

EDITOR'S
PICK

TRENDS IN THE INDUSTRY

Learn more about how SenbridGe by Goodmans is reframing retirement living. **p04**

STAY AT HOME LONGER

Learn how technology is helping Canadians remain independent at agewell-nce.ca. **p05**

TRIP OF A LIFETIME

Save \$500/person off your next custom Collette getaway, visit gocollette.com/enca. **p08**

Empowering Aging Canadians



DON'T STOP BELIEVIN': OLIVIA NEWTON-JOHN ON AGING GRACEFULLY

Mediaplanet With over five decades of entertainment success, what does "Don't Stop Believin'" mean to you?

Olivia Newton-John "Don't Stop Believin'" is a special song written by my long-time producer, songwriter, and friend John Farrar. The song means so much to me on many levels — professionally and personally. The message of the song is simply to not stop believing, even on your worst days. It's the reason why I chose it as the title for my new memoir.

MP As you're best known for your strength, courage, and grace, what do you think is the key to healthy aging?

ONJ I think the key to healthy aging is just using common sense. Eat healthy foods, exercise, do something you enjoy doing every day, and laugh — a lot! I laugh as often as I can — and often at myself! I find humour in most situations because a sense of humour about life and myself is so integral to my healing.

MP Amidst your busy daily life, how do you stay positive?

ONJ I stay positive because we really only have two choices — being positive or negative. I choose to be positive because I feel if you put out positive energy, it will return to you ten-fold! I stay positive because I'm lucky enough to have a wonderful husband, family, animals, and friends. Those are really the important things to help keep you happy and healthy!

Article continues on **page 06**.

TIPS FOR YOUR AGING JOURNEY

As we age, various events affect our social interactions and connections. Living on a pension with decreasing savings may limit social outings. Loss of driver's license decreases our mobility. Significant life changes such as illnesses reduce our social circle until we're left with the TV, perhaps a pet, and maybe a friend or two.

Non-profits such as Ontario Society of Senior Citizens Organizations (OSSCO) have created various learning programs and workshops to give older people experiences that increase their knowledge and give them new social engagement opportunities. At OSSCO, we believe that everyone should be able to mentally age well and that cost should not be a barrier to aging.

We all know the basic "prescription" to aging well — eat right, get enough sleep, and exercise. It's not always easy to do, but here are some tips that OSSCO's "senior" learners shared.

1 Create a daily routine and schedule activities to keep busy. Focus on others through volunteering to improve your frame of mind.

2 Just keep moving. Join an exercise group. Do several small walks daily. Even with an acquired disability such as vision or hearing loss, or walking with a cane or in a wheelchair, there's an activity for everyone.

3 Stay connected. If family or friends are not nearby, connect online through Facebook or Instagram.

4 Take a class such as computers or Photoshop, offered by OSSCO for free. Attend a lecture at the library or one of OSSCO's monthly Tuesdays with OSSCO programs. These challenge your brain and rebuild the important social connections we need.

5 Healthy brains require good nutrition. Healthy eating can also reduce cholesterol, lower blood pressure, and improve blood sugar levels.

Aging well mentally requires us to redefine our aging process and to recognize that change — cognitively and physically — is inevitable. Instead of grieving about the past, acknowledge what you've gained. Look forward to the aging journey that you're on.

Elizabeth Macnab, Executive Director, OSSCO

SUPPORTED BY



Ontario Society of Senior Citizens Organizations
La Société des Organisations des Citoyens Aînés de l'Ontario

Stay in Touch



facebook.com/MediaplanetStories



[@MediaplanetCA](https://twitter.com/MediaplanetCA)



[@MediaplanetCA](https://www.instagram.com/MediaplanetCA)



pinterest.com/MediaplanetCA



Please recycle after reading

Publisher: **Chelsea Siemon** Business Developer: **Sarah Liderri** Country Manager: **Jacob Weingarten** Content Strategy Manager: **Margot Thomas** Lead Designer: **Yeganeh Ghasemi**
Web Editor: **Kaleigh McLelland** Contributors: **Tania Amardeil, Dr. Jane Barratt, Carol Chow, Rob Csernyik, Ken Donohue, Cathy Hecimovich, Elizabeth Macnab, D.F. McCourt, Catherine Roberts, Janice Tober, Melissa Vekil** Cover photo: **Michael Caprio, Caprio Media Design** All images are from Getty Images unless otherwise accredited.
This section was created by Mediaplanet and did not involve Toronto Star or its Editorial Departments. Send all inquiries to ca.editorial@mediaplanet.com

Experience the Joys of Companionship During Seniors' Month



Our mature drop-in companions support seniors with:

- Social activities
- Dressing and light grooming
- Meal preparation
- Medication reminders
- And more!



\$25*

Off your first drop-in companionship service.

Promo Code: **SFS2019**

* Offer only valid for new clients
Minimum 3 hour service
Must be booked by July 31st, 2019

1.844.339.8638
seniorsforseniors.ca

AGING IS A NATURAL PART OF LIFE - *EMBRACE IT*

A lifestyle concierge can help you stay in control in your later years.



Lori Germain
Co-Founder & President,
Discerning Seniors Inc.

Leigh Merlo
Vice President,
Client Services,
Discerning Seniors Inc.

Many seniors perceive aging as a sign of weakness because it requires asking for help. But in fact, asking for help and planning for one's retirement years are signs of strength and maturity. They can also help seniors avoid loneliness — one of the biggest struggles of aging.

Discerning Seniors is a unique concierge service that helps seniors and their families navigate through various lifestyle options. It helps identify areas of support, create a bespoke plan with vetted services, and even put the plan in action. Whether it's finding the right retirement home, coordinating a dream vacation, or scheduling meal deliveries, Discerning Seniors caters to your lifestyle preferences.

