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Franklin Horner Community Centre



Buck Owens had a hit back many years ago and the title is how I feel about 2019.

"Adios, Farewell, Goodbye, Good Luck, So Long!" This is my sentiment to 2019.

Last year was one I will never forget; I will also never forgive 2019 for what I had to endure. Now 2020 I have decided is going to be a great year. Professional, Spiritually and Emotionally are the three areas I plan to improve and expand on. I see 2020 as a great year for FHCC, it will be a year of growth and development. Our board and staff have been looking into areas of growth for us and best practices to make sure we are doing the best for everyone at the centre and in our community. I know this winter so far has been mild, and as we end January, we are looking at brighter evenings and warmer weather is just around the corner. With winter our members have many different challenges we must face, safety is always a concern for our members. Safety is always important, being safe around the ice and snow in winter is a must, being safe

in our community is something we all think about. The theme for our Spring Seniors Health & Wellness Fair is Seniors, Self-defense and Personal Security. I look forward to seeing as many of you at our Fair and as the sun stays longer in our sky remember to Keep Smiling.

Brad Jones, Board Chair



Board Chair Brad Jones receives the Urban Hero Award from The Etobicoke Guardian for volunteerism at Franklin Horner Community Centre and the community at large. Congrats from all of us at FHCC Brad - you sure deserve this!



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*Great Lakes Brewery Annual Charity
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*Birthday Boy
Matthew*

*Tsering presents Daddy-O
with a traditional garment from his
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Embarking on a new decade brings with it fresh opportunities and making the most of them means finding common ground and shared purpose. As I reflect on our wonderful country, I am moved that it was this spirit of teamwork, both at home and on the world at large, that brought us to where we are today, and it will remain our path forward. It seems more important than ever to do so.

The Speech from the Throne emphasized this wonderful characteristic of our history.

“On the scale of world history, we are still very young. Yet much has happened in the world since then. We have matured, and we are here – strong and free. There has been no civil war, no foreign armies marching on our soil. There are many reasons for our stability. First, the millions of us, whether we are from here or chose to come and live here, we share the same desire. We wish to live freely and in peace and harmony.

This quest is a bedrock of our nation and informs almost everything we do. We may differ in many ways, yet we move forward as if we were one people, looking for equal opportunities and common ground. This is not by accident, but by choice. It is who we are.”

We face many critical issues ahead. This year, we will act on many of our promises. Our government will continue to focus on the issues that matter most to Canadians across the country, such as fighting climate change. We will take action to ban harmful single-use plastics where science warrants it, and we will set a target to achieve net-zero emissions by 2050. This goal is ambitious, but necessary – for both environmental protection and economic growth.

We will also work hard to keep people safe and healthy to we will position Canada for success in an uncertain world.

In her Christmas message this year, the Queen reminded us, that as we move into this new decade, it’s

worth remembering that it is often the small steps, not the giant leaps, that bring about the most lasting change.

We can make those small steps to build a better world starting in our communities. I am so blessed to be your Member of Parliament and to represent you in Ottawa.

Let’s make this a decade marked by values of respect, openness, and compassion that define us as Canadians, and take steps, both big and small, to make the world a better place.



**James Maloney,
Member of Parliament**

Message from The Executive Director



Happy 2020 everyone ! This is a great time for Franklin Horner as we re-boot our current program compliment and add a few more. 2019 was a long year for us administratively - we had multiple staff changes, switches, replacements and let downs. These challenges have made us stronger and allowed a more cohesive team to flourish. New staff members Tsering and Pema are rocking the kitchen program with daily hot meals and our Food with Friends program every Wednesday - noon is a \$5 lunch follwed by movies, bingo, guest speakers and other versions of goodie goodie fun fun (all brought to you by your friendly neighbourhood super heroes Rosa and Matthew).

We expanded our relationship with the wonderful people at Storefront Humber - they now have a



permanent room here at FHCC and our kitchen team is happy to be hosting their congregate dining lunch program every day. Room 206 was newly renovated for them and we have enjoyed their seniors at other events too. 2019 wouldn’t have been a success without the continued support of our many sponsors (As you can see in this photo of Austin Keitner and myself). Cheers and see ya around the Centre !!
**Laura Latham,
Executive Director**

Reasonable 50 year old wife!

When I was married 25 years, I took a look at my wife one day and said “Honey, 25 years ago we had a cheap apartment, a cheap car, slept on a sofa bed and watched a 10-inch black and white TV, but I got to sleep every night with a hot 25 year-old blonde.”

"Now we have a \$600,000 home, a \$45,000 car, nice big bed and a plasma screen TV, but I’m sleeping with a 50 year-old woman. It seems to me that you are not holding up your side of things

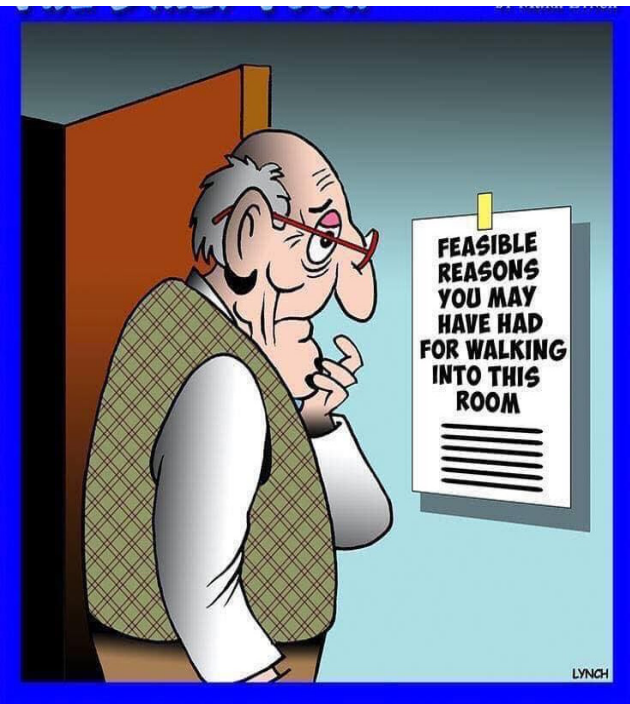
My wife is a very reasonable woman. She told me to go out and find a hot 25 year-old blonde, and she would make sure that I would once again be living in a cheap apartment, driving a cheap car, sleeping on a sofa bed and watching a 10-inch black and white TV.

