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## Let's Talk About Tummy Pain and Other Digestive Issues

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### Fall is the Season of Thanksgiving.....

"Never regret a day in your life:  
good days give happiness,  
bad days give experience,  
worst days give lessons,  
*and*  
best days give memories."



Most people likely have experienced the sudden feeling of cramping that turns into an emergency run to the nearest bathroom. For people who have IBS (Irritable Bowel Syndrome) this painful and stressful experience can be a daily reality. No one likes to discuss tummy and bowel related issues but we need to because they are important health matters.

Although digestion problems are not a normal part of the aging process, they do sometimes seem to go hand-in-hand. Older adults frequently report complaints about indigestion, constipation and diarrhea. Dr. Mendis, (a gastroenterologist) states there are factors other than aging that cause problems with digestion for a person aged 60 and older.

A **slower metabolism** can trigger constipation. If our activity level is lower and our metabolism is slowing, this could result in harder, drier stools that are more difficult to pass. Drinking more water, increasing daily activity (walking) and eating more fiber will help regulate and maintain healthy bowel habits. Relying on laxatives can be very problematic. See your doctor if problems persist.

Taking **medications** can have side effects for digestion and even cause constipation. Over the counter aspirin and other non-steroidal anti-inflammatory pain relievers can upset the stomach and in some cases cause gastro-intestinal bleeding. Always discuss possible side-effects with the doctor and/or pharmacist to

understand the implications of taking any of your medications.

Being **overweight** can lead to increased acid reflux and heart burn, as abdominal fat pushes the stomach into the chest. Maintaining a healthy weight will decrease the risk of developing GERD (gastroesophageal reflux disease) the most common digestive tract disorder in older adults.

**Increased sensitivity** to foods is a common complaint from older adults who find they cannot tolerate spicy foods, alcohol, coffee and even tea. Feeling more gassy and uncomfortable are the common symptoms.

### What can be done?

Eat a low-fat, high fiber diet rich in fruits and vegetables.

Stay hydrated! Drink water (fluids) throughout the day. If you are taking diuretics, ask your doctor how you can stay hydrated.

Chew your food properly. Digestion begins in the mouth with the enzyme amylase located in the saliva. Chewing allows the amylase to efficiently break down the food. Swallowing unchewed food can put an increased pressure on our digestive system.

Keep moving. Regular activity such as walking is necessary to promote normal contractions of the bowel. Eat more slowly. Relax and enjoy the food. Eat smaller meals. Drinking room temperature or warm water or tea with meals, rather than cold drinks can support stomach acid production. Let your doctor know of any sudden changes in your digestive system.

## TAKE THE "MYTHS OF AGING" QUIZ

1. **After age 40, most of us have a hard time seeing things less than 2 feet away.**  
True or False
2. **You may have a harder time hearing, especially women's and kids' voices?**  
True or False
3. **You will get shorter.** True or False
4. **What might get bigger?** Ears, Nose or Chin?
5. **Both men and women may end up growing unwanted hair.** True or False
6. **Your thinking abilities decline after your early 20s.** True or False
7. **You do not need as much sleep.** True or False
8. **Which one of these causes wrinkles?**  
A. Weight gain. B. Loss of proteins that firm skin.  
or, C. Weak facial muscles.
9. **Polypharmacy (too many medications) can lead to a change in mental status.**  
True or False
10. **Older adults are more optimistic than younger people?** True or False.

(Answers on page 3.)

## MUSIC IS GOOD FOR YOUR BRAIN AND SOUL

The power of music is incontrovertible. "If you want to keep your brain engaged throughout the aging process, listening to, or playing music, is a great tool. It provides a total brain workout." (*Johns Hopkins Otolaryngologist*)

Listening to long ago loved music connects us to the deepest reaches of our brain. Listening to our grandchildren's music challenges our brains to stretch.

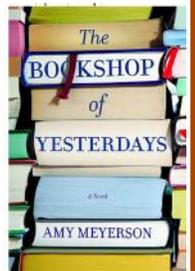
Giving us even greater brain health benefits is learning to play an instrument. Hundreds of studies have demonstrated that older adults who took piano lessons improved their abilities to pay attention, to problem-solve, have enhanced memory skills, and showed improved moods.

