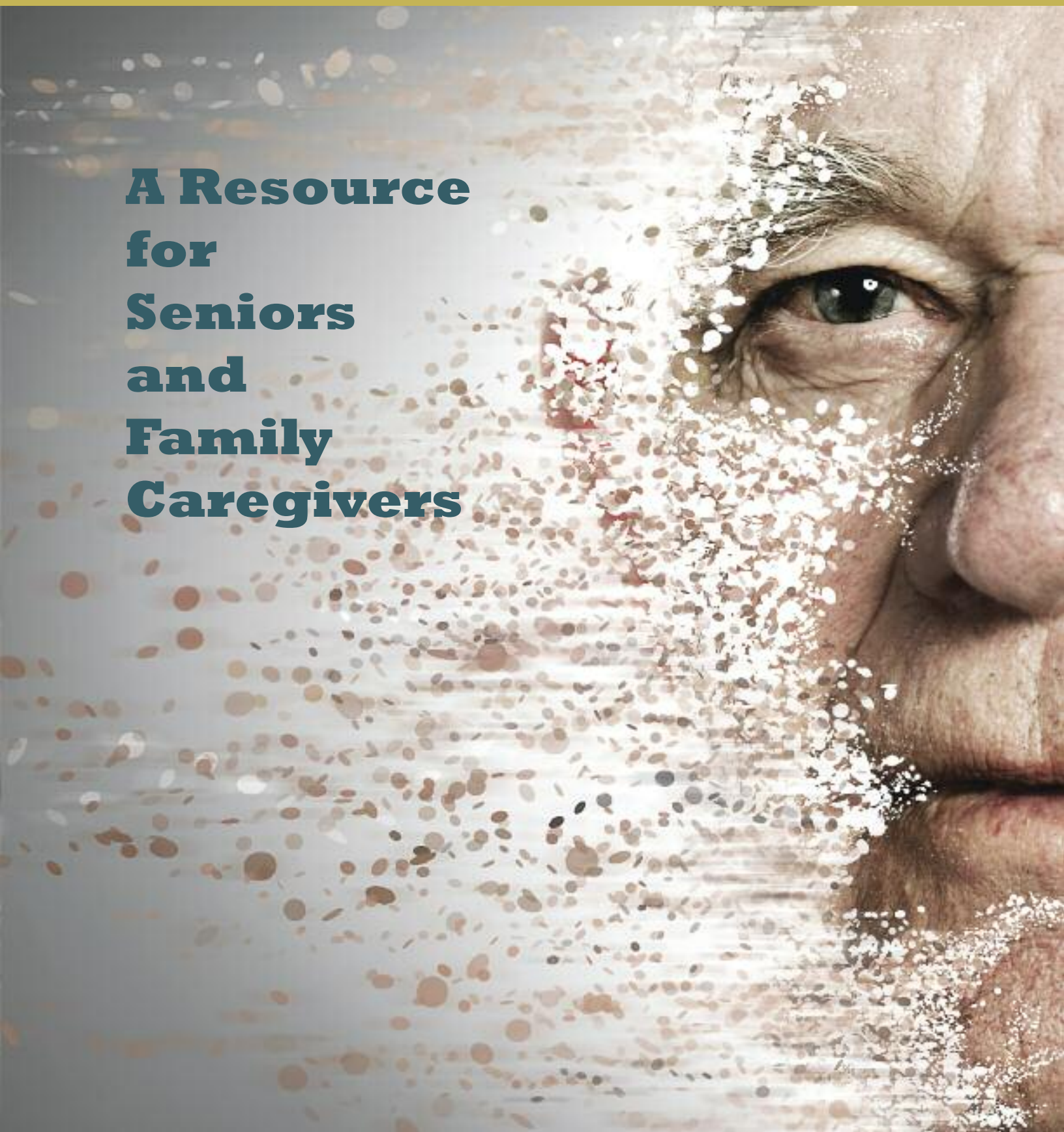


the magazine

Winter 2019

Who Cares

**A Resource
for
Seniors
and
Family
Caregivers**



Publisher's Message



The World Health Organization (WHO) says for older people, ageism is an everyday challenge. Overlooked for employment, restricted from social services and stereotyped in the media, ageism marginalizes and excludes older people in their

communities.

I have been referred to as a middle-aged man lately more than I care to admit, (scripture says a man should live to about 120, so as I approach 56, I suppose I am just shy of middle-aged, so no offense taken) but I certainly do not feel marginalized or excluded from my community.

I won't fight ageism or take offense to being asked if I qualify for the senior's discount, but I will make sure I am enjoying the benefits of membership by joining groups like CARP and the Older Adults Centre to participate in my community and make sure I am mentally and physically able to meet aging head on.

Healthy aging is defined as the process of developing and maintaining the functional ability that enables well-being in older age. WHO reports that there is a 7.5 year increase in life expectancy when one thinks positively about aging.*

However, aging is not an option and even with 7.5 extra years, nobody gets out alive, so we might as well plan our days accordingly. The advertisers, information and services contained in this edition of the magazine Who Cares provide excellent opportunities to help us age and maybe even plan what to do with those extra 7.5 positive years.

Gary Buffett, Publisher

**(Levy BR et al. Longevity increased by positive self-perceptions of aging. Journal of Personality and Social Psychology 2002 83(2):261-270)*

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The magazine Who Cares provides credible information to residents of Hastings & Prince Edward counties to help them improve their health and well-being and connects family caregivers with the information, products and services they need to manage their caregiving role.

