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I See Who You Are

When we think of giving, we turn our thoughts to giving money, gifts and perhaps even the gift of service. Donating to worthwhile causes and offering the gift of our time and talents are important contributions. I wonder, however, how often we consider the power of the gift of recognition - of seeing and acknowledging the unique essence and value of another person.

Giving is associated with the notion of philanthropy . When we look to the derivation of the word, we find that philanthropy refers to the love of humanity, the love of what it means to be human for both the benefactor and the beneficiary. What it means to be human goes beyond the surface, of what we look like, what we know, and what we possess. Expressions of our humanity are who we are.

A poignant experience occurred when a friend called to tell me that she 'saw who I was.' That was probably one of the most profound gifts I have ever received! I wonder if she realized that her willingness to look to the essence of another person's humanity (in this case, me) was the ultimate act of giving - of philanthropy.

Imagine the impact of this practice!

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Don't Let Arthritis Keep You Down



Living with arthritis means learning how to manage the symptoms and maximize mobility and, for some types of arthritis, slowing down the progression of the disease with medications.

First, visit your doctor, if you haven't already. Pain relievers and anti-inflammatory medications can make it easier for you to move around, and can relieve joint stiffness. It's important not to get discouraged if the medications don't seem to be working right away since some medications can take several weeks to reach their full effect. What helps one person may not help another; you may need to try different medications at various dosages before you find adequate relief.

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I See Who You Are

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Your relationships with your clients, family, and friends could take on a new level of expression.

The Jewish Philosopher, Martin Buber, affirmed that our relationship with others lives in the space between us. It is our responsibility to keep this space clear of our assumptions and judgments so that we can freely walk across this space to experience the essence of another.

Tips for The Art Of Philanthropy

1) Be present. When you are with another, whether it is offering a professional service, advice, support or bagging groceries - be there. Make them feel that right in this moment, they are the most important person to you. Put aside your laundry list of 'to-do's and offer your full attention.

2) Set your intention that this encounter - no matter how mundane, will be about them - fully.

3) Suspend your beliefs, assumptions, expectations and judgments long enough to hear what they are really saying. The act of listening is an art.

4) Pause before you respond - don't try to finish their sentence for them so that you can say what is on your mind.

5) Once they have finished speaking, check in. Repeat back what you have heard to ensure you got it right.

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6) Ask what they want from you next - advice, support, or simply silence.

Finally, keep the space between you clean so that you can get out of the way and **'See Who They Are.'**

Article by Rhonda Latreille, MBA, CPCA, Founder and CEO of Age-Friendly Business

Don't Let Arthritis Keep You Down

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It's understandable to feel frustrated or down when you can't do things you once could - whether it's taking long hikes in the woods or doing fine needlework. But to stay healthy in body, mind and spirit, we need to adapt. Take shorter routes, if you used to enjoy long walks, or take part in a "mall walk" sponsored by your local shopping centre. If it's getting too difficult to do your favorite hobby, maybe you can learn a similar one that puts less stress on your joints, or use adaptive aids to help you continue doing the one you love. Occupational therapists are a great resource for handy devices that may make it easier for you to continue enjoying your activities. Exercise is important! It helps arthritis by improving joint movement and strengthening the muscles that surround the joints. Swimming and walking are great low impact options when done in moderation. This will keep your muscles active without increasing inflammation or joint pain. Swimming is particularly good since the water helps support the weight of your body, taking the strain off of the joints.

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Don't Let Arthritis Keep You Down

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Call your local community centre to see what special exercise activities they have to offer. But remember to check with your doctor or physiotherapist before starting any new exercise program.

Staying active, physically and mentally, is important to maintain good health. For example, participating regularly in swimming and exercise programs can help you get out of the house and maintain social contacts. Ask your doctor or physiotherapist for ideas.

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Sleep



Health problems can play a part in sleep disorders. Snorers with sleep apnea stop breathing some 10 times an hour!

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Others present with Restless Legs Syndrome, characterized by small, uncontrollable, repetitive movements every 15 seconds. In either case, unless someone is sharing the bed, the person remains unaware of his or her condition. However, that person will often complain of sluggishness and fatigue throughout the day, which is understandable. Deep sleep is hard to come by when you stop breathing that often or when you can't stop moving. If you are tired upon awaking, speak with your physician. These disorders can also be detected in sleep clinics. Solutions do exist. For example, sleep apnea is treated with a CPAP machine (Continuous Positive Airway Pressure), which sends the sleeper a continuous air jet, preventing respiratory arrest.

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Pineapple Ginger Chicken



This refreshing chicken is moist and full of great taste. Any leftovers would be a delicious addition to a grilled vegetable salad the next day. Makes 4 servings.

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Pineapple Ginger Chicken

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Ingredients

- 3/4 cup (175 mL) crushed pineapple
- 1 tbsp (15 mL) grated or minced fresh ginger
- 1 large clove garlic, grated or minced
- 2 tbsp (25 mL) sodium reduced soy sauce
- 2 tsp (10 mL) extra virgin olive or canola oil
- 1 lb (500 g) boneless skinless chicken breasts (about 3 to 4 small)
- 2 tbsp (25 mL) chopped fresh mint
- 1/2 tsp (2 mL) hot pepper sauce

Directions

1. In a shallow dish, combine 1/4 cup (50 mL) of the pineapple, ginger, garlic, soy sauce and oil; set aside.
2. Remove tenderloin from chicken and reserve for another use. On a cutting board, slice chicken breasts in half crosswise almost all the way through and open up like a book. Add to marinade, turning to coat. Cover and refrigerate for at least 30 minutes or up to 4 hours.
3. Place chicken breasts on preheated medium high grill for about 8 minutes, turning a few times or until no longer pink inside.

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4. Stir mint and hot pepper sauce into remaining pineapple and serve with grilled chicken.

Nutritional Information Per Serving-Calories 173, Protein 26 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 67 mg, Carbohydrates 8 g, Fibre 1 g, Sugar 7 g, Sodium 302 mg, Potassium 395 mg

Recipe developed by Emily Richards, PH Ec. Reprinted with Permission from ©Heart and Stroke Foundation 2014.

Quote of the Month

Here's to the crazy ones.

The misfits. The rebels. The troublemakers.

The round pegs in the square holes. The ones who see things differently. They're not fond of rules.

And they have no respect for the status quo.

You can praise them, disagree with them, quote them, disbelieve them, glorify or vilify them.

About the only thing you can't do is ignore them.

Because they change things. They invent. They imagine. They heal. They explore. They create. They inspire. They push the human race forward.

Maybe they have to be crazy.

How else can you stare at an empty canvas and see a work of art? Or sit in silence and hear a song that's never been written? Or gaze at a red planet and see a laboratory on wheels? While some may see them as the crazy ones, we see genius.

Because the people who are crazy enough to think they can change the world, are the ones who do...

Jack Kerouac