

## Featured Article

## Senior War Veterans Miss Out on Possible Benefits

If you served overseas during the Second World War or during the Korean War, then you should call Veterans Affairs (1-866-522-2122). This applies to both male and female veterans. It is estimated that only 40 per cent of the veterans who qualify for benefits are receiving them. Even if you did not qualify before, you might qualify now. If during the Second World War you were in the military but you did not go overseas, you too may be eligible for benefits. When you call the toll free number listed above, your call is documented and assigned the most appropriate Veterans Affairs staff person. If you do qualify for benefits then they may be retroactive to the date of your call. If you do not qualify then the date of your call is still recorded and may be used if eligibility requirements change in the future.

The Veterans Affairs staff will review your past service records to help establish program eligibility. The staff at Veterans Affairs Canada, whether on the phone at their call centres or in the local office, will be happy to assist you through the application process and provide information on all of our possible programs. This will certainly decrease your stress levels and confusion. The programs are entitlement based with some also being income based, such as the War Veterans Allowance. Just having served our country during war years does not automatically qualify you for the programs and services. Some programs are the War Veterans Allowance, Veterans Independence Program and the Veterans Disability Pension. Through the Veterans Independence Program your housekeeping and grounds may be maintained to allow you to stay in your home longer. When a veteran dies, the Veterans Disability Pension will transfer to the spouse along with the Veterans Independence program for the remainder of her or his life. Through this program there are other benefits such as assistance to cover transportation to medical appointments, as well as some dental work, eye glasses, massage, physiotherapy and more. None of these benefits are taxable.

Physical injuries sustained while in the service could include hearing loss, breathing disorders and even cancer. The injuries must have been reported while you were in active service. However, it is possible that your medical condition may not appear for years after serving in the war. Such conditions may include anxiety attacks and nightmares, lung disorders for Navy members, and some cancers for Korean War members. In a number of cases these conditions may entitle you to benefits.

If a senior is not able to call Veterans Affairs himself, then the caregiver should call, with the veteran present. A caregiver is anyone who is providing necessary care the seniors require to remain in their homes.

By, Sharen Marteny, CSA, [www.seniorsconsulting.net](http://www.seniorsconsulting.net)

[top ▲](#)

[Print Friendly Version](#)

[Ask Dr. John](#)

## What is STUGS?

### In This Issue

**Featured Article**

Senior War Veterans Miss Out on Possible Benefits

**Ask Dr. John**

What is STUGS?

**Heart Healthy Recipe**

Cheesy Chicken

**Joke or Quote of The Month**

Human Strength and Kindness

**Did You Know?**

Underweight Seniors at Increased Risk

**Seniors Tip**

How to Recognize a Pickpocket

**Q. Following the death of her husband, a friend of mine was advised by a social worker during grief counselling that she should expect to have "STUGS". – Please explain.**

**A. "S.T.U.G." is an acronym for Sudden Temporary Upsurge of Grief. It is a commonly occurring, spontaneous, unpredictable, emotional reaction, in which the bereaved individual experiences an unexpected wave of sadness associated with the deceased person. A STUG can happen at ANY time-distance from the initial event (usually a death, the catastrophic loss of a limb, vision, hearing, mobility or cognitive function). Most people have had the experience of a 'trigger' stirring up a memory. This memory stimulus can be a (shared) familiar place, a piece of music, an article of clothing, a whiff of perfume, a specific word, phrase or story. As we move further away from the triggering event, STUGS tend to become less frequent and less intense.**

The actual mechanism of STUGS is not well understood, however, neuroscience points to this phenomenon of human experience as a function of the brain's limbic system. The limbic system, in the cerebellum, has been called the "emotional brain." We have, of course, specialized areas of the brain for specific memory functions. For example, we speak of visual, auditory, tactile and olfactory 'memory' related to our ability to recall sensory memories of sight, sound, touch and taste. And so, when a memory, related to a deceased loved one, for example, is recalled from one of these 'compartments', it connects, via the brain's complex 'wiring', to the amygdala in the limbic system, where emotions are thought to be processed. Thus, we experience the Sudden Temporary Upsurge in Grief (STUG) as a normal part of the grieving process.

