



OUTREACH

October 2020

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Be safe, Be Well

Message from the Executive Director

By Elizabeth Nykorowytch Macnab, CHRL

The pandemic is changing our behaviours. Take shopping for example. I use retail therapy to unwind. I enjoy being out, seeing people, touching things, experiencing what's new. A fall ritual that I remember was receiving Sears catalogues, thumbing through hundreds of pages, the internet has replaced this. Although I switched to online purchases, I miss personal shopping. Edward M. Hallowell, M.D., wrote in his book, *Crazy Busy* that "Lingering is a lost art." With COVID-19 the message is to stay away. People, I have learned, we need to find ways to linger. People are socially distancing with family and friends in the back yard, on patios or balconies and even in apartment entrance areas. There are Friday evening wine groups or people eating meals together virtually, over Zoom. When you are planning to go out or meet friends, leave time so that you don't feel rushed. Enjoy your precious time and always remember to stay safe.

What I have also learned is that the news is mostly negative (sky rocketing debts, people who are unemployed, COVID-19 on the rise) which is affecting our mental health. Canadian Mental Health Association, *Ontario division* has a toolkit for employers and employees to help navigate the new complex mental-health realities. OSSCO's training programs can also help. Returning October 14th, Noreen will host an eight (8) week TeleLearning (using teleconference technology). Join us every Wednesday at 1pm for her learning and discussion session. OSSCO is also offering Photography & Photoshop Level II. Join training consultant Richard at 9:30am-11:00am on Tuesdays or Thursdays. Register at programs@ossco.org. Fall colours are everywhere, bird migration is in full swing and so is the start of the flu season. In a year of a pandemic don't forget to get your flu shot, high dose level if you are over 65, on one of your outings. Be safe, be well.



Ontario Society of Senior Citizens Organizations

La Société des Organisations des Citoyens Aînés de l'Ontario

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Did you declutter yet?

By Becky Mansfield, Journalist at Your Modern Family



You probably want to reclaim your home and get your home back on track. You can do it with this challenge. It only takes a few weeks to create a habit, so this decluttering challenge is sure to help you achieve that. We want to show you how and why you should get rid of the clutter in your house. We will do this in just a little at a time... without feeling overwhelmed. Our goal is to reduce stress mentally by reducing clutter physically. If you feel like clutter makes you feel overwhelmed, anxious, or upset... it's not in your mind. Decluttering has a domino effect on better living. A clutter-free environment allows you to perform tasks of daily living more efficiently because everything you need is readily available and within reach. For example, if your dishes are clean and properly stored, you're more likely to eat at home and enjoy

cooking. On a deeper level, a clutter-free space also contributes to your well-being because you will subconsciously feel like you are providing yourself with a higher level of self-care.

Sometimes even the thought of cleaning out the clutter sounds like an overwhelmed, anxious task, but we will keep it simple. Our goal is to make you feel better and show you how to declutter in a few minutes a day! By spending just a little time each day focusing on how to declutter your home, during this clutter & organization challenge, you will be able to have more peace in your home because you will feel better about the space that you live in every day. If you've wondered how to organize your home, this will help you in making decisions and finish with positive steps taken, without looking like a tornado just went through your house. Think of your house like a phone: you're going to remove old apps (clutter) and then find an app (organization system) that will make everything better. (hint: fabulous feelings ahead!) When decluttering, it is important to sort your items and then decide if you need to donate or toss them.

Today is the day for you to begin to declutter your life and declutter your mind by decluttering your home. **More information at www.yourmodernfamily.com/decluttering-challenge**

Stay calm, Tamara can help you

Provided by Calm



Tamara Levitt is Head of Mindfulness at Calm, where she writes, produces and instructs Calm's meditation and mindfulness programming. Tamara has always been a questioner, seeking answers to help navigate this rollercoaster of a world we live in. At the age of 18, back when mindfulness was yet to grace the covers of magazines, she discovered meditation while in a clinic for eating disorders. This entry to meditation set off a decades-long pursuit that has defined much of her life. For the past thirty years she has studied meditative practices and traditions such as Mindfulness meditation, Vipassana/Insight, Shambhala, Zen, and Theravada and Mahayana Buddhist teachings. She has studied with meditation teachers such as Geshe Kelsang Gyatso, Gen Kelsang Zopa, **cont..**