Take charge of your life. To learn more, visit discerningseniorsinc.com.

SUPPORTED BY



BRAIN FITNESS *IS AS IMPORTANT* AS BODY FITNESS

As we age, certain body functions slow down. As our body fitness declines, must our brain fitness as well?



Patricia Clark
Executive Director,
Active Aging Canada

"Where did I leave my keys?" is a common cry among us. But the more important question is, "Do I know what to do with my keys once I find them?" These questions point out the difference between normal aging and diseases such as dementia. That critical difference is reassuring to most of us.

As we age, certain body functions slow down. Some changes are inevitable for most of us, such as grey hair, and less of it. As our body fitness declines, must our brain fitness as well?

The body and brain are interconnected, so what's good for the body is also good for the brain — and vice-versa. Light to moderate physical activity is one of the best protectors against the loss of both body and brain function. In addition, a heart-healthy diet is also a brain-healthy diet and may help to preserve memory and thinking skills.

The brain can 're-wire' itself — a phenomenon known as neuroplasticity — which comes into play when you must pay close attention and focus on learning a new task, such as learning a new computer skill, another language, or how to play a new instrument.

By combining physical activity, intellectual stimulation, and social interaction with a good diet, you are building a 'cognitive reserve' — kind of like an RRSP for the brain. This may well delay the onset of the normal symptoms of aging.

SUPPORTED BY



BECAUSE *DIGITAL* *LITERACY IS* FOR EVERYONE

As technology advances, digital literacy becomes more important. To stay connected, seniors require support.



Emily Jones Joannis
Co-Founder & CEO,
Connected Canadians

Tasneem Damen
Co-Founder & CIO,
Connected Canadians

Connected Canadians is a new non-profit that provides free technology training and support to seniors. After nearly 20 years of helping older adults in their network improve their tech skills, founders Emily Jones Joannis and Tasneem Damen observed the number of youth-focused digital literacy organizations with little support for older adults, and realized they had something to offer.

The duo decided to create an organization to foster digital literacy skills amongst seniors, connect them with others, and improve their quality of life. Their team is made up of highly-skilled volunteers, many of whom are new immigrants to Canada with deep technical knowledge.

Connected Canadians' long-term goal is to provide every Canadian senior with access to free technology training and support — and they're actively seeking sponsors to reach this goal.

Learn more at connectedcanadians.ca.

SUPPORTED BY



Photo Courtesy of Kathleen Hayes



WILLIAM SHATNER'S *SECRETS FOR* *HEALTHY AGING*

Shatner maintains a busy lifestyle with various philanthropic and business ventures, but he's always conscious of the potential effects on his health. "It's expected that as you get older, you'll decline," he says. But he adds that it's not necessary for mental health to decline quite as sharply as physical health — "You can take [care] of yourself," he says.

What's Shatner's biggest piece of advice for living a healthy lifestyle at any age? "Keep active, because your brain is affected by the rest of your body," he says.

One way Shatner likes to keep active is by bicycling with family members. He says they use electric bicycles, which require less pedalling power. "It would have been a challenge — actually an impossibility — to keep up with the younger members of my family bicycling," he says.

Shatner says that creativity goes a long way in the pursuit of physical and mental health. "By using just a little imagination, you can compensate for some of the things that are going to happen when you get older," he says. It's also important to the TV star to spend time with others. "I know that good, healthy aging comes from not being solitary or brooding," he says.

Give something back

Shatner has a new book called *Live Long and...: What I Learned Along the Way* and he notes that the message is about the importance of keeping busy. "Say yes to life, yes to dinner, yes to going out, and yes to something new, because time is too short to lose one opportunity to sacrifice another," he says. Shatner also notes the importance of challenging yourself. He likes to do so through charity work, choosing causes that are close to his heart.

Unlike some celebrities, Shatner doesn't focus on one type of cause. It's all about whichever ones resonate with him. "Everybody, everything needs help," he says.

Shatner credits his ability to stay vibrant to his involvement with his community through volunteering and advocacy work in and around North America.

"Whether it's salmon in British Columbia, the seals in the St. Lawrence, children who are affected by disabilities, or veterans coming back from the wars, everybody needs help, so I do the best I can," he says. "There's nothing better for your brain than trying to help someone else."

Rob Csernyik



by **MOTITECH**

*Turning Older People & People With Dementia
Into Dedicated Athletes*

www.motitech.ca



EMBRACE WINTER WITH *A WELLNESS GETAWAY*



How important is preventative health? By 2030, seniors will make up 23 percent of Canadians. As the population ages and lifespans increase, the importance of living a healthy lifestyle is becoming even more apparent. Maintaining independence is now the primary objective of many seniors, with healthy eating and physical exercise being used to holistically prevent and manage common health concerns.

Health retreats, spa getaways, and wellness travel have been gaining in popularity as one component in achieving a high quality of life while aging. Located in Vernon, BC, Sparkling Hill Resort is a wellness destination designed to provide guests of all ages with the services and amenities needed to focus on their personal journey to whole body wellness.

A one-of-a-kind wellness destination

With a love of the Okanagan's natural beauty and a desire to bring the European health and wellness experience to North America, Gernot Langes-Swarovski, patriarch of the Swarovski crystal family, envisioned and developed Sparkling Hill Resort. A manifestation of his vision, Sparkling Hill is now renowned as a leading destination for wellness travel where guests can maintain, improve, or kick-start a healthy lifestyle and increase their overall sense of physical and mental well-being.

