

The Legacy



June 2018 Issue #1

Thousands of You

AL DEL DEGAN, FOUNDING PARTNER & ANTHOLOGIST

There are in fact, hundreds, if not THOUSANDS of versions of You out there. Everyone who has ever met you has created a picture/profile/backstory for You in their mind. Every person in your life carries around a version of You that you have never met. Some of the “You’s” might be heroes. Some might be villains. Some of them are so different that it will make you wonder what kind of impression you could have possibly made on them, and some of them might even be frighteningly close to the real You.

The truth is that only you know the real You. That is why you need to tell your story. Why is your story important? Well, think about your family history. Some of you may know who your grandfather was, where he was born and what he did in his life. Some people may even know who their great grandfather was. But what about those who came before? Roll back the clock and imagine if you knew who your ancestors were. Better yet, not just who they were, but what they did in their lives. Maybe you are a little stubborn, or people have told you that you are very particular about certain things. Ever wonder where that may have come from? Wouldn’t it be interesting to find out that you were a direct descendant of Wolfgang Amadeus Mozart? Or perhaps maybe Napoléon Bonaparte or Joan of Arc. More importantly who were the lesser known people in those past years that kept your family tree growing long before you were born?

Perhaps if you tell your story, it can help prevent someone from making the same mistakes in their lives, or give them something to think about when they are feeling like their life has no purpose or meaning. You may not think your life was all that interesting, but there is that possibility that you could be an inspiration to someone else that you have not yet met. If you don’t record your life story, you are preventing future generations of knowing who you were and the impact (big or small) that you had on the world.

Recalling times and people who were important in your life can stimulate simultaneous feelings of joy, sadness, and nostalgia. It is an exercise that requires thoughtful reflection and introspection, and it can be the one of the most satisfying experiences of your life, reinvigorating old relations, cherished memories and clarifying purpose. Recording your life story is undeniably important, whether you feel that you are interesting or not. There is a chain of people starting with you that will go on for generations to come, and they deserve to know who you are.

It’s Time to Get Started! Every day you delay is another day lost forever increasing the chance that your story will never be told. Do not wait until it is too late, record your life story and get started today.

Capturing Legacies Inc.
www.capturinglegacies.com
(403) 879-9303

Music & Memory

CHUCK TERLESKY, PRESIDENT & DIR OF OPER.

Music helps people living with a wide range of cognitive and physical challenges to find renewed life. This program has been shown to:

- Reduce depression and anxiety
- moderate pain
- Tap deep memories
- Promote joy
- Reduce reliance on medication

Home Care Assistance of Calgary.
www.homecareassistancecalgary.ca
(403) 301-3777

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Five KEY Tips for Senior Travelers

CAROL SUN, PARTNER & DIRECTOR OF COMMUNICATIONS

1. **Get Insurance** – truly essential for older travelers who are more at risk of falling and hurting themselves, getting sick or needing extra medication if ever that vacation is interrupted or delayed.
2. **Don't Advertise Your Absence** – If you are a social media fan - keep your close friends and your family in the loop of your travel itinerary by phone or in person. Do not advertise on social media that you are going on a trip.
3. **As far as the hotel goes** – Don't put the 'Clean My Room' sign on your hotel door. We all think it is a safe place to keep our valuables and usually leave our passports, extra money and jewelry in our rooms, and criminals know how to jimmy any locks. Instead, call the front desk on the way out and let them know you'll be leaving and that they can send someone up to clean the room.
4. **Mind Your Meds** – Don't pack them in your luggage, and don't leave them lying in the open in your hotel room. Always make sure you've got enough medicine to last you an extra week, just in case your flight home is delayed. Other great advice is to find out the name of the medication in the language of the destination you're traveling to.
5. **Keep the Bling to a Minimum** – Don't be a target for thieves. Older travelers are unfortunately an easy target, they are perceived to be less aware of their surroundings, more unsteady on their feet and vulnerable. This applies to carrying cash as well. Seniors are more likely to carry cash around, wear expensive jewelry and watches than younger travelers, and thieves know this. Consider leaving the bling at home. Bring a small compact camera, don't count your money out in public, just take what you need for the day when you leave your hotel or place of stay.
6. **Stay Safe on Your Feet** – Wear comfortable shoes in order to get through full days of walking and touring. Wearing flats will also help older travelers to stay steady on their feet. Heels are not recommended, even small ones. They can make you more prone to spraining an ankle or falling. Flat shoes will help you stay comfortable and balanced.