Aren't older women great? They really know how to solve your mid-life crisis!!

Franklin Horner Community Centre
432 Horner Avenue,
M8W 2B2
416-252-6822
www.franklinhorner.org



For room bookings and rates contact
Rosa at
franklinhorner.rosa@gmail.com



The biggest lie I tell myself is, “I don’t need to write that down, I’ll remember it.”

Men don't have babies because God saw the way they handle a cold and knew the species would never survive.



Councillor Mark Grimes, Ward 3

Automated Speed Enforcement

Throughout Etobicoke-Lakeshore we are lowering speed limits, putting up new signs, and installing speed humps in order to make our roads safer, however without proper enforcement many of these changes are not respected by drivers. The police work diligently to enforce our traffic laws, but they cannot be everywhere at once. Recently the City of Toronto began installing Automated Speed Enforcement cameras to help reduce instances of



speeding, which contributes to one third of fatal collisions in Canada. Each ward in the city has access to two cameras that will rotate every 3 to 6 months to locations selected by city staff using speed and collision data. One of the first locations chosen for Etobicoke-Lakeshore is along Horner Avenue between Orianna Drive and Foch Avenue, near Sir Adam Beck School. As per provincial legislation, the cameras can only be installed in Community Safety Zones near schools.

A 90-day public education campaign has begun to help get the information on this new system out. Following this campaign, tickets will be mailed to the registered plate holder for vehicles that are caught going in excess of the speed limit. Upon conviction, the only penalty is a fine – no demerit points will be issued nor will the registered owners driving record be impacted.

Speed limits are not suggestions, they are law. Automated Speed Enforcement is another method that

will be in the Vision Zero toolbox to help make our streets safer. For more information on Automated Speed Enforcement or Vision Zero, please visit markgrimes.ca.

Woman's cruise diary

DEAR DIARY. DAY ONE

I am all packed and ready to get on the cruise ship. I've packed all my pretty dresses and make-up. I'm really excited

DEAR DIARY. DAY TWO

We spent the entire day at sea. It was beautiful and we saw some whales and dolphins. What a wonderful vacation this has started to be. I met the Captain today and he seems like a very nice man.

DEAR DIARY. DAY THREE

I spent some time in the pool today. I also did some shuffle boarding and hit some golf balls off the deck. The Captain invited me to join him at his table for dinner. I felt honored and we had a wonderful time. He is a very attractive and attentive gentleman.

DEAR DIARY. DAY FOUR

Went to the ship's casino ... did OK ... won about \$80. The Captain invited me to have the dinner with him in his state room. We had a luxurious meal completes with caviar and champagne. He asked me to stay the night but I declined. I told him there was no way I could be unfaithful to my husband.

DEAR DIARY. DAY FIVE

Went back to the pool today and got a little sunburned. I decided to go to the piano bar and spend the rest of the day inside. The Captain saw me and bought me a couple of drinks. He really is a charming gentleman. He again asked me to visit him for the night and again I declined. He told me that if I didn't let him have his way with me he would sink the ship. I was appalled.

DEAR DIARY. DAY SIX

I saved 1,600 lives today. Twice



Kristin Courtney (owner) tearing it up at this year's "Access Abilities" sponsored Annual Strawberry Social

Austin Keitner from "The Keitner Group" donates \$10,000.00 to FHCC's Senior's Programming

or personal property, especially if he or she is wielding a weapon, give it to him or her. Nothing in your pockets or purse is worth more than your life. If you have no easy way to escape, it's far better to just give the mugger what he or she wants so that he or she will leave you alone. If you're able to do so, keep a safe distance from the thief by tossing your valuables in his or her direction rather than handing them over at close range.

Sometimes, however, a physical confrontation is unavoidable. You typically have just a few seconds to make a move, so you need to be prepared. These tips can help you better protect yourself if you end up in such a situation:

Make noise. Shout, blow a whistle, or activate a personal alarm. Emergency whistles or alarms that fit in your pocket or attach to your keychain can be effective ways of scaring off attackers who are seeking easy prey. (Some personal alarms are so loud that they can be heard up to 300 feet away.)

Such devices can also let bystanders know that you need help. Use whatever you have on hand. It could be anything from car keys to canned goods. Throw dirt in the attacker's eyes if possible. Swinging a cane at an assailant can also be very effective; in fact, there is an entire discipline devoted to cane self-defense for seniors.



