

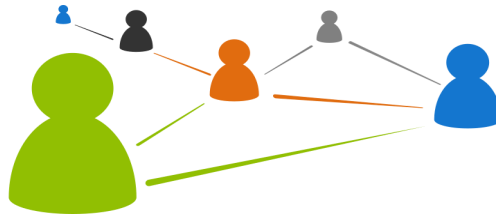


Volume 1, Issue 1

Council on Aging, Windsor-Essex



SENIORS CALENDAR 2022
WELLNESS TODAY & TOMORROW
Brought to you by the Council On Aging Windsor-Essex County



Let's Connect

THIS IS THE INAUGURAL EDITION OF THE COUNCIL ON AGING, WINDSOR-ESSEX COUNTY NEWSLETTER.

What you can expect:

Articles of interest

Upcoming Events

News from around the Province

Topic surveys

Disclaimer

The information contained herein is provided by the author(s).

All dates were correct at time of publication.

The 2022 Senior Wellness Calendar will be available on the Council on Aging website shortly, if you have not received one.

www.councilonaging.ca

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If you have anything that you would like to hear about, please let us know at:

information@councilonaging.ca

Subject line: newsletter

A PERSONAL STORY OF FIRE *



When it comes to fire, adults over age 65 are at greater risk than any other group. As most fire deaths occur in the home, it is important that older people know how to protect themselves.

The Windsor Fire & Rescue Service has an Older & Wiser Program that can help in the event of a fire.

There is a checklist on their website at www.windsorfire.com

The first thing that struck me in Canada were the wooden houses. In my home country Bulgaria they are built only of bricks and concrete. I started asking questions and the answers were very different - because they are warm, because they are cheap, because they are beautiful ... Curiosity took me to the Central Library, where there was a presentation on fire protection. I saw a documentary video of a house burning down in 3 minutes. I couldn't sleep all night. The next day I went straight to the fire station. They offered a free inspection of the house. They made a careful inspection of the whole house, installed a free smoke alarm and gave practical advice on what to do in the event of a fire. I slept better that night. I prepared an evacuation package with the most important documents such as passports, thinking that I would never have to use it.

At 4 o'clock one morning, I opened my eyes and saw a fog. My brain worked feverishly. Then I saw the flames that were no more than a meter away from me! "Fire! The house next door is on fire!" I could barely speak. We automatically went down the stairs to the main floor. At any moment, our house would catch fire. It is only two meters from the next one. We have to get out! Immediately! My heart was pounding. My brain was going to melt with tension. What was the most important thing to take? Water, medicine, clothes, documents Time was flying ... In just a few minutes we were out on the street in front of the house. There were three fire trucks, police cars arriving, ambulances.

When the fire was extinguished, the ugly black skeleton of the burned house remained next to our beautiful flower garden. For a long time there was suffocating smoke all over the area.

The building could no longer be inhabited. The four occupants had to find shelter that evening.

I couldn't sleep for a long time after what happened. I woke up drenched in sweat, feeling the heat of the flames touching me.

All this made me write and share this nightmare with people. I regularly check the emergency bag with important documents. Who knows? The bad comes suddenly, uninvited! And we have to be ready!

Dana Kano

Dana and her husband .moved to Canada 6 years ago



The Ontario Association of Councils on Aging (OACA) was established to formally connect the various Councils on Aging located in small and large communities in the Province of Ontario. All of the Councils are dedicated to education, advocacy, research and planning directed towards the development and support of “age-friendly” communities. The OACA provides opportunity for sharing knowledge and experience and collaborating on a provincial level to build best practices.

The OACA was incorporated in January 2018

It grew out of a more informal Councils on Aging Network of Ontario (CANO) that had been in existence since the mid-1990’s.

The OACA, in common with its member organizations, will strive to:

- achieve the VISION of an age-friendly Ontario
- carry out the MISSION of providing leadership, provincially, to enhance quality of life as people age with a focus on the interests, strengths and needs of older adults
- practice its CORE VALUES of Integrity, Inclusivity, Collaboration, Responsiveness, and Excellence



Service Canada Programs and Services for Seniors

call [1 800 O-Canada](tel:18006226232) (1-800-622-6232).

The draft long-term care standards are available for public review at [HSO Health Standards Organization: Standards and Assess-](#)

ONTARIO LAUNCHES LONG-TERM CARE HOMEFINDER

New website provides easier, more convenient way for prospective residents and their families to search and compare long-term care homes

The Ontario government has launched the new [Long-Term Care Homefinder](#), a website and search tool to provide prospective residents and their families with a one-stop-shop to find and compare long-term care homes across the province, along with other resources to help people make an informed choice when considering long-term care.

www.ontario.ca

EVENTS AND ANNOUNCEMENTS

Powerful tools for caregivers

Dates: Wednesdays, March 22 —April 26, 2022

Time: 10:00 am– 11:30 am

Registration: https://ptc_mar22eventbrite.ca/



LAF is reopening! Learn more about it at 519-254-1108 or www.lifeafterfifty.ca

AROUND THE PROVINCE

ACTION ALERT!! **January 18, 2022**

Over the next few months all political parties in Ontario will be on election footing and will want your vote. Make them earn it! Older adults are a powerful voting block, and a vast majority of us want to age in our own homes and communities.

