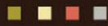


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## Working with seniors for the past 25 years and loving it!

THE  
**RECORD**  
Seniors Supplement  
May 11, 2017

By Mable Hastings

Angelle Laplume has been working at the Missisquoi North Volunteer Centre (CABMN) for close to twenty-five years. Although her job has evolved over the years, her present job title is, Senior's Services Coordinator and this is truly Angelle's passion.

Angelle came to Mansonville after leaving a job at IBM in Bromont where she had been working in quality control for close to five years. She was offered a promotion with the company that would have taken her to Toronto for six month training and then back to Bromont to work. However she had decided to get married and did not want to travel from Mansonville to Bromont each day and so she left the company to begin her life in Potton where she opened a clothing and gift store, "Variété Hélan" with her dear friend, Hélène Pouliot. The store existed for ten years and when it closed in December 1993, Angelle began volunteering at the CAB (then Citizen Advocacy) as a receptionist.

"I volunteered for 4 months, 5 days per week," shared Laplume. "I then advised them in April 1994 that I would be leaving because I would be looking for a paying job."

The CAB wasted no time and shortly after that, Laplume was offered the receptionist job as a paid employee and was thrilled to find a job just a few minutes from home. Due to her contact with people in the community, Angelle

quickly became more than a receptionist and began to develop her skills in referrals, matching volunteers with those in need as well as a strong implication in the Partage/Share food bank and other programs through the organization.

"I never minded the extra tasks as I was usually the instigator of the extra work I took on," she explains.

It did not take long as programs grew; new projects and staff were added to the CAB team before Laplume was working mainly with seniors. Her most important goal is making sure that seniors know what the CAB can do for them. Her priority is to listen, encourage their input and then bring the services, workshops and information that are needed, organizing workshops that can be fun, serious, informative, spiritual, emotional or legal, they decide.

"Another priority for me is to be aware of new and existing possibilities seniors or caregivers might be eligible for so I can transmit the information to them if they need it," she continues. "We are there to guide them, inform them so they understand and use different services and options that are out there for them to access."

Regardless of whether it is the person or their caregiver, Laplume stresses the importance of keeping the client feeling that age does not make them less important in society and strives to remind them of the vital role they play in society and community life. Information

CONT'D ON PAGE 3



MABLE HASTINGS

"I love my job," says Laplume enthusiastically. "I feel that I can make a difference and like the CAB, I can change and improve people's lives for the better."



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# Second annual Club des retraités (Senior's) lunch event in Potton

By Mable Hastings

For a second year in a row, on Thursday, March 27 the Club des retraités senior's group in Potton held its annual spring lunch in the basement of the Catholic Church. The lunch celebrates the end of the senior's activities for the summer. Assisted by the Missisquoi North Volunteer Centre (CABMN) senior's coordinator, Angelle Laplume, group organizer, Christine Caron enjoyed collaborating in offering this event for a second year. Following the lunch, the group that normally meets every Tuesday closes its activities for the summer to get ready for their annual Marché aux puces/Flea Market that is held in the basement of the Catholic Church throughout the summer on weekends.

Following the meal prepared by Robert and Lucie Renaud (who used to run the Soleil Rouge Restaurant), the 42 in attendance were invited to stay to play cards and shuffleboard which

many did. Guests for the lunch included staff from the CLSC (CIUSSE) and others from the community who happily attended.

The flea market held in the basement of the Catholic Church operates every weekend throughout the summer months and is located across from the local Farmer's Market making bargains available in adjacent locations a short walking distance from one and other. The basement sale offers everything from furniture to clothing including knick knacks, books, jewellery and more. Run by the seniors, this is a great fundraising opportunity for the group. Donations are always welcome.

Senior's activities organized by the Club des retraités senior's group from fall through to spring include: shuffleboard, card parties, visiting and fun. This well attended activity is one that Potton seniors have long enjoyed. Like many small communities, having local groups and activities as well as special events are vital and making it easy for

seniors to get to an activity is important.

For more information about senior's services in Potton, contact the volunteer

centre (CABMN) senior's coordinator, Angelle Laplume at 450-292-3114.



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# How to be money-smart in retirement

(NC) Many of us look forward to retirement as an opportunity to pursue new goals or reactivate life-long interests. With the right financial planning, you can be on track to achieve the financial security you need to realize your vision of a comfortable retirement.

By staying informed and taking steps to protect your savings, you are setting yourself on the path to becoming a money-smart retiree. Here are some tips to get you started on the right path:

1. Review your investments based on the timing of when you plan to withdraw your money. As you approach retirement, talk to your financial advisor regularly about your goals and any changes that could affect them.

