



THE SENIOR SCOOP



May Happenings

Regular contact with others can help keep your mind sharp as you age. When you have good friends around, you can handle the challenges of life much better. This month we learned about a special group of seniors called “SuperAgers” (more on page 2). Social connectedness is a factor in becoming a SuperAger, and that means there is a good chance we have some SuperAgers in the AYSFS community! Spring weather brings feelings of a fresh start. What can you do to improve your physical, mental, and emotional well-being this month? Talk to your AYSFS Associate and create goals together to make this month a memorable one!



Meet Paula Campbell Associate

Being an Associate is very satisfying for Paula as she has always enjoyed the company and wisdom of seniors. After a significant amount of training, Paula was fortunate to be accepted as a hospice volunteer. Being alongside families and residents in their final days is an honour for Paula. Paula’s training and experience makes her an compassionate caregiver and an asset to the AYSFS team!

A note about Mother’s Day...

Whoever it might be that has invested into you or loved you well during your life, why not take Mother’s Day as an opportunity to honour their memory for their influence in your life. Talk about the person you wish to honour with friends, family or your AYSFS Associate. It is important to acknowledge that there are different types of mother figures throughout our lives. This is the month to celebrate the mother figures you know and/or may be!



Golden Moments

Life is better with friends!

Client Mary (left) receives visits from a team of caring Associates, including Paula (right). Good friends are good for your health, and whether a client needs one Associate or a team of Associates, we are here to help!

Connect with us on social media!



Mother's Day Illustration, Cover photo and bouquet courtesy of vecteezy.com

The best care, in the best place.

Enhancing our Knowledge

April was a busy month for the AYSFS team! We attended a primary care and homecare symposium, “Discover the future of Homecare” in Stratford, we attended an Engage Western event, and on April 28th we participated in a fantastic day of networking and learning at the Geriatric Medicine Refresher. The lineup of speakers shared a common goal: to provide research and share knowledge that advocates for a positive future for seniors in our community. Attending these kinds of presentations is vital for our team. Below we share information about two unique studies presented at these events!



Researching Real-Life SuperAgers

Western
UNIVERSITY-CANADA



“A common trait among SuperAgers is the depth of their social relationships. That does not necessarily mean they have 100 friends, but it means they have stronger social connections”

UWO researcher Angela Roberts

Are you a SuperAger?

Compared to typically aging adults, SuperAgers exhibit increased social engagement, higher ratings of positive interactions with others, and higher levels of physical activity compared to cognitively average older Controls of a similar age.

Western University researcher Angela Roberts and her collaborators in the international SuperAging Research Initiative are studying a growing number of the 80-plus set who have memory abilities at least as good as those in their 50s and 60s and at least average cognition in other areas such as problem-solving and managing multiple tasks.

The goal of the SuperAging Research Initiative is to crack the code on what makes a SuperAger and how they continue to thrive in later life. Researchers like Roberts hope to share insights to help improve many more lives as the population ages.

“What they want us to know is that everyone should have the

opportunity to age well, no matter where they find themselves, whether they have dementia, are aging typically or are a SuperAger,” said Roberts.

Study participants undergo cognitive testing, provide blood samples and complete MRI sessions every two years. Led by Western and partners at the University of Waterloo and Sunnybrook Research Institute, many are also studied in their homes using wearable technology to assess critical factors for aging in place, including physical activity, life-space mobility, sleep patterns and social engagement. Source: news.westernu.ca

If you or someone you know is over 80 and still going strong, the SuperAging Research Initiative is looking for participants and would love to hear from you. For more information contact superagingcanada.uwo.ca.



Dementia Wellness

During the Geriatric Medicine Refresher, Dr. Laura Middleton, PhD gave a presentation regarding The Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program. DELIGHT aims to promote the health and well-being of people living with dementia and care partners through exercise, healthy eating, and sharing strategies. The DELIGHT participant guide contains resource materials for people living with dementia and their care partners. These strategies help to improve their physical, social, and mental well-being and quality of life. For more information and to download the guide, please visit <https://dementiawellness.com/delight-project/>