Fitness @ FHCC

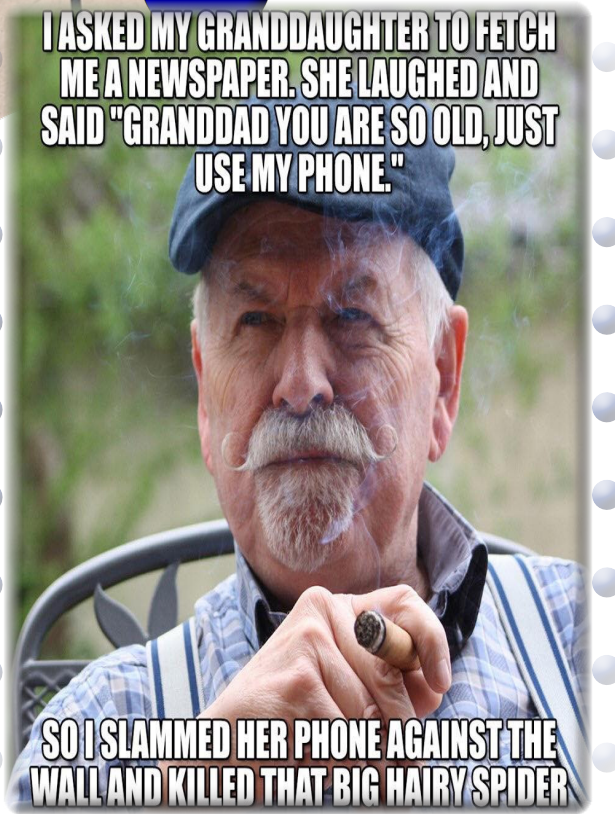
These days, it's incredibly important that seniors non-profit organizations find partners to help deliver the services to keep their members going strong. That's why we are so proud to continue to work with the Government of Ontario and Lifemark Seniors Wellness in hosting our daily fitness programs. If you haven't tried our daily

fitness and have thought about trying it, now is the time to start!

From Monday through Thursday, our amazing instructor Ray takes participants through a range of exercises designed to promote physical wellness and increase range of motion and strength. Several different programs of varying intensity are offered during the week, including a special "Falls Prevention" program Mondays and

Tuesdays. All of these programs are free of charge and do not require membership, so be sure to bring your friends! Feel free to check our website, visit us in the office or give us a call to confirm specific dates and times.

A photographer was kind enough to join one of our sessions and give you a snapshot of what our seniors fitness is all about. We hope you enjoy the photos, and come see us at the centre to give the program a shot!



dear WINE,
we had a deal.
you were to make
me funnier, sexier,
smarter and a
better dancer.
i saw the video.
we need to talk.

When I turn 80
I won't need
glasses...
I'll just drink
from the bottle!

Knock Knock Who's there? Mustache
Mustache Who? I mustache you a question, but I will shave it til later!



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Self-Defense for Seniors:

Must-Know Info About How to Protect Yourself

Everyone deserves to feel secure. That's why self-defense for seniors is such an important topic. As people age, their bodies tend to get slower and weaker, which can make them vulnerable to attacks by criminals.

Benefits of Self-Defense Training

Age and physical limitations do not have to prevent you from learning how to protect yourself. Whether you study basic self-defense techniques or pursue advanced martial arts training, knowing that you're capable of defending yourself can be a great confidence booster. And when you feel (and look) confident, you show the world that you are not weak or vulnerable. That can potentially deter would-be aggressors and keep you from having to defend yourself at all.

Self-defense training teaches you how to stay aware of your surroundings and focus on your safety. You will learn to recognize where potential attackers could be lurking and where you could go to escape. You will also learn how to prepare for the unexpected and how to quickly disable an assailant if necessary. With practice, you can develop the reactions that are required to protect yourself in an emergency.

Such training also brings a host of physical benefits: You can improve your balance, coordination, stamina, strength, and flexibility. Even if you never have to use the techniques you learn in class, the exercise you get through self-defense training can have a positive impact on your overall health.

Safety Tips: How to Avoid Being Targeted

Prevention should always be your primary objective. After all, the best way to stay safe is to not get into dicey situations in the first place.

Did you know that your body language and mannerisms can give off signals that make you more likely to be a target for criminals? In one famous study, researchers recorded more than 60 people walking along a busy New York City street. Then, they showed the video to a group of prison inmates who had been convicted of assaulting strangers. The prisoners were asked to identify the people on the video who would make the most desirable targets.

The inmates were remarkably consistent in their choices. It turned out that age, size, and gender were not the deciding factors. Instead, the criminals selected victims who dragged their feet and moved awkwardly, who were slumped over, and who kept their eyes on the ground.² Those people were perceived as being easy to overpower.

If you can exhibit confidence and self-assurance, a potential attacker may decide you're not the easy mark he or she was hoping for. To avoid appearing vulnerable, try following these tips:

Be alert and aware of your surroundings. Developing the habit of scanning the area around you will help you spot potential threats and allow you to avoid them. Stand straight and keep your chin up and your shoulders back. A hunched posture and a lowered gaze will make you seem fearful and timid.

Walk smoothly and fluidly to convey confidence. If possible, keep the same pace as the pedestrians around you.

Make brief eye contact with the people around you to demonstrate that you are aware of them (but don't stare or act aggressively). If a potential assailant knows you have seen him or her, the advantage of surprise disappears.

Don't talk on your phone or stare at a map while out walking. Doing so indicates that you aren't paying attention to what's going on around you. Plan your route before you leave your home, hotel, or other point of origin; if you need assistance, step into a store and ask a clerk to help you.

Don't let a potential attacker distract you. If a stranger asks you for the time, don't stop and look down at your watch. Instead, keep walking and raise your watch up to your eye level in order to keep the person in your line of sight.

Stick to well-lit and populated areas at night. It's also a good idea to keep a mini flashlight and whistle on your key ring and keep the keys in your hand (with one key sticking out between your fingers) while you're walking.

Don't draw attention to yourself. Keep valuables out of sight and don't wear expensive clothes or flashy jewelry. If you use a purse, carry it close to you and don't let it dangle too far from your body. You might even want to conceal your purse under your jacket or coat.

Basic Techniques to Fend Off an Attack

Even if you do your best to prevent becoming a target of crime, you still might end up in a dangerous situation. So it's important to know how to stay safe and defend yourself.

