

Aging Well in Grey Bruce

2027

Your Resource for a Healthy, Connected Life from January - December 2027

Welcome to the “Aging Well in Grey Bruce” Calendar

A resource for older adults, created by older adults.

This resource was developed in partnership with local service providers and older adults through in-person and virtual events, surveys, and workshops. Special thanks to Bruce County Paramedic Services, the Grey Bruce Ontario Health Team, and the Regional Geriatric Program of Southwestern Ontario for helping bring this project to life. We’re also grateful to Healthcare Excellence Canada for funding this work. An honourable mention goes to the Seniors’ Centre for Excellence, whose “Wise and Well” calendar inspired us to create a Grey-Bruce version!

Connect to Your Local Community!

Over and over, we heard the same message: connection matters most. But we know it’s not always easy — especially if you’re new to the area, unsure where to begin, or face challenges getting out and about. Word of mouth is the most trusted source out there, so we asked our community for some tips to get started.

Here’s what older adults recommend:

- **Visit your local library** – Libraries offer much more than books! Look for guest speakers, classes, events, and even fun things to borrow — like binoculars or ukuleles.
- **Join a seniors’ group near you** - There are many free formal and informal groups across Grey Bruce that are sure to have something for you, from cards to crafts to walk & talks, ask a friend or neighbour where they go!
- **Call 211 or visit 211.ca** – A free and confidential way to find local community supports and services.

Each month, you'll find a new topic with helpful tips for living well and staying connected to local programs and services. Each page will guide you to local organizations or programs related to that month’s theme. *Look for the* ★ *to guide you to local organizations or programs related to that month’s theme.*

At the back of the calendar, there’s a short directory with helpful contacts. You’ll also find a space to share your feedback. Let us know what you find helpful and what you’d like to see more of.

To access the calendar online: greybruceoht.ca/calendar



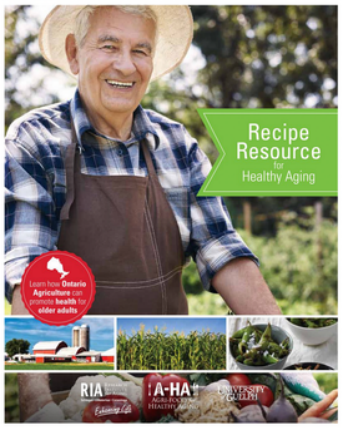
2027 January

Enjoying a meal is one of life's simple pleasures. The aroma of a favourite dish can bring back memories of family dinners and special occasions. Many of us remember planning meals, chopping ingredients, and cooking for the people we love.

As we get older (and wiser!), it's okay to spend less time in the kitchen while still enjoying healthy, delicious meals that don't break the budget. Sometimes, the person doing most of the cooking changes too — and that's perfectly fine. **Eating well helps keep us healthy and connected.** And if a meal doesn't go quite as planned? That's what laughter is for!

Recipe Resource for Healthy Aging

This resource provides a selection of recipes that feature Ontario-grown foods and cater to the needs and preferences of older adults. There are more than 50 recipes to choose from!
Visit: the-ria.ca/resources/recipes-for-healthy-aging/



Tips for Healthy Eating:

Eating well doesn't have to be complicated. A few small changes can help you enjoy tasty meals, stay healthy, and make cooking easier. Here are some simple tips to get you started:

- ☐ **Keep it simple:** Choose recipes with just a few ingredients and easy steps.
- ☐ **Plan ahead:** Cook extra portions and freeze leftovers for busy days.
- ☐ **Focus on balance:** Include a variety of vegetables, whole grains, and lean proteins.
- ☐ **Stay hydrated:** Drink plenty of water, herbal teas, or milk throughout the day.
- ☐ **Ask for help:** Invite family or friends to cook together — it can be fun and less tiring.
- ☐ **Explore meal services:** Look into local meal delivery or community meal programs if needed.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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24 / 31	25	26	27	28	29	30

One-Pot Chicken and Veggie Rice Recipe:

Ingredients:

- 1 tablespoon olive oil
- 2 boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 small onion, diced and 1 cup carrots, sliced
- 1 cup frozen broccoli
- 1 cup uncooked rice (white or brown)
- 2 cups low-sodium chicken broth
- Salt and pepper to taste

Instructions:

1. Heat oil in a large pot over medium heat. Cook chicken pieces until lightly browned.
2. Add onion and carrots; cook 3–4 minutes until softened.
3. Stir in rice, broccoli, broth, thyme, salt, and pepper. Bring to a boil.
4. Cover, reduce heat, and simmer 15–20 minutes until rice is tender and liquid is absorbed. Enjoy!