2. If you're still working, maximize

your pension contributions to give your savings a boost.

3. Assign a power of attorney to someone you trust to handle financial and legal matters on your behalf as you age.

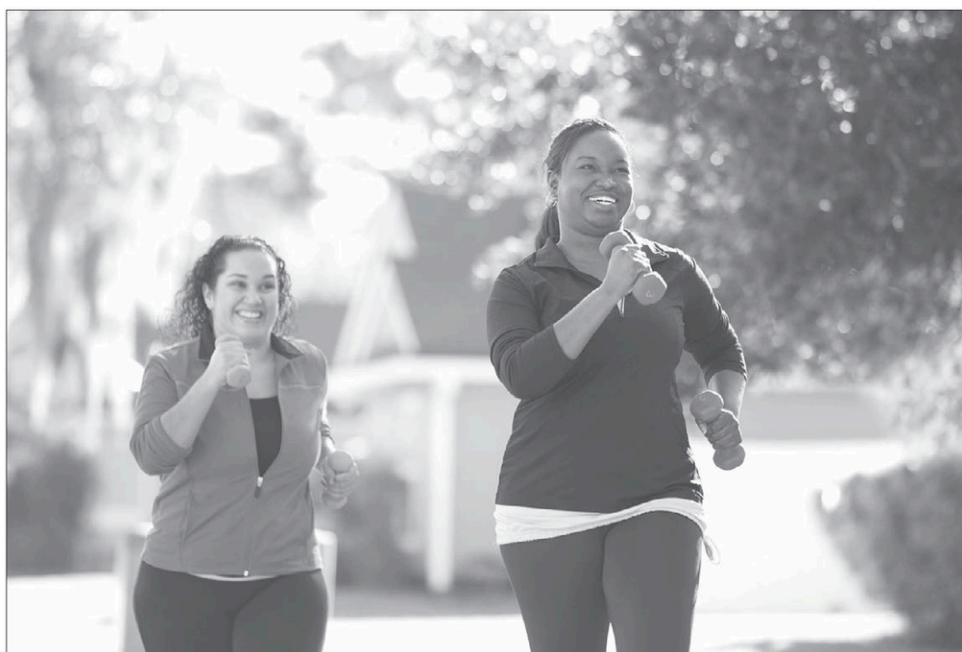
4. Learn about tax credits available to seniors, including pension income credits and disability credits.

5. Educate yourself on elder abuse and fraud. Common forms include burglary, telephone fraud and identity theft. Sadly, most financial fraud committed against older adults involves friends, family, caregivers or social contacts. The more you know, the better you can protect yourself.

For more information, visit [IFIC.CA](http://IFIC.CA) > Investors



# How to manage body pain as you age



(NC) Our bodies change as we age. And as much as we'd like to steer clear of long-lasting muscle, joint, back and arthritis pain, we may be unable to dodge these symptoms as time marches on.

So why does this happen? With age, muscle fibres shrink and weaken, which can contribute to fatigue and limit physical activity. At the same time, joints may stiffen and lose flexibility, resulting in pain, inflammation and, in some cases, arthritis.

Long-lasting body pain may be more common as we get older, but it shouldn't stop us from enjoying life and accomplishing all we want to. Research has found that a combination of treatment methods, including physiotherapy, massage therapy and medications, show the best results when managing body pain.

"When we leave our 30s and enter our

40s and 50s, pain can become a regular part of life. Some of my patients complain that they have to rely on taking multiple doses of pain relievers in a day to cope," says Dr. Jeff Habert. "Advil 12 Hour offers an option where just one pill keeps working for up to 12 hours."

If you're looking for an additional way to help get some relief, try applying icepacks to reduce inflammation and ease pain, or a warm bath to relieve aching muscles. As always, consult your health care provider with any health concerns.

# Working with seniors

CONT'D FROM PAGE 1

she provides includes: respite, P.A.I.R Program, accompanied or adapted transport, resources for caregivers, income tax clinics, medical equipment lending, P.I.E.D. Program, home care assistance, elder abuse and more...

Laplume also organizes and animates the Viactive program for seniors every Wednesday in Potton from fall to spring. Viactive is a free exercise program created by Kino-Québec. The main objective of the program is to allow those ages 50+ to keep fit by joining the group held every Wednesday morning in Mansonville at the local English Elementary school. Other groups and day are available in St-Étienne-de-Bolton, Stukely-Sud and Eastman.

"I love my job," says Laplume enthusiastically. "I feel that I can make a difference and like the CAB, I can change and improve people's lives for the better."

