



Le Montréal FADOQ

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Région
île de Montréal

THE FEAR OF FALLING

LES AMIS DU VIEUX
MOULIN SENIORS CLUB IN
POINTE-CLAIRE

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WINTER 2021 | FADOQ – RÉGION ÎLE DE MONTRÉAL |



I would have liked this message to Montreal FADOQ Winter 2021 members to contain no trace of the COVID-19 virus. Unfortunately, as of this writing, Wave 2 threatens to plunge us back into confinement and strict sanitary guidelines.

IT'S TRUE that the month of November lends itself well to cocooning at home with a good book, a class on an online platform or a virtual yoga session. That's why we have adjusted our programming to offer you a maximum of safe activities, whether in the comfort of your home or in the great outdoors in beautiful nature. That's why I encourage you to register for the activity of your choice in order to stay physically and mentally active. I join my voice to that of the Minister for Education and Minister responsible for the Status of Women, Isabelle Charest, who in a video posted on our website (fadoq.ca) invites you to resume physical activity, because it's good for body and soul.

During the month of September, the Montreal University geriatrics institute foundation (FIGM) launched the Solidarity for seniors' campaign and called on Quebecers of all ages to make a small gesture of benevolence for a Quebec where it's good to grow

old. Even if this movement ended on October 1st, National Seniors Day, I encourage you to continue contributing to this wave of goodwill around you.

Finally, the *Ère Libre* show is returning to MAtv this fall. You may know that the FADOQ-Région Île de Montréal has been its main sponsor since 2016. There will be a FADOQ chronicle on each of the 10 shows. I'll be a guest on the first show. Then, editor/journalist Pascal Henrard will present various themes which are dear to our hearts. If you're not a Videotron subscriber, you can watch the episodes on the MAtv website. I end by wishing you, on my behalf and on behalf of the Board of Directors and employees of the FADOQ-Région Île de Montréal, a Merry Christmas and a Happy New Year 2021 filled with a good dose of well-being and health!

Your President
Jocelyne Wiseman

HAVE YOU RECEIVED A RENEWAL NOTICE?

When you receive your renewal notice by mail or email, it is important to complete it and return it as soon as possible so you can continue to enjoy the activities, discounts and other privileges. This is even more important if you take advantage of the Intact Insurance discount. In fact, it is important for your FADOQ card to be in good standing in the event that you have to submit a claim.

ARE YOU RECEIVING OUR ENGLISH NEWSLETTER?

To find out what's new and what activities are coming up, or to be able to enter contests, sign up for our monthly newsletter. Simply send your name, phone number and email address to info@fadoqmtl.org with the mention, "I want to receive your newsletter."

MOVING?

In order to continue receiving our communications, notify us promptly at 514 271-1411, ext. 221 or by email at info@fadoqmtl.org

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THE FEAR OF FALLING

Authors: Margaret Thomas Oberle and Alison Stirling

Fall? Never! We're not afraid of anything ... or are we?

Suzanne and Pierre were taking full advantage of their daily life as a retired couple. One day, Suzanne fell on the kitchen floor and broke her wrist. Shortly after, Peter slipped from the second rung of his ladder. Although he had no injuries, he was still shocked at what could have happened. He then began to reduce his activities, including his physical exercise. One day on Facebook, Suzanne and Pierre read the theme for Fall Prevention Month 2020: *Be Ready, Be Steady!*. It made them aware of the possible ways to keep their balance, fearful or not.

The fear of falling leads a person to refrain from performing daily activities which they gradually abandon. Is it a rational fear? Yes. Fear has its source in reality. According to the Canadian Institute for Health Information (CIHI), 81% of hospitalizations for injuries were due to a fall in 2017-18. The majority of those hospitalized were individuals aged 65 and over. To overcome the fear of falling, one must let go of false beliefs while maintaining a balance between caution and paralysis.

The fear of falling is insidious. There are some things in common between middle-aged individuals and seniors who say they are afraid of falling. They are especially less likely to be physically active. They also usually limit their daily activities, show signs of more severe anxiety and depression, have chronic illnesses and use a walking aid. Is it the fear of falling that leads to a decrease in mobility, or is it the reduced mobility that causes the fear of falling?

The fear of falling can affect both physical health and quality of life. To be ready and to stay steady, try the following tips:

- 1. Arrange the interior and exterior of your home in a safe manner.** Visit the Fall Prevention Month section of the website aimed at adults and caregivers www.fallpreventionmonth.ca for resources available on home safety and improvements you can make to reduce the risk of falls.
- 2. Get regular physical activity.** Exercise promotes muscle strength and endurance, balance, coordination and flexibility. There are many exercise programs available online. During this pandemic period, create a space to be able to exercise at home and take some fitness classes online.
- 3. Learn about cognitive behavioural therapy (CBT).** An effective technique to overcome your fears. Studies show that this technique has shown some success by identifying negative or false thoughts and replacing them with healthy, more positive ones.
- 4. Consider getting a medical alert button.** This system gives you peace of mind knowing that you can get immediate help in the event of a fall with the simple push of a button. Carry the device with you or keep it within reach.
- 5. Learn how to get up from a fall.** This skill will give you the confidence of knowing what to do if you fall. You won't have to be in distress for long, especially if you've also suffered an injury.