January Affirmation: "Each meal I choose **nourishes my body**, **supports my health**, and helps me feel my best. I deserve to **eat well** and enjoy every bite."



2027 February

Social Prescribing: Moving from “what’s the matter with you” to “what matters to you?”

Here’s why social prescribing matters as you age:

Improved Mental Health
Reduces risk of depression: Staying socially connected helps combat feelings of loneliness and isolation, which are major contributors to depression in older adults.

Better Physical Health
Lowers risk of chronic conditions: Strong social ties are associated with lower rates of heart disease, high blood pressure, and even mortality.

Enhanced Emotional Well-Being
Increases happiness and purpose: Spending time with family, friends, or community groups gives older adults a sense of belonging and purpose.

Opportunities for Continued Growth
Learning and creativity: Participating in group activities, like book clubs or art classes, allows older adults to develop new skills.

Social prescribing is a way of addressing people's non-medical needs by connecting them with community resources and activities. Its goal is to reduce barriers and use an asset-based approach, that recognizes people as not just patients with needs, but as community members with gifts to share. It supports participating clients as they engage with and give back to their communities. The goal of integrated healthcare and social prescribing is to go beyond treating illness to focus on advancing wellness.

★ Where to Get Connected in Grey Bruce

Ask your doctor or care provider, neighbour, or a friend about connecting to community.

- **Active Lifestyles Centre Grey Bruce:** 519-376-8304 or alscgb.ca
- **Beaver Valley Outreach (Thornbury):** 519-599-2577
- **Bruce Men’s Shed:** brucemensshed@gmail.com
- **South East Grey CHC Community Program Calendar:** 519-986-2222 or segchc.ca/newcalendar.php
- **VON Programs:** 519-376-5895 or 1-800-265-3138 or von.ca/en/service-categories/social-connection

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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14	15 Family Day	16	17	18	19	20
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28						

February Social Connection Challenge

February is the perfect time to nurture your relationships and find new opportunities for social connection. Explore the activities below to strengthen your bonds with others and make meaningful connections. How many can you complete this month?

- ☐  Write a card or letter and send it to someone you care about.
- ☐  Attend a virtual or in-person community class (e.g., cooking, yoga, art).
- ☐  Call or video chat with a family member or friend you haven't spoken to in a while.
- ☐  Volunteer for a local charity or seniors' group.

February Affirmation: "I welcome **meaningful connections** into my life. Each day brings **new opportunities** to connect with others."



2027 MARCH

Medications & How a Pharmacist Can Help You

March is Pharmacy Appreciation Month! It's the perfect time to highlight how pharmacists play a vital role in your health and well-being, especially as you navigate medications and age-related health concerns.

Spring Cleaning for Your Health!

- Spring is the perfect time to **declutter your medicine cabinet**!
- Gather expired, unused, or unneeded medications and bring them to your local pharmacy for **safe disposal**. With **68 community pharmacies in Grey Bruce**, there's one near you ready to help.

March Health Challenge: How many can you complete?

- [ ] Book a medication review
- [ ] Get up-to-date on vaccinations
- [ ] Return unused medications to your pharmacy
- [ ] Try a new healthy habit

How Your Pharmacist Supports You:

- **Medication Management** – Your pharmacist can help you understand what you're taking, how to take it properly, and how to avoid interactions.
- **Chronic Disease Support** – Pharmacists can help manage conditions like high blood pressure, diabetes, and arthritis by reviewing medications and making adjustments when needed.
- **Symptom Management** – New symptom or concern? Your pharmacist can review your options with you to help you feel your best.
- **Vaccinations & Preventive Care** – From flu, RSV & pneumonia shots to shingles and COVID-19 boosters, as well as travel immunizations, your pharmacist can help keep you protected.
- **Deprescribing & Safer Medication Use** – Some medications may no longer be needed or could cause unwanted side effects. Your pharmacist can help review and adjust your treatment plan.
- **Minor Ailments & OTC Advice** – Need help with a cough, pain, or allergies? Your pharmacist can recommend, assess, and prescribe medications for many ailments.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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7	8	9	10	11	12	13
14 Daylight Saving Time Begins	15	16	17	18	19	20
21	22	23	24	25	26 Good Friday	27
28	29 Easter Monday	30	31			

Tips for Medication Storage

- Keep in original containers
- Store in a cool, dry place
- Keep medication in a secure location
- Avoid freezing (unless specified)
- Discard expired medications safely
- Review medications regularly with your healthcare provider

Tips to Help You Remember to Take Your Medications

Make it routine - Take at the same time every day—tie it to daily habits like brushing your teeth.

Use reminders - Set alarms on your phone or watch or place sticky notes in visible spots like the fridge.

