or a club membership; how many years you are buying; and if you are buying specific, revolving or floating weeks.

Verify that everything the seller has to do is covered in the contract. Get ALL verbal promises IN WRITING. Do not sign a contract unless you understand it, and do not sign a contract with blank spots.

If you plan to sell your timeshare be careful of scammers. Some unscrupulous timeshare resellers are misleading timeshare owners into paying thousands of dollars in the hopes of unloading their timeshare quickly. Be wary of upfront fees and guarantees from resellers. Check out timeshare companies at the BBB website: www.bbb.org/canada/

**Article by, Better Business Bureau
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Jennifer Legge, Newsletter editor, Canadian Academy of Senior Advisors.

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