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Hot Topic:

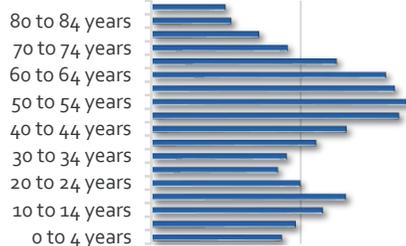
Aging in Rural Communities: Part 1

In the last decades, the demographic profile of rural communities and small towns have changed. The continued out-migration of educated young adults and the growing number of retirees have resulted in rural communities where residents are older.

What does this mean for older adults in Leeds-Grenville?

The most recent information made available by Statistics Canada indicates that 55% of residents in Leeds-Grenville are over the age of 45 surpassing the Provincial average at 46%.

Census Profile 2011 Leeds Grenville



Here are some other interesting statistics: In 1971, 8% of Canadians were 65 and over. By 2011 that number increased 14.4% and by

2031, a shocking 22.8% of Canadians will be 65 and older creating a demographic phenomenon. For the first time in history the number of seniors will outnumber the number of children.

In Leeds-Grenville, we are proud and privileged to be part of a 'rural strong' community. We enjoy a poetic lifestyle of clean air, rolling countryside, islands, castles all nestled between easily accessed major cities. A history of family roots and caring friends and neighbors make us one the best places in Ontario to grow up and grow older.

How can we ensure our quality of life as we age?

While people in rural areas do not expect to have all the amenities of city life, they do expect to have essential services available and access to resources that will allow them to maintain their autonomy and quality of life.

With all the benefits of small town living there are also very real challenges particularly for older adults. It is critical that we are not only aware of the challenges

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Situated on four and a half beautiful acres in **Algonquin, Ontario** just minutes from Brockville. This is a community within a community.

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facing seniors in rural areas but have a complete understanding of the imminent complexity of these challenges if left unaddressed.

The Brockville, Leeds & Grenville CARP Chapter is currently leading the World Health Organizations [Age Friendly Rural and Remote Communities initiative](#) in partnership with local municipal leaders and key organizations in our community.

Next month I will continue with part 2 of [Aging in Rural Communities](#) and highlight some of the challenges facing older adults in Leeds-Grenville. I will also talk about how the World Health Organizations Age Friendly initiative is guiding communities and cities around the world including many in Ontario, to be more age-friendly so that aging adults will live healthy, safe and meaningful lives within their homes.

Age Friendly Communities

Tools for Building Strong Communities

KEY ELEMENTS FOR AN AGE-FRIENDLY COMMUNITY

1. Outdoor Spaces and Buildings
2. Transportation
3. Housing
4. Respect and Social Inclusion
5. Communication and Information
6. Civic Participation and Employment Opportunities
7. Community Support and Health Services
8. Social Participation

 Public Health Agency of Canada Agence de la santé publique du Canada

On the Road to Age-Friendly Communities



Thank you to our Newsletter Sponsor!

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Meadowview Manor has eleven units including ten 1-bedroom suites and one 2-bedroom suite. The Manor has been completely renovated with brand new electrical, plumbing and heating system. This is the perfect spot for people looking to still reside in the country and enjoy all the added benefits of condo living.

Each private, spacious and upscale suite has a fully equipped kitchen with plenty of cabinet space and modern fixtures. It makes cooking meals at home or entertaining friends easy and enjoyable.

The living areas are roomy and enhanced by large windows that bathe your suite in natural light, while offering stunning views.