Now is the time to contact your MPP and tell them you are sick of Ontario investing your money in institutions that endanger people, segregate them, and exclude them from their homes and communities. Older adults and people with disabilities deserve better!

Please let your MPP know that they will not get your vote unless they and their party commit to funding:

(cont. Page 6)

Your brain: the amazing time traveling organ

Last week I found myself shoveling snow and reminiscing about December 2013: I still lived in Toronto, which was crippled by a snowstorm, causing fender benders and knocking out power. On my street, a giant branch had broken from a tree and wound up leaning precariously against a telephone line, swaying to and fro and terrifying everyone. Nobody dared to walk on the sidewalk for 3 days until Toronto Hydro removed it.

Our ability to remember is a marvelous thing: not only can we remember events from throughout our lives, but we can sometimes do so with great detail and vividness: special vacations, romantic tristes, and other cherished “episodes” may all be retrieved with a sense of reliving the experience, as if we were transported to these events once more. In fact, some scientists argue that only humans can form and recall *episodic memories* with this quality of re-experiencing. Many animals can remember information about specific events: for example, squirrels remember where they had hidden caches of food for the winter. We also benefit from being able to remember specific things, like what we need to buy at the store. But what about those vivid episodes from our past? Aside from the pleasantness of taking a stroll down memory lane, what is the utility of reminiscing?



“Our ability to remember is a marvelous thing: not only can we remember events from throughout our lives, but we can sometimes do so with great detail and vividness”

Research suggests that one reason we can mentally time travel into the past, is that it gives us the capacity to also mentally travel forward in time to predict what might happen in the future. Specifically, the cognitive processes involved in retrieving and reconstructing past details into a coherent memory are also used to imagine a possible future, whether it be imagining how busy it will be at Costco on Saturday, or imagining what it will be like as a new parent. Indeed, research conducted with patients with neurological damage confirms this link between remembering and imagining. For example, patients with amnesia, who have impairments in remembering everyday events, also show difficulty with imagination tasks, such as picturing a beach in your mind’s eye or trying to think of creative uses for common objects. More than just an inability to retrieve information from memory, the performance of these patients suggests that they have trouble accurately piecing together complex simulations,

and that these issues mirror their difficulties recalling past events.

From this perspective, our ability to remember personal events extends beyond merely a repository of our life’s events. The memory systems in our brain do more than write the pages of our life narrative; they provide the very machinery for us to think ahead, plan, and predict. As the Queen noted in Lewis Carroll’s *Through the Looking Glass*, “It’s a poor sort of memory that only works backwards.” Given my recent recollection of that tree and the telephone line, I think I’ll call an arborist once it’s springtime.

--Dr. Kristoffer Romero is a neuropsychologist an assistant professor of psychology at the University of Windsor. For more information, check out his lab website at www.appliedmemorylab.com.

There are 6 Myths about aging.

1. That it's a disease
2. That we are mindless
3. That we are sexless
4. That we are useless
5. That we are powerless
6. That we are all alike.

—Maggie Kuhn

ALERT CONT.

- **A robust, comprehensive, and flexible publicly funded home care system** that is accessible and reliable to all who need support to remain in their home and community;
- **Direct funding so that people can purchase the services they need.** If money was to follow the person instead of being paid to institutions, there would be up to \$200.00 per day available for people to purchase their own care and support services;
- **Paid family caregivers.** Unpaid caregiving creates emotional and financial stress. Political parties and governments need to recognize the importance of family caregivers, pay them to care for loved ones, and avoid costly and inhumane institutionalization;
- **Those unable to remain in their homes because of dementia who may require small, staffed memory care homes** in ordinary neighborhoods, run by municipalities and non-profit organizations, rather than for-profit operators with poor track records.
- **Staffed support services in apartments, co-ops, co-housing, condos,** and anywhere people who require care live. No one should be uprooted from a familiar environment to receive care. Care should come to them.

Here is how to find your MPP. Just click on their name and

To Register for the Newsletter contact:
information@councilonaging.ca

We acknowledge that we are on land and surrounded by water, originally inhabited by Indigenous Peoples. The Council on Aging, Windsor-Essex sits on the traditional territory of the Three Fires Confederacy of First Nations, which includes the Ojibwa, the Odawa, and the Potawatomie

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