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The County Seniors Centre

Active Living in The County

Get Active, Make Friends, Be Well



Over its 41 year history, Prince Edward Community Care has been reinventing itself and starting new programs to meet the changing needs of seniors. The needs and wants of seniors have changed over time and a new County Seniors Centre is the latest response to meet the needs of local seniors.

"In late 2017, Community Care approached County Council for support to respond to a call from the Ministry for Seniors and Accessibility for proposals to establish 40 new Seniors Active Living Centres in Ontario," said Debbie MacDonald Moynes, Executive Director of The Prince Edward County Community Care for

Seniors Association. "We received funding in 2018 and established a seniors' centre without walls by using nine town halls owned by our municipality. It is important that we offer social and recreational programming in this geographically dispersed community so that seniors living throughout Prince Edward County have access to programs and services.

"There are town halls scattered all over the County and by using the municipal halls, the Seniors Centre will take programming into the rural parts of the County. We will also ensure low cost transportation is available for those who need it."

Seniors Centres have specific budget requirements that come from the government and the centres must charge a membership fee. An annual membership for the County Seniors Centre is a modest \$25.

The County Seniors Centre will offer a variety of programming to determine which program will attract seniors in each ward. "We're happy to hear from County seniors who have ideas about programming," says MacDonald Moynes. "We can arrange for almost anything that there is a need for to help seniors get active, make friends and be well."

As part of the Seniors Centre offerings, a Seniors Active Living and Information Fair was held on Thursday, November 1st, 2018. There were 49 vendors, displays, ongoing workshops and presentations, a free lunch, door prizes and free transportation. Over 400 seniors attended and the reviews were positive. Planning is underway for the second annual Fair which will be held in October 2019.

Contact The Prince Edward County Community Care for Seniors Association.

The Prince Edward County Community Care for Seniors Association, is located at 74A King Street in Picton, call 613-476-7493, email debbie.moynes@communitycareforseniors.org

Visit our website at www.communitycareforseniors.org or our

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CARP Urges Government to Make Canada the Best Place to Age

With 300,000 members, CARP is a national, non-partisan association that advocates for older Canadians.

In anticipation of the 2019 federal election, the Canadian Association of Retired Persons (CARP) is calling for a National Seniors Strategy that embraces the human potential of all older Canadians.

In their policy platform the *Faces of Canada's Seniors: Making Canada The Best Place To Age*, CARP identifies 19 recommendations in five key areas for action, ranging from tax policy and pension protection to abuse prevention and preventive health care.

"We can make Canada the best place to age," said Laura Tamblyn Watts, Chief Public Policy Officer at CARP. "The federal government made a positive step in appointing a Minister for Seniors. Now it's time to take decisive action by implementing a National Seniors Strategy that addresses these five critical areas including caregiving and housing supports."

According to CARP, informal caregivers save the Canadian health care system more than \$25 billion annually. But the toll of informal caregiving – financial, physical, and emotional – cannot be borne by individuals alone.

To download a copy of the FACES of Canada's Seniors, please visit www.carp.ca/faces or call your local CARP chapter at 613-743-9365 or email bbq@carp.ca.

To provide financial support and respite services to caregivers, CARP is calling on the government to:

- Make the Canada Caregiver Tax Credit a refundable tax credit to ensure all caregivers are treated equally;***
- Increase the Family Caregiver Benefit from 15 to 27 weeks and align provincial employment standards with federal EI benefits to ensure all caregivers are entitled to an equal period of unpaid job-protected leave;***
- Expand eligibility for the 26 weeks of Compassionate Care Benefits to include those who are critically ill. This relieves the pressure on physicians to attest to an imminent death; and***
- Increase support for respite care and adult day programs, and create innovative solutions for care in place.***



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Implement Good Planning

Financial security planning can cause strong negative emotions. People may put it off to avoid those emotions. Having the financial conversation with the right people can make all the difference for a family in difficult times.

"Gloria and John were distressed and concerned that the information Canada Revenue Agency had given them was not only the truth, but that decisions needed to be made regarding taxes, the cottage and their parents' investments," said financial security advisor Sharon Visser.

"Gloria's elderly mother, Beatrice had just passed away, leaving Gloria and her siblings to deal with the estate. Gloria said that every time that she had tea with her mother over the last few years, Beatrice assured her that everything was in order. Gloria knew that there were a few issues with the passing of her dad several years prior. Since her mother had reassured that everything was in place, Gloria did not want to force the conversation further."

Their parents were told to place most of their assets in RRSPs that turned into Registered Retirement Income Funds (RRIFs) when they each turned 71. The following year they took the minimum amount out of their RRIFs. Their wills were

ready and they felt all the necessary planning was in place.

But Gloria and John were not emotionally prepared for the loss of Gloria's mother nor the financial obstacle that lay before them. "What their advisor had failed to mention to them could have avoided their three children from losing up to 50 percent of their RRIFs and the \$125,000 tax bill on the cottage that their parents purchased in late 1940s," says Visser. "It was a cottage that held incredible memories and none of their three children were in a position to pay those taxes nor did they want to sell the cottage. With the proper planning in place, this situation could have had a different outcome."

"Their parents had spent years building their wealth to retire and to pass any wealth that had accumulated to their three children evenly. Proper planning would have brought clarity and peace of mind for all parties instead of distress during a grieving period."

There are many options for saving for retirement but it is important to talk to professionals who can discuss the pros and cons of each option and what is best for your unique situation.