At the heart of the property's health and wellness experience, guests receive access to the 40,000 sq. ft. KurSpa with every stay. The atmosphere of KurSpa is one of mind-body connection. KurSpa, meaning "healing with water," is an oasis of water-based amenities such as a heated year-round outdoor



Sparkling Hill Resort, Vernon, BC.

With direct flights from all major Canadian destinations, the Okanagan Valley is the ideal location for a wellness retreat.

Embracing winter wellness

In Canada, it can be especially challenging to maintain a healthy lifestyle through the winter months. Shorter days, frigid temperatures, and snow-covered roads and sidewalks can cause us to spend more time at home, leading to lower energy and social isolation.

In the wintertime, our first reaction might be to do as the snowbirds do and book a getaway to a warmer climate. However, there are benefits to embracing seasonality as a part of our wellness journey. One perk of living in a four-season climate is the ability to adapt our routines to the time of year, and in the winter specifically, to slow down. Winter is a natural time for rest, recovery, and reflection.

While the benefits of visiting Sparkling Hill can be accessed year-round, their wellness destination is uniquely equipped to facilitate the type of downtime required during the colder season while also providing a way to break up the monotony of those long winter months.

The growing popularity of wellness travel

Imagine taking a trip that leaves you feeling restored, re-energized, and ready to live life to the fullest. That's the idea behind wellness travel. Wellness travel promotes your health and wellbeing — both physical and mental — through a combination of activities and relaxation.

In short, most of us could benefit from reconnecting with our bodies and resetting our healthy routines with a whole body wellness retreat.

Offering a range of customizable wellness packages, the health resort provides guests with a

healing retreat from their normal environment and a mental break from the stresses of daily life.

Staff and health care professionals at KurSpa are trained to educate guests on relaxation and wellness, and strive to see a shift in guests' perspective during their stay and after checkout.

For some guests that might include joining a fitness class or snowshoeing on the trails surrounding the resort, while for others it could mean exploring the themed aromatherapy steam rooms and saunas, quieting the mind in the serenity and tea relaxation rooms, and swimming outdoors in the heated infinity pool. Every guest's needs are unique, and this is clearly reflected in the packages and programs available at the resort.

One of the more popular retreats offered is the 5 Night Only for Seniors wellness package. For some, retirement and aging can be an overwhelming transition, but maintaining a healthy and active lifestyle can improve feelings of low energy and negative impacts on mental health.

The seniors' wellness package was designed for adults aged 60 and over who want to achieve optimal health, and is suitable for those who want to feel more energy and get a jumpstart on healthy aging. Adults and seniors experiencing burnout from putting the needs of others or the demands of work above their own health will also find the programs especially rejuvenating.

With five hours of included spa treatments, two-course dinners, activity classes, and more, this five-night retreat provides guests with a foundation to focus completely on their personal well-being with guidance from the resort's staff.

Melissa Vekil

Imagine taking a trip that leaves you feeling restored, re-energized, and ready to live life to the fullest. That's the idea behind wellness travel.



infinity pool, Kneipp hydrotherapy water stepping channels, seven uniquely-themed steam rooms and saunas, and more.

Guests of the resort are encouraged to follow the European spa philosophy of hot-cold-rest with hydration while experiencing the included amenities within KurSpa.

While the KurSpa may be the primary focus of the wellness getaway, the design and serene location overlooking Okanagan Lake and the Monashee Mountains also provide a setting to help guests revitalize and unplug from the outside world. Open-concept guest rooms act as personal oases and feature glass walk-through showers, custom wellness beds, two-person soaker tubs, and floor-to-ceiling window walls that open to bring the natural beauty indoors.

Bathrobes are encouraged at the full European-inspired hot buffet breakfast, included each morning of guests' stay. The resort's location also provides the culinary team with the best fresh and sustainable ingredients, with seasonal lunch and dinner menus featuring farm-to-table fine dining including a wide variety of healthy options.

Look forward to winter as the time to recharge and reconnect with a healing wellness getaway. Learn more about Sparkling Hill Resort and find more information about their packages and services at sparklinghill.com.

SUPPORTED BY

Sparkling Hill
RESORT

EVERYONE BENEFITS FROM AN AGE-FRIENDLY ENVIRONMENT

Dr. Jane Barratt
Secretary General,
International Federation
on Ageing (IFA)



Increased life expectancy is to be celebrated, but only when individuals have the optimal opportunity to live in relatively good health and with a high quality of life. By the year 2050, the number of people aged 60 years and over is projected to be at least 2.1 billion, up from 900 million in 2015. It's vital to plan for a world where all citizens can experience "healthy ageing" and be enabled to do whatever it is they want to do.

The World Health Organization (WHO) Global Network for Age-Friendly Cities and Communities (GNAFCC) has nearly 900 members from over 39 countries. This growing organization has the power to shape and influence age-related policy by putting initiatives

into practice for citizens of all ages. Emerging and established leaders of age-friendly communities have recently had the opportunity to further develop their skills through the pilot Age-friendly Environments Mentorship Programme, MENTOR-AFE. Existing experts share their knowledge and experience to develop mentees' skills to lead, influence, and implement age-friendly environments, and, in doing so, reinforce their own leadership and expertise.

The International Federation on Ageing (IFA) is driving the agenda for the world's aging population which is grounded on respecting and protecting the rights of older people. Adaptations and innovations in

the housing sector, urban planning, transportation, community hubs, and health services, as well as civic participation, should be core to a community for all ages.

Dr. Jane Barratt

Become part of the change toward age-friendly communities by registering for the IFA's 15th Global Conference on Ageing at ifa2020.org.

