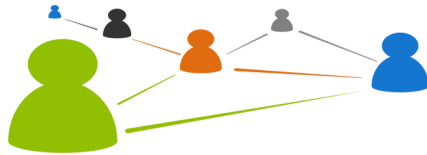




Volume 2, Issue 7

## Council on Aging, Windsor-Essex



## Let's Connect

### MESSAGE FROM THE MINISTER — Kamal Khera

Like many countries around the world, Canada has a growing population of seniors. By 2057, people over the age of 65 will make up one quarter of Canada's population, and our government is working hard to respond to seniors' diverse needs.

One of the ways we are doing this is through the New Horizons for Seniors Program (NHSP). NHSP has been funding community projects across Canada that prioritize seniors.

Even though global inflation is going down, many Canadians are experiencing challenges when it comes to the rising cost of living, particularly at the grocery store. That is why Budget 2023 lays out our plan to support seniors.

Budget 2023 delivers new targeted inflation relief to the Canadians hardest hit by the rising cost of living. On July 5, the one-time Grocery Rebate was delivered to 11 million eligible Canadians by direct deposit or cheque. Seniors can expect to see an average of an additional \$225 dollars in their bank account. Budget 2023 also expanded on the Canada Dental Plan. We're moving forward with our plan, which will make life more affordable for 9 million Canadians, including seniors, and ensure they have access to the dental care they need starting at the end of the year.



**SENIORS CALENDAR 2023**  
WELLNESS TODAY & TOMORROW  
Brought to you by the Council On Aging Windsor-Essex County

The 2023 Senior Wellness Calendar is now available on line at

[www.councilonaging.ca](http://www.councilonaging.ca)

### INSIDE THIS ISSUE

Events .....	2
Ask the Council.....	3
Beat the Heat.....	4
Beat the Heat.....	5
Grand Parade.....	6

Please send event information to:  
[information@councilonaging.ca](mailto:information@councilonaging.ca)



## AROUND THE PROVINCE

[Ontario Association of Councils on Aging \(OACA\) – Making Ontario the best age-friendly province \(ontariocouncilsonaging.ca\)](http://ontariocouncilsonaging.ca)

Visit the site to connect with Councils on Aging around the province.

Check out various resources.



## Mental Health Support Program

Connect with a group of peers and learn skills related to building lasting mental wellness.

Each week for six weeks you will discover a new topic related to mental health, engage in meaningful discussion with peers navigating a similar journey and apply what you have learned to your unique situation.

**Sign up today! Call us at (519) 997-2823 ext. 341**

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## ASK THE COUNCIL ON AGING

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**Q.** After I leave the doctor's office, I always seem to remember those things I wanted to ask about. How can I make my visit more productive?

**A.** A visit to the doctor can often make you anxious. You may then forget all of the things that you wanted to report or ask. It is a good idea, therefore, to plan for your visit to the doctor. Having information prepared is helpful for everyone involved. Here are some helpful hints:

- Make sure you have your OHIP card with you
- Bring a list of the medications you are taking, including herbal and over-the-counter medications (Your family doctor may not be aware of medications prescribed by specialists)
- Write a list of questions that you would like answered
- List your symptoms and the situations in which they occur, or occur more frequently: keep a journal

- If you are concerned about the side effects or potential complications of a treatment or test, ask what you expect to discover by having the test, and what effect it will have on the treatment choices.

Bring a friend or family member for support, if it is helpful to you

**Send your questions to "Ask the Council on Aging"**

**1168 Drouillard Rd., Windsor, ON, N8Y 2R1 or email**

[information@councilonaging.ca](mailto:information@councilonaging.ca)

## BEAT THE HEAT

Some symptoms of heat-related illnesses:

- Nausea or vomiting
- Decreases in urination with darkly coloured urine
- Extreme thirst
- Dizziness or fainting
- Rapid breathing
- Rapid heartbeat
- Headache

### Things to Do

- Wear loose, light-coloured, breathable clothing (cotton)
- Drink plenty of water and drink often
- Find an air conditioned place (a Cool Space)
- Avoid the sun. staying in the shade
- Avoid intense or moderately intense physical activity
- Take cool showers or baths or cool wet towels
- Take care not leave a person/ pet inside a parked car
- If you are planning a walk or other outdoor activities, it is best to do so during the morning or evening, as these times are cooler.
- Some medications or conditions are sensitive to heat. Consult with your physician or pharmacist to determine if you are at higher risk to the effects of heat.
- Wear sunscreen

You may have family or friends that are at risk (particularly older adults) so it is important to maintain contact with them and make sure they are following the above suggestions.

## When Inside

- Try not to use the oven when making meals. There are many nutritious uncooked meals that can be served.
- Block the sun during the hottest part of the day by closing blinds or drapes.
- Lights can add extra heat to your environment, so turn them off when not in use

## Did you know???

- Showers should be lukewarm. This may sound counter-intuitive. But a cold shower will make you feel even hotter as your body works harder to stabilize your temperature.
- Avoid coffee and tea as this will increase your core temperature. Drinking water is best.
- Light meals will feel better while heavy meals will make your body work harder and increase your core temperature..
- Cool your toes. Putting your feet in cool water will make you feel less hot.

Summer can be wonderful but you need to take care of yourself and avoid the dangers.

”

You are only  
young once,  
but you can stay  
immature  
indefinitely.”  
– Ogden Nash

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**THE Grand PARADE**

**Windsor**

*Council on Aging Windsor-Essex County*

Saturday, September 16, 2023

Have a hoot while fundraising for local charities who serve and support seniors and their families across Canada. It's the only walk that's uphill, both ways!

Celebrating Seniors with Every Step  
**Team Up with Friends + Walk!**  
Fundraise | Donate | Volunteer | Sponsor  
[thegrandparade.org](http://thegrandparade.org) #tgp23

l'oluespa FOUNDATION

RAISING FUNDS FOR



toll free 1-877-743-3413  
[windsor@thegrandparade.org](mailto:windsor@thegrandparade.org)

Find out how to set up your own team, join a team or donate by contacting us at 519-968-3586 or [information@councilonaging.ca](mailto:information@councilonaging.ca)  
Webpage: [www.councilonaging.ca](http://www.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