



THE SENIOR SCOOP



November Happenings

For AYSFS, the month November is a time to reflect on our services and ask ourselves what we can do to keep providing the best senior home care in London Ontario. Between our upcoming client satisfaction survey, acquiring additional talent on the admin team, and our continued commitment to health and safety, we hope to make 2026 our best year yet. As the cold weather approaches we hope you stay cozy and enjoy the simplicity of a warm drink and the good company of our Associates. The Age Friendly conference in October proved to be an informative event, and we are happy to share our new knowledge on page 2!



Meet Tracy Gavloski

Part-time Client Services Coordinator

Tracy has been an Associate with AYSFS since 2018. She has enabled many clients to age in place independently and feels that her purpose in life is to help others. In addition to her continued commitment as an Associate, she is now assisting the AYSFS Admin team! Tracy is now available as a part-time Client Services Coordinator. With her extensive background in support work as well as working in the travel industry for 10 years, Tracy is sure to be Administrative asset as well as an fantastic Associate!



Golden Moments

2025 Senior of the Year!

Congratulations to Client Helen (left) our AYSFS Senior of the Year. Nominated by Associate Jodi (right), Helen is independent, positive, active, and has a deep love for her family and friends.

We surprised Helen with flowers in honour of Seniors Day. These two ladies have a beautiful friendship!

Poppy photo and illustration courtesy of vecteezy.com

We want to hear from YOU!

It's almost time for our annual Client Satisfaction Survey! The survey will be sent out with your November invoice. You can also let us know how we are doing by leaving a review on www.bbb.org and/or Google reviews by November 30th for a chance to win one hour of free service for you or your loved one!



The best care, in the best place.

Our Age Friendly Experience

AYSFS attended the 11th annual Age Friendly London Conference in October. This year's theme, "It's Your Time to Thrive" provided a day of inspiration, connection, and learning. More than 300 participants heard from leading experts on strategies to support healthy aging.



Highlights of the Age Friendly Conference included keynote speaker Dr. Peter Lin, