



## OCTOBER 2021

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### Health News

#### **Pelvic Floor Health**

*Holly Devisser, R.Kin., Brockton & Area FHT*

Have you ever been worried about coughing, sneezing, or laughing because you might leak urine? You are NOT alone! In fact, statistics show that 1 in 4 women, and 1 in 9 men are incontinent in Canada. These statistical numbers increase with age, and incontinence happens to be the number one reason for nursing home admission. The good news is that

information about the pelvic floor and how it functions is evolving daily, and there are plenty of things that can help improve symptoms that may not include surgery.

First off, let's talk about what the pelvic floor is and how it functions. The pelvic floor is a group of muscles, nerves, tendons, blood vessels, and connective tissue that are interwoven within the pelvis. Our pelvic floor muscles create a sling of support from the pubic bone at the front of the pelvis, to the tailbone at the back, and span out to both sides of the pelvis at the ischial tuberosities (sits bones). These muscles form the base of a group of muscles called the 'core' and work synergistically together with the respiratory diaphragm (our breathing muscle), spinal muscles, and our deep abdominal (tummy) muscles.

Now that we know where our pelvic floor muscles are located, let's dive into what they do and how they work. The pelvic floor muscles provide support and stability to the spine and pelvis, help to keep our pelvic organs (bladder, rectum, and uterus) in place, and help control urination and bowel movements. These muscles also function as a sump-pump by assisting with lymphatic drainage and blood flow, and they also play a role in sexual function and can contribute to pleasure or pain in both men and women. These muscles have a big job to do and if one or more of our core or pelvic floor muscles are not functioning optimally they may not be able to do their job properly, which can lead to a variety of symptoms or discomfort.

Some of the signs that your core or

pelvic floor muscles may not be functioning optimally include:

- Accidentally leaking urine when you laugh, cough, sneeze or exercise
- Accidental loss of faeces or wind
- Rushing to get to the toilet and not always making it in time
- Needing to use the toilet frequently
- Difficulty fully emptying bladder or bowels
- Pelvic pain
- Pain during intercourse
- Prolapse (may be felt as pressure, heaviness or as though something is falling out of vagina or anus)

All humans have a pelvic floor therefore everyone has the potential to develop pelvic floor problems at some point in life. However, there are some factors and characteristics that can increase the risk of developing pelvic floor problems including: pregnancy, childbirth, obstetrical trauma, menopause, gynecological surgeries (for example: hysterectomies), prostate surgeries in men, and elite athletes (for example: gymnasts, runners, etc). Other factors that may increase the risk of developing pelvic floor problems include frequent heavy lifting, frequent constipation or straining on the toilet, chronic coughing, obesity, trauma to the pelvis (for example: falls or injuries), or a history of ongoing low back pain. It is important to note that none of these risk factors automatically suggest that you are living with a pelvic floor problem, however if you have one or more of these risk factors along with one or more symptoms, it may be a sign that your pelvic floor is not functioning optimally.

If you are living with a pelvic floor problem, know that there are many treatments and strategies that can help alleviate your symptoms or discomfort. Pelvic floor muscle training can

be a highly effective way to improve function and range of motion of your core and pelvic floor muscles and can help reduce symptoms related to pelvic floor dysfunction. Pelvic Health Physiotherapists can assess the function of your core and pelvic floor muscles, provide education, treatment, exercises, and strategies which can improve pelvic floor problems. If you are unable to see a Pelvic Health Physiotherapist speak with your Healthcare Provider or a Registered Kinesiologist for



education, recommended strategies, and exercises that can help improve your symptoms.

To find a Pelvic Health Physiotherapist near you in Canada:

- [www.pelvichealthsolutions.ca](http://www.pelvichealthsolutions.ca)
- <https://www.womenshealthcpa.com/find-a-physio>

To learn more about pelvic floor health here are some online resources and articles:

- Pelvic Floor First: [www.pelvicfloorfirst.org.au](http://www.pelvicfloorfirst.org.au)
- Pelvic Guru: <https://pelvicguru.com/category/pelvic-exercises/>
- Pelvic Health Solutions: [www.pelvichealthsolutions.ca](http://www.pelvichealthsolutions.ca)
- Vagina Coach: <https://www.vaginacoach.com>
- Girls Gone Strong: [www.girlsgonestrong.com](http://www.girlsgonestrong.com)

If you have further questions or concerns, regarding your pelvic floor health feel free to reach out by email to [hdevisser@bafht.com](mailto:hdevisser@bafht.com)

## Social Media Links



Make sure to “like” our Facebook page. Don’t forget to join in on our *Fun Friday Challenge*. Great fun. Great prizes. Easy questions! <https://bit.ly/2UstxJ2>  
Look us up on Facebook, Twitter, Instagram! If you need help with technology training and support, you can email [info@connectedcanadians.ca](mailto:info@connectedcanadians.ca).