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Lama Catherine Rathburn, Virginia Hamilton, Michael Stone, Jon Kabat-Zinn, Shinzen Young, Jeff Foster, Jim Bedard, Randy Baker, Venerable Hwasun Yangil Sunim, Philip Starkman, Matthew Brensilver, Vinny Ferraro, Sharon Salzberg and others. And while she doesn't claim that meditation fixes everything, she credits this practice as transforming her life. In her role with Calm, Tamara's mission is to support others to live more gently, authentically, courageously and compassionately. She also places a high importance on sharing the principles of mindfulness in an accessible way that stays true to original teachings. **Check out Calm.com**

The "Year of the Nurse and Midwife"

Supported by The United Nations

The year 2020 marks the 75th Anniversary of the United Nations and the 30th Anniversary of the International Day of Older Persons. This year has also seen an emergence of COVID-19, that has caused an upheaval across the world. Considering the higher risks confronted by older persons during the outbreak of pandemics such as COVID-19, policy and programmatic interventions must be targeted towards raising awareness of their special needs.

This year has also been recognized as the "Year of the Nurse and Midwife". International Day of Older Persons 2020 will highlight the role of the health care workforce in contributing to the health of older persons, with special recognition of the nursing profession, and a primary focus on the role of women - who are relatively undervalued and in most cases inadequately compensated. The 2020 observance will also promote the Decade of Healthy Ageing (2020-2030) and help bring together UN experts, civil society, government and the health professions to discuss the five strategic objectives of the Global Strategy and Action plan on Ageing and Health while noting the progress and challenges in their realization. The global strategy is well integrated into the Sustainable Development Goals (SDGs), while ageing issues cut across the 17 goals, especially Goal 3 which aims to "ensure healthy lives and promote well-being". As stated by Dr. Tedros Adhanom Ghebreyesus (Director-General, WHO) "acting on the strategy, is a means for countries to implement the 2030 Agenda for Sustainable Development and ensure that every human being regardless of age will have an

opportunity to fulfill their potential in dignity and equality". The 2020 theme aims to inform participants about the strategic objectives for the Decade of Healthy Ageing. Raise awareness of the special health needs of older persons and of their contributions to their own health and to the functioning of the societies in which they live. Increase awareness and appreciation of the role of the health care workforce in maintaining and improving the health of older persons, with special attention to the nursing profession. Present proposals for reducing the health disparities between older persons in the developed and developing countries, so as to "Leave no one behind". Increase understanding of the impact of COVID-19 on older persons and its impact on health care policy, planning, and attitudes. On 14 December 1990, the United Nations General Assembly designated October 1 as the International Day of Older Persons. See more at un.org



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Caregivers Can Help

Supported by Home Care Assistance



Caregivers are in a unique position to help facilitate and enhance the suggestions we have outlined here. To take it one step further, they can help make many of these activities possible. Let's look at how caregivers can provide invaluable support in keeping seniors engaged. Caregivers can teach seniors how to use a smartphone, laptop or iPad in the privacy of their home. It can take time to become comfortable and familiar with technology if you have never used it before. Caregivers can show seniors how to use social media apps to maximize their potential to bring people together. Caregivers can fill that vital gap of socialization. Whether it is talking about family, life history, current

events, or feelings. Conversation helps people feel connected and appreciated. It stimulates the brain in positive and meaningful ways. Having someone to play games with opens up a whole new world of possibilities. These could be card games, board games, sharing a puzzle, or learning online activities that are mentally stimulating. Being alone during the COVID-19 pandemic does not mean your mental health has to suffer. By attending to your mental and physical health, you can thrive under these conditions. A caregiver can be an enormous help during these difficult times. **Contact programs@ossco.com for free programs**

4 Ways to Boost Your Loved One's Morale

Supported by AARP

Here are ideas to show you are still there in spirit and still care.

1. Handwritten cards and letters are more special than ever. Recipients can display the cards and re-read correspondence to remind themselves that you care.
2. Share a virtual meal Plan, a long distance date. Order what your loved one likes — and pay for it via a meal delivery service such as DoorDash or Foodora and make sure the meal gets

there at the appropriate time. Then call to talk during the meal.

3. For those in assisted living or independent living who still like to cook, you can get their grocery lists and do the shopping for them or use a shopping service such as Instacart. Deliver the food as close as you're allowed and make sure to put the name and address or room number of the recipient on the boxes or bags.
4. Among the most popular video calling apps is Apple's FaceTime, that's for iPhones, iPads and Macintosh computers only. Amazon Alexa, Facebook Messenger, Google Duo, IMO, Skype, Viber and WhatsApp work on Android, Microsoft Windows and other devices. Be sure to coordinate so that everybody is on the same platform. This way, grandkids of different siblings can be on the same story time call. Older kids can make the call more like adults' book clubs. Both grandparent and grandchild can read a couple of chapters of the same book and talk about their impressions or what they learned. **See more at AARP.org**



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