Try a pill organizer - Use a daily or weekly pillbox to keep track of doses. Blister packs from the pharmacy can simplify things even more.

March Affirmation: "I **take charge of my health** by using my **medications safely** and seek support from my pharmacist when needed."

Self-Care Challenge Checklist

*Use this self-care checklist as a gentle reminder to take time for yourself each day and nourish your **body**, **mind**, and **spirit**.*

Setting goals is a great way to keep yourself motivated and has been found to increase quality of life in older adults. Use the chart below to practice self-care everyday! Use the blank spots to create your own self-care activities. Below are some tips to get you started:

1. **Start small and with short time frames.** If you have a large goal you would like to achieve, consider the very first steps you need to take to get there. Challenge yourself to commit to 5 – 10 minutes a day for 2 weeks and see how it goes!
2. **Make it fun and interesting to you.** We all have different interests, values and priorities. Think about the things you most enjoy doing, or used to enjoy, and work that into your goal setting.
3. **Stay accountable.** Sharing your goals or finding someone with a similar goal can be encouraging and help keep you on track.
4. **Celebrate your progress.** Be patient and understanding with setbacks, and no matter how small, celebrate your wins!

Activity	S	M	T	W	T	F	S
Take a stroll in a local park or garden to enjoy fresh air, sunshine, and the calming effect of nature.							
Practice guided meditation, deep breathing, or listening to calming music to reduce stress and boost mood.							
Practice gratitude by reflecting on one thing you are thankful for.							
Schedule a coffee or tea visit with friends or join a community group to stay connected and engaged.							
Spend time writing memories in a journal, or sharing life stories with loved ones to foster joy and connection.							

Aging Well: Caregiver Health

Caregiver Health

What is a caregiver?
Do you provide emotional or physical support to a family member, partner, friend, or neighbour? If so, you are a caregiver. You might feel you're simply doing what needs to be done, but caregiving comes with unique responsibilities, and sometimes it can feel overwhelming.

More than 4 million people in Ontario take on this important role, and nearly one-quarter of them are older adults. When you're busy caring for others, looking after your own health and well-being can be challenging.

The **Ontario Caregiver Organization** offers a resource library to help educate and support caregivers. Learn more at **ontariocaregiver.ca** or call **1-833-416-2273 (CARE)**.

Caregiver Strategies for Wellness

The following are strategies for self-care that may reduce feelings of stress and encourage wellness:

Eat healthy meals and snacks throughout the day.
- Include as many natural and "real" foods in your meals as possible (whole grains, protein, fruits and vegetables).
- Have snacks at the ready to grab and go (e.g. put them in your pocket or purse to take with you to appointments).
- Remember to stay hydrated (e.g. carry a water bottle during busy days).
- Make healthy meals in bulk (e.g. freeze individual portions for easy dinners).

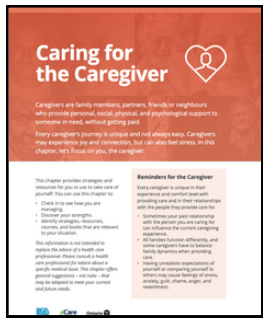
Try to stay active for two or more hours each week.
- Add small activity into each day.

Try to get at least seven to eight hours of sleep each night.
- Depending on the level of support you are providing, this may be difficult. Try to find ways that will allow you to fall asleep without worrying that something might happen (e.g. Using a monitor so you can hear noises in other rooms).

Give yourself permission to ask for help when you need it:
- Ask someone you know to help you with a task or chore.
- Tell your health care professional that you are looking for more help with caregiving or with how you are feeling emotionally.
- Some people find it easy to ask for help, while others find it challenging. If you find it challenging, start by asking someone you trust to complete an easy task and go from there.

Caring for the Caregiver

Provides strategies and resources for you to use to take care of yourself.
Visit: geriatricsontario.ca/caregiving-strategies/caring-for-the-caregiver/





2027 APRIL

April is Oral Health Month. Healthy teeth and gums support our overall health!

Aging may impact oral health:

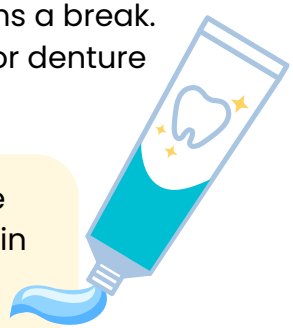
- **Reduced salivary flow or dry mouth** - Dry mouth increases the risk of tooth decay.
- **Increased incidence of cavities** - Due to less saliva and gum recession.
- **Increased risk of gum disease** - Gum disease causes bleeding and inflammation which can increase the risk of heart attack, stroke, diabetes, respiratory disease, Alzheimer's disease, arthritis and infections.
- **Increased risk of pneumonia** - Poor oral hygiene can allow harmful bacteria to build up in the mouth. If inhaled, they may cause a lung infection like pneumonia.