Looking for solutions together can make a world of difference to someone and Laplume feels that because she and the CAB are trusted, the service has provided a vital asset to the community and the needs of seniors and their caregivers.

"The CAB has an impressive list of contacts," explains Angelle. "These include, Legal Aid office, Sûreté du Québec, Magog Police, CAVAC, Adapted transport and many other Organizations."

One of their main partners is the CIUSSS de l'Estrie CHUS - CSSS Memphrémagog, the "CLSC" in Mansonville. When the new building for the CLSC was built in 2008 and the two organizations were, thanks to the Municipality of Potton, housed together, this only improved the services to the community by both groups.


"Looking back now," says Laplume, "I would not change the decision I made. I love working with the seniors and my time at the CAB has been wonderful and fulfilling."

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# Wisdom gained in the outhouse

By Mable Hastings

Although many find it hard to believe, our family still had an outhouse for a toilet in the late 70's. An outhouse, also known by many other names, is a small structure, separate from a main building, which covers one or more toilets. We had no indoor plumbing and pumped our water from a hand pump or carried it in buckets from the well that was located a good walk downhill from the house. The house resembled a shed and in truth, I think it once was. We were as many as seven at one time in that three room house located in the Vale. Five kids, two adults, a dog, a cat and any other varmint that sought refuge there. Today I got to thinking about what I learned from using an outhouse as a teen.

The lessons were plentiful and the contribution to our patience levels was abundant as well. Those out there who remember their own outhouse experience will likely do a lot of reminiscing in

reading this. Please humour me as I share my outhouse wisdom...just in case you find yourself wondering what it must have been like.

-Styrofoam makes for a warm seat cushion in the winter

-Don't knock the air holes in the winter, in summer you will be glad they are there.

-Spiders have no sense of smell

-Toilet paper is a beautiful thing

-Lime Powder (or Calcium Hydroxide) hides most scary things if used in excess

-Somewhere a sacred rule was written that bathroom trips in the middle of night are ranked for use by age. This never seemed fair as I was fourth and winter cold was no help in soothing the wait time.

-Emergencies solidified the fact that fat kids don't always run fast enough!!

-Don't drop anything valuable in the hole—ever!

-Don't seek revenge by dropping a sibling's valuable in the hole...you will regret it when your Mother finds out!

-Don't peek through the hole in the door. There is nothing beyond it that you want to see—ever!

-Bees sting!

-Skunks are real!

-Icabod Crane does not live in the woods in the Vale...likely your sibling just doesn't want to accompany you on the late night trip to use the outhouse.

-Newspaper is softer than a catalogue page.

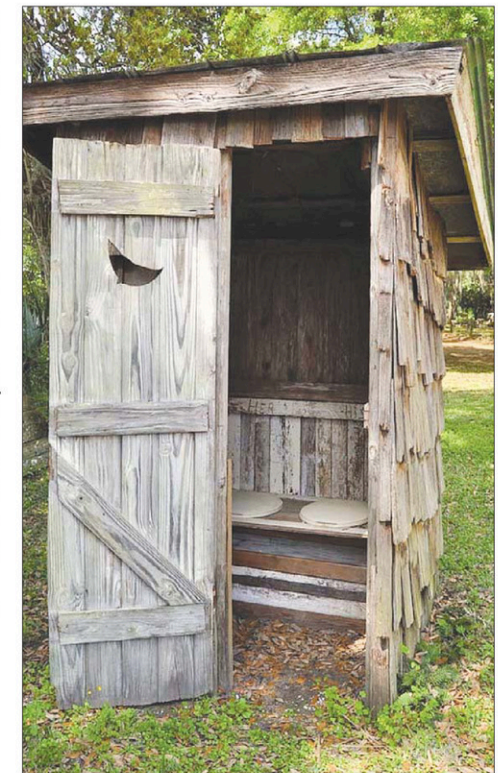
-Never tell your friends that your bathroom is "the latest thing," upon seeing it, you will lose credibility.

-Last but not least...DON'T ever yell "FIRE!" if someone is in the outhouse, likely you will regret it.

All these years later, as I reminisce myself, I find it hard to imagine most of the people I now know ever using an outhouse. The latest toilets do almost everything for you and some are even equipped with a receptionist who prioritizes your turn and gives you a lollipop when you exit.

