

The **Suburban**

# SENIOR LIVING

Keeping you up to date on senior living and news in your community

## Celebrating Older Adults on National Seniors Day



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Seniors and Aging

Today, October 1, is National Seniors Day across Canada and around the world, set aside to recognize and celebrate seniors. Some would prefer the term "older adult" or "golden ager" instead of "senior." I have had others tell me with a smile on their face that they would like to be called a "mature adult with no filter." Love it. Regardless of your preference, it is time to celebrate aging rather than have a negative connotation.

People have shined in their later years, including Colonel Harland David Sanders, who was 62 years old when he first franchised Kentucky Fried Chicken (KFC). Raymond Albert Kroc opened his first McDonald's at the age of 52. Within 10 years, McDonalds had sold more than one billion burgers. Ginette Reno (born Raynault), a major pop star in Quebec released an autobiography and new album in 2023 — at the age of 76.

### Perseverance and adaptability

As seniors navigate the later stages of life, perseverance and adaptability become essential qualities for maintaining well-being and fulfillment.

An 84-year-old client of mine once told me, "It ain't easy getting old". He suffered a minor fall and went to the hospital for precautionary measures. There were no significant injuries. However, his body was stiff and sore for a couple

of weeks. He said he had two choices following the fall. He could mope around all day and complain that his body is not what it used to be. Or he can accept the fact that this is part of aging, and he will need to adapt to his new reality. He chose the latter and began doing recommended stretches and muscle building exercises.

Time and time again, our team of senior advisors have found that the happiest and most successful older adults are the ones with a positive attitude that have the ability to persevere and adapt to their new reality. This includes widow or widowers that find themselves living alone after a lifetime of being with someone. It can be devastating. Social engagement can play a powerful role in adapting to their new reality. Joining a club of interest, embracing technology, volunteering, reaching out to your local municipality, and seeking community resources can all be effective ways to combat loneliness and improve your overall health and well-being.

### Support from community resources, municipalities and non-profit organizations

We have all heard about the struggles of our healthcare system trying to keep up with our aging population. The reality is that governments are putting more resources into the healthcare system than ever before. However, it is not near enough to keep up with the increasing healthcare needs of our society. Once you are in our healthcare system (i.e. hospitalization, surgery, emergency health issue, cancer treatments, etc.), we are gen-



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erally treated well. The major challenge is trying to access services. This situation is concerning, and experts claim it will get worse, not better, over the next decade.

Community resources are playing an increasingly vital role to fill the gap. They are there to help us. Community groups such as Cummings Centre, NOVA, L'Appui for caregivers, New Hope, Contactivity Centre, Yellow Door and dozens more are available to assist seniors.

Non-profit organizations also play a significant role in providing guidance and support for specific purposes. Canadian Cancer Society, Alzheimer's Society of Montreal, Alzheimer's Group Inc, Parkinsons Canada, ALS Quebec, hospital foundations, FADOQ, and CARP are just a few of the many organizations that can

help us live a fulfilled and healthy life as we age.

Municipalities can be an excellent resource with many having "seniors clubs" and activities geared towards older adults. And finally, the private sector can be an option for those requiring convenience and rapid service.

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