SUPPORTED BY



RETIREMENT COMMUNITY WITH A CAPITAL C



Cathy Hecimovich
CEO, Ontario Retirement
Communities Association
(ORCA)

If you haven't had the opportunity to visit a retirement community recently, you really don't know what you're missing.

Today's retirement communities are warm, vibrant places bustling with seniors living purposeful, independent, and

fulfilled lives. The Ontario Retirement Communities Association's member communities offer residents the choice of a wide array of amenities, conveniences, and activities that help keep them engaged, healthy, and, most importantly, happy.

When it comes to retirement living, we

know that community and choice are key considerations. A poll conducted by DART Insight and Communications found 91 percent of Canadians agreed that they don't want to be socially isolated in their later years. Additionally, 96 percent agreed that social interaction is important for seniors' health and well-being. So, it's no wonder that choosing to live in a communal environment makes sense for an increasing number of seniors across the country.

The health and social benefits of communal living are undeniable, but the rewards of joining a community focused on choice, acceptance, and respect don't end there. Retirement communities offer residents safety and security, and invaluable peace of mind for families as well. In fact, 96 percent of Canadians agreed that families worry less when their loved ones have support to keep them

safe and well. Whether a senior needs help with cooking meals and household chores, or they require assistance related to health issues, retirement communities offer customized supports for anyone and everyone who choose to call a retirement community home.

When the time comes to consider retirement living options for yourself or someone you love, be sure to book a tour and check out your local retirement community — or you'll never know what you've been missing.

Cathy Hecimovich

SUPPORTED BY



CHANGING THE WAY WE THINK ABOUT AGING: HOW ONE LAW FIRM IS LEADING THE CHARGE IN ADVANCING SENIORS' ISSUES

Ageism isn't a word that many of us consider, but it can have a huge impact on older people. It happens when we allow negative attitudes and stereotypes about aging to take root, or we don't respond to the needs of seniors, because we structure society with the assumption that everyone who matters is young. We spoke with Michelle Roth — a partner with Goodmans LLP, and President and CEO of SenbridGe, a division of Goodmans dedicated to health care and aging — who is passionate about seniors' issues.



Michelle Roth
Founder & Chair,
Goodmans' Seniors Housing Division,
President & CEO, SenbridGe

Mediaplanet What is ageism?

Michelle Roth Ageism is a conscious or subconscious bias towards seniors. We've lost a little bit of what traditional cultures held as important, the fundamental tenet that our lives and society are enriched by the elders in our communities.

MP Why is it important to change our mindset about aging?

MR We're being forced to change how we think about seniors because in the blink of an eye, this demographic will become the majority of the population in North America. We're empowering seniors and changing people's minds about what happens when we age. There's amazing growth and fullness of life to look forward to well beyond our 90s, including post-career education, multiple or encore careers, travel, and enjoying meaningful life achievements in innovative, active adult settings.

MP How did Goodmans get involved in aging and health?

MR We're lucky and privileged to have clients who are pioneers in housing and care for seniors, and it just made sense for us to create a dedicated division to advance aging and health care industries and initiatives.

MP What is SenbridGe by Goodmans?

MR SenbridGe is a one-of-a-kind aging and health care platform that we created to bring together stakeholders to collaboratively explore and challenge trends, best practices, innovation, and technology. We created a hub for deal creation and for peer collegiality and mentorship. In fact, our SenbridGe Spring conference is the largest health and aging event in Canada. One of our chief goals is to be a strong participant in changing mindsets about older life options and opportunities.

MP Are you hopeful that we're moving in the right direction?

MR I'm very excited by the changes we're witnessing in the lives of seniors. The range of lifestyle offerings in active adult communities and diverse activities that seniors relish today — not to mention the food — weren't options for people 25 years ago. There are also tremendous innovations that will be game changers as we age, including social robotics, improved mobility devices, artificial intelligence, and virtual reality. In the words of 73-year-old Cher, "if you really want something, you can make it happen!"

Ken Donohue

To learn more about how Goodmans is reframing the conversation around seniors' living, visit senbridge.ca.

SUPPORTED BY



A HOLISTIC APPROACH TO RETIREMENT PLANNING

Retirement planning is no longer just about accumulating savings so you'll have enough money to retire. It's now more about a life plan — creating a roadmap that gives you financial independence and allows you to focus on pursuing personal goals along the way. It's more about a life journey marked by key events at different stages in your life.

To prepare for your retirement life, it may help if you take the time to think about these 10 major areas:

- 1 Self.** What's important to you? Is it your health, your finance, your personal goals, or your fears — whatever the combination, you should always take yourself into consideration.
- 2 Family.** How does family fit into your retirement plans?
- 3 Social.** What about your friends? It may help to evaluate your plan against that of your peers.
- 4 Leisure.** What are you going to do in retirement? Taking up new hobbies, travelling the world, and even a new career are all opportunities within reach.
- 5 Work.** Most people's sense of identity is with their work, but once you retire, it's another chance to think about who you want to be.
- 6 Spiritual.** Consider how your personal support system will help or hinder your transition into retirement.
- 7 Relational.** If you and your partner retire at the same time, you should consider how you're going to spend your increased time together. Do you have the same retirement goals?
- 8 Cultural.** Evaluate how your cultural background put expectations on you, like having to take care of elders.
- 9 Community.** Does your community have adequate public and private services, like health care and transportation, to meet your needs?
- 10 Financial.** What will your choices cost? And what are your options?

Yes, some of these considerations may have a financial impact and your decisions will be influenced by whether you have enough money, but there is so much more to it now than having the funds to retire.