## For the Love of Words ♥

Online ZOOM writing group on the 3<sup>rd</sup> Wednesday of each month @ 7:00 pm  
Email: [4LuvWrds@gmail.com](mailto:4LuvWrds@gmail.com) for more information or to join.

## Fraud Alert!

### Don't be afraid to say no!

Don't be intimidated by high-pressure sales tactics. If a telemarketer tries to get you to buy something or to send them money right away:

- Request the information in writing
- Hang up

Watch out for urgent pleas that play on your emotions.

Canadian Anti-Fraud Centre Toll free: 1-888-495-8501 or [canada.ca](http://canada.ca)

I hope zoom never goes away - I actually prefer it to live meetings - especially when you can go world wide with it. —Willa Wick

## Bereavement Support Group for Rural Wellington

*Hospice Wellington*

This is a support workshop for any adult who has experienced loss. These workshops include an education component regarding how grief impacts our lives, as well as groups support.

### VIRTUAL SESSIONS

Date: October 6 – November 24, 2021

Time: Wednesdays, 6pm – 8pm

Location: The Virtual Zoom link (sent upon registration)

### IN PERSON SESSIONS

Date: October 6 – November 24, 2021 (8weeks)

Time: Wednesdays from 10:00 am – 12:00 pm

Location: St Andrew’s Presbyterian Church  
83 Trafalgar Road, Hillsburgh, ON

All services of Hospice Wellington are provided at no cost to individuals and families thanks to the generous support of our community.

Please register by calling (519) 836-3921 ex 228 or email [info@hospicewellington.org](mailto:info@hospicewellington.org)

## Telling Our Stories

### Money Matters

*by Sue Ricketts*

Here’s a funny family story which is true. My auntie told me so!

One day in the early 1940s, Auntie Mary got really angry! Living in Walls End in northern England, she typically was a quiet, respectful wife and mother, who loved her daily cuppa tea.

Let me set the stage a bit. More than 2,000 years ago a Roman General named Hadrian had come by and built a stone wall right across the top of the country to keep the wild Scottish savages out of Roman England. Not much exciting had happened since then. But it’s a good setting for Auntie Mary’s story.

Auntie Mary’s husband of many years had not come home for two weeks. There was a war on, and he was considered an essential worker and was much needed on the front. Where was he? What had happened? And how was she going to manage with seven children, no food, no money? Trudging off to a back yard air raid

shelter every couple of nights meant getting no sleep because of the noise.

Finally, a letter arrived in the post which had a lot of words cut out (censored):

*Dearest Mary*

*I can't tell you where I am nor what I's a doing. In the meantime, here's something for you. —Your Jimmy*

Inside the envelope was some money. Not good old British pound notes, though. Instead, something which looked like funny money which said Scottish Pound Notes.

Even though she lived in Newcastle-on-Tyne, which was barely an hour and a half away from the Scottish border, she'd never seen such a thing. In a moment of anger, thinking she had been tricked, she tore them up and threw them into the fireplace. She thought it was money from some silly game.

Only later did she find out that her husband, a dock worker, had been sent with some other work mates to a far-off place called Scapa Flow in the Orkney Islands off the north of Scotland to secretly load submarines. War secrecy wouldn't allow any clue out about where they were or what they were doing.

Fortunately, before the next letter arrived, Mary told her children about the strange letter from their *Da*. They marched her off to the Post Office right away, far away from the fire, to exchange the next lot of money into good old British Pounds.

British Pound Sterling, 1940



Scottish Pound, 1940



## Why Do Leaves Change Colours?

Did you know that fall's vivid colors are actually hidden underneath summer's green? The main reason for the color change is not autumn's chilly weather, but light—or rather, the lack of it. The green color of leaves disappears when photosynthesis (from sunlight) slows down and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown.



## Something To Think About

### Wisdom

*Pastor Dewey Moede*

I asked one of my friends who has crossed 70 and is heading to 80, what sort of changes he is feeling in himself?

He sent me the following very interesting lines, which I would like to share with you ...

*I walk away from people who don't value me. They might not know my worth, but I do.*

*I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat & neither am I in any race.*

When legendary cellist Pablo Casals was asked why he continued to practice his cello at 90 his reply was, "Because I think I am improving."

## Party Line Highlights



Pick up the phone and join in the fun. Every Wednesday and Thursday morning we have so much fun chatting about the past, present, future, and everything in between. Whether it's singsongs, canning, trivia, or old-time recipes, we are covering it all this month.