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We Hear with Our Ears, But We Listen with Our Brain: The Side Effects of Untreated Hearing Loss

DR. SARAH BLENKHORN, AU.D., R.AUD, AUD(C)

"Brain hearing" is becoming a more widespread term as research reveals the alarming side effects of untreated hearing loss. Age-related hearing loss occurs very gradually and can often be difficult to recognize. However, the importance of early detection and treatment of hearing loss is critical, not only to aid with hearing abilities, but to assist with all of the other impacts that hearing loss has on daily living.

When winter is in full force, there is an increased risk of falls, and even with a mild hearing loss you are three times as likely to have a history of falls as the auditory system and the balance system are directly linked. Two more serious conditions to consider are depression and dementia. Without even being aware of it, some people tend to withdraw from their once enjoyable activities when they cannot hear well, leading to social isolation and depression.

Research has indicated that there is a connection between untreated hearing loss and dementia. When our brain does not receive the sounds that it needs to stay active and fit, it starts to get lazy which can impact our memory and can add stress on the brain when it processes information. An important factor in maintaining your brain health is to manage your hearing loss and give those sounds back to the brain that it is missing. But before this can happen, you need to know where your hearing levels are at and this is why having a full hearing assessment is so important and highly encouraged.

Harp Hearing Care
www.harphearing.ca
(403) 457-2979



You're never too old to learn about technology!

CHRISTIAN FRUHEN, IT SPECIALIST & OWNER

For senior citizens, learning computers and basic internet skills is not only ideal for accessing information, it is also a great tool for keeping in touch with family members. There are even health benefits from nimble fingers on the keyboard, or from playing senility starving games. In fact, what holds true for those on the right side of the age divide is also true for senior citizens when it comes to internet and basic computer skills:

- Computers help to improve engagement
- They help to improve knowledge retention
- Technology encourages learning and collaboration
- The Internet offers quicker responses from those you communicate with

Some elderly people fear computers, but basic computer skills are easy to learn – more so today now that mainstream technology is designed to be user-friendly and visually accessible. In many cases it is a matter of repetition. Learning a new skill like using technology can be a fun and enjoyable experience if the person has the right attitude. It is important to go into it with wonder and curiosity rather than fear. Take your time, try different things, and explore what is available to you. You may just find out that these new-fangled machines are really a lot of fun.

We are always here to support you. Xentas Inc. provides computer lessons and tutorials as well as computer services and repairs.

Xentas Inc.
www.xentas.ca
(403) 481-0547

Living Free

CHUCK TERLESKY, PRESIDENT & DIRECTOR OF OPERATIONS.

Nursing home vs assisted living facility—they're practically the same thing, right? Not really.

Although they share similar goals and often have services in common, these two senior living options are very different. Depending on a person's medical needs, mental state, and personal requirements, they might enjoy the independence of assisted living or the constant care of a nursing home.

Nursing homes offer more medical care and personal assistance but less freedom.

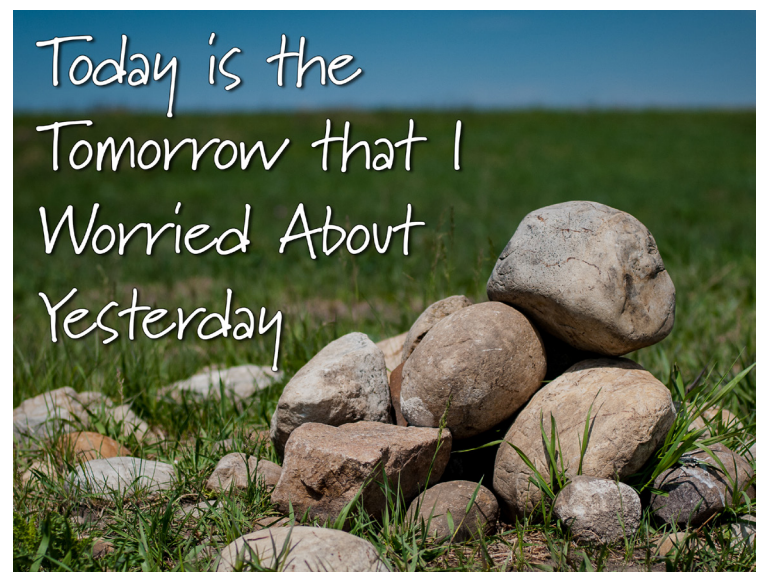
Assisted living facilities, on the other hand, offer less medical care but emphasize residents' independence.