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](mailto:drjohn@canadacsa.com)

[top ▲](#)

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[Heart Healthy Recipe](#)

## Cheesy Chicken

**Makes 6 servings**

**Preparation time: 10 minutes**

**Cooking time: 45 minutes**

### Ingredients

- 6 boneless, skinless chicken breasts (875 g/1¾ lb)
- 175 mL (¾ cup ) dry bread crumbs or cracker crumbs
- 50 mL (¼ cup) freshly grated Parmesan cheese
- 25 mL (2 tbsp) chopped fresh parsley
- 1 clove garlic, minced
- 1 mL (¼ tsp) pepper
- 125 mL (½ cup) grated light old cheddar or other light cheese
- 2 mL (½ tsp) sweet paprika
- 1 egg

### Directions

1. In shallow dish combine bread crumbs, cheese, parsley, garlic and pepper.
2. Whisk egg in another shallow dish. Dip each chicken breast into egg and then into bread crumb mixture, coating each side well.
3. Place coated chicken breasts into lightly sprayed 13 x 9-inch (3 L) shallow baking pan. Sprinkle with grated cheese, then paprika.
4. Bake in (180° C (350° F) oven for about 45 minutes or until cheese is melted and chicken is golden and no longer pink inside.

### Nutrition information per serving

- Calories: 238
- Fat: 6 g

- Saturated Fat: 2 g
- Cholesterol: 104 mg
- Sodium: 275 mg
- Potassium: 419 mg
- Carbohydrates: 9 g
- Fibre: 0 g
- Protein: 36 g

The Heart and Stroke Foundation

[top ▲](#)

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*Joke or Quote of The Month*

## Human Strength and Kindness

**"Promise yourself to be so strong that nothing can disturb your peace of mind. To speak of health, happiness, and prosperity to every person that you meet. To make all your friends aware of the special qualities within them. To look at the sunny side of every thing and let your optimism work to make your dreams come true. To think, work for, and expect only the best. To be just as enthusiastic about the success of others, as you are about your own. To forget past mistakes and press on towards a greater future. To wear a cheerful countenance at all times, as a smile radiates warmth and love. To give so much time to the improvement of yourself that you have no time left to criticize others. To be too wise for worry, too tolerant for anger, and too courageous for fear. To Be Happy".**

**Anonymous**

**"The difference between great people and everyone else is that great people create their lives actively, while everyone else is created by their lives, passively waiting to see where life takes them next. The difference between the two is the difference between living fully and just existing."**

**Michael E. Gerber**

**"Our deepest need is for the joy that comes with loving and being loved, with knowing we are of genuine use to others."**

**Eknath Easwaran**

**"Man is made or unmade by himself. In the armory of thought he forges the weapons by which he destroys himself. He also fashions the tools with which he builds for himself heavenly mansions of joy and strength and peace."**

**James Allen**

[top ▲](#)

[Print Friendly Version](#)

*Did You Know?*

## Underweight Seniors at Increased Risk

Being underweight remains a largely unrecognized problem, and is associated with malnutrition and frailty. Underweight seniors are at increased risk for falls and fractures, particularly hip fractures. The current definition of underweight is a body mass index (BMI) of less than 18.5. Health Canada recognizes that this standard is less appropriate for persons aged 65 or more. Consequently, based on a number of epidemiological studies, the standard for the Report was set at 22. When this innovative definition was applied, 17% of seniors were found to be underweight in 2005, a reduction of 3 percentage points compared to 2000-01 figures. This problem is more prevalent among senior women (21% are underweight, compared to 12% of senior men).

*Seniors Tip*

## How to Recognize a Pickpocket

Normally pickpockets will work in groups of two or more. They will not stand out in a crowd. They may be either female or male and may be:

- Riding elevators or escalators repeatedly in a short time.
- Loitering in crowded areas such as baggage carousels, newsstands or restrooms.
- Changing seats constantly or walking in and out of lines in waiting areas.
- Carrying coats or jackets over their arms
- Appearing to use their heads, hands or eyes to signal others.
- Appearing to accidentally bump into people. If you are bumped or distracted by a stranger, be aware that a pickpocket may be targeting you. Stay alert.

### While sightseeing...

- There is safety in numbers. Tours should be taken with a group.
- Verify the tour agency or guide is reputable.
- Be wary of strangers who ask a lot of questions about you and your plans.
- Never carry large amounts of cash. Leave what you don't need in your hotel safe. Separate the larger bills from the smaller ones in order to avoid flashing all your bills in full public view.
- Looking lost will make you an easy target for crime. If you need directions, ask a store clerk or a service station attendant. Do not ask directions of pedestrians.
- If renting a car, cover the car rental agency's name or logo with a piece of masking tape. A rented car is a good indication you are a tourist.
- Before leaving your hotel, ask if there are any parts of town to be avoided.
- Travel brochures and maps are a good indication that you are a tourist. When not in use keep them in the glove compartment.
- Remember, vacation planning, thought and security awareness will reduce your chances of becoming the next victim of crime.

Alan Towey is an Edmonton Police Services Divisional Crime Prevention Co-ordinator.

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[www.seniorsgotravel.com](http://www.seniorsgotravel.com)