Keep an eye on the calendar and dial in—it's just that easy!

## ZOOM Highlights

Surprise! Being able to stay connected and engaged with our friends because of our ZOOM sessions has brought us much joy at the Seniors' Centre for Excellence (SCE.) I am so honoured to be the facilitator. Not only do I get to meet incredible guests and learn much along the way, I think the best part is when I get to meet participants virtually from our communities and sometimes, from far away. The positive part of technology.

The downfall, if there has to be one stated, is that we don't get to see each other in person!



Imagine my surprise, when last week I noticed outside my office window a lone lady strolling across my back

yard, looking for an entrance. Imagine my doubled surprise when I came face to face with one of our faraway ZOOMers! Louise Stitt, all the way from Manitoba, made me squeal with delight! After we got over our sheer joy of seeing each other in the flesh, she took me to the front and lo and behold, I got to meet her lovely two sisters! Turns out the three of them were on a road trip but they couldn't pass up heading to Drayton to say a great big howdy. I was not only thrilled as the ZOOM facilitator at our Seniors' Centre for Excellence, I was thrilled personally that Louise and her entourage took the time to stop by—all the way from Manitoba. Still shaking my head and wearing a great big, smile! ZOOM at the SCE Rocks for many reasons!  
—Glynis

## Yoga On Zoom- Free

New participants always welcome  
Mondays 9:30-10:30 am  
Pre-registration is required to access the zoom room. Email: [kerry@studiokerry.ca](mailto:kerry@studiokerry.ca)

## Caregiver Coffee Conversation Support Group

Date: October 15 - December 3, 2021 (8 weeks)  
Time: Every Friday from 1:30 - 3:00 pm  
Location: The Old Post (the Post Script Event Space) 39 Elora St. in Harriston  
Please register with Hospice Wellington by October 13, 2021.

To register, call (519) 836-3921 (ext. 228) or email [info@hospicewellington.org](mailto:info@hospicewellington.org)

## Easy Recipes. Delicious Results

**Alyson Colton**

Registered Dietitian

*Mount Forest Family Health Team*

**Third Tuesday of each month @ 10:30 am**

If you are not on the ZOOM invitation list, then get in touch with the office at 519-638-1000 or email [gbelec@mapleton.ca](mailto:gbelec@mapleton.ca).

You can choose to cook along with Alyson, or you can sit back and enjoy the unfolding of something delicious each month. (But you might want to take notes, so bring a pen and paper.)

## Recipe of the Month

**A recipe for good bowel health**

*Donna M. Fagan*

*PhD, RD, London, ON*

Healthy bowel movements are important



for older adults, and many of us are concerned about constipation.

This can be a big problem for people who have had surgery and have been prescribed pain killers.

A good way to prevent or treat constipation is to regularly eat a high fibre cereal that combines grains with fruit, seeds, and nuts.

**Try this tasty recipe.** After one week you should have good results. You can buy the ingredients from a bulk food store.

### High-fibre cereal

Combine, mix up, and store these ingredients in a cookie jar or a plastic covered container:

2 cups quick cooking (one minute) rolled oats

- 1/2 to 1/3 cup spelt bran
- 1/2 to 1/3 cup oat bran
- 1/2 to 1/3 cup wheat bran
- 1/2 to 1/3 cup ground psyllium
- 1/2 to 1/3 cup ground flax
- 1/2 to 1/3 cup wheat germ

These ingredients are optional but add great flavour: sunflower seeds, sesame seeds, dried cranberries (orange flavoured cranberries add a nice flavour), raisins, dates, any other dried fruit you like.

One serving of the cereal = 1/2 cup. You can add cold milk and eat it as it is, or you can cook it gently mixing it with 1-1 1/4 cups of milk. Top it off with fruit, such as banana slices, blueberries or raspberries.

For some people, eating cereal will not be enough to get their bowels moving. They may need to try a product from the drugstore along with this cereal. Ask your pharmacist for help.

### How much fibre do you need?

Experts say that we should eat 14 grams of fibre for every 1,000 kilocalories we eat each day. An average person who gets between 1800 and 2000 kilocalories a day needs about 25 grams of fibre. This cereal will start you on your way. Each 1/2 cup serving provides 10 grams or more of fibre. The oats, psyllium and flax help to add

bulk. They draw water and soften the bowel movement. The wheat and spelt bran add roughage.

### Drink lots of liquid

Be sure to drink between 6 and 8 cups of fluid per day. It can be from any source – for instance, water, tea, coffee, juice, soup, jello, or popsicles. You can add some flavouring to water, such as lime cordial or Ribena. If you like the taste, you may drink more.