THE GOOD NEWS: There's plenty you can do to care for your oral health and manage these changes as you age!

Taking good care at home:

- **Brush twice daily** - Use an electric or manual soft brush and focus along the gum line.
- **Clean between teeth once daily** - use floss, a proxy brush or a water flosser.
- **Reduce your risk of decay:**
  - Use a fluoride toothpaste.
  - Treat dry mouth safely- avoid lozenges or hard candy. Ask your dental team for alternatives.
  - Avoid sipping on sugary drinks and snacking on sticky foods like crackers. Choose tooth-friendly snacks like fruit, vegetables, nuts, cheese, meat.
- **Denture Care:**
  - Remove regularly to give your gums a break.
  - Clean dentures using a soft soap or denture cleaner.

DID YOU KNOW: Toothpaste is abrasive and will create microscopic scratches in your denture which can hold bacteria.



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Regular visits with a dental professional are important for your health!

- Even with complete dentures? **YES!** Your care team will examine for a proper fit, check the tissues inside your mouth and perform an oral cancer screening.
- Struggling to get to the office? **Mobile Dental Hygiene may be right for you!** Email: accessmobiledh@outlook.com.

★ **No dental coverage? See if you qualify for financial support:**

- **Grey Bruce Public Health:** 519-376-9420
- **Canadian Dental Care Plan:** 1-833-537-4342

April Affirmation: "I care for my smile with **love** and **intention**—brushing, flossing, and **making healthy choices** that keep my teeth strong, and my gums healthy."



2027 May

See Well:

Our eyes change with age. Changes like cataracts or difficulty seeing up close are common and a normal part of aging — and the good news is, they can often be treated!

Here are some tips to keep your eyes healthy:

- ☐ Protect from UV rays - wear your shades!
- ☐ Make healthy lifestyle choices - good nutrition, exercise, avoid smoking.
- ☐ Be alert for vision changes. If you notice a change, schedule an exam.
- ☐ Have regular eye exams with pupil dilation to help detect eye diseases such as diabetic retinopathy, or macular degeneration.

DID YOU KNOW?

If you're 65 or older, OHIP covers one major eye exam every 18 months, plus two minor follow-up assessments. If you have certain medical conditions, you may qualify for more frequent coverage—ask your healthcare provider!

Hear Well:

Hearing loss can negatively impact thinking and memory, social and emotional well-being and can increase the risk of falls. Hearing well helps us live without limitation!

Hear your best:

- Have your hearing tested **for free** – call 811 to find some options near you.
- **Note:** it is worth calling a few hearing clinics directly to ask about their processes and ensure they will meet your needs. These are not a one size fits all option.
- Work with the audiology team to make a personalized plan.
- If you have hearing aids, use them! Keep them clean and have them tested regularly.



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23 / 30	24 Victoria Day / 31	25	26	27	28	29

Word Search

G	B	M	Y	N	H	E	A	R	I	N	G	A	I	D	A
L	I	G	H	T	M	I	A	K	H	T	O	E	E	G	S
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S	F	M	E	Y	E	E	X	A	M	K	T	O	N	A	H
H	C	Z	O	A	C	J	S	K	E	O	E	N	V	K	G

Word List:

Glasses
Light
Sound
Eye Exam
Volume
Vision
Hearing Aid

You may be eligible for support to cover hearing aid costs. Ask your healthcare team about:

- Ontario Ministry of Health's Assistive Devices Program (ADP): This program can reimburse eligible Ontarians for a portion of hearing aid cost.
- Ontario Disability Support Program (ODSP): offers financial aid for hearing aids and related devices.
- Lower cost options include pocket talkers or in-ear headphones.

May Affirmation: "My senses connect me to the world, and I **honour them** with **gratitude** and **care**."



2027 JUNE

Learn the signs of stroke, understand the risk factors, and know when to act!

What is Stroke?
Occurs when blood stops flowing to any part of your brain, damaging brain cells.

What is a Transient Ischemic Attack (TIA)?
Caused by a small clot that briefly blocks an artery. It is sometimes called a **mini-stroke** or **warning stroke.**

Both a stroke and a TIA are a medical emergency. Call 911.

Am I at risk? Some risk factors for stroke include:

- **Certain medical conditions**: high blood pressure, diabetes, high cholesterol, and heart disease.
- **Lifestyle factors**: smoking, diets high in processed foods, salt and certain types of fats, lack of physical activity, excessive alcohol consumption.
- **Family history**.