Carol Chow, Chair of the CIFP Retirement Institute

Working with professionals can help mesh your financial strategy with your retirement life plan. Free resources can be found on the Canadian Institute of Financial Planning (CIFP) Retirement Institute website, retirementinstitute.ca.

NEW TECHNOLOGIES DELIVER *REAL-WORLD BENEFITS* FOR AN AGING POPULATION



Steph Gagne and her father, Richard Ratcliffe, with the Connections platform.
Photo by John Hryniuk



Dr. Pooja Viswanathan and her obstacle-avoidance system for wheelchairs.

For seniors living with hearing or vision loss, motor skill challenges, or other isolating disabilities, life can be lonely.

Richard Ratcliffe, a 91-year-old war veteran and former career naval officer, felt isolated after suffering profound hearing loss from “being a little too close to gunfire in Korea.” Ratcliffe, who lives in a long-term care home, says, “My tendency is to stay out of the conversation and that’s not good.”

Things dramatically changed for Ratcliffe when he discovered an easy-to-use

platform called Connections, developed by start-up Famli.net. Using an iPad, Ratcliffe now “shares pictures, videos, audio, and text messages with family and friends on a daily basis,” says his daughter, Steph Gagne. “My father is no longer alone.”

Solutions for varied age-related challenges

Connections is one of many innovations supported by AGE-WELL, a pan-Canadian network of more than 250 researchers and over 275 industry, government, and non-profit partners working collaboratively to provide older adults and caregivers with technology-based solutions that make a meaningful difference in their lives. More than 4,700 older adults and caregivers are involved, ensuring that products are practical.

“We bring together the best and brightest minds in the technology and aging space to improve quality of life and produce social and economic benefits for Canadians,” says Dr. Alex Mihailidis, Scientific Co-Director and CEO of AGE-WELL. “One of our key mandates centres around empowering seniors to stay in their own homes and communities for as long as possible, while remaining safe, independent, and active. Technology allows us to do this in ways that we never could before.”

Bringing needed products to market

AGE-WELL currently has research teams at 40 member universities and research centres across Canada. They’re at work on a wide array of technologies and services, including smart-home systems, remote therapies, and socially-assistive robots that can prompt people to do daily tasks, such as taking their medications. One of the products already on the market is a device developed by Braze Mobility that’s mounted on a wheelchair and detects obstacles, making it safer for the driver to get around. And there’s a new smartphone app that helps people manage their arthritis better.

Products in development include an emergency response system that uses artificial intelligence to ‘learn’ a person’s habits — and knows when something has gone wrong. Another team is creating a smart bed loaded with pressure sensors to help predict and prevent health issues by monitoring movement, breathing, and fluid retention. A lot of thought also goes into the ethical, social, and cultural aspects of technology, and how public policy can help get it adopted. Through its work, AGE-WELL is making Canada a leader in the technology and aging sector.

As Canadians age, the demand for new

technologies will continue to increase. “What we’re seeing is a different older adult demographic as baby boomers age,” Dr. Mihailidis remarks. “They’re tech-savvy and there’s a greater expectation that technology is going to be part of their daily lives and will work for them right out of the box. This hasn’t always been the case with a lot of the technology that currently exists in health care.”

AGE-WELL works to drive the sector forward so that everyone is pulling in the same direction. “It’s the only way to ensure that technologies are actually having an impact on the lives of older people, now and in the future,” says Dr. Mihailidis.

Launched in 2015, AGE-WELL is a federally funded Network of Centres of Excellence.

Janice Tober

SUPPORTED BY



REFRAMING THE WAY *WE THINK ABOUT AGING*

Traditionally, Canadians have felt the path of aging includes long-term care. For some older Canadians, this may be the case but many in this growing demographic are expecting advancements in technology to enable them to stay independent at home longer, or for the rest of their lives. “Today’s older population is well-informed, better educated and more active,” says Michelle Fleming, a Knowledge Broker with the Ontario Centre for Learning, Research and Innovation in Long-Term Care at Bruyère.

There is great opportunity to meet the needs and changing expectations of this growing and powerful market. With advancements in home and driving technology, aging Canadians will break traditional stereotypes.

Smart homes

At the forefront of this revolution is Bruyère. Located in our nation’s capital, Bruyère is a multi-site academic health

care organization that on any given day is serving over 1,000 aging people. It’s home to a Smart Apartment where scientists, innovators, and industry partners collaborate to test technologies that will keep older Canadians independent and at home.

Frank Knoefel, a physician with the Bruyère memory program and a scientist with the Bruyère Research Institute, helped design wandering detection technology to support both people with dementia, who are prone to wandering at night, and their caregivers who often lose sleep fearing their loved one will walk out the door. This technology is currently being tested at the Smart Apartment, in private homes and in senior’s residences in the community.

The system works with sensors that trigger cues to reorient a person who wanders. These cues can take the form of directional lighting or voice recordings (usually a family member) telling the person to go back to bed. “If, however, the

person tries to open the front door,” says Knoefel, “an alarm is triggered to wake up other residents in the home.”

With this technology, people with dementia and their caregivers are able to stay where they have told us they want to be — in their homes.

Smart driving

Knoefel and Hillel Finestone, a physician in the stroke rehabilitation program, are part of a team researching whether a driving simulator can help aging Canadians stay behind the wheel longer. “Every week, I have to tell one of my patients that they can no longer drive,” says Knoefel. “It’s one of the worst things to happen because it takes away their independence.”

When older adults stop driving, we witness declines in general health and function along with higher risks of admission to long-term care homes and mortality. There is great potential for the simulator and advances in the

development of autonomous vehicles to monitor driving ability, identify skills that need to be relearned, and provide the training and supports needed to keep seniors on the road safely.