Always remember that self-preservation is the ultimate goal. So if a thief demands your money

I ordered a chicken and an egg from Amazon. I'll let you know.



We always get each other ironic gifts, but my brother killed it this year.



Life's Undertaking:

Just sink, don't swim this year

While the animal kingdom approaches winter as a time to hibernate and rejuvenate, most people get desperate. We overeat, we binge watch, we go to a beach and check our phones. For those of us facing loss and disappointment, winter is a perfect representation of how we feel inside: cold, grey and frozen. Funeral director Brad Jones proposes that a mashup of movie-star thinking and shipwreck devastation can break up the icebergs blocking our sunshine.

Clearly I must have irritated my beautiful wife during Christmas. Why else would a woman invite a man to watch the movie Titanic? As in life, we know how the story ends: the ship sails and sinks.

The story stinks on a number of levels. The hubris of the ship owner, the arrogance of the captain, the benign complacency of the passengers, whether first-class or third-class.

And let's not forget the cruel unfairness of that 10,000-year-old iceberg lurking beneath calm waters. Yes, icebergs are metaphors for the problems in our lives, the detours, the unexpected happenings that show up through the back door and burn our world down.

The waters I choose to work in and help people through are dark waters. Every day I bear witness to the oceans of tears people carry inside if they're willing to sink down into grief and not swim toward a shore no longer in existence.

Death shines a light into the darkness not as a lighthouse does. There is no warning to heed when someone you love dies. The storm has already blown you into the rocks. Grief shipwrecks us in a strange place we've never visited and want desperately to escape.

The only light shining when we face deep loss is the light within us; dimmed, flickering and threatening to burn out completely. Unlike the thousandth time my wife has forced me to watch Titanic (I can be very irritating), this 1001 punishment-viewing revealed something that deepened my understanding of life after death for those of us left behind.

Leonardo DiCaprio plays a tramp, a third-class passenger, who does a kind deed for a well-heeled young woman. He's rewarded with an evening in the first-class dining room.

The tuxedo-clad tramp tries to walk and talk like the people sharing his table yet he's so utterly different from the men and women observing him. The diners' curiosity and concern barely disguise their subconscious fear that misfortune is contagious.

What makes the scene so perfect is Leonardo's character radiates a sense of wonder and awe about his (one-night only) change of fortune. "I've got everything right here with me," he says and refers to the air in his lungs and his "lucky ticket" aboard the Titanic.

How often do we wake up and celebrate like that youthful – and doomed – young man who embraces not knowing what's going to happen next, who he's going to meet and where he may end up?

When we choose to sink into the unknown and not exhaust ourselves swimming toward what was once familiar and safe (and forever lost to us), we calm the storm within us.

Those oceans of tears you carry, no matter the type of loss, disappointment or heartbreak you're facing or avoiding, are wells of experience and story meant for sharing, release and transformation.

As I reflect on the past decade I realize that one of the reasons I started working with a writing coach is because I had so much I wanted to say.

The words rattling around inside my head and dreams weren't going away.

Because family matters.

By discussing options with your loved ones today, you can make a final plan that respects your wishes and protects your family.

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Arbor
Memorial

Telling Santa what she really
wants for Christmas lol
Alasdair getting his
Extravaganza on!





Brad Jones is president and owner of locally-owned, commission-free Ridley Funeral Home (3080 Lake Shore Blvd) in Etobicoke. He can often be spotted shovelling the parking lot, swiping the steps and dreaming of Florida. You're welcome to contact Brad by calling 416.259.3705 or BradJones@RidleyFuneralHome.com

"Exceeding expectations for over 90 Years"

Social Well-Being for Seniors:

A Guide to Staying Connected and Making Friends

Social engagement is important for people's well-being, regardless of their age. Yet, it's probably most vital during a person's senior years because older adults and the elderly are sometimes more susceptible to social isolation than younger people. Besides, it can be fun and refreshing to take advantage of social opportunities that let you share and connect with others who are in similar situations. Along with helping you navigate all of the changes that come with growing older, taking care of your social well-

I wanted to share parts of me not just with my kids and my wife. But with people I've lost and those I fear losing.

I started writing because I wanted to start a dialogue about life and death and what it means to be alive with a reader just like you. You're reading these words and possibly feeling something that reminds you we're all aboard this ship together makes the terror and training in writing worth it.

Sinking into what is inside you is a bit more like the movie Die Hard than Titanic. Sure, you crash and sink. But then you have to blow stuff up like your outdated stories, grudges and resentments, and the

being provides mental and physical health benefits.

Recreation is important for seniors because having an active social life helps prevent depression as well as Alzheimer's and other types of dementia. And intellectual stimulation helps keep your mind sharp.

You can learn new knowledge and skills while also having fun. But to do that, you need to find social events that interest you. Thankfully, making senior friends and staying socially active is quite easy if you're willing to venture out and try new things.

Social Activities for Seniors: When it comes to fostering social interaction, the best activities for seniors are those that make it easy for older adults to mingle with their

cuts and bruises we all have stored inside our hearts and heads. "Life is like a stepping into a boat which is about to sail out to sea and sink" is one of my favourite Zen Buddhist quotations. (My writing coach thinks I'm an honorary Irishman I'm so dark.)

Those doomed characters aboard the Titanic; men, women and children from all walks of life, different but fundamentally the same, are beautiful reminders that we are alive and we are not alone.

So often when we are sad and/or grieving we forget that we have air in our lungs, a heart that is beating and an opportunity to dive deep and discover what it is that makes the sea within us roar with happiness, joy and meaning.

peers on a regular basis. Social activities for adults are aimed at helping mature individuals develop meaningful connections and enrich their lives.