LEARN THE SIGNS OF STROKE

Face Is it drooping?
Arms Can you raise both?
Speech Is it slurred or jumbled?
Time to call 9-1-1 right away!

Act FAST because the sooner you respond, the more of the person you can save.

Steps I choose to take to decrease stroke risk:

- ☐ Manage my health conditions with my care team.
- ☐ Choose a nutritious diet high in whole foods including fruits and vegetables.
- ☐ Increase cardio exercise such as walking or swimming.
- ☐ Decrease or stop smoking – talk to your care team for support.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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6	7	8	9	10	11	12
13	14	15 Elder Abuse Awareness Day	16	17	18	19
20	21 National Indigenous Peoples Day	22	23	24	25	26
27	28	29	30			



Both a stroke and a TIA are a medical emergency. Do not attempt to drive or be driven to the hospital.

Call 9-1-1 immediately, even if symptoms go away.

What happens when you call 911 for a stroke?
Paramedics in Grey and Bruce Counties will take you to the hospital best equipped to meet your needs. Brightshores Owen Sound Hospital is the designated District Stroke Centre for the region.

June Affirmation: "With **knowledge**, **quick action**, and **support**, every moment matters."



2027 JULY

What is Elder Abuse?

Elder abuse is any action — or failure to act — that causes harm to a senior. It can happen once or repeatedly. There are several types of elder abuse, and more than one type can happen at the same time.

- **Financial abuse:** any action taken without the senior's agreement that causes financial gain to the abuser and/or financial loss for the senior.
- **Emotional abuse:** any action, verbal or non-verbal, that lowers a senior's sense of dignity and self-worth.
- **Physical abuse:** any act of violence or rough handling that causes physical discomfort/pain and may cause physical injury.
- **Sexual abuse:** any sexual comment or behaviour directed to a senior without the senior's full knowledge and wishes.
- **Neglect:** not meeting the senior's basic needs, such as food, clothing, a place to live, and medical help.
- **Systemic abuse/institutional abuse:** rules, laws, policies, or social practices that harm or discriminate against seniors on purpose or accidentally.

Example of Elder Abuse - A home takeover:

When a senior is forced to have unwanted guests in their home. A home takeover is **financial abuse** because the senior has lost control of their home. It is **emotional abuse** because the senior feels unable to force unwanted guests to leave due to threats of harm or out of fear they will lose their relationship with the friend/family member who is the unwanted guest.

Aging Vibrantly: Conversations to Empower Seniors

Join Elder Abuse Prevention Ontario, and special guests as they share insights on topics of aging, abuse prevention including ageism, powers of attorney, seniors' rights, frauds and scams, the importance of intergenerational connections, having supportive conversations, and more!



To listen, visit:
eapon.ca/podcast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Concerned About Elder Abuse? Call 211

If you or someone you know is a senior living in Grey or Bruce Counties, 211 can help. Call to ask questions, get information, or find support related to elder abuse confidentially and free of charge.

Looking for Elder Abuse Prevention Resources?

For practical tools on preventing elder abuse—including financial abuse, safety planning, and where to find help—visit Elder Abuse Prevention Ontario at: **eapon.ca/factsheets**

July Affirmation: "Every older adult deserves **respect**, **dignity**, and **safety**."



2027 August

Driving Wellness: It's in Your Hands!

It's important to have driving conversations early and often to help establish it as a casual conversation topic before issues arise. Effective conversations involve future planning!

Some things to ask yourself before getting behind the wheel:

- Do I feel confident when I drive?
- Can I easily navigate myself to where I need to go?
- Do I feel I can focus well enough to drive?

DID YOU KNOW?

On average, a driver makes approximately **30-40 decisions** per kilometer!

Remember, driving ability is not the same as driving safely!

What can you do to maintain driving wellness?

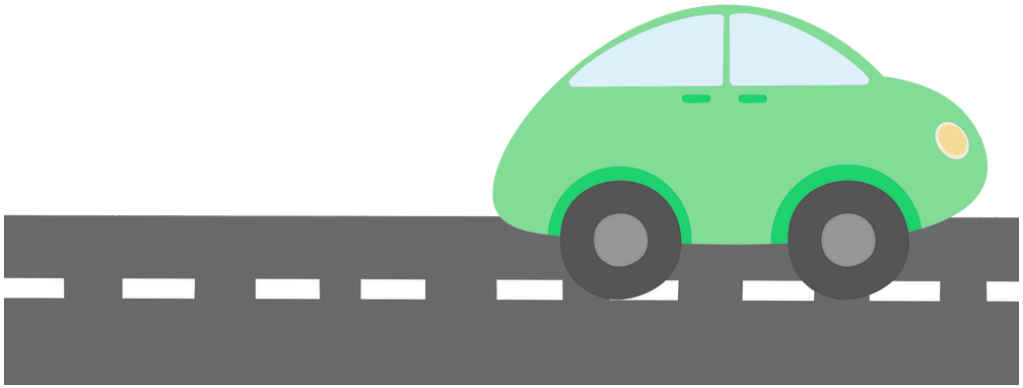
In addition to eating well, staying active, and getting regular health check-ups, consider this tip for maintaining your driving wellness:

- **Be an active passenger:** While riding in the passenger seat, stay engaged with your surroundings. Turn your head to check blind spots when the driver is changing lanes, passing, or turning. This helps keep your observation skills sharp and supports ongoing driving awareness.

★ Alternatives to Driving in Grey-Bruce:

- **Transportation Bruce County:** 519-881-2400
- **Grey Transit Route:** 519-370-2094
- **Home and Community Support Services:** 519-372-2091
- **Driverseat:** 226-909-3111
- **Saugeen Mobility & Regional Transit:** 519-881-2504

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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29	30	31				



Licensing: Appeal Information

The law says that healthcare providers must tell the Ministry of Transportation of Ontario (MTO) medical information about their patients in some situations. MTO then decides if someone can still drive.

Drivers can appeal MTO's decision about their license to the License Appeal Tribunal-General Service.
Toll free: 1-888-444-0240

August Affirmation: "I stay **alert**, adapt with **confidence**, and value **safety**—for myself and those around me."



2027 September

Grief and Loss

Grief is a natural part of life's journey—especially as we age and experience loss, sometimes in a short period of time. These changes can bring feelings of sadness, loneliness, or a sense of loss. **But you're not alone, and talking about what you're going through can make a big difference**.

You might feel sad or isolated after:

- Losing a loved one or having someone close move away.
- Experiencing physical changes in strength, vision, hearing, or energy.
- Adjusting to new levels of independence, like no longer driving or cooking.
- Having fewer chances to socialize.
- Facing financial changes.

Grief might feel like:

- Emotional reactions, such as shock, anger, disbelief, guilt and profound sadness.
- Physical pain, such as headache, tightness in the throat or body aches.
- Difficulty sleeping, eating or thinking clearly.

How to Cope with Grief

Grief is complex, and it is a process that looks different for everyone. **Here are some ways you can care for yourself while grieving:**

- Take the time you need to heal — there's no rush.
- Talk about signs of grief. You may not always notice how you're grieving; ask trusted people if they've noticed emotional, physical, or behaviour changes in you.
- Spend time with others to ease feelings of loneliness.
- Talk about your loss. Share memories of your loved one or discuss how life has changed. If you're grieving more than one loss, talk about each one separately — it can help you feel less overwhelmed.
- Reinforce healthy habits - stay active, eat nutritious foods, avoid alcohol, and connect with friends, senior groups, clubs, or faith communities.

For some people, grief can feel very overwhelming. A **prolonged or intense reaction to loss is called complicated grief.** If sadness is making it hard to get through daily life, remember that help is available.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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5	6 Labour Day	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 National Day for Truth and Reconciliation		

★ Support Options in Grey Bruce:

Reach out to a support group, mental health professional, or trusted loved ones. Many free local groups and organizations can help you through grief and bereavement — **you are not alone**:

- **Bruce Peninsula Hospice:** bphospice.ca, (519) 534-1260 x5612
- **Grey Bruce Hospice:** greybrucehospice.com, (519) 370-7239
- **VON Grey Bruce:** (519) 376-5895



September Affirmation: "I give myself permission to **feel deeply** and **heal gently**. "



2027 OCTOBER

10 signs that might suggest changes to thinking and memory (also known as Cognitive Change)**:**

- Losing interest in activities you used to enjoy.
- Misplacing items or putting things in unusual places and not remembering where they are.
- Mood and personality changes or acting differently than usual.
- Disorientation to time including forgetting the day or missing appointments.
- Getting lost in familiar places.
- Difficulty with familiar tasks, even ones you've done your whole life.
- Problems managing complex tasks such as finances.
- Difficulty learning new things, like managing a new smartphone.
- Impaired judgment or making unusual decisions.
- Language and communication changes. Forgetting words or substituting them with incorrect ones.

Do not struggle in silence. Telling your healthcare team about these changes is often the first step in developing a care plan best suited to your unique needs.

You may be be eligible for:

- Primary Care Memory Clinic or assessment with your family doctor or nurse practitioner.
- Assessment with care teams specialized in working with older adults.