Research and development at Bruyère in this area will answer the call of aging Canadians to keep healthy, active, and autonomous in the community.

As the percentage of aging Canadians continues to increase, they collectively will continue to transform the conversation around aging. Bruyère will continue to listen and push the envelope on care, research, and innovation to promote independence.

SUPPORTED BY



Michelle Fleming
Knowledge Broker,
Ontario Centre for Learning,
Research and Innovation in
Long-Term Care at Bruyère



Frank Knoefel
Physician, Bruyère Memory
Program & Senior Scientist,
Bruyère Research Institute



STAYING SOCIAL IN SENIOR YEARS *WITH A COMPANION*

For many seniors, feelings of isolation and loneliness can be difficult to overcome. They can affect mental, physical, and emotional health and reduce quality of life. In Canada, nearly 1.4 million elderly people report feeling lonely — and this number will only increase as our population ages.

Luckily, there are things we can do to help tackle loneliness and isolation in older adults. Companionship services — like the buddy system — can be a great help for seniors who find it challenging to stay connected, active, and engaged. Seniors for Seniors offers a unique companionship model, pairing newly retired or younger seniors with older seniors.

“Being around the same age changes the lens through which we see aging clients,” says Kristina Dobbin, Director at Seniors for Seniors. “Oftentimes, health care focuses solely on the physical ailments of a client. Pairing our clients with a fellow senior increases the chance for commonalities, fostering meaningful connections.”

Companions can be a useful vehicle to help seniors create new experiences. “A companion works by inspiring seniors to get out of their comfort zone and staying with them as they get out of it,” explains Dobbin. At Seniors for Seniors, companion services include anything from friendly drop-in visits and assistance with chores to bedside companionship and 24/7 live-in care. “Our business model is completely adaptable,” says Dobbin. “We recognize that the services seniors need can be vastly different.”

For the growing number of retired adults who are looking to re-enter the workforce and continue to provide value to their community, companionship can also be a rewarding employment opportunity. To become a companion and help seniors navigate through their later years, Dobbin says “you need to want to help seniors age in place, and be caring, friendly, and compassionate.”

Ken Donohue

SUPPORTED BY



To find out more about the Seniors for Seniors program, visit seniorsforseniors.ca/wisdom.



CONTINUED Q&A WITH OLIVIA NEWTON-JOHN

MP Can you tell us about your experience with cancer? Has it changed your outlook on life?

ONJ I know it will sound strange, but my diagnosis in 1992 was a gift. Had I not been diagnosed, I may never have set out to help create the Olivia Newton-John Cancer Wellness and Research Centre (ONJCWRC) in my hometown of Melbourne, Australia. It's a beautiful place with traditional treatments, a dedicated wellness centre, and a research centre all under one roof. I've always been a very positive person so that's how I choose to look at things. Cancer doesn't define you, it's only a part of who you are, but my outlook on life has changed — even more especially this time, with my third diagnosis. I do something I enjoy every day and I don't sweat the small stuff, and I try to always live in the moment. Every day is a gift!

MP What gives you the motivation to be such a strong figure for so many women who have breast cancer?

ONJ I didn't plan on it. Having had cancer now three times, I've had many years to adjust to it and talk about it. Having helped create and build the ONJCWRC has been a passion of mine for the last 15 years and being open about my cancer journey has helped other women on theirs, I believe. That makes me feel good — and it's encouraging for them that I'm still here! It's encouraging for me too!

MP Learning from your own experience, what do you think was the most important lesson? Is there one message you'd like people to know?

ONJ I've learned so many lessons, but I think my main one is gratitude — for every day. For every sunrise and sunset. The appreciation of life in all its beauty — it's all a gift.

Learn more about Olivia's research centre at onjcancercentre.org.



OPIOID OVERDOSE: *AGE IS NO SAFETY NET*

When we picture an opioid overdose, the first image that comes to mind is often a young recreational user of street drugs. In truth, the highest rates of opioid poisoning hospitalizations in Canada are among those over the age of 65, with many being accidental overdoses of drugs legitimately prescribed for therapeutic use.

“Most Canadians think that opioid users are low-income or homeless people from the inner city or large urban environments,” says pharmacist Mark Barnes of the Ottawa Overdose Prevention and Response Task Force. “But overdoses can happen to anyone who uses or has access to an opioid.”

Allan Malek, Executive Vice President and Chief Pharmacy Officer of the Ontario Pharmacists Association, also attests that this epidemic affects Canadians of all ages and all walks of life. “Every pharmacist working on the front lines has to deal with the opioid crisis,” he says. “We deal with patients who are overdosing from opioids they were prescribed for pain as well as patients who are overdosing from recreational use. In both groups, we see people of all ages, from teenagers to seniors.”

Many factors combine to put seniors at risk

Seniors are the cohort most likely to be prescribed opioids for chronic pain — but the factors that multiply their risk go far beyond that. “As we get older, we have more medical issues to deal with, which results in more medication,” says Malek. “As soon as you add opioids to the mix, there are a lot of risks of harmful interactions or other negative consequences. Also, as we get older, our livers and kidneys don't function as well as they used to, and those organs are responsible for clearing these medications out of our system. So the opioids can build up in the systems until it reaches a point of crisis.”

The nasal spray that can reverse an overdose

To help mitigate this crisis, one of the most important tools available is naloxone, a life-saving drug that can lessen or avert the effects of an opioid overdose. “When we're dealing with chronic pain and long-term opioid prescriptions, no patient should go home without a naloxone kit,” says Malek. “The big challenge, unfortunately, is convincing seniors to take the kit, because of the stigma.

But the kits themselves are free* and the training is very simple, especially for the intranasal NARCAN spray. It's pretty difficult to get it wrong.”