Sharon Visser is a Financial Security Advisor at Active Wealth Management Inc.



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Planning for that first house, your retirement, or helping you with your business or estate, I enjoy working with clients to see what really matters to them, their journey in life and their retirement goals. Let's discuss options for your unique situation

Sharon Visser
Financial Security Advisor
Active Wealth Management



Maintaining a safe, dementia-friendly environment

For the person with dementia, a familiar environment can help connect with the past and maintain a sense of who he or she is. However, some practical changes may need to be made to keep the home dementia-friendly. When modifying your home environment, keep it familiar, striking a balance between safety and independence.

HOME SAFETY TIPS

- Keep fire extinguishers, smoke detectors and carbon monoxide detectors in the house and test them regularly.
- Lock any hazard areas or cover the doors or locks so that they are disguised. Place locks either high or low on doors to make them less obvious.
- Use child-proof locks and doorknob covers on drawers and cupboards that have dangerous materials inside. Remember that symbols lose meaning (skull, crossbones, toxic, poison, etc.).
- Use appliances with an automatic shut-off feature, and keep appliances away from sinks and sources of water.
- If you are concerned about the person using the stove, install a hidden gas valve or circuit breaker that prevents it from being turned on. Or consider removing the knobs from the burners.
- Remove medications or other substances from open areas such as the kitchen table and counters. Keep medications in a locked area.
- Install safety equipment in the bathroom, such as grab bars, to prevent falls.
- Add non-slip stickers to slippery surfaces such as tile floors and loose rugs. Or remove rugs completely.
- Use contrasting colours to make steps and transitions (e.g. the beginning of a staircase) easier to see. Avoid dark rugs as they may appear to be a hole.
- Use good lighting at entries, outside landings, between rooms, on stairways and in bathrooms.
- Consult an occupational therapist for advice on safety, and adapting the home to make it as safe as possible.

This information is taken from the Alzheimer Journey, Module 2: On the Road. You can get a copy from your local Alzheimer Society or visit www.alzheimer.ca



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Learn to Manage These Estate Settlement Scenarios

Handling an estate can be complicated and family dynamics may cloud the situation. Barry Gordon and his team at Gordon's Downsizing and Estate Services have dealt with a variety of estate settlement scenarios.

"Many scenarios have challenges on many levels both practical and emotional," says Gordon. "Family members often want to preserve a good relationship with siblings and they need advice that appreciates the magnitude of the problem across its many dimensions. We deal with estate matters every day and see issues from a very practical perspective."

To help executors manage this important role, Gordon and his team have created a free booklet. Here are seven common scenarios covered in the booklet:

The heir in the basement

Sometimes a family member had been living in the home of the deceased. At death, another sibling is named executor. The resident sibling has no gainful employment and nowhere else to live. The will says liquidate and distribute the assets between all three offspring. The house cannot be presented well with the family member still living there. That person requires proceeds from the estate in order to find other accommodation. They can't get proceeds until the estate has been liquidated.

The value expert

Sometimes a sibling thinks everything has enormous value when it does not. Sometimes this is because they have plans for their share of estate proceeds. Hoping and wishing cloud their judgment. It may also be a result of the deceased's inflated view of value.

The problem solver

Often a family will have more than one decision maker. One says, "I'll solve the big issue - the real estate sale!" He calls a friend from college, now in the real estate business, and connects the dot. Done. Now, he says to his sister, "I've done the big thing, how about you look after the rest?" This

only applies pressure to the sister to complete the rest of the work. It also removes a significant piece of economic leverage the estate may have been able to take advantage of. In other words, the fragmentation of the project has created a more complex scenario instead of addressing the entire challenge in an integrated way.

The out of town family

Many estates have a sibling living in the area of the estate, while other family members live elsewhere. The one living close by typically inherits the biggest burden. Too often, those that live away under appreciate the responsibility the local family member feels. This can lead to lots of "free" advice that can simply add to the burden.



Thinking about downsizing?

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The second marriage

Sometimes we see second marriages where the spouse passes and her late husband, who predeceased her, has left her a life interest and all of the contents. Sometimes the kids of the second union don't get along well.

The family cottage

Emotion can rise to the highest levels when trying to decide the outcome of a cottage. This can become complicated when one sibling has the unique ability to afford to keep it, while others who may not be able to afford it, still feel entitled to share it.

You take that and I'll take this

Sometimes we see a dominant sibling who wants to keep several things from the estate. In trying to keep parity she tries to force her sister to also take things. Meanwhile the other sister would prefer to simply cash out.

If you are experiencing any of these difficult scenarios, expert advice can help ensure everyone is treated with respect while the instructions in the will are executed. To get your copy of the executor ebook, visit www.gogordons.com.

Looking for Engagement?

Staying engaged in our communities is critical to enjoying life at any age. Whether you are looking to join a club as a member or get out and take part in the occasional activity, there is a group of like-minded people who would love to hear from you.

Seniors Unlimited (613-392-5993) meets at the Batawa Community Centre for cards, quilting, shuffleboard, potluck lunches, BBQs, special events, bus trips, line dancing, and much, much more on Tuesday and Thursday afternoons.

Belleville 50+ Centre (613-966-4632) offers space for the older adult population to visit, socialize, learn new skills, and make new friends. Open to everyone over 50 years. Monday thru Friday: 9:00 am – 4:00 pm. Cost: \$5.00/yr for your membership card.