So before you make your choice, you need to figure out which services you or your loved one will need in their new residence, such as the following:

- Bathing assistance
- Grooming assistance
- Dressing assistance
- Toilet assistance
- Laundry services
- Housekeeping services
- Prepared meals
- Transportation
- Medication management
- Complex medical care
- 24-hour supervision

Home Care Assistance of Calgary is here for you and we can help answer your questions.

Home Care Assistance of Calgary.
www.homecareassistancecalgary.ca
(403) 301-3777



Tips for Healthy Living for Seniors

GERRY GATTO, DIRECTOR / OWNER

Growing older doesn't have to mean seniors automatically have to live with poor health. Does our physical ability decline in our later years? It certainly can and commonly does. And yes, our risk of some diseases can increase as we get older. However, there are many things that seniors can do to ward off more serious conditions and enjoy both better health and a more fulfilling daily life.

One of the most important things seniors can do for their health is to stay connected within their communities. That could mean staying close to family, enjoying friendships with neighbours, or nurturing ties within a faith community. Connections and the bonds of community can help prevent social isolation and they can encourage seniors to keep up with healthy habits like getting out of the house, helping others, and managing stress.

Movement is an important part of how our bodies stay strong and limber, and it's possible to keep moving well into our senior years. While the activities we choose may change or how we approach them may need to evolve, staying active remains important as we age. There will be a wide range of ability and what is considered wise and safe, certainly, but everyone can find something they can do to keep moving. For some it may mean a daily walk outside, for others it may mean walking indoors where surfaces are level and safer. It could mean getting outside to spend time in the garden, or joining a gentle stretching or movement class at a local gym or community centre.

Senior Homecare by Angels
www.SeniorHomecareCalgary.com
(403) 862-0129

Living Alone Without Being Lonely

CAROL SUN, PARTNER & DIRECTOR OF COMMUNICATIONS.

1. Socialize - without positive, durable relationships our minds and bodies fall apart.
2. Find things to look forward to.
3. Book social activities as far in advance as possible – something to look forward to.
4. Don't wait for other people to come to you, be the source of new ideas.
5. Create a bucket list for the month or even for long term – yearly bucket list. Set a goal to cross out as much as you can. Trust us, it feels liberating and refreshing to accomplish even just one!
6. Afraid to meet new people? Then Volunteer! Do something you love, for a cause that you care about. Volunteering is a great way to stay connected with old and new friends, especially if you share the same passion on the same things.
7. Learn and Use technology to stay connected with your family and friends
8. Plan destination weekends
9. Discover the lost art of writing letters

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PLEASE SHARE

If you enjoyed The Legacy newsletter, please share it.

Our goal is to provide valuable information, stories and articles from businesses that care about seniors.

Keep an eye out for our next issue. For more information visit CapturingLegacies.com or call: (403) 879-9303



SENIORS SERVICE GROUP

Helping Families Find Senior Approved Services - We are a not for profit organization that helps seniors and families save time in finding the best solution for their needs throughout Alberta. Our businesses include:

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- Computer technology training
- Financial services
- Autobiographies and memoirs
- Funeral planning
- Lawyers for seniors
- Mediation for seniors
- Mortgage specialists
- Realtors for seniors
- Speciality health services
- Safety and security
- Transportation for seniors

For more information or to arrange for a presentation on the services available please call us at (403) 879-9346 or visit our website at

www.seniorsservicegroup.ca