With that in mind, here are 16 things you can do to boost your social well-being:

1. Check out your local senior center. This is a great way to find senior activities near you. Most centers have a wide range of offerings, including exercise classes, educational programs, and arts and crafts workshops. Some activities for seniors include computer classes, potluck dinners, and even special field trips. In many cases, programs at senior centers are free or have very low cost. Some centers even provide transportation for older adults who are not able to drive themselves.

Cane Fu: A Growing Trend

Why not transform a common mobility aid into an effective tool for self-defense? A discipline known as "cane fu" teaches seniors to fight back against attackers using an ordinary walking stick. Defense experts point out that unlike weapons such as pepper spray or stun guns, a cane can be taken anywhere and is always ready for action. Often perceived as a symbol of weakness, a cane can instead be an excellent way to inflict pain and neutralize aggressors.

Some techniques include swinging the cane in circles, hooking an assailant's neck or foot, and striking the knee, nose, or throat. If you're choosing a cane with an eye on self-defense, it's important to get the right kind. Any high-quality walking stick will work, but some are better designed for defending yourself from attackers. For instance, a cane with a wide crook will allow you to hook or trap an assailant. Wooden canes are heavier than metal or fibreglass ones, which means they have more impact on an attacker; however, they also require more strength to wield. You'll want to make sure you choose a cane that you can handle comfortably.

Some canes are optimized for defensive use and are sometimes known as combat canes. Canes cost more than simple walking sticks but offer greater potential as self-defense tools. For example, a cane with a series of notches along the length of the shaft will concentrate the force of a strike on the raised area of each notch and cause considerably more pain when you strike an attacker.

Cane-fighting classes are becoming increasingly available through senior centers, retirement communities, and police departments. Some are offered free of charge. Ask around to see what the options are in your community.

Taking a formal self-defense class offers plenty of advantages. For one thing, being part of a group can help you stay motivated. It's also easier to practice your techniques on real live people. Plus, you can get help



from the instructor or your fellow students if you find that you're having difficulty.

Locate classes by contacting your local senior center, YMCA, public library, or police department.

In addition, check out martial arts schools in your area. Most offer self-defense classes (especially for women), and a growing number of them are gearing such classes toward the specific needs of seniors.

When considering any class, be sure to get answers to the following questions:

- What are the instructor's credentials? Does he or she have any experience with street attacks?
- Can the techniques be adapted to students with physical challenges?
- Does the program teach situational awareness as well as techniques for talking down an attacker?
- How long is the training? (Unlike martial arts programs, which are meant to be ongoing, self-defense classes should be able to cover the basics in a fairly short amount of time.)
- What is the cost? (Some organizations offer classes for free.)
- Is it possible to observe a class before deciding to participate in one?

with sundowning. According to various studies, the following factors may also play a significant role in certain patients:

- Damage to the part of the brain that regulates sleep-wake cycles
- Sleep apnea or other sleep disorders
- Inadequate exposure to sunlight during the day
- Poor lighting in the evening
- Too much noise or commotion
- Changes in body temperature
- Medication side effects
- Depression or other psychiatric disorders
- Loneliness
- Vision or hearing problems
- Low blood sugar
- Hunger
- Thirst from dehydration
- Low blood pressure
- Hormonal imbalance
- Discomfort from needing to go to the bathroom
- Incontinence
- Urinary tract infection or other types of infection
- Chronic pain
- Acid reflux
- Asthma or other breathing disorders
- Heart disease
- Problems with digestion
- What is sundown syndrome caused by when a person displaying the behavior hasn't been diagnosed with dementia? Aside from the factors already listed, here's one scenario: In hospitals, nurses often perceive some of their patients as having sundowners syndrome after surgery. There may be a couple of explanations for this. First, anesthesia can cause temporary symptoms of cognitive decline. In some patients who are at higher risk for dementia, anesthesia may also help bring on permanent cognitive decline that hasn't been diagnosed yet. Second, surgeries are often traumatic experiences. Between pain, inflammation, medications, sleep disruptions, boredom, immobility, and a completely unfamiliar (and often chaotic)

environment, the whole experience can be very disorienting.

In addition to observing sundowners syndrome in hospital patients, some people have contemplated a potential link between sundowners syndrome and alcoholism. After all, heavy drinkers can develop alcohol-related dementia as a result of a poor diet that leads to a deficiency in thiamine (vitamin B1). And based on a wide review of data, some researchers have determined that chronic heavy drinking might play a contributing role in up to 24 percent of dementia cases.³

Care and Treatment

When you perceive somebody as having sundowners syndrome, treatment becomes a natural priority. But how do you treat a behavioral phenomenon that doesn't have a clear cause? The last thing you want to do is make faulty assumptions that worsen the behavior or lead to additional problems.

First, you may want to use terms like "sundowning" in moderation (or consider avoiding them altogether). Although this terminology is popular, it may not be necessary. And it may not be as clinically relevant as you think. Some caregivers even feel that the terminology dehumanizes the very people you're trying to help—or gets in the way of effective treatment.

So it might not be very useful to refer to the behavior as sundowners syndrome. Elderly patients may benefit more from an approach that focuses on pinpointing their unmet needs. Remember that behaviors are often symptomatic of underlying problems. You can't get rid of the behaviors until you get rid of the actual problems (or successfully manage those problems).

This is where it may help to examine your own behavior and caregiving

routines. Ponder questions such as:

Could you be missing or overlooking a potential medical or psychological issue that deserves investigating? Does the daily schedule include time for your patient or loved one to relax in between more cognitively or physically demanding activities? Is there something about the care environment itself that might be triggering the problematic behavior? What might your patient or loved one be trying to communicate with his or her behavior? Keep a detailed journal of what happens each day so that you'll have an easier time identifying potential patterns, problems, or dietary or environmental triggers. Take notes about every activity, carefully recording your observations. Over time, you may start to recognize clues to what's causing the late-day behavior.

