

# Home Scene

## Senior Care in Canada: A Growing Concern

The Canadian population is getting generally older these days as time goes by. Today 16.1% of the Canadian population is aged 65 and over. “By 2051, almost 25% of the population could be aged 65 and older.”<sup>1</sup> So what will old age care look like in the future? How will we keep up with caring for our growing population of seniors? Looking at Scandinavian countries we can see a glimmer of hope in tackling this growing concern.

Elderly care innovation in Denmark has helped health-care providers to detect challenges to the elderly early on and provide a wide variety of home care programs that assist seniors in living at home for longer and staying active. More details of their goals and methods are outlined in a White paper available online called "ASSISTED LIVING: A dignified elderly care in Denmark."<sup>2</sup>

One area for improvement could be more physio treatments for Canadian seniors that can help them stay active. Not all seniors in Canada are eligible for this benefit. “In Denmark, all home care workers are trained to do preventative physio to try to keep people aging

in place, whereas in Canada, it's not standard practice for home care workers to get rehab training and physiotherapists are in high demand.”<sup>3</sup> Physiotherapists are so in demand that some seniors in Canada are not included in physiotherapy programs unless they are receiving home care. It is increasingly difficult for seniors to stay active if their health declines enough that they are unable to live at home and cannot afford physiotherapy sessions out of pocket.

The successes of Scandinavian elderly care set an example for us. In their elderly care programs: “Even with significantly more dependent elderly, [Scandinavian countries] are able to provide higher staffing levels and more time for social support, as well as more choice and autonomy for workers and residents. As a result, workers face less violence and lower injury rates. And they enjoy better health as they provide better quality care.”<sup>4</sup> That quote was from a 2009 book comparing elderly care in Scandinavian countries with Canada. Are we behind the times? Let’s hope we can catch up.

*“An ounce of prevention is worth a pound of cure.”*

-Benjamin Franklin, 1736



### References (page 2)

#### **By Referral Only™ means ...**

**Our business** is designed to provide you with the highest possible level of service and attention. Unlike most Realtors, who spend most of their time searching for new customers from the general public, over 95% of our business comes from our clients’ endorsements. As a result, you benefit by getting more of our undivided attention, education, predictability and dedication.

**Our promise** is to give you sound real estate advice and help you understand the future implications of the decisions you make.

**Our goal** is to build a relationship with you based on mutual trust and respect.

**Our vision** is to make a positive difference in your transaction, in your life, and in the world.

# Heart Health Habits

*The benefits of a healthy cardiovascular system are lowered risk of disease, improved immunity, weight control, stronger bones, better mood and more.*

Most people hope that they will keep their cardiovascular system in good shape throughout their life but it can be challenging to develop the right habits needed over the long term. To follow are a few things to consider whether you wish to build or refresh those habits or help someone else do the same. Please keep in mind that depending on your age and current state of health, you will want to adjust your goals and always consult with your doctor if there is any question about the suitability of your exercise plans.

- Do something fun with your family or friends: a walk, a hike, a bike ride, a beach day, a pool day, a friendly game of basketball, soccer or whatever you like.
- Travelling as a pedestrian on transit or by bike can help achieve fitness goals and can be more enjoyable than sitting in your car.
- Go to a swim/aqua fitness, yoga or dance class. For online classes, remember to clear space, remove obstacles and be cautious.
- Make it part of your weekly routine to do regular exercise.
- Choose an exercise plan that includes 150 minutes of moderate to vigorous aerobic exercise per week and strength training exercises 2 days a week.
- To decrease the likelihood of injury, don't skip the warm up or the stretches and don't overstretch.
- Don't hesitate to get a personal trainer, physiotherapist, gym or yoga instructor to help you get it right.



- Some muscle soreness after exercise and burning during exercise can be normal, but some types of pain are warning signals. If unsure, get a professional opinion.
- Children can have illnesses or medical conditions that might require them to rest or perform more moderate activity. If you are uncertain, get a professional opinion.
- Rest when you need it. Give specific muscle groups a day to recover after strength training.
- Choose lower weights to start and work your way up gradually. There is no need to lift extremely heavy weights to maintain bone mass.
  - Don't push yourself too hard, to help prevent injuries and to be able to continue staying active later in life.
  - Don't be discouraged if exercise seems tough after a sedentary period. With gentle but consistent effort, it can get easier.
  - Remember to seek out nutritious delicious meals and limit less healthy foods or replace them with healthier alternatives.
- Choose lower weights to start and work your way up gradually. There is no need to lift extremely heavy weights to maintain bone mass.
  - Don't push yourself too hard, which is one way to help prevent the likelihood of injuries and be able to continue staying active later in life.
- Don't be discouraged if exercise seems tough after a sedentary period. With some gentle but consistent effort, you may notice that you feel better with time and exercise starts to feel easier.
- Remember to seek out nutritious delicious meals and limit less healthy foods or replace them with healthier alternatives as best you can.