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CYCLING IN BROCKVILLE & THOUSAND ISLANDS

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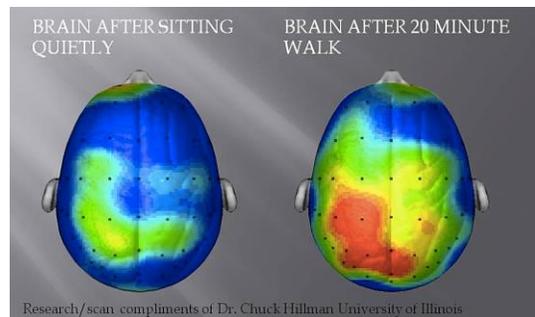
Brockville has a new cycling group – all seniors! Kay Carlson leads senior's fitness classes at the Shepherd's Welcome Centre in Brockville through the non-summer months. With fitness classes ending for the summer, a number of Kay's participants asked what they could do to stay active. Kay's response? "Come cycling with me." And with that, a new group was formed. A dozen riders started out with some short in-city rides, and has now graduated to longer distances on the newly revitalized St. Lawrence Recreational Trail along the 1000 Islands Parkway. Ages range from "fifty something" up to "eighty something", yet all sport big smiles each time out. With help from Alan Medcalf, a local cycling leader, the group has done a couple of clinics on cycling safety and basic bike care, and is learning riding techniques. While a goal for the end of the season is a long ride to Spencerville for cinnamon buns, like all cyclists they know that the journey is the destination as each ride delivers fun and fitness in a social atmosphere.

The Shepherd's Welcome Centre in Brockville is committed to helping seniors live more active lives. For more information about programs go to: www.swcbrockville.ca



EXERCISE AND THE AGING BRAIN

Think you're too young for this article? Think Again..



Generally we start the aging process around the age of 30. By 40, if you're not doing some type of exercise bones start to deteriorate, muscle tissue becomes weak and can easily get damaged. Overall, the body is not as healthy, strong and vibrant as it would be if a form of exercise was included.

The brain is our most vital organ and should be treated and exercised like the most important muscle in the body.

"Exercise is the single most powerful tool you have to optimize your brain function,"

Harvard psychologist John Ratey, M.D., and author of the book Spark: The Revolutionary New Science of Exercise and the Brain.

Neuroscientists explain that exercise increases blood flow in the brain, encourages activity between the neurons, and even promotes new neurons to grow in the hippocampus, which plays a major role in memory and learning.

The endorphins are the reasons exercise makes us feel so good. The somewhat scary part is that they have a very similar and addictive behavior like morphine, heroine or nicotine. The only difference? Well, it's actually good for us!

Endorphins are a chemical to fight stress and tend to minimize the discomfort of exercise, block the feeling of pain and are associated with a feeling of euphoria.



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Health & Lifestyle Expo 2014

SATURDAY OCTOBER 18TH, 2014 10am - 4pm

Leeds & Grenville's 3rd annual Health & Lifestyle Expo will be held at the Brockville Country Club.

Door prizes, Live Entertainment, Shoppers Drug Mart Make-overs, Theatre presentations, Over 50 vendors, Wine and Premiere Beer Tastings and much more!

Details, [vendor forms](#) and [sponsorship information](#) are available and will be continuously updated on our website at www.carp.ca/brockville

ABOUT US!

SERVING OUR COMMUNITY, GET INVOLVED, BECOME A MEMBER!

The Brockville, Leeds-Grenville CARP Chapter is a non-profit, non-partisan chapter serving almost 1,000 members in Leeds Grenville. Our local chapter is governed by a professionally diverse advisory board. Our main goal is to develop partnerships, raise awareness and support like-minded groups serving adults of all ages and in particular, the needs of older adults. We are accomplishing most of our efforts through our Age Friendly Communities initiative.

There are 60 CARP chapters across the country including neighbors Ottawa, Lanark and Kingston.

We are funded by the money we raise through events and the support of our generous sponsors. We also receive a royalty for every new member and membership renewal. All funds raised through are chapter go directly back into our community.

BENEFITS OF BECOMING A MEMBER OF OUR CHAPTER!

Be part of our group, Get Involved! If you have an idea for a program, event or other that will help to serve seniors in our community let us know!

LEARN MORE ABOUT CARP BENEFITS Save hundreds of dollars on insurance, travel, hotels, car rentals, eye care, cell phones and more!



Register Here

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OR \$14.95 ONE YEAR SUBSCRIPTION