It's also important to get a physician involved when you notice behaviors that are new and concerning. What you assume to be sundowning behavior may actually be delirium, which can indicate a medical emergency. Sudden symptoms like agitation, restlessness, delusions, and hallucinations may be caused by a serious infection or some type of life-endangering metabolic problem. So it's essential to have potential medical issues ruled out before trying to manage troubling behavior through non-medical interventions.

Susan & Tsering Cheesin it up at Extravaganza



2. Join clubs for seniors in your area. Getting involved in senior clubs near you is a fantastic way to stay socially active. There are clubs for just about anything you can imagine. Some are general interest and offer a variety of activities, while others concentrate on specific interests. For example, there may be clubs for seniors near you that focus on activities such as gardening, reading, doing crossword puzzles, playing bingo, knitting, taking photographs, or playing bridge and other card games. You might also find clubs that center around sports like golf, tennis, or baseball.

3. Sign up for exercise classes. According to the World Health Organization, an elderly person should do at least 150 minutes of moderate aerobic exercise every week.¹ Joining up with senior groups near you can be an easy way to meet that target and bond with new people at the same time. Plus, swimming, water aerobics, dance, yoga, and tai chi classes offer low-impact ways to boost your strength and flexibility, improve your balance, and prevent falls.

4. Organize a regular game night. Round up a few friends or neighbors and challenge them to card, board, dice, or other types of games once a week or once a month. Games like bridge, canasta, poker, bingo, and charades can inspire lots of laughs in senior groups and generate plenty of fun.

5. Enroll in an educational class. A lot of colleges and universities offer senior classes. Registering in one of them is an excellent opportunity to make friends and learn new skills. You can often attend for free or at a discounted rate. And

if it's a for-credit class, you may have the option to audit it, which means you're not required to complete assignments or exams.

6. Explore senior social groups near you. Some towns and cities have activity or community centers, libraries, or houses of worship that host senior citizen friendship clubs that enable the 55-plus crowd to get together. Such social groups for older adults typically offer organized activities like bingo, pool, mahjong, and bridge. Many also serve a low- or no-cost breakfast or lunch, so it's possible that you can eat and socialize with no money.

7. Start a mall walking group. Plenty of walking clubs stroll through different neighborhoods, but that gets to be difficult when temperatures drop. However, you can do mall walking activities in winter or any other time the weather doesn't allow you to be outside. Lots of shopping centers unlock their doors well before the actual stores open, so your group could even wander the hallways and chat while it's relatively quiet.

8. Volunteer. Volunteering can become one of the most fun and meaningful activities you do as a senior. You can get out of the house, meet new people, and make a difference in your community. For example, volunteers at senior homes might play games, make crafts, or swap stories with the residents. Libraries, museums, thrift stores, and soup kitchens also rely on volunteers in order to operate. Plus, many cities have foster grandparent programs in which you get to spend time with at-risk youth who need positive role models in their lives.

9. Start or join a band. If you play an instrument (or want to learn how to do so), why not join an established band or start your own? Playing music with other people can be incredibly rewarding. And you don't necessarily even need any musical experience: New Horizons music groups welcome older adults who have either never played or have not played for a long time.

10. Get a job. Working part-time can be an excellent way to socialize with other people, keep your mind stimulated, and earn a bit of extra cash at the same time. You can pursue positions that draw on your existing skill set or go for something entirely different. You might even consider roles that allow you to increase the social well-being of other seniors.

11. Get a dog. Walking a dog forces you to get outdoors in the fresh air, and you can easily strike up conversations with other dog owners or animal lovers while you're hanging out at the park. If you live somewhere that doesn't allow pets or you just don't want the full-time responsibility, try volunteering at your local animal shelter. Many shelters welcome volunteers who are willing to feed or groom the animals or take the dogs out for a walk.

12. Get active on senior social networking sites. Did you know that more than one-third of Americans over age 65 use social media?² It's an excellent way to stay connected and engaged without even having to leave your home. Popular sites allow you to create personal profiles, connect with friends and family members of all ages, join groups of like-minded people, and engage in other social

activities for seniors near you. One study found that adults over 80 who connected with others through technology had better mental well-being than their peers who did not reach out digitally.

Here are some of the more popular sites worth checking out (keeping in mind that, for each of them, you'll need to create a free account if you don't already have one):

Facebook—One of the largest social networking sites that offers everything from live chatting to videos to games
Meetup—A social media site that helps people find groups and events of interest that take place offline in towns and cities across the country
Stitch—A social networking website that is specifically designed for individuals who are 50-plus

13. Take an organized trip.
If you're adventurous and want to get out and explore with other seniors, get in touch with travel groups. Sign up for a senior bus tour for a day or a weekend trip to a casino. Or go on a longer in-state, out-of-state, or out-of-country excursion. You can also look into senior RV clubs or cruise lines that offer special rates for older adults. There are even international travel groups that organize trips for seniors. Start by checking out companies like Road Scholar, ElderTreks, and Adventures Abroad. You have no shortage of options for getting out and seeing the world with other like-minded folks.

14. Explore online dating.
The desire for romantic companionship certainly doesn't stop during your senior years. The good news is that there are plenty of dating websites that specialize

in helping those over 50 connect with other mature single people. Each site offers free memberships, but you typically have to sign up for a paid account in order to take full advantage of all available features.