Article and recipe courtesy of Active Aging Canada  
[www.activeagingcanada.ca](http://www.activeagingcanada.ca)



### Update from the Little Red Library

38 Wood Street in Drayton.

Come visit any time.  
Plenty of fabulous books.  
New titles for October

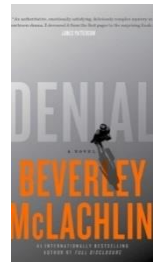
include:

1. Klara and the Sun by Kazuo Ishiguro
2. Code Name Helene by Ariel Lawhorn
3. Denial by Beverley McLachlin

### Book Review for this month's SCE books

**Denial** by Beverley McLachlin

From the former Chief Justice of Canada and #1 bestselling author of Full Disclosure comes a taut new thriller starring tough-as-nails defense attorney Jilly Truitt in a murder case that makes her question her own truths. When everyone is in denial, how do you find the truth?



### Word of the Month

### Hippopotomonstrosesquippedalophobia



(Hi-poh-po-toh-mon-stroh-ses-kwee-peh-dah-leej-oh-foh-beeja) is one of the longest words in the dictionary — and, in an ironic twist, is the name for a fear of long words.



# Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0



## Party Line Schedule

### October 2021

We are social beings and need to stay connected. Come share some time with your peers, share memories, share laughter and build friendships!

Join the fun every Wednesday and Thursday at 10:30 am. Great Topics.

#### Wednesday, October 6

10:30 am

**Topic:** Thanksgiving Dinner

\*\*\*\*\*

#### Thursday, October 7

10:30 am

**Topic:** Extrovert, ambivert, introvert. Which one are you? Let's take the quiz!

\*\*\*\*\*

#### Wednesday, October 13

10:30 am

**Topic:** The One Room School House

\*\*\*\*\*

#### Thursday, October 14

10:30 am

**Topic:** Dreams and what they mean or might reveal

\*\*\*\*\*

#### Wednesday, October 20

10:30 am

**Topic:** Crisp and clear fall is here!

\*\*\*\*\*

#### Thursday, October 21

10:30 am

**Topic:** What if...? Let's play a game that will get our creative juices flowing

\*\*\*\*\*

#### Wednesday, October 27

10:30 am

**Topic:** Halloween Traditions

\*\*\*\*\*

#### Thursday, October 28

10:30 am

**Topic:** The Price is Right – Come on down!

\*\*\*\*\*

Don't forget. If you want to sign up for any (or all) of these great *Party-Line* Sessions, call the office at **519-638-1000** to register, or you can call in yourself at **1-866-279-1594** with guest code **217234** a few minutes before the start time. 48 hours advance notice is required, please, to make sure you get on the "we'll call you" list.



# Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0



## ZOOM Schedule October 2021

For ZOOM, you do need access to a computer with an internet connection.

**Tuesday, October 5, 10:30 am**  
**Guest:** Bep VandenBerg  
**Topic:** Armchair Travel to some fabulous Cities of the World. Let's explore!  
\*\*\*\*\*

**Tuesday, October 7, 2:00 pm**  
**Guest:** Dorene Meyer  
**Topic:** Cree Nation, Non-Indigenous author/publisher who works with Indigenous authors to get them published  
\*\*\*\*\*

**Tuesday, October 12, 10:30 am**  
**Topic:** Alexander Graham Bell National Historic Site Tour  
\*\*\*\*\*

**Thursday, October 14, 2:00 pm**  
**Guest:** Sue Ricketts  
**Topic:** A Day in the Life of ... , with a focus on the CNIB (Canadian National Institute for the Blind)  
\*\*\*\*\*

**Tuesday, October 19, 10:30 am**  
**Guest:** Alyson, Dietitian MFFHT  
**Topic:** Great recipes. Useful Information and Tips  
\*\*\*\*\*

**Thursday, October 21, 2:00 pm**  
**Guest:** Pat Spadafora from Kaleidoscope Consulting  
**Topic:** The Importance of Language – Words Matter. How language shapes the perception of aging  
\*\*\*\*\*

**Tuesday, October 26, 10:30 am**  
**Guest:** Ken Seiling Region Museum  
**Topic:** Life in 1914  
\*\*\*\*\*

**Thursday, October 28, 2:00 pm**  
**Guest:** Ronnie Sharp from North Delta, BC  
**Topic:** The Flu is More Than a Cold – a Personal Story  
\*\*\*\*\*



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Call the office to register, for any (or all) of the ZOOM sessions. 519-638-1000 or send an email to [gbelec@mapleton.ca](mailto:gbelec@mapleton.ca) Register at anytime, but to be put on the list to receive invitation links, we require 48 hours notice. You can unsubscribe at any time.