## References (from Page 1)

- <sup>1</sup>Zimonjic, Peter. "Canada's working-age population is older than ever, StatsCan says" CBC, Apr 27, 2022, <https://www.cbc.ca/news/politics/canada-working-age-population-census-1.6432398>. May 12, 2022.
- <sup>2</sup>Healthcare Denmark. (2019). ASSISTED LIVING: A dignified elderly care in Denmark [White paper]. <https://www.healthcaredenmark.dk/media/plvbj4yz/elderly-care-v10919.pdf>
- <sup>3</sup>Johnson, E., Foxcroft, T., Pedersen, K. "Stuck in bed 23 hours a day: What's wrong with home care in Canada and how another country changed course". CBC, Apr 27, 2022, <https://www.cbc.ca/news/marketplace/home-care-canada-denmark-1.6430273>. May 12, 2022
- <sup>4</sup>Armstrong, P., Banerjee, A., Szebehely, M., Armstrong, H., Daly, T., Lafrance, S. (2009). *They Deserve Better: The long-term care experience in Canada and Scandinavia*. Canadian Centre for Policy Alternatives. <https://www.diva-portal.org/smash/get/diva2:1632135/FULLTEXT01.pdf> p.141-142.

# Summer Home & Property Care

*Keep your property safe, comfortable and well maintained this summer with the help of some of the following measures.*

- Change your furnace filter if necessary.
- Maintain the garden with weeding, watering and intelligent planting.
- Make your garden a bit easier to manage by choosing some native plants.
- Consider getting a landscaper or gardener to set up or improve the outdoor space for you.
- Keep more plants that attract pollinators like bees that are responsible for the production of 1/3 of our food supply.
- Keep some plants that butterflies love (even though some people might consider them weeds.)
- Ensure that your a/c unit is working properly. Or have an alternate plan to manage heatwaves.
- If you have one or more large trees on your lot that may be dying and pose a hazard to electrical lines, people, cars, buildings, etc hire a professional to identify and deal with them.
- Consider planting trees on your property but get professional input on the type of trees and proximity to buildings, power lines and sewage lines to avoid costly problems later.
- Check that your roof is in good shape. Make efforts to identify if you need a qualified roofer to complete any upgrades or repairs before winter.
- Let some fresh air into your home every day.
- If your home has become very dusty consider having the ducts cleaned.
- Examine the fireplace/chimney and have them cleaned.
- Inspect outdoor faucets and security lights for functionality.



- Check that smoke and carbon monoxide detectors are working.
- Remove dryer lint buildup from the vent.
- Move wood or any other items away from your house. Insects can breed there and cause problems all summer.

- Caulk and repair windows.

- Prevent basement flooding by sealing cracks in the foundation and by ensuring proper grading of your property diverts the water to drains and roads away from your property.

- Clear the drains on your property, culverts, gutters and downspouts free of debris and other blockages before rainy days.

- Inspect the hot water heater for leaks.

- Test your hot water heater's tank valve.

Follow the safety steps included in the manual.

- Shut off the main valve for water to verify that it hasn't seized. Don't neglect to provide notice to any affected tenants.
- Inspect the hoses to your washer, dishwasher, toilets, dehumidifier, refrigerator, and ice maker for signs of cracking or leaking and replace any as necessary.
- Perform washing machine and dishwasher maintenance steps outlined in their manuals.
- Follow the maintenance and safety recommendations for your pool.
- Consider adding a fence or other safety measures to keep unsupervised children out of a pool or other body of water nearby.

## Fruit Art and Photography

This is a great simple creative food craft for kids that makes snack time a lot of fun.

- Cut a few types of fruit into different shapes that inspire creativity (circles, triangles, squares, etc.)
  - Make sure the pieces are an appropriate size to prevent choking.
  - Provide each child with a variety of pieces of fruit and give them a separate plate to decorate.
  - Let them take a photograph of their creation.



*Here are some sample ideas:*

### Emoji fun

Pick one type of fruit each for the the eyes, nose and mouth and make a face on a small plate. Optionally add ears, eye brows and hair. Try a mix of berries like strawberries, raspberries and blueberries.

### Rainbows

Make a rainbow on your plate using multicoloured fruit. Try raspberries, oranges, pineapple, green grapes, blueberries and purple grapes.

### Apple Hearts

Make a heart shape with the nuts or seeds at the center of the plate. Contour it with raisins and then contour the raisins with apple slices.

## Welcome New Clients

**By Referral Only™ Really Does Work**  
*Here are some of the new clients who were referred to our “RE Family” this past quarter:*

**Jose and Claudia**

*Referred by Alina Padron & Samuel Rubin*

**Stephanie Peixoto**

*Referred by Gabriel Peixoto*

**Ed and Karen Hoefs**

*Referred by Meghan Hoefs & Brian Cousineau*

**Nabila Mohammed**

*Referred Ed and Karen Hoefs*

**Maria Kaposky**

*Referred by Paul and Frances Maglietta*

**These former clients are once again putting their trust in us:**

**James Bryers**

**Mat Scolozzi**

**Warren and Patricia Bonnar**

**Rebecca and Kelli Richardson**



Sales Representatives:

**Jonathan Amantea**

*E-mail:* info@jonathanamantea.com

**Michelle Read**

*E-mail:* mx.mr@sympatico.ca

*Cell:* 416-879-7323

*Office:* 416-656-3500

*Web:* jonathanamantea.com

This information is solely advisory and should not be substituted for legal, financial or tax advice. Any and all financial decisions and actions must be done through the advice and counsel of a qualified lawyer, financial advisor and/or chartered accountant. I cannot be held responsible for actions you may take without the proper legal, financial or tax advice. Let me know if you would like to be removed from my newsletter distribution list.