★ **You are not alone! Find supports close to home:**

- **Alzheimer Society Grey-Bruce** – 519-376-7230 (they work with people with all types of cognitive change)
- **Ontario Health atHome** - 1-800-811-5146
- **Home & Community Support Services Grey Bruce** - 519-372-2091
- **Dale Brain Injury Services** - 1-888-491-3247
- **Participation Lodge Grey Bruce** - 519-794-3201

Or ask your care team about online support groups such as the *Provincial Geriatric Leadership Ontario Caregiver Support group.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 National Seniors Day	2
3	4	5	6	7	8	9
10	11 Thanksgiving	12	13	14	15	16
17	18	19	20	21	22	23
24 / 31	25	26	27	28	29	30

Try these brainteasers below! Can you guess what they mean? What is one thing you can commit to this month to protect your brain as you age?



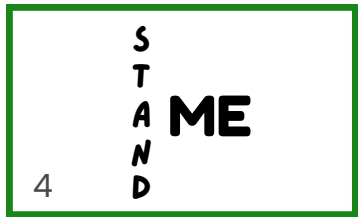
1



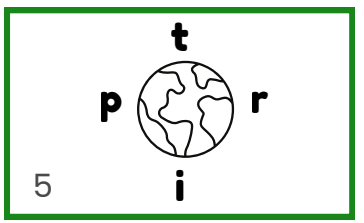
2



3



4



5

1) Double vision 2) X marks the spot 3) Once upon a time 4) Stand by me 5) Trip around the world

October Affirmation: "I **nourish** my mind every day. I trust in my mind's ability to **grow**, **adapt**, and **thrive**."



2027 November

What is a Will?

- A legal document that explains what you want done with your money, house, car, and personal items when you die.
- It names an executor — the person who will carry out your wishes.
- The Executor pays any debts you owe, and gives your money and belongings to the people you chose.

A Will is important because it gives you control of your assets after your death, ensuring your wishes are respected and potentially reducing family conflict or legal complications. Without a Will, your assets would be distributed according to provincial laws, which may not be your personal preference.

What is a Power of Attorney (POA)?

- A legal document that names someone to help you make decisions while you are still alive.
- That person can help with your money or your care if you get sick or can't decide for yourself.
- If you don't have a POA, the government may choose someone to make decisions for you.

★ How Do I Make a Will and POA?

- Grey-Bruce Community Legal Clinic will make these papers for people living on low incomes in Grey and Bruce Counties for free (1-877-832-1435).
- You can make your own Will and POA on a website called Steps to Justice: **stepstojustice.ca/guided-pathways/wills-and-powers-of-attorney-about/**.
- You can make a Will by writing it totally in your own handwriting. You must sign and date it.
- You can write a POA yourself but you need two witnesses not related to you or your POA to sign it.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7 Daylight Saving Time ends	8	9	10	11 Remembrance Day	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Important Tips for Writing a Will:

1. **Start Early –** It's never too soon to put your wishes in writing. A Will ensures your loved ones are taken care of and your assets are distributed how you choose.
2. **Make a List –** Before meeting with a lawyer or using a Will kit, list your assets (home, savings, valuables) and who you want to receive them.
3. **Keep it Up to Date –** Review your Will regularly, especially after major life events like a move, loss, or family change.
4. **Store It Safely –** Keep your Will in a secure but accessible place. Let your executor know where to find it.
5. **Talk About It –** It may feel awkward, but discussing your wishes with your family can reduce confusion and conflict later.
6. **Seek Legal Advice –** If you have questions or your situation is complex, seek professional legal advice.

November Affirmation: "I am thoughtfully **shaping my legacy**, ensuring my wishes bring clarity, comfort, and care to **those I love**."

2027 December

Mental Wellness

Did you know?

- As many as 1 in 3 older adults living on their own say they need mental health support.

The most important thing you can do for your mood and mental health:

- Talk about it! Share how you're feeling with a trusted loved one and your healthcare provider.

Q: Can I book an appointment with my family doctor to talk about my mood and mental health?

A: Yes! This is an excellent reason to see your provider.

Tips for Talking to Your Healthcare Team:

1. **Share your symptoms honestly** - Keep track of how you feel over days and weeks to share clear details.
2. **Discuss your options** - There are many ways to support your mood. Ask questions and choose what feels right for you.
3. **Plan for follow-up -** Schedule a check-in to see how your plan is working and make changes if needed.

Proven Mood-Boosting Tips — How Many Can You Try?