Though availability varies by province, NARCAN Nasal Spray is freely available at any Ontario pharmacy without a prescription and even without having to show your health card. “We're thrilled to take an active role in the education of patients and their loved ones,” says Malek. “In many cases, it's the loved ones who are vital. When someone is in the throes of an overdose, they're often incapacitated, so it falls to someone else to administer the naloxone.”

The fundamental message, Malek says, is that we do have the tools to fight the opioid crisis, and particularly to stem the tide of preventable overdose deaths in all demographics — but only through education, engagement, and the erosion of stigma. “If we continue to leave this unaddressed, we're sitting on a powder keg and will continue to see more and more cases of overdoses among seniors,” says Malek. “Seniors don't necessarily need to be afraid of opioids, but they should talk to their pharmacists and their doctors about how to use them responsibly and know what to do when there's a problem.”

D.F. McCourt

*NARCAN Nasal Spray is accessible for free in pharmacies in Ontario and Quebec, and for Non-Insured Health Benefits (NIHB) Program clients, and Veterans Affairs Canada (VAC) clients across Canada.

RAISING *OSTEOPOROSIS* AWARENESS WITH A WORLD RECORD



Dr. Ponda Motsepe-Ditshego
Executive Medical Director,
Amgen Canada



Sebastian Sorsaburu
Vice President of Medical Affairs,
Amgen's Intercontinental Region,
Amgen Canada

With Canada's aging population, an undeniable reality, and seniors outnumbering children for the first time in the country's history, age-related diseases are also increasing and are placing a large burden on older Canadians and those who care for them.

Both women and men experience increased bone loss at around age 50, but women tend to lose more bone as they transition into menopause. Throughout a woman's life, estrogen plays an important role in replacing older porous bone with newer dense bone. However, during menopause, a woman's body starts to produce less estrogen. Over time, this can lead to osteoporosis — a disease that weakens bones and makes them more likely to break.

Osteoporosis is also a serious health issue for men, though they're less likely to be assessed for osteoporosis or to receive treatment for it after they break a bone. All in all, the disease is responsible for 70 to 90 percent of the 30,000 hip fractures that occur annually.

A far-reaching issue

"Statistics suggest that two million Canadians are affected by osteoporosis," says Dr. Ponda Motsepe-Ditshego, Executive Medical Director of Amgen Canada, one of the world's leading biotechnology companies. "Fractures from osteoporosis are more common than heart attack, stroke, and breast cancer combined. One in three women and one in five men will suffer from an osteoporotic fracture in their remaining lifetime and over 80 percent of fractures in people over the age of 50 are caused by osteoporosis."

Bone fractures are so common that they're not always taken seriously, but no fracture should be ignored. It's not just a fracture — it could be a warning sign. This is because a fracture that happens during activities of daily living, such as tripping, slipping, and falling, may indicate osteoporosis and increased risk for additional fractures. When it comes to age-related diseases like osteoporosis, awareness and early assessment are vital.

However, the first sign of osteoporosis is often a broken bone, and it's known as a silent disease. "Even when you're feeling great on the outside, your bones could be telling a different story on the inside," says Dr. Motsepe-Ditshego. "If ignored, osteoporosis can jeopardize your ability to do



Osteoporosis screenings at the Break Records Not Bones event.

things you love and to get around on your own, particularly when bone breaks occur in critical parts of the body, like the hip, pelvis, or spine." This is why it's important for people over the age of 50 to talk to their doctors and get assessed for osteoporosis.

People living with osteoporosis face a reduced quality of life, lowered self-esteem, a reduction or loss of mobility, disfigurement, a lack of independence, and, in some cases, death — 28 percent of women and 37 percent of men who suffer a hip fracture will die within the following year.

According to the Public Health Agency of Canada, it's possible to prevent, delay, or reduce bone loss through a healthy lifestyle. The agency's website suggests that basic bone health for all individuals includes regular weight-bearing and resistance exercises as well as adequate vitamin D and calcium intake. The fact that the disease can be prevented makes it all the more

so it was important to us to involve the Guinness World Records organization to endorse the count of osteoporosis screenings that were conducted during our Break Records, Not Bones health awareness campaign," says Sebastian Sorsaburu, Vice President of Medical Affairs for Amgen's Intercontinental Region.

The event successfully helped to educate the general public on osteoporosis and to encourage older Canadians to get screened to determine if they might be at risk of having the disease and of suffering an osteoporosis-related fracture.

"While it's exciting to have achieved an official Guinness World Records title, it's even more rewarding to know that we helped raised awareness of a disease that often goes unnoticed," says Dr. Motsepe-Ditshego. "The more people are aware of this disease, the better equipped they'll be to take charge of their bone health."

“

Fractures from osteoporosis are more common than heart attack, stroke, and breast cancer combined. One in three women and one in five men will suffer from an osteoporotic fracture in their remaining lifetime and over 80 percent of fractures in people over the age of 50 are caused by osteoporosis.

”

important to increase awareness and education about bone health and osteoporosis amongst the general population, and to encourage people to discuss their risk factors with their doctors.

Raising awareness to combat osteoporosis

On May 5th, 2019, Amgen Canada, located in Mississauga, ON, was one of ten Amgen affiliates working together around the world to successfully set the Guinness World Records title for the most osteoporosis screenings completed in 24 hours.

The screenings took place during the Break Records, Not Bones event, which was designed to help increase awareness of osteoporosis. More than 7,000 participants around the world were screened as part of the awareness campaign.

"Amgen is a science-based company,

Moving forward

It's important that older Canadians be aware of the tools and services available to them that can help to enhance their quality of life. Getting assessed for osteoporosis by their doctor is a vital step.