15. Consider moving into assisted living or senior-only communities. Preventing social isolation in elderly people can be challenging, especially if they're less mobile than they used to be or can no longer drive. Those are some of the reasons why many older people decide to move into assisted living or senior-only communities. You get to live among people of the same generation, and most places of that type are designed to meet the needs of active seniors. So you could find all kinds of fun events and activities happening right in your own residential community.

Most such communities have staff members who are dedicated to developing fun activities for the residents. For instance, an activity coordinator might plan music and art programs, community outings, and other social events. Getting involved is as easy as simply expressing an interest.

Building and maintaining social relationships can have a huge impact on seniors' overall wellness. Social activities are important for the elderly because they help ward off loneliness and prevent feelings of isolation. Organized social pursuits also provide a sense of purpose and give older adults something to look forward to regularly.

Here are a few of the benefits that come from staying socially engaged as an older adult:

Improved cognitive function—Social

activities can help you stay mentally sharp. Research has revealed that people who maintain supportive relationships with family, friends, and neighbors have better overall mental health. One study found that elderly women who enjoyed daily social contact with a large network of people had a significantly lower risk of developing cognitive impairments or dementia. Reduced stress—Seniors who feel stronger connections to other people have lower levels of stress, anxiety, and depression. The way you keep in touch matters, too: Face-to-face socializing has been shown to be more effective at staving off depression than communicating only by phone or email.

Better physical health—Research has demonstrated that socially integrated adults are less likely to be obese, experience inflammation, or develop high blood pressure. In fact, being socially isolated elevates older adults' risk of developing high blood pressure even more than having diabetes. Increased longevity—People who maintain good social ties tend to live longer than those who don't. One study noted that the risk of death among people with the fewest social connections was over twice as high as the risk among men and women with the greatest number of social connections.

***So ...Stay Connected
It's clear that maintaining
your social well-being can
come with a whole host
of mental and physical
rewards. So use the
ideas outlined above for
inspiration—and get out
there!***

Lakeshore Grilled Cheese Challenge: Year 2 - Second Place !

*FHCC/Ridley Team: Alasdair, Emma, Jessica, Josh, Laura, Pema, Tsering
(w back-up Brad and Lindsey makin the bacon)*



2018 First Place

2019 Second Place

Sundowners Syndrome: Con't

Sundowning behavior is generally considered to be any kind of disruptive personal conduct that occurs in the hours between sunset and sunrise. When people describe sundown syndrome symptoms, they are usually referring to observable behaviors or feelings such as:

- Confusion
- Agitation
- Disorientation
- Heightened anxiety
- Paranoia
- Restlessness
- Anger
- Aggression
- Delusional thinking
- Refusal to comply with directions
- Trouble telling dreams apart from reality
- Crying
- Moaning
- Yelling
- Screaming
- Rocking
- Wandering
- Pacing
- Hiding objects

Acting out hallucinations
What Causes Sundowners Syndrome?
So far, nobody has been able to discover just one underlying cause that can explain all of the possible behaviors associated with sundowners syndrome in all patients who are said to have it. It's much more likely that there are different causes for different individuals. For so-called sundowners, disease, fatigue, and all kinds of other physical, environmental, and psychological factors may contribute to sundowning behavior. Dementia is at the top of the list. Sundowning is generally associated with the middle and late stages of Alzheimer's disease and other types of dementia.

Some professional caregivers believe that, in many cases, sundowning behavior may be a direct consequence of placing too many demands on dementia patients over the course of a day. In many care settings, patients go from one task or activity to another without adequate periods of rest and relaxation in between. Fatigue

and anxiety set in, making it even more difficult for them to function or communicate their needs. By dusk, they are overtired and may feel intimidated by additional demands or expectations, making it hard for them to get into a restful state.

Of course, caregivers themselves can also get fatigued and suffer from burnout, which can make them less tolerant of disruptive behavior and more prone to overlooking their patients' real needs—especially in the evening. In under-staffed care facilities, patients may not have enough structure or activity built in to their day, which can be just as bad as overstimulation. And staffing shift changes in the late afternoon can make some dementia patients feel confused, nervous, or agitated. As they witness people going home at the end of the day, they may feel a strong urge to "go back home" themselves, leading to wandering or attempts to escape.

So unbalanced or inattentive caregiving may explain why some people with dementia display behaviors associated

Sundowners Syndrome:

Facts, Misconceptions, & Tips for Care "Sundowners syndrome," "sundowning," and other similar terms are commonly used in hospitals and long-term care environments when older patients become confused or agitated in the late afternoon, evening, or nighttime. But did you know that the whole concept of sundowning is somewhat controversial? This topic makes some caregivers and medical professionals uncomfortable for exactly that reason. They believe that opportunities for better care and treatment of patients with dementia may get missed as a result of this concept being too casually used to explain problematic behavior.

That's why it's essential to understand what sundowning really is—and what it's not. Once you know how and why terminology like "sundown syndrome" gets applied (or misapplied) to various behaviors, you can take actions that may lead to a better quality of life for both you and the person you care about. This article will help clarify some of the popular misconceptions you may have encountered.

Contents
What is sundowning?
Sundowning symptoms
What causes sundowners syndrome?
Care and treatment
What Is Sundowning?
Sundowning is best described as a subjective phenomenon in which older adults or people with dementia are observed as having heightened confusion, agitation, or other troubling behavior when the sun is setting or after it becomes dark. Patients who display this phenomenon are often labeled as "sundowners." Other common, interchangeable terms for this phenomenon include:

Sundowners syndrome
Sundown syndrome
Sundowner syndrome
Sundowning syndrome
Here's the problem: Technically speaking, sundowning is not an illness. At most, it is a set of symptoms or a pattern of observable behaviors. In fact, there is no separate medical term for sundowning. It can't be legitimately diagnosed, in large part because there isn't a scientific consensus about the phenomenon or a formal sundowning definition that everyone agrees on.