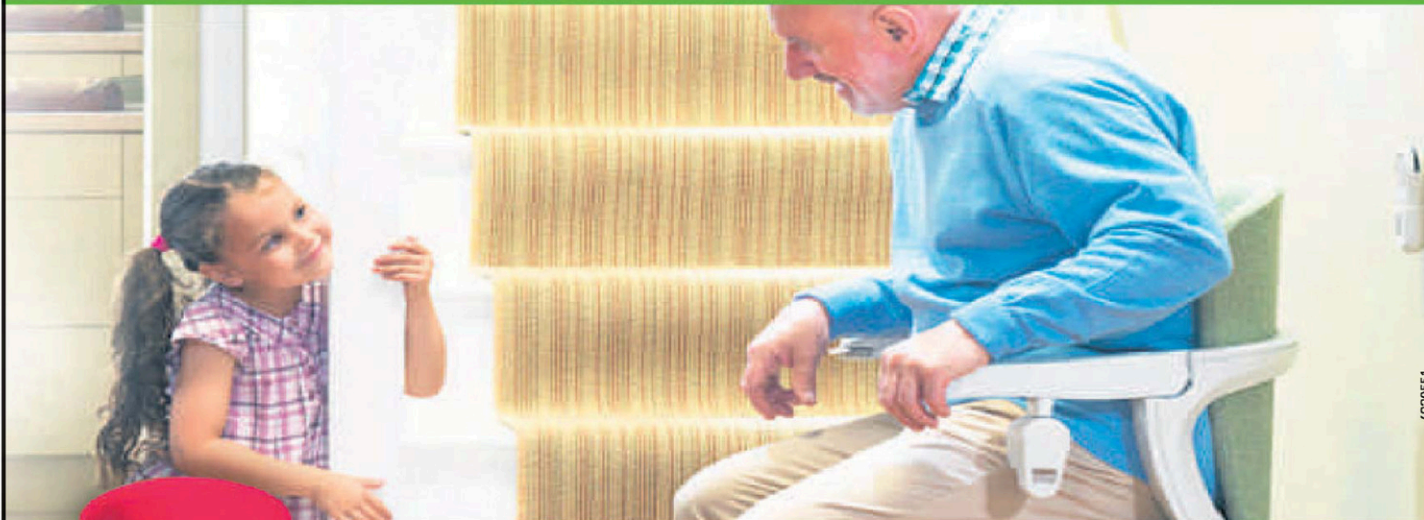
The outhouse in the Vale makes me

appreciate the little things in life and while it may be hard to understand by most, the memories still smell as sweet today as they did way back then.



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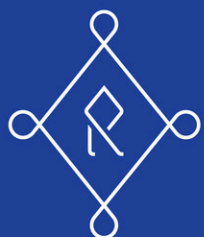
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# How to cash in your home's equity and live your retirement dreams

(NC) There are many appealing reasons that draw Canadians to downsize their home. Lower monthly expenses and fewer maintenance responsibilities attract people to a smaller, more affordable space. If you're thinking of selling in the current hot housing market to unlock the value of your home, there are many reasons to consider a land lease.

Land leasing means that instead of having to finance a large mortgage for the home and the land it sits on, you only finance the home. After you've paid off the mortgage, you will only have to pay for the land lease, which is much more affordable than a high mortgage you would be paying with conventional financing. Purchasing a home in a leased land community enables you to own a home that you otherwise may not be able to afford.

This setup is ideal if you're a budding retiree, as a land lease community can help you live an exciting and active life well into your golden years. With services like grass cutting, snow shoveling and other maintenance tasks, you'll be free to stop doing the things you don't want to be doing and start focusing on

what matters most to you. Resort-like amenities such as indoor and outdoor pools, fitness centres, organized fitness classes, golf courses, and walking and biking paths mean you'll have plenty of activities to keep you busy.

The lifestyle is perfect if you want to join the snowbirds, as you can enjoy the warm Canadian summers but then easily close the doors to your home when the cooler temperatures arrive. Property management services like home watch security and mail collection offer safety and peace of mind while you're away.

Homeowner protections exist to make sure your retirement is smooth and secure. For example, Parkbridge Lifestyle Communities remains a partner in the ongoing interest of the community and the protection of the homeowner's investment. Other benefits like professional management, amenities enhancement and specialized real estate services help foster a true sense of community.

Find more information at [www.parkbridge.com](http://www.parkbridge.com).



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# How to protect your senior parents online

(NC) The so-called sandwich generation faces a tough time, juggling care and responsibilities of aging parents and young children. But while you're likely very aware of the dangers the internet pose for your kids, did you know seniors are also vulnerable?

