

MATURE living



OSTEOPOROSIS

A healthy diet for healthy bones

Osteoporosis, a disease that causes bones to become brittle, affects no fewer than two million Canadians. To prevent bone loss and reduce your risk of fractures, Osteoporosis Canada recommends a diet rich in calcium and vitamin D. Here's a list of foods to consume regularly.



A diet high in calcium and vitamin D can stop bone loss related to osteoporosis.

DAIRY PRODUCTS

- Cheese
- Cow or goat milk
- Plain yogourt

FISH

- Swordfish
- Cod liver oil
- Sardines
- Canned pink salmon
- Sockeye salmon
- Canned tuna (in water)
- Red snapper

FRUITS AND VEGETABLES

- Artichokes
- Bok choy
- Broccoli (cooked)
- White mushrooms

- Kale (cooked)
- Squash (butternut or acorn)
- Figs (dried)
- Kiwis
- Oranges
- Grapefruit (pink or red)
- Snow peas (cooked)

OTHERS

- Roasted almonds
- Beans (soy or white)
- Hummus
- Egg yolks
- Soy or almond milk
- Enriched margarine
- Chickpeas
- Tofu

On average, one out of every three women and one out of every five men experience an osteoporosis-related fracture at some point in their lives. Source: osteoporosis.ca.

AMERICAN PUBLISHERS!

Specific references to Canada in the articles on this page have been either removed or replaced with similar, US-specific information in the American version of each article supplied in the online page folder.

Seniors who made history

Just because we get older doesn't mean we can't accomplish great things. Take the quiz for proof!

WHO AM I?

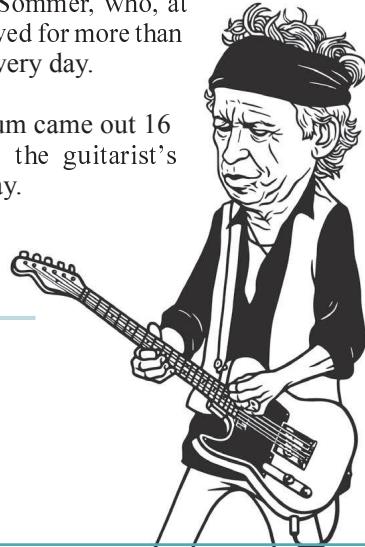
1. At age 81 I became the oldest actress to win the Oscar for Best Actress for my role in *Driving Miss Daisy*.
2. I played my last game in the NHL at age 52. At the time I was wearing a Hartford Whalers jersey, but I spent most of my career with the Detroit Red Wings.
3. I was the oldest Holocaust survivor for quite some time before I passed away at age 110. My passion for the piano inspired the Oscar-nominated documentary *The Lady in Number 6*.

HOW OLD WAS...

4. Alfred Hitchcock when his final film, *Family Plot* (1976), was released?
5. Keith Richards when the Rolling Stones released their album *Blue & Lonesome* (2016)?
6. Claude Monet when he painted his series depicting the canals of Venice (1908)?

ANSWERS

1. Jessica Tandy, who also starred in such productions as *The Birds* and the original version of *A Streetcar Named Desire* on Broadway.
2. Gordie Howe, who holds many NHL records, including most games played (1767).
3. Alice Herz-Sommer, who, at age 107, played for more than two hours every day.
4. 76.
5. 72. The album came out 16 days before the guitarist's 73rd birthday.
6. 68.



Medication and driving: what you need to know

Just like alcohol and recreational drugs, certain types of medication can affect your ability to drive. Before you take the wheel, make sure your mental state isn't altered by any medication. Your safety and that of others on the road depend on it.

Almost all types of medication, from muscle relaxants to antidepressants to simple decongestants, risk causing side effects. Whether what you're taking was prescribed by a doctor or purchased over the counter, it's crucial that you proceed with caution.

Confusion, blurry vision, sleepiness, memory loss, dizziness, difficulty concentrating — side effects affecting your vision, coordination or attentiveness are numerous and widespread. Before you start taking any sort of medication, ask your doctor or pharmacist about the potential side effects.

BEWARE OF MIXING MEDS

Certain medications don't have any side effects when taken alone, but may cause some when combined with other drugs. Discuss your situation with your healthcare provider. Be careful as well when changing dosages, as this can cause a whole other set of symptoms.

Finally, remember that alcohol, recreational drugs and medication don't mix. Combining any of these before getting behind the wheel increases your risk of causing an accident tenfold.



Many medications have side effects that may affect your ability to drive. Always remain vigilant.

Four types of memory-boosting games

Various tabletop games can help improve and maintain your cognitive abilities and memory.

Memories fade, and even more so as we get older. Fortunately, it's possible to keep your brain sharp well into your golden years — and to have fun while you're at it! Here are four suggestions for stimulating games that can help preserve your memory.

- 1. ASSOCIATION GAMES**
Remember those matching games, where you'd have to find pairs among a deck of cards placed face down on a table? They aren't just for kids! You can find all sorts
- 2. OBSERVATION GAMES**
Look at an image for one minute, then ask someone to quiz you on what you saw. Spot the difference puzzles like the ones often found in newspapers are also good for your memory.
- 3. WORD GAMES**
Either played alone or against an opponent, crossword puzzles, Scrabble, Boggle
- 4. STRATEGY GAMES**
Most strategy-based games require that players remember their previous move or the previous move of their opponent. Card and tabletop games such as Battleship and Risk are great exercise for your brain.

There are all kinds of activities that can help preserve and strengthen your memory. Have fun!

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