- ☐ **Connect with loved ones —** spending time or talking with people you trust can strengthen emotional support.
- ☐ **Get active —** regular exercise releases mood-boosting endorphins and helps with better sleep.
- ☐ **Enjoy nature —** spending time outside can calm your mind and lift your spirits.
- ☐ **Practice mindfulness —** deep breathing or meditation can support feelings of well-being.
- ☐ **Cultivate gratitude —** reflecting on what you're thankful for can help reduce negative thoughts.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 Christmas Day
26 Boxing Day	27	28	29	30	31 New Year's Eve	

★ You Are Not Alone — Get Support Anytime:

- **For mental health crisis support:** Call 988 (available anytime)
- **A Friendly Voice:** 1-855-892-9992 (for adults 55+)
- **Hope for Wellness Helpline:** 1-855-242-3310 (for Indigenous people across Canada)
- **The Farmer Wellness Initiative:** 1-866-267-6255 (for Ontario farmers, farm families, and farm employees)
- **Local Mental Health Navigation:**
  - CMHA Grey Bruce: 519-371-3642
  - Brightshores Health System: 519-376-3303

Journal Prompt Activity:

Take a few quiet moments for yourself. Grab a notebook and try writing about one or more of these prompts:

✏️ **Today, I am grateful for…**
Write down three things, big or small, that made you feel thankful today.

✏️ **A memory that makes me smile is…**
Describe a moment from your past that brings you joy or comfort. Right now, I feel…

✏️ **One small thing I can do for myself this week is…**
Write about one simple act of self-care or kindness you'd like to try.

December Affirmation: "My **mental health matters**. I am worthy of support, healing, and peace. Each day, I take small steps toward **balance** and **well-being**."

Aging Well in Grey Bruce Directory

I am Seeking	Details	Contact Information
Care in or near my home		
Ontario Health atHome	Assess patient care needs, and deliver in-home and community-based services with local partners.	310-2222 1-800-811-5146
Home & Community Support Services Grey Bruce	Support with transportation, meal delivery, day away, friendly visiting, housekeeping & more!	1-833-659-5491 hcssgreybruce.com
VON	Assisted living, community clinics, Nursing at home, caregiving support, bereavement support, exercise programs, telephone assurance & more!	519-376-5895 von.ca/en/locations/grey-bruce
Mental health support		
Mental Health Crisis Line	To talk to someone right now.	988
Brightshores Mental Health Navigation Line	Can help direct you to the local mental health care service that is right for you.	519-376-3303
CMHA Grey Bruce Navigation Line	Can help direct you to the local mental health care service that is right for you.	519-371-3642
Supports for those living with complex needs and for caregivers		
Overnight respite and Day Programs	Contact Home & Community Support Service to see what is right for you and your loved one.	1-833-659-5491 hcssgreybruce.com
VON – Caregiver Supports	One-to-one support with coordinator. Workshops, Care package one-to-one peer mentoring support.	519-376-5895
Ontario Caregiver Organization	Works collaboratively with caregivers, healthcare providers and other organizations to improve the caregiver experience.	Helpline: 1-833-416-2273 Local: 416-362- 2273 x1020
Behaviour Supports Ontario	For those coping with or impacted by other responsive behaviours associated with dementia or other conditions.	519-376-2121 ext. 2436
Alzheimer's Society Grey Bruce	Free programs and services for families living with all types of dementia.	519-376-7230

Aging Well in Grey Bruce Directory

I am Seeking	Contact Information
Basic needs we all deserve	
For support in accessing food, housing, income support and assistance and more.	1-844-806-3093 or 211
Additional supports	
Community Health Issues: Grey Bruce Public Health	519-376-9420
Legal help: Grey Bruce Legal Clinic	519-370-2200
To find a primary care provider: Health Care Connect	1-800-445-1822
Medication Review: Ask your local pharmacist OR contact the MedsCheck program	1-800-668-6641
My Team	
Important details about me:	
My support person:	
My primary care provider:	
My pharmacy:	
My other team members: (care coordinator; community paramedic; counsellor, etc)	

GREY-BRUCE HELPLINES

Need a Family Doctor or Nurse Practitioner?

Sign Up Through Health Care Connect. The Ontario Health Care Connect (HCC) program helps you find a local family doctor or nurse practitioner who is accepting new patients.

How to Register: ontario.ca/healthcareconnect or call 8-1-1, available 24/7.

A Friendly Voice: 1-855-892-9992

A welcoming space for adults 55+ to connect with a caring individual and share meaningful conversations.

211	Connects you to non-emergency community and social services and government support programs in your area.
811	Connects you to a qualified health professional 24/7 who can provide health advice and information.
988	Suicide crisis helpline connects you to a trained responder who will listen without judgment and provide support and resources.
911	Responds to life or property threatening emergencies.

Grey-Bruce OHT

GREYBRUCEOHT.CA