6. Don't let fear lead you to social isolation. The company of others plays a crucial role in your emotional health.

There are many steps you can take to stay safe in your home. It will be more difficult outside, where the chances of tripping or falling are sometimes greater. In and around your home, take the time to do the following:

- repair asphalt or cement on damaged, uneven and cracked walkways;
- install good lighting both outside and inside your home;
- install a ramp, a grab bar or a handrail on stairs and near slippery surfaces both inside and outside your home;
- to avoid slipping, wear good, well-fitting shoes at home and everywhere you go;
- get involved in initiatives to improve safety in public spaces.

Pierre and Suzanne realized that the social isolation imposed in the context of COVID-19 had made them want to be physically active to maintain their flexibility, strength and balance. On the website, they were able to find information on exercise programs, ways to make their homes safer, and all kinds of other ways to prevent falls.

So, should you be afraid of falling? Or rather, should you take advantage of Fall Prevention Month to remind yourself that no one is guaranteed not to suffer a fall, but that there are ways within your grasp to reduce the risk. Think about it: Be Ready, Be Steady.

Biography: Marguerite Oberle Thomas, inf. auth., B. Sc. inf., consultant, and Alison Stirling, M. Sc. S., MSt., knowledge broker, both seniors, are part of the team at Loop, the community committed to fall prevention from the Ontario Neurotrauma Foundation.

Fall Prevention Month website:
www.fallpreventionmonth.ca

NEW DISCOUNTS

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Château Dufresne

The Château Dufresne, museum and historic heritage site, is inaugurating its reopening after several months of closure. Two exhibits are being presented: Fiction/reality. Marie Victoire et la -chaussure à Maisonneuve and Fouler le territoire, an installation by multidisciplinary artist Carole Baillargeon. FADOQ members benefit from a special rate of \$12 upon presentation of their membership card.
2929 Jeanne-d'Arc Avenue chateaudufresne.com



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New

GETTING
WISE
ABOUT
GETTING
OLD

DEBUNKING MYTHS
ABOUT AGING

Edited by
Véronique Billette,
Patrik Marier,
and Anne-Marie Séguin



About 60 authors from various organizations and disciplines contributed to the 31 chapters, which tackle a number of myths about aging. Among the themes are retirement, older workers, mourning, housing, caregivers, social or political involvement, aging in penitentiaries, aging with a disability, the digital world, sexuality, and more. The authors hope their book will contribute to a better general understanding of the difficulties, as well as the benefits, of an aging society.

This book is the English version of " Les vieillissements sous la loupe. Entre mythes et réalités " (PUL) published in 2018.

As part of the launch, short bilingual video clips featuring the authors will be posted on the CREGÉS YouTube channel.

Our Fall programming can be found on page 5 of the French section of the bulletin.
Our guides and volunteers are bilingual in most cases.

You are most welcome!

LES AMIS DU VIEUX MOULIN SENIORS CLUB IN POINTE-CLAIRE

Ginette Lapierre Paquin, secretary

A little history:

Our club was formed in 1972 by a small group of parishioners from St-Joachim de Pointe-Claire. Weekly activities take place at the Noël-Legault community centre, owned by the City of Pointe-Claire, which graciously offers us a room on Monday and Wednesday afternoons for our activities with seniors.

A second wind, a new start:

In 2008, after the surprise resignation of the then president, the late Mrs. Marie-Berthe Seguin became president and asked me to join the club in order to become a member of the Board of directors. I accepted. At the annual general and special meeting in May 2008, I therefore became a member of the board and was appointed secretary. To be affiliated with the FADOQ, the club had to be incorporated. The process was undertaken and we received our letters patent on August 4, 2008. We established our general regulations. We had around 80 members. New ideas were brought to the BOD and rigour was established in our operations. This upset some long-standing members. These members resigned. So, we recruited people willing to fill the vacancies from among our acquaintances.

Finally! In May 2019, the BOD decided that all our members had to become members of the FADOQ. This decision was clearly explained to the members at the general meeting and accepted by the majority.

Since 2019, there are 11 people on the Board of Directors. There is work for everyone. "Insight often springs from a clash of ideas," they say. The BOD holds 7 meetings a year.



We are aging well:

In April 2012, we celebrated 40 years of existence. Hoping that COVID-19 has become nothing but a bad memory in 2022, we will celebrate our fiftieth anniversary in a fitting way.

Here is an overview of our activities:

Weekly activities:

Line dancing on Mondays and card games or scrabble on Wednesdays.

Monthly activities:

We try to offer a monthly activity such as a day trip including a visit and a meal, bingo, brunch, etc...

Recurring annual activities:

Back to school party, Christmas dinner, Valentine's Day dinner, end of year dinner, sugar shack, general meeting. All of these activities are very popular.

Summer activities:

During the summer, we offer a play, a trip for a few days or for a single day, such as a cruise.

Activities leaflet:

Since 2014-2015 we have been printing a leaflet of the year's activities that we give to each of our members. It includes club policies and information on the composition of the BOD. At the start of the pandemic, we had 223 members originating from Pointe-Claire, but also from several surrounding cities.

If you would like to join our club, you can contact Mr. Yvon Calbert, vice-president, at 514-426-7288.