Listening to music generates memories and can incite dancing! Your brain is activated on multiple levels. People who may be non-verbal and seem shutdown can come alive when their favourite song is played. Music was a way I could reach my parents as they aged. I had hundreds of their favourite songs on my iPhone to play when we were together. Music can offer health and happiness.

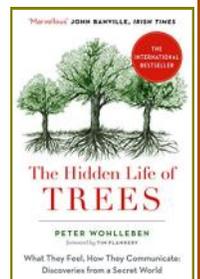


## SUGGESTED BOOK TITLES FOR BOOK CLUB READING

***The Bookshop of Yesterdays*** by *Amy Meyerson*. A young teacher (Miranda) unexpectedly inherits her Uncle Billy's bookshop. She dearly loved Uncle Billy. But on her 12th birthday, he and Miranda's mother had a mysterious dispute and they became estranged until his death 16 years later. Billy had always taken Miranda on adventures where they hunted for clues. Leaving her his beloved bookshop, just like their old adventures, he filled it with clues hidden inside the books on the store's shelves which take her on more adventures. It's a lovely story, simply told. Although you can guess the twist early on, it still is a fun read. Who doesn't want to cheer on the survival of a little independent bookshop? **Recommended by Valerie Stanley**



***The Hidden Life of Trees*** by *Peter Wohlleben*. This is more than a science book; it opens our mind to the many living trees around us. We need to be mindful that without trees, we would not be able to breathe. Wohlleben is a forester who manages forests in Germany. He has incredibly deep and profound insights into the world of trees and their ecosystems. You will learn so much more than an average science book will tell you about trees. It is the story of trees, their coping strategies, their communication patterns and their communal behaviours. This is an international best seller for many good reasons. **Recommended by Laura Peddie and Ron Chase.**



Please forward book title suggestions to me that you think others might enjoy. **Valerie Stanley, CSS Newsletter Editor**

### SOME BASIC FACTS ABOUT AGING AND DIABETES



On October 23, 2018, the CSS Lunch and Learn will host Ann Mathieu RN and Heather Fisher (Dietician) from the Diabetes Clinic. They will be presenting important information about the disease, including lifestyle and behaviour steps for a healthy life.

**From the National Institute on Aging:** 'Diabetes is a serious disease. People get diabetes when their blood glucose level, sometimes called blood sugar, is too high. Our bodies turn the food we eat into glucose. Insulin helps glucose get into our cells where it can be used to make energy. If you have diabetes, your body does not make enough insulin, may not use insulin in the right way, or both. That can cause too much glucose in the blood. In type 1 diabetes, the body makes little or no insulin. In type 2 diabetes, the body makes insulin but does not use it in the right way.'

#### Why this health issue matters to older Canadians:

In 2017, Statistics Canada stated that 18% of Canadians aged 65 and older have diabetes. It is estimated that 22% of Canadian adults have prediabetes; a condition where a person's glucose levels are high enough to put them in danger of developing diabetes. The statistics are alarming and expected to become more grave over the next two decades.

As we age, the risk for developing type 2 diabetes, heart disease and stroke increases. The good news is although we do not have control over getting older, we do have the ability to help prevent the onset of diabetes.

#### Four key components of diabetes prevention

**include:** making healthy eating choices, staying active, keeping a healthy weight, and having regular medical check-ups. At those medical appointments, talk with your health practitioner about ensuring they measure cholesterol, blood pressure and blood glucose levels.

The type 2 diabetes epidemic is linked to an aging, overweight and obese population. It is estimated that by 2050, 40% of older Canadians will have some form of diabetes. Educating ourselves and others about the seriousness of diabetes might lower that predicted percentage estimate.

**If you have these signs:** a) significantly increased thirst, 2) frequent urination, 3) unexplained weight loss or gain, 4) extremely tired or no energy, and 5) blurred vision, you might want to consider seeing your health care provider.

Every three minutes, another Canadian is diagnosed with diabetes. We need to get a grip on this disease.