While they may not have grown up with the internet, like everyone else they use it to stay connected, organize things and make their lives more convenient. As they become increasingly active online, you can help them stay safe with these three tips:

1. **Password security.** Because seniors are a frequent target of cybercrime, it is important to explain the importance of using strong passwords. Suggest mixing up characters, numbers, letters, and cases, and using different passwords for different accounts. A password manager app that securely helps them keep track of all their passwords using only one login credential, like Last Pass, is a great idea.

2. **A backup never hurts.** Ask your parents to share their passwords with you

so they need not worry about misplacing important information like banking details and social media accounts. If you ever need to access an account on their behalf, you'll have everything you need.

3. **Ask a professional.** "Today, the online tools designed specifically for seniors are incredibly versatile and include everything from electronic medical records to digital estate planners. As these require personal information, make sure your parents choose reputable ones," recommends Shelly Smith, director of Telus Wise (Wise Internet and Smartphone Education).

Help your parents talk to their health care providers to decide on the best tools to use when it comes to medical records and health and fitness apps. As always, make sure they only download them from trusted sources. This will ensure that sensitive personal information stays secure and is only accessible to trusted professionals.

Learn more about smartphone safety for seniors online at [telus.com/wise](http://telus.com/wise).

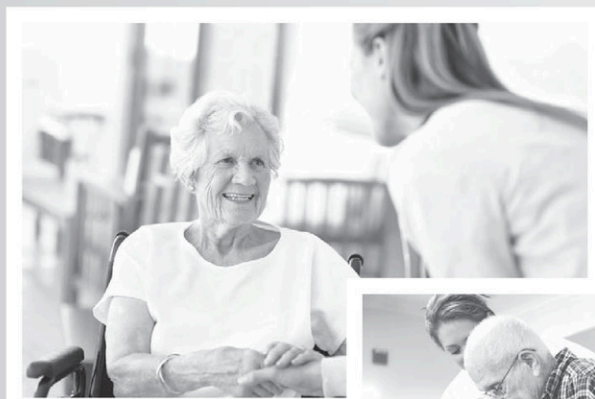


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# 4 stress management tips for seniors

(NC) Retirement should be your golden years – a time to relax, play golf and connect with loved ones. However, not everyone makes the transition smoothly, especially if living with a health condition like diabetes.

“For all seniors, it’s important to know how to reduce stress and manage health conditions. But for those living with diabetes, it can be even more complicated,” says Toronto endocrinologist Harpreet S. Bajaj, MD, MPH. “It’s important to know what lifestyle changes can help you feel your best or what technology is available to make your life even simpler.”

**Here are few tips to help you reduce stress and enjoy your golden years.**

1. **Get outside:** Fresh air is a simple remedy that provides restorative health benefits. Explore the outdoors, read on a bench, or grab a coffee with a good friend. It’s important to value physical and mental health, and discovering the great outdoors benefits both.

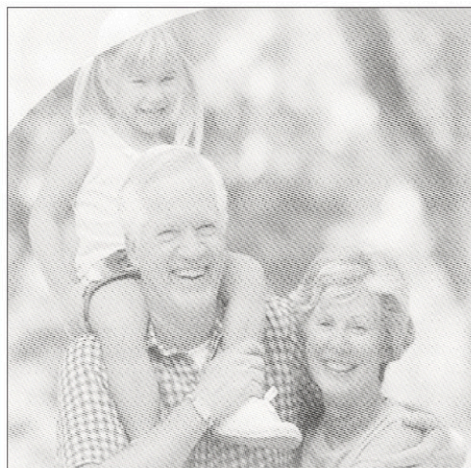
2. **Find a furry friend:** Pets can help provide soothing comfort and improve overall well-being. Known to reduce stress, animals can be loving companions with positive lifestyle effects. Cud-

dle with your cat or walk a dog and experience their fun-loving nature.

3. **Stay on top of your health:** A disease like diabetes can be difficult to manage, but new technology and mobile apps are making it easier. The Contour Next One meter and its app make it easy for people with diabetes to use their smartphones to manage the condition. The system features an easy-to-use wireless smart meter that connects to the app to store and analyze patient blood sugar levels. Patients have a greater sense of independence and less anxiety over maintaining optimal blood glucose levels. The new meter also uses coloured lights to quickly indicate if a reading is too high, too low, or within target range, making results simple to understand.

4. **Breathing exercises:** Taking a moment to focus on breathing is important. Breathing exercises are a convenient and effective stress reliever that can be easily incorporated into your daily routine. Inhaling deeply and taking controlled breaths will help diminish anxiety and leave you in a state of calm and self-awareness.

Find more information at [www.contournextone.ca](http://www.contournextone.ca).



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