Club 105 Trenton (613-392-5400) offers many types of activities: shuffleboard, darts, euchre, bid euchre, bridge, crafts, quilting, snooker, woodworking, wood carvers, art class, carpet bowling and stamp collecting. They also have a small library of books, puzzles and CD's. The Club usually has a dinner or BBQ depending upon the season as a social event for fundraising.

Trillium 2000 Seniors Club (613-968-2526) cribbage, euchre, carpet bowling, shuffleboard, darts, trips and tours.

The local **CARP chapter** meets on the second Tuesday of each month to share information relevant to people 50 and older. In addition to the monthly coffee chat with special guest speakers, CARP members also get access to some excellent discounts and member benefits. Call 613-743-9365 or email bbq@carp.ca.

Community Care agencies offer social luncheons and other recreational activities in a central location in each of our communities. Madoc 613-473-9009 Belleville 613-969-0130 Deseronto 613-396-6591
Picton 613-476-7493 Trenton 613-392-4181

Legions provide social and recreational clubs that offer activities such as euchre, cribbage, cards, 50/50 draws, potluck lunches, and lots of other activities and entertainment.

Bancroft	613-332-3250	Belleville	613-968-9053	Coe Hill	613-337-5855
Consecon	613-392-7433	Deseronto	613-396-2016	Frankford	613-398-7866
Madoc	613-473-4185	Marmora	613-472-2218	Picton	613-476-6161
Stirling	613-395-2975	Trenton	613-392-0331	Tweed	613-478-1865
Wellington	613-399-1684				

There are also many other great social and service clubs that provide opportunities to meet like-minded people and improve the communities we live in through community service activities. For more examples, visit the database of community services at www.viq.ca.

Dementia, Capacity and

Short term memory loss is an early sign of Alzheimer's and other forms of dementia which over time can lead to confusion, loss of inhibitions, paranoia, and personality changes. Family members are often disturbed by these changes, especially when their family member does not acknowledge these changes and will not accept more help. Therefore, they might request a capacity assessment to determine whether their loved one truly has the capacity to make decisions for themselves.

The important point to understand about capacity is that there are different forms of capacity and different tests for capacity. Within a hospital, for example, the attending physician assesses the capacity for a patient to make specific decisions concerning their health care. This assessment is not for making financial decisions, which is a much more in-depth assessment, made by a formal capacity assessor and can be done in the community. In order to determine whether an individual has the mental ability to consent to or refuse long-term-care, a separate capacity assessment is conducted by a care coordinator from the Local Health Integration Network.

Capacity is always assumed. If we are unsure whether a

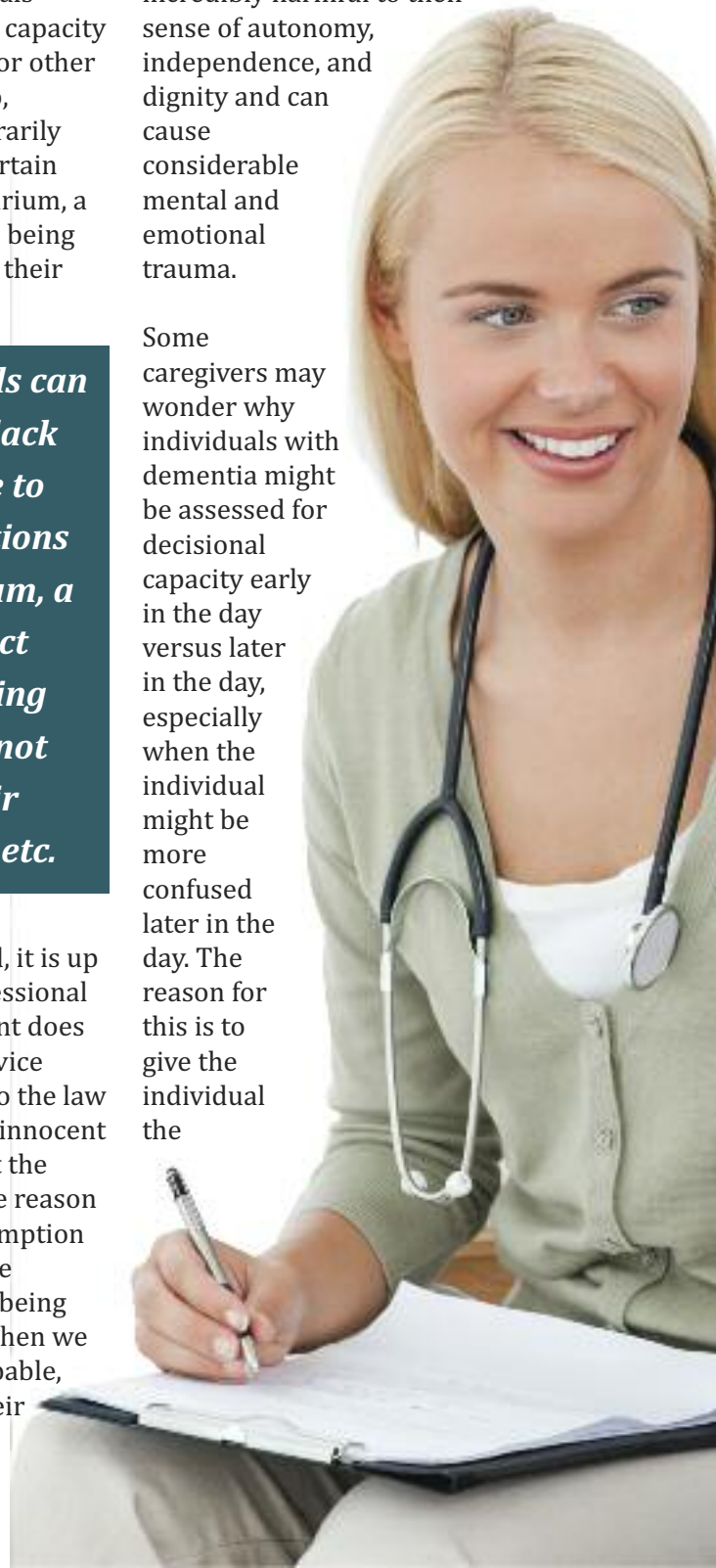
person has capacity, the default position is that they have capacity. Capacity is rarely all or nothing, as individuals might have fluctuating capacity due to their dementia or other health conditions. Also, individuals can temporarily lack capacity due to certain conditions such as delirium, a urinary tract infection, being intoxicated, not taking their medications, etc.