### Answers: "Myths About Aging Quiz"

- 1. True.** Almost all adults develop a vision issue called presbyopia; trouble seeing things close up. Non-prescription reading glasses usually help.
- 2. True.** The higher-pitched tones that children and women tend to have are often the first sounds that are lost. Over time, the hair cells inside the ear that send sound waves to the brain become less sensitive. It can make it hard to distinguish "P" from "T". This condition is called presbycusis.
- 3. True.** Between the ages 30 and 70, men can lose an inch of height and women can lose up to 2 inches. The cartilage between the joints wears out and pushes the spine together. Muscles can get weaker and do not hold one up as well. So .....stay active!
- 4. Ears.** The cartilage in ears keeps growing. Your nose may only seem larger because tissues around it weaken and it starts to drop.
- 5. True.** Women have less estrogen after menopause causing thinning hair on top of the head, and hair

growth on the upper lip and chin. Men may lose hair on the head and have increased hair growth in the ears and nose.

**6. False.** Some types of memory improve throughout life, like the ability to recall concepts and facts. However, while losing your keys once in a while is normal; forgetting what they are for is not.

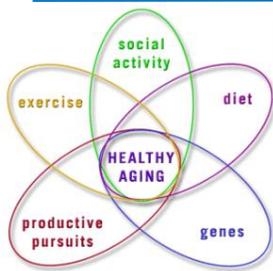
**7. False.** The amount of required sleep stays the same throughout the decades. However, sleeping patterns may change.

**8. B.** The body does not make as much collagen and elastin, the proteins that help skin stay plump and firm.

**9. True.** Taking too many medications is a number one health hazard. Talk to the pharmacist if you are concerned.

**10. True.** Older adults tend to keep life in perspective. They can be more flexible and see the sunny side of life.





## Living better ageing well

### Fun Facts and Tips



### The Benefits of Tea Tree Oil

Tea tree oil is a liquid that is extracted from the *Melaleuca alternifolia* tree (a shrub really) found in Australia. Known for its healing and medicinal properties for centuries, scientists are now conducting studies to verify the anecdotal claims.

People assert that many ailments are treatable and healed by tea tree oil. This article will write about the ailments that have been studied and verified as benefitting from the application of tea tree oil.

The oil possesses antibacterial, anti-inflammatory, antiviral, antiseptic and antifungal properties. You can buy 100% pure tea tree oil anywhere—pharmacies, health food stores, and grocery stores either in liquid form, or topical creams. There are mouth washes and toothpaste formulated with tea tree oil but the research about the efficacy of those products is not as definitive.

⇒ ***Never take tea tree oil orally.***

⇒ ***Never use tea tree oil on pets or animals.***

Tea tree oil offers an effective antibacterial treatment without the adverse side effects associated with conventional antibiotic medications.

1. **Athlete's Foot:** For milder cases of athlete's foot, studies have demonstrated that tea tree oil is an effective treatment. The oil applied to the affected area twice-daily for four weeks cleared up the athlete's foot rash in more than half of the subjects' who were part of the clinical trials.

2. **Toe nail fungus:** Studies found that tea tree oil has a similar rate of effectiveness as a common antifungal medication. There is growing concern that the use of antibiotics and antibiotic products are negatively affecting our abilities to fight infections.

3. **Fighting Bacterial, Fungal and Viral Infections:** There is growing research that is showing tea tree oil to be effective in fighting MRSA, the potentially deadly bug often found in hospitals. Much more research is needed though to definitively state this claim. *Studies have shown that tea tree oil provides effective treatment for cold sores and warts.*

4. **Treating Dandruff:** Participants in various studies who used a 5% tea tree oil shampoo daily for four weeks showed significant improvements in the overall severity of their dandruff condition.

5. **Wound Dressing:** Place a few drops of oil onto a fresh wound dressing (gauze) and apply to the wound. I have even put the oil drops directly onto the wound to kill the bacteria and reduce any inflammation.

6. **Improve Foot Odour:** Combine a half teaspoon of a simple cream or oil with 3 drops of tea tree oil and massage the mixture into your feet. To help with shoe odour, add 5—10 drops of tea tree oil to a spray bottle that has about 1/2 to 3/4 cups of water—and spray the inside of your shoes.