"I appreciate the importance of an awareness campaign like this. Bone health matters a great deal," says Dr. Motsepe-Ditshego. "That's why it's so important to help raise awareness of osteoporosis among the general public, and to encourage people to talk to their doctors to learn more."

It may be hard to recognize all risk factors as the disease is often silent. Talk to your doctor about your risk potential and when you should start osteoporosis screening so you can take charge of your bone health today. This is especially important for anyone with symptoms of osteoporosis or who has had a fracture.

Tania Amardeil



Dr. Ponda Motsepe-Ditshego, Michael Empric, Guinness World Records representative, Francesco Di Marco, VP and General Manager and Robert Argiropoulos, Executive Director, Amgen Canada at the Break Records Not Bones event.

SUPPORTED BY AMGEN CANADA

**BREAK RECORDS
NOT BONES**

Awareness Campaign: Most Osteoporosis Screenings in 24 Hours



GUIDED TRAVEL MEANS THE DETAILS ARE TAKEN CARE OF FOR YOU

When we're young, we often bemoan the fact that we don't have the time, or the money, to travel to distant destinations and explore what the world has to offer. As we get older and retire, we finally have the freedom to explore those places that we've always wanted to go to, but never could before.

But while time and money might now be available, we also might be feeling some of the aches and pains that come with being over the age of 65. The idea of sleeping in a lumpy bed or standing for hours to get into the Louvre is not our idea of a good time. And who wants to sort through the countless pages of books and websites to find what hotel to stay in, what sights to make sure we see, and what the quickest way is to bypass those line-ups for the most popular spots?

Taking care of the details

There are many reasons why people choose to travel with a guided tour group. Having someone else take care of all the numerous details it takes to plan the perfect itinerary is but one of them. Using a tour company means you don't need to figure out the best way to get to where you're going, where to lay your head at night, what to do while you're there, and even where to try out the cuisine. The biggest decision you must make — granted, it's a

tough one — is where to go in this big, wide world.

Tour companies also have expert guides who are happy to share their insider intel and connect you with people and things you might not be able to experience on your own. Have you ever wanted to meet a koala? How about to sleep in a glass igloo under the Northern Lights? Or to have a local home-hosted, farm-to-table lunch with a family in Peru? Guided group tours can provide once-in-a-lifetime experiences.

Something for everyone

Like people, guided tours come in all shapes and sizes, which is why there's a trip for everyone. Whether you're active and like to scale mountains or would prefer to stroll through Dublin's historic centre, you'll find a tour for you.

The choices go beyond just activity level. Whether your focus is on culture, cuisine, or cruising, you can pick the category. Or, if you don't like hotel-hopping and want to stay in one spot, there are tours specifically for you, too.

If you're a solo traveller, guided trips are the best way to make new friends along the way. The people you're travelling with already share your interests — you all picked the same journey! And having a trained guide means you always have someone looking out for you.

The good news is, wherever



Madeira Island, Portugal.



Lagos, Portugal.

“

There are many reasons why people choose to travel with a guided tour group. Having someone else take care of all the numerous details it takes to plan the perfect itinerary is but one of them.

”



Sintra, Portugal.

you want to go, there are experts available to tailor your next adventure. Collette is a family-owned, award-winning leader in guided travel. Backed by 100 years of experience, it has long been a trusted provider of full-service, life-enriching travel. The company empowers mature Canadians to travel the world, offering high-quality amenities — including door-to-door airport transfers, professional tour managers, and expert local guides. Not only does the company have a wealth of choices when it comes to tour styles and destinations, it also lets travellers customize their trips with extended stays

before or after the tour begins and on-tour optional excursions as well.

The company's tour design teams take travel trends to heart and makes sure that the trip you go on is one that will be full of cultural experiences that dig deep into a country's background, culinary adventures that will give you a true taste of that culture, and accommodations that are comfortable, integral parts of the destination.

Janice Tober

TICO registration: Travel Industry Council of Ontario Reg. #3206405; B.C. Reg. #23337

MEET A TOUR MANAGER: ANGELA ALMEIDA

There are many reasons to travel with a guided tour group. Having someone else take care of the details is one of them. Tour Manager, Angela Almeida tells us more about Collette Tours.

Mediaplanet *How long have you been with Collette?*

Angela Almeida I've been with the company for nine years.

MP *Why do you enjoy working as a Tour Manager at Collette?*

AA I like to be around the people who take our tours. I love picking up the microphone on the bus and explaining where we are — getting guests excited about the destination. I'm very proud to be able to share my knowledge.

MP *What is it about a Collette tour that can make it an experience of a lifetime?*

AA The variety of tours we offer always creates an exciting experience for our clients and lets them really relax and take in the destination and all it has to offer.

MP *What's your favourite European destination to travel to?*

AA If I could take clients anywhere, I would take them to Spain's Iberian Peninsula. You have great food, great wine, and beautiful landscape, and beautiful weather all year around.



Angela Almeida
Tour Manager,
Collette Tours

Save up to \$500 per person when you mention GOGUIDED!* For more information contact Collette at **866.445.7060** or visit **collette.com**.

SUPPORTED BY



*Use offer code GOGUIDED for savings. Call or visit collette.com/offers for more details. Offer valid on new bookings only made 06/01/2019 – 09/30/2019 and can expire earlier due to space or inventory availability. Savings amount will vary by tour and departure date, and is only available on select departures. Space is on a first come, first served basis. Offers are not valid on group, existing bookings or combinable with any other offer. Other restrictions may apply. Promotional pricing may remain in effect after the expiration date.