Sundowning terminology does appear in many medical journals and textbooks; however, the definitions and conceptual frameworks often vary significantly from one source to the next. Plus, nobody seems to know exactly where or when the terminology first originated.

So here's the key point to take away: Sundowning describes the debated phenomenon of late-day or nighttime behavioral problems, but it doesn't explain the phenomenon. In order to explain it, you have to find an underlying cause, which may differ from one individual to another.

Among most people labeled as sundowners, dementia is a major contributing factor. The percentage of dementia patients who display sundowning behavior has been estimated to be as low as 2.4 percent or as high as 66 percent.¹ The phenomenon is said to affect up to 20 percent of people with Alzheimer's disease.²

Sundowning behavior is also sometimes observed in elderly hospital patients without diagnosed dementia, especially after undergoing invasive surgical procedures.

Sundowning Symptoms
Have you ever become cranky and

restless after a long day that left you feeling exhausted yet wired? It's probably fair to say that everyone has felt that way at some point in their lives, especially during childhood. Many adults experience that feeling on a regular basis due to poor sleep and demanding work and family schedules. From that perspective, becoming moody when the sun goes down is a rather common human experience. But some people believe that sundowning deserves to be treated as a separate phenomenon given that the behaviors and mood swings of so-called sundowners tend to be more extreme.

What do you think? Try putting yourself in the shoes of an elderly person with dementia. Even small, simple tasks would be mentally and physically challenging. After a full day of activities, perhaps without adequate breaks for rest, you'd likely be completely exhausted. And you may have a lot of built-up anxiety from trying to meet the expectations of your caregivers while struggling to express your own needs. Now add in some possible discomfort caused by medications or other medical issues. Would you be able to rest easy? Or might all of your mental and physical challenges feel more intense and hard to cope with?

At the end of the day, many people labeled as sundowners may simply be reacting to challenging circumstances in a way that shouldn't surprise us. That said, this phenomenon is widely perceived as something distinct from "normal" behavioral reactions.



Imagine a House Full of Friends !

Are you living alone in your family home, the home which you lovingly created with your spouse and where you raised your children? Your home may be filled with happy memories – but are they enough to keep YOU happy? Perhaps your spouse has passed away, and your children and grandchildren don't visit as much as you would like. After all, they are busy with their own lives.

Maybe it's time to see your home in a new way. Think back to the time when you first moved in; back then the house was filled with possibilities – not memories – and guess what? It still is! Imagine what it would be like to turn your house into a place that could welcome two or three other people who share your idea of what makes a happy home. Imagine a house full of friends!

Home-sharing offers a way to fill the void left when children leave the "nest". It's a great feeling to have somebody else around the house to share a cup of coffee and talk about your day – not to mention having someone to help with the daily chores and help support the costs of running the home. And as time goes by, at least one of you is likely to still have their driver's license!

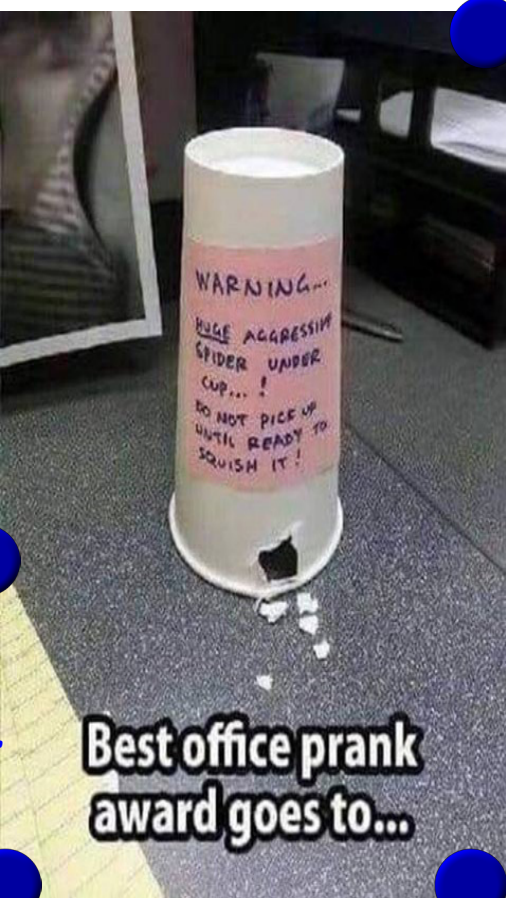
It can be a win-win situation; it's not just the millennials who are having trouble finding an affordable place to live. Many older adults on fixed incomes are in the same situation. They have lots of life left to live and lots of life experience to share, and they may be just as ready for company as you are.

Golden Girls Canada offers an online database where single mature adults can find compatible people to explore

the possibility of sharing a home. Why don't you give it a try? You have nothing to lose and a lot of happy living to gain!



Contact Golden Girls Canada at 416-550-4015, hello@GoldenGirlsCanada.ca or go online at www.goldengirlscanada.ca.



Best office prank award goes to...

All the usual suspects





As we have been doing for the past 8 years, Franklin Horner was pleased to host its annual Seniors Home Alone Christmas Day Dinner. We had a great turnout as always, with a packed lounge full of our friends from across the community. Attendees were treated to Christmas carols and door prizes, in addition to an amazing meal full of all the Christmas fixings. Events like these are not possible without the support of our incredible army of volunteers, as well as the generous sponsors who come

together to make the day of our seniors on such an important occasion. To manage an event like this one off requires willingness to help. To be able to have now done this event every year for the better part of a decade requires the incredible dedication of some amazing people.

Thank you to all who attended, and all who helped make it possible. We look forward to seeing you again this coming December!