### **Use Ginger to Help Settle an Upset Tummy:**

Ginger is a common remedy to soothe an upset stomach and indigestion. Ginger contains chemicals called gingerols and shogaols that speed up stomach contractions. These chemicals may help move foods through the digestive tract that are causing the indigestion. My Mom always used ginger to help reduce nausea, or vomiting and/or diarrhea. She would flatten ginger ale. Or, she would heat up the ginger ale

and add a little more ginger. Or, she would make some tea and add ginger. If you do not have time to grind your ginger-root, a quick solution for a queasy stomach is to buy ginger Graval. There is growing evidence that ginger's chemicals work in the brain and nervous system to control nausea.





**WORD FIND: find the 20 words listed here**

Y	Y	R	E	V	O	C	S	I	D	O	T	I
C	R	I	S	P	I	N	J	Y	K	U	S	N
J	H	X	W	O	R	C	E	S	T	E	R	G
D	O	K	C	R	A	M	S	I	B	A	W	R
C	Y	G	S	S	D	E	R	A	D	I	K	I
F	I	E	S	T	A	E	X	D	M	S	C	D
B	G	A	N	A	T	R	A	P	S	Z	K	M
G	J	X	L	I	F	O	R	T	U	N	E	A
M	S	O	P	Q	N	L	D	O	D	O	P	R
O	C	U	N	B	R	E	P	U	S	T	I	I
N	J	C	T	A	T	E	S	N	U	S	C	E
A	V	R	Z	K	G	P	T	X	N	N	U	M
R	H	G	A	V	M	O	R	X	U	I	R	C
C	R	E	V	W	W	I	L	K	S	W	E	D
H	M	V	G	R	E	N	A	D	I	R	R	U

\* Puzzle Solution is found on back page

**TOPIC - APPLE VARIETIES**

- BISMARCK
- COXS
- CRISPIN
- DISCOVERY
- EPICURE
- FIESTA
- FORTUNE
- GRENADIER
- IDARED
- INGRID MARIE
- JONAGOLD
- JUPITER
- KATY
- MONARCH
- REV W WILKS
- SPARTAN
- SUNSET
- SUPERB
- WINSTON
- WORCESTER



**“What is it” Riddles**

Guess the answers to the following riddles.  
(Answers on the back page)

1. No sooner spoken than broken. What is it?
2. You cannot live without doing this, and we all do it at the same time. Yet, many wish it was not happening. What is it?
3. Neither bought or sold but more valuable than gold. It is built, but not by hand. What is it?
4. Everyone has it and no one can lose it. What is it?
5. Whoever makes it, tells not; whoever takes it, knows not; and whoever knows it, wants it not. What is it?
6. You can hold it without using your hands or your arms? What is it?
7. What is something that you always have but you always leave behind?
8. If I have it, I don't share it. If I share it, I don't have it. What is it?



**Volunteer Training and Recruitment Lunch and Learn Event**



**“Understanding Dementia”**

**Who is the training for?**

- ⇒ An educational opportunity for our current volunteers and for those who may be interested in becoming a CSS volunteer
- ⇒ If you are interested in understanding dementia and how to engage in meaningful visits with someone living with dementia, you are also welcome to attend

**September 28 at 11:00 a.m. until 2:00 p.m.**  
**Parry Sound Golf Course. This event is free.**  
**Call: 705-746-5602**

Sandwiches, Salads, Dessert, Refreshments  
Transportation is available.



**Community Support Services 21 Belvedere Ave. Parry Sound, Ont. 705-746-5602**  
 email: [ltaylor@belvedereheights.com](mailto:ltaylor@belvedereheights.com)



**DINERS' CLUBS:** (\$12.00 at the door)  
**Parry Sound:** September 10; October 1; at 4:30 p.m.  
 Belvedere Auditorium  
**Dunchurch:** At Dunchurch Community Centre.  
September 18; October 16; 11:30 a.m.

