

MYDIGNITY.CA NEWSLETTER

Volume 4, Edition 2
September, 2011

Welcome to MyDignity.ca.

Through this quarterly newsletter, it is our objective to keep our clients, partners and associates fully informed on issues involving aging and elder care.

WHAT'S NEW AT MY DIGNITY?

.Look for us at the Zoomer Show on October 29 and 30, 2011.

.Our radio broadcasts continue on 740. Miles Posner will be speaking on long-term care insurance on October 29th and on critical illness insurance on November 12th. The segments are broadcast several times throughout the day.

THE VIEW FROM OUR PERSPECTIVE

A provincial election will soon be upon us. There will be an abundance of promises, and a platform designed by public relations experts to appeal to seniors. The rhetoric will be formidable; the substance will be difficult to find.

And, as with every election, we, at MyDignity, will be dismayed but sadly, not surprised, at the fact that many of the candidates simply will have no grasp at all of the health care issues that face seniors and their families.

The fact is that promises are often little more than election gimmicks. Words simply will not suffice. We need action on developing an enhanced home care system which would assist our elders to stay in their own homes for as long as possible. Such a system would include a program of non-medical support such as cleaning, preparing meals, etc. If we, as Ontarians, wish to have a system which can effectively and

affordably cope with the needs of a rapidly aging population, then it must be seen as a priority, not an “add-on” or a “nice to have”, This cannot happen unless our leaders are willing to work on restructuring the entire health care system with emphasis on prevention, early intervention and community-based care. And this needs to be done without never-ending health care budget increases. It is time to spend what we have in a smarter way.

The senior lobby could be the most powerful in the country. It is not - simply because people again and again accept the status quo. At My Dignity, we challenge each of you to hold politicians accountable and to use your voice and your talents to build the kind of province where seniors receive the care they deserve.

DID YOU KNOW?

Approximately one in every one hundred Canadians suffers from arthritis. The disease can strike at any age, from children to seniors, though the majority of sufferers are between 25 and 50 years of age. If properly treated early on, there is a 40 to 50 per cent remission rate for rheumatoid arthritis patients. This compares to a remission rate of only 10 to 15 per cent a decade ago.

If a person has aches and pains for more than two weeks and has either swelling of any joints or morning stiffness lasting for more than 30 minutes, or is using anti-inflammatory medications that are not working, they should see their primary health care provider.

Rheumatoid arthritis patients usually experience moderate disability within two years of diagnosis and may be severely disabled within ten years.

CAREGIVERS' CORNER

The Alzheimer Society of Canada recognizes the challenge of family caregivers. Certainly, their devotion and commitment to family members is amazing. But, so often, these caregivers fail to look after themselves.

Diet is important. The Alzheimer Society recommends a heart-healthy diet – low in fat and rich in antioxidants. Choose blue/purple fruits, vegetables, lots of greens, fruits high in Vitamin C, high-fibre breads

and cereals, and foods such as cold-water fish, which are high in Omega-3 oils.

At My Dignity, we are always delighted to come out to your group, association or workplace, to speak on issues related to aging and eldercare. We have quite a repertoire of speaking topics. Please give us a call at 416-410-4155 to arrange a speaking engagement.

“We have not inherited the earth from our ancestors, we have only borrowed it from our children.”

Ancient Proverb

YOU ASKED:

How important is family medical history to the underwriting process for critical illness insurance?

Family medical history is an important component of the qualification process for critical illness insurance. The appearance of certain conditions or diseases in one’s immediate family may indicate a predisposition or higher likelihood of developing the same condition.

Generally, unless two or more immediate family members (mother, father, sister, brother) have had the same condition or illness, you should be able to qualify for this insurance, which is available for purchase up to the age of 65. However, the insurance company may charge a higher premium or exclude certain illnesses based on your family’s history.

The staff at MyDignity wishes you a wonderful autumn. We are always here to assist you with eldercare issues and needs. Please visit us at www.mydignity.ca or call at 416-410-4155.