

Stormont Edition | Spring 2023

The New Men's Club In Town



Johnny has been a member of the Carefor Adult Day Program for over five years.

As the baby boomers age, the need for community support services is expected to grow over the next thirty years. An area of care expected to see substantial increase in need is programs and services that support older adults living with dementia and Alzheimer's, plus additional supports for their caregivers. In Canada alone, over half a million people are living with dementia today. While women make up the majority of those diagnosed of these people, men still account for over 38%.

The Carefor North-Stor Support Centre has been a hub of activity with its Adult Day Program (ADP) for over six years, supporting older adults with cognitive and physical challenges and offering a reprieve for their caregivers. The goal for ADP is to enhance each individual's own strengths and abilities through social, emotional and physical support. Over the past two years the number of men needing ADP support has grown. It was decided in September 2022 to start a men's specific ADP group that would tailor its programming to meet the needs of men.

Every Thursday, the new men's club gets together spending their time-sharing stories with one another, staying active, and engaging in planned activities. Johnny has been



Natacha, the Adult Day Program Coordinator incorporates exercises into the program to keep members healthy and active.

part of the Carefor ADP Program for over five years and is known as the jokester of the group. He shared, "It lets you get out of your house. It's nice to socialize and do games. I enjoy visiting with others in the group."

Gail, Johnny's wife and caregiver, takes the opportunity to relax, put her feet up and indulge in some of her favourite tv shows knowing Johnny is in good hands. Gail explained, "It gives me a reprieve, but it also gives me a wonderful satisfaction knowing Johnny has his own group of social friends, and that he gets the exercise and a good meal. At the end of the day, he has those interests to bring home. We are very insular people, so I like for him to get out and have his own social time."

In 2020, there were over 350,000 caregivers in Canada supporting partners living with dementia and Alzheimer's. This number is expected to increase by 188% in the next 30 years. Programs like Carefor's Adult Day Program are foundational in supporting caregivers and giving them the care they need themselves to better care for their loved one. Carefor is grateful to its donors and community partners for supporting our place in the future of healthcare.

See how your support is making an impact on the lives of our clients at carefor.ca/stories



Keeping Fit Over the Cold Winter Months

By nature, winter is a season of slowing down. The short days and colder temperatures makes hibernating on our couches with warm tea and a book very appealing. While it's great to rest, we still need some physical activity and also some outdoor time.

Physical activity is especially important for older adults. Seniors should aim for 2-2 ½ hours of moderate intensity per week, which can be hard during the colder months.

There are many outdoor Winter activities available to us, especially in the South Stormont area. In early February, fourteen Carefor clients enjoyed snowshoeing at the Upper Canada Migratory Bird Sanctuary located less than 5km from the Carefor Support Centre in Ingleside. Participants were required to wear warm walking attire and boots, while the "Friends of the Sanctuary" offered rentals for \$5.00.

Once sized-up, volunteer Colleen Leduc gave a brief tutorial on snowshoeing basics and info on the trails the group would be exploring, and then off they went! The group trekked over 5km in the snowshoes, checking out a brand-new boardwalk and taking a tour through existing trails throughout the forest. Some folks even brought bird seed to feed the chickadees at various stops along the way while also taking in the sights, sounds, and smells of the Sanctuary while hiking in their snowshoes.



Colleen, the guide and long-time volunteer with the Friends of the Sanctuary explained, "I have received so much pleasure helping visitors from 3 years old + suiting up for their introduction or re-introduction to skiing or snowshoeing, and seeing their beaming rosy faces when they return, proud to announce that they only fell a couple of times, or indeed, they didn't fall at all!" This activity was not only good for their physical health, but mental and social health, too! Walk participant Sheila thoroughly enjoyed shoeing with the group. She shared, "It's been 46 years since I've snowshoed. It was a fun way to spend an afternoon with friends. At the end of the day, I was astonished when we finished our trek, and it was close to 6.5 kilometers!"

This spring, Carefor South Stormont clients are looking forward to returning to the Bird Sanctuary and testing out trekking with Nordic walking poles! Stay tuned for more info on the benefits of "urban poling"!

Ways to Donate

Every donation received helps ongoing operational costs of Carefor Community Support programs in Stormont.

Online: carefor.ca/donate

By mail: Carefor Eastern Counties, 205 Amelia Street, Cornwall, Ontario, K6H 3P3

South Stormont Support Centre:
Call 613-537-8644 or visit the Carefor South Stormont Support Centre, 12 Memorial Square in Ingleside

North-Stor Support Centre: Call 613-984-2436 or visit the Carefor North-Stor Support Centre, 6 Nelson St. in Finch

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Show you care today by donating to your local Carefor Meal Delivery Program.

Your donation will give meals to seniors and help us meet the growing need for this program in your community. Carefor's team of dedicated volunteers have delivered over 24,000 meals to over 250 seniors this year alone.

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