**LUNCH & LEARN:** (\$10.00 @ the door) 11:00 am.  
**September 25— 'Digestive Problems?' Professor, Bev Hall, BScN, RN (Belvedere Auditorium)**  
**October 23—"The Diabetes Epidemic" Amanda Mathieu, RN CDE & Heather Fisher, Dietician (Belv. Auditorium)**

**Fruits and Veggies Program—** 2nd & 4th Wednesday of each month. Bags of fresh fruit & vegetables are prepared for seniors to buy **\$10.00**  
 Call a week ahead to order: 705-746-5602

**Crock Pot Cooking Lessons:** Participants bring their crock pots and prepare a meal. Ingredients are provided and included in the cost. Participants take home the crock pot meal to cook. **\$10.00** at the door.

**Parry Sound—in the Belvedere Auditorium— @ 10:30 am. September 17; October 15;**  
**Dunchurch Crock Pot Program—at the Legion on Hwy 124— September 11; October 2 @ 10:00 a.m.**  
**Humphrey Crock Pot Program—Humphrey Community Centre—October 19; @ 10:00 a.m.**

Please call CSS a week ahead to confirm your attendance. (705-746-5602).

**EXERCISE PROGRAMS**

**Qi Gong:** Thursday mornings at 9:30 am. Belvedere Heights Auditorium. No cost. Donations are accepted. Leader Dorit Bartmann.

**Gentle Exercise for People with Limited Mobility:** Thursday afternoons @ 1:00 pm. Tuesday afternoons @ 1:30 p.m.

Balls, therabands, gentle breathing and stretching in chairs. Donations are accepted. Leader Dorit Bartmann.

**Walking / Exercise Programs** throughout our area. If you need to know about an exercise program near you, please call 705-746-5602.

**SENIORS' MOVIES AT BELVEDERE AUDITORIUM**

**Seniors' Movie Club:** (held in Belvedere Auditorium) The 3rd Wednesday evening each month at 6:00 p.m. Popcorn. We have a wide and varied selection. FREE



**"Book Club" — September 19**

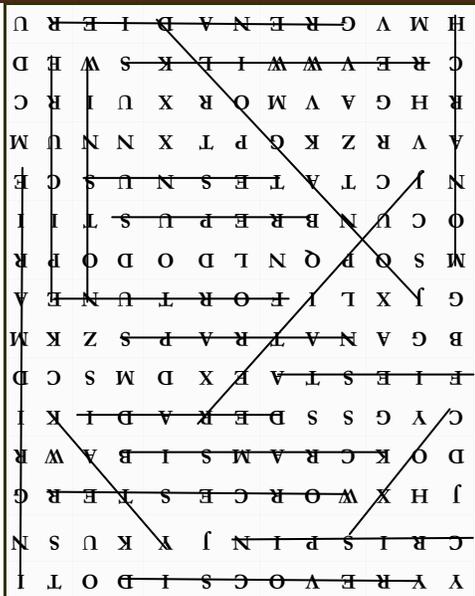
**"Finding Your Feet" — October 17**

**"The Man Who Invented Christmas" - November 21**

**Moving with Parkinson's—**moving to music—held at Trinity Anglican Church 10:30 am. Wednesdays. Certified Dance Facilitator—Julie Lea. **September 26, 2018** will be the first group for Fall 2018. ★

The **Parkinson's Support Group:** will follow the **Moving with Parkinson's** group the first Wednesday of the month at 11:30 at Trinity Anglican Church. Call 705-746-5602 for more information.

**Parkinson's Super Walk Parry Sound—**Belvedere Heights—September 26 @ 1:30 p.m. Front Entrance—Come join us to raise money for Parkinson's Disease



- Riddle Answers
1. silence
  2. aging
  3. trust
  4. shadow
  5. counterfeit
  6. your breath
  7. fingerprints
  8. secret

**Word Search Puzzle Solution**

**Next CSS Newsletter**  
**November 2018**

**CSS—**Community Support Services (West Parry Sound District)  
 21 Belvedere Ave. Parry Sound ON P2A 2W7  
 (705)746-5602  
[www.parrysoundsupportservices.ca](http://www.parrysoundsupportservices.ca)  
**"Our Mission is You"**