Also, individuals can temporarily lack capacity due to certain conditions such as delirium, a urinary tract infection, being intoxicated, not taking their medications, etc.

As capacity is assumed, it is up to the healthcare professional to prove that the patient does not have capacity, not vice versa. It is analogous to the law in that individuals are innocent until proven guilty, not the other way around. The reason for the automatic assumption of capacity is due to the utmost seriousness of being declared incapable. When we declare someone incapable, we are taking away their

rights to make their own decisions, which, even when it is in their best interests, is incredibly harmful to their sense of autonomy, independence, and dignity and can cause considerable mental and emotional trauma.

Some caregivers may wonder why individuals with dementia might be assessed for decisional capacity early in the day versus later in the day, especially when the individual might be more confused later in the day. The reason for this is to give the individual the



the Benefit of the Doubt

David Campbell

opportunity to be at their best when they are assessed. This is not surprising or controversial as we do this all the time in other similar situations. When we are tired, anxious, stressed, or sick, we are not at our best and any judgments about our abilities at the time, especially our cognitive abilities, might not truly reflect our abilities.

Students, for example, are not expected to take exams at unreasonable times or if they are ill or suffering from a personal tragedy. We don't set people up to fail, but instead offer

them a fighting chance to truly show us what they are capable of. To continue with the legal analogy, if we grant this basic right to those accused of committing crimes against society to make their strongest case in their defence, how

could we not grant this right to

our elderly and other cognitively impaired individuals?

Taking away someone's right to choose is one of the worst things you can do to someone within a free society. Therefore, we must be absolutely certain that the individual is incapable of making decisions for him or herself. When the frail and elderly already have lost so many basic rights and dignities which the rest of us take for granted, should we not be vigilant in ensuring that we don't take away their right to live on their own and make decisions about their care, which are often the last decisions anyone can make?

David Campbell, PhD, is an Ethicist at Kingston Health Sciences Centre

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Until There is a Cure, First Link is the Best Prescription

The First Link program has expanded through Alzheimer Societies across Ontario to connect every person diagnosed with dementia with a patient navigator.

The Alzheimer Society of Hastings-Prince Edward First Link Care Navigators, Sharon Osvald and Petra Lepage, share a passion for linking caregivers and people living with dementia to the most appropriate information and services for their needs.

"First Link can empower people impacted by dementia to access support programs

and social or recreational activities that can help to improve quality of life," says Osvald. "We can link them to education and supports that may enable them to live well longer at home or in the community."

Research has shown that people caring for someone living with dementia provide 75 percent more caregiving hours and experience 20 percent more stress than other caregivers. A key component of First Link is to provide support to caregivers and families.

"First Link is about helping you and your family make informed choices so you can live better with dementia at every stage of the disease," says Lepage. "By connecting with the Alzheimer Society, caregivers have indicated increased understanding of the disease, decreased worry, and increased feelings of relief. Caregivers say they are better able to advocate for the needs of the person they are supporting and have more skills to cope with life's challenges."

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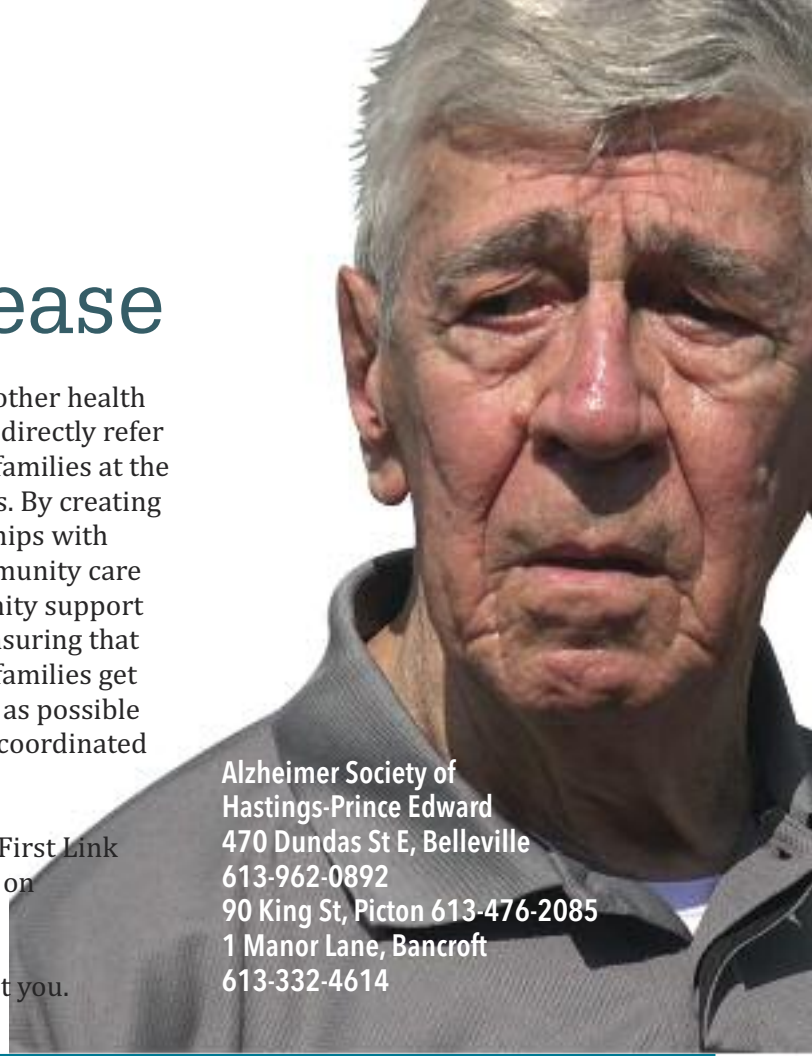
for Alzheimer's Disease

First Link referrals can be made by health professionals and community partners or people can self refer for themselves or someone they know. A study has shown that people who were referred directly to First Link by health care professionals received supports 11 months sooner than clients who accessed the services themselves. "Many people are told about the Alzheimer Society upon diagnosis, but they will not contact us until a crisis occurs," says Oswald." First Link helps to remove this barrier by enabling

physicians, and other health care partners to directly refer individuals and families at the time of diagnosis. By creating robust partnerships with physicians, community care and the community support sector, we are ensuring that individuals and families get support as early as possible and have better coordinated care."

To find out how First Link can support you on your dementia journey, contact the office nearest you.

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How to Help Someone Who is Lost or Confused

According to the Alzheimer Society of Ontario's *Finding Your Way - How to help someone who is lost or confused - a practical guide*, 60 percent of people with dementia become lost at some point. We all have a role to play in making our communities safe for people with dementia. Would you know what to do if you came across someone in public who was lost or confused?

Know the signs

The person may be:

- Inappropriately dressed for the weather
- Standing still looking around for a long period of time
- Pacing
- Looking confused or disoriented
- Repeating the same question or statement within a short period of time

Know what to say

- Speak slowly and calmly
- Loudness can convey anger; avoid the assumption that the person is hearing impaired
- Use short, simple words
- Ask "yes" and "no" questions
- Ask one question at a time, allowing plenty of time for response. If necessary, repeat the same question using the exact wording
- People with dementia may only understand a part of the question at a time

Know what to do

- Approach the person from the front
- Identify yourself and explain why you've approached the person
- Maintain a calm environment
- Move slowly; maintain eye contact
- Avoid confrontation
- Avoid correcting or "reality checks"
- Call police (911) for help returning the person home safely
- Wait with the person until the police arrive

Becoming lost isn't just distressing; it can be dangerous. Half the people with dementia who go missing for 24 hours end up seriously injured or dead. That's why it's so important that we offer assistance when we come across someone who seems lost or confused and for families to be prepared. To learn more contact your local Alzheimer Society or visit findingyourwayontario.ca.



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Share Your Experience with a Support Group

According to Wikipedia, in a support group, members provide each other with various types of help, usually nonprofessional and nonmaterial, for a particular shared, usually burdensome, characteristic. Members with the same issues come together for sharing coping strategies, to feel more empowered and for a sense of community. The help may take the form of providing and evaluating relevant information, relating personal experiences, listening to and accepting others' experiences, providing empathetic understanding and establishing social networks. A support group may also work to inform the public or engage in advocacy.

In the Quinte region, there are support groups for things such as addictions, ALS, Alzheimer's, arthritis, autism, bereavement, brain injury, cancer, caregiving, diabetes, gambling, heart attack, mental health, ostomy, over eating, stroke, parenting, Parkinson's, pregnancy, Tourette syndrome, vision loss and many, many more.

Bev Hanna-Jones has been coordinating the local Parkinson's support group for more than 28 years. The group of 45 people meets monthly at the Quinte Sports and Wellness Centre. Hanna-Jones says that there is some stigma that support groups are complaining sessions, but they are

actually very positive sessions where individuals learn from each other and share experiences. "Meetings focus on sharing challenges and solutions. Everyone learns from each other and participants become more empowered when they realize they are not alone. Joining a support group is an investment in yourself and often leads to improved self care. The sooner a person joins after a diagnosis for themselves or a loved one, the better they will know what to expect and be better able to take ownership of the disease."

The Belleville Chapter of the Ostomy Canada Society is a volunteer-based organization that provides emotional support, instructional and information services for people facing life with an ostomy and their caregivers. "Our meetings are held on the second Sunday of each month," says local chapter president Joan Sindall. "All Ostomates and families are welcome. We can also provide transportation assistance to meetings if required." In addition to regular support group meeting, the society offers trained volunteers who will visit new ostomy patients and their family members to provide information and support.

We all need a little support at some time in our life, reach out to get the support you need.



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 Belleville Quinte West Community Health Centre 613-965-0698
 (diabetes, nutritional counseling, parenting, and much more)
 Brain Injury Association 613-967-2756
 Celiac Association 1-800-363-7296
 CNIB 613-966-8833

Community Care for Seniors

Central Hastings 613-473-9009
 South Hastings Belleville Office 613-969-0130
 Deseronto Office 613-396-6591
 Prince Edward County
 Community Care for Seniors Association 613-476-7493
 VON Community Support Services 613-392-4181
 Elder Abuse Prevention Support Line 1-855-542-1336
 Gamblers Anonymous 613-373-8824

Hospice

The Heart of Hastings Hospice 613-473-1880

Hospice Prince Edward 613-645-4040
 Hospice North Hastings 613-332-8014
 Hospice Quinte 613-966-6610
 Ostomy Association Support Group 613-962-4343
 Overeaters Anonymous 613-848-9141
 Parkinson's Belleville Support Group 613-827-5961
 Pregnancy Crisis Centre of Prince Edward 613-476-9293
 Quinte Down Syndrome Network 613-966-9427 ext 230
 Positive Parenting Program 613-966-3100
 Sexual Assault Centre 613-967-6300
 Tourette Syndrome Association 613-968-5311

*This is not an exhaustive list but only provides some examples of support groups available to you. To learn more about support groups in your area check out these resources:

Visit www.Southeasthealthline.ca

Volunteer and Information Quinte database of services at www.viq.ca or purchase a hard copy of the Community Key

For Information on non-emergency social service programs contact 211 available to answer your questions 24 hours a day, 7 days a week.

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Maxine Armstrong
 Audiologist

Daniel Cassibo
 Hearing Instrument Specialist

How's Your Driving?

Staying mobile is important to the lifestyle of today's seniors. Growing older doesn't mean you have to give up driving. No one loses their driver's license solely because of age. Ontario's Senior Driver License Renewal Program for drivers 80 years of age and older, helps seniors drive safely and be mobile and independent longer.

What happens to my driver's license when I reach 80 years old?

Drivers aged 80 years and older must renew their driver's license every two years. To renew your license, you must register and attend a group education session.

What are the components of the Group Education Session?

The entire session is 90 minutes long and it consists of:

- a vision test
- a review of your driving record
- a short 45 minute education presentation
- a brief in-class screening component
- a road test if necessary (road tests are not part of the Group Education Session. If one is required, it will happen at another time).

Who decides if I need to take a road test?

A trained driver improvement counsellor reviews your driving record and how well you did on the screening component.

What happens if I am involved in a collision at my age?

The Ministry of Transportation has programs for drivers of all ages who were involved in a motor vehicle collision. These programs require drivers to pass road tests to keep their license. There is a specific collision program for older drivers. If you are aged 70 and older and you were in a collision as a driver, and charged with a traffic offence and later convicted for driving improperly, you will have to pass a 3-part driving test. This includes a vision test, a written

test, and a road test. A letter will be mailed to you informing you about what to do. You do not have to get tested until you receive the letter. The tests are free and you can take the tests again if you do not pass the first time.

This information was reprinted from How's Your Driving - Safe Driving for Seniors published by the Ministry of Transportation.



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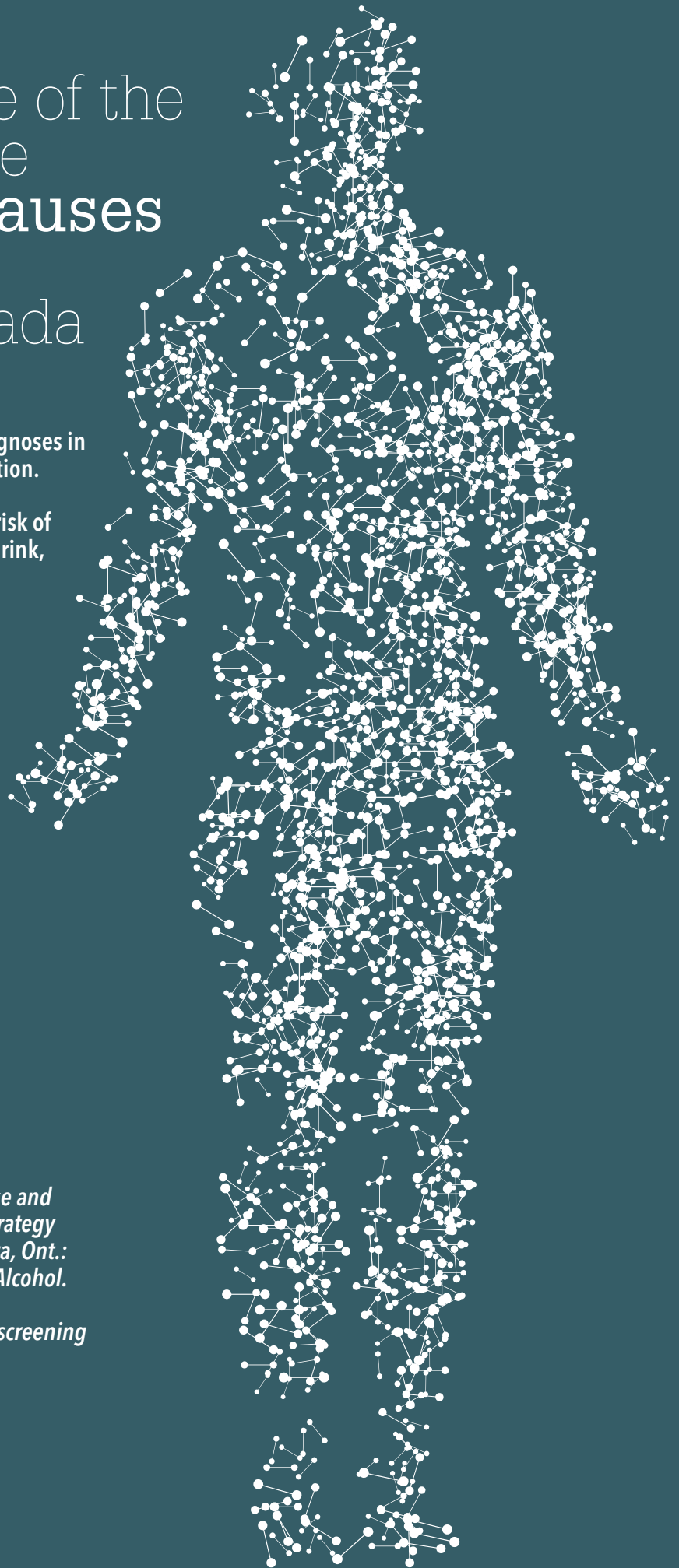
Alcohol is One of the Top Three Leading Causes of Cancer Deaths in Canada

In 2015, an estimated 10,700 cancer diagnoses in Canada were related to alcohol consumption.

Drinking any type of alcohol raises your risk of developing cancer. The less alcohol you drink, the more you reduce your risk.

- If you choose to drink, keep it to less than 1 drink a day for women and less than 2 drinks a day for men
- Drinking about 3.5 drinks a day doubles or even triples the risk of developing cancer of the mouth, pharynx, larynx and esophagus
- Drinking about 3.5 drinks a day increases the risk of developing colorectal cancer and breast cancer by 1.5 times
- Studies suggest that women are at increased risk for breast cancer even at a low level of one drink per day

Source: Canadian Centre on Substance Use and Addiction (2017). The National Alcohol Strategy monitoring project: a status report. Ottawa, Ont.: Author. Canadian Cancer Society (2017). Alcohol. from:
<http://www.cancer.ca/en/prevention-and-screening/live-well/alcohol/?region=on>



Exercise your right to be SMART

Seniors Maintaining Active Roles Together (SMART) are community-based, volunteer-led exercise programs for seniors that accommodate all levels of ability. SMART programs improve strength, balance, and cardiovascular health, and reduce social isolation and hospital visits related to falls.

Community exercise and falls prevention classes are open to all seniors and do not require a referral from a health provider. There is no charge to participate in exercise and falls prevention classes. However, registration is required.

Maynooth

Hastings Highlands Public Library 33011 Hwy 62,
Maynooth High Level: Monday and Thursday
10:00-11:00am Medium-High Level: Monday and
Thursday 11:05-12:05pm

Bancroft

St. Paul's United Church 1 Hasting St S, Bancroft Medium
Level: Tuesday and Friday 11:00-12:00pm

Coe Hill Legion 2254 Hwy 620, Coe Hill Monday and
Thursday 10:00-11:00am

Batawa Community Centre 81 Plant St, Batawa
Medium-High Level: Monday and Wednesday 10:45-
11:45am

Brighton Legion

25 Park St, Brighton Medium-High Level: Thursday
9:00-10:00am Low-Medium Level: Thursday
10:30-11:30am

Frankford Legion

12 Mill St, Frankford Medium-High Level: Monday and
Thursday 1:00-2:00pm Low-Medium Level: Monday and
Thursday 2:15-3:15pm

Trenton

Ebenezer Christian Reformed Church
18 Fourth Ave, Trenton Medium-High Level: Tuesday and
Thursday 9:30-10:30am Low-Medium Level: Tuesday and
Thursday 10:35-11:35am

Seniors Club 105

61 Bay St, Trenton Medium-High Level: Monday and
Wednesday 9:15-10:15am

Stroke Survivors (Post Stroke) Trenton YMCA

50 Monogram Pl, Trenton Tuesday's 2:30-3:30pm Friday
11:00am-12:00pm

Belleville

Aldersgate Village 7 Aldersgate Dr, Belleville
Medium-High Level: Tuesday and Thursday 9:30-10:30am
Low-Medium Level: Tuesday and Thursday 10:35-11:35am

Holy Rosary Church 169 North Park St, Belleville
Medium-High Level: Tuesday 10:20-11:20am

Quinte Living Centre 370 Front St, Belleville Low-Medium
Level: Wednesday and Friday 10:00-11:00am

Richmond Retirement Residence 175 North Front St, Belleville Low-Medium
Level: Tuesday and Thursday 9:30-10:30am

St. Columba Presbyterian Church 520 Bridge St. E, Belleville High Level: Tuesday
1:00-2:00pm Wednesday and Friday 1:30-2:30pm Low-Medium Level: Tuesday
2:15-3:15 Wednesday and Friday 2:35-3:35pm

St. Matthew's United Church 25 Holloway St, Belleville Medium-High Level:
Monday and Thursday 9:30-10:30am

Stroke Survivors (Post Stroke) Belleville YMCA 433 Victoria Ave, Wednesday and
Friday 1:00-2:00pm

Picton

The Wellings 15 Wellings Dr, Picton All Levels: Monday 10:45-11:45am

To find out more or to register for a class near you, contact VON Hastings
Northumberland Prince Edward at 613-392-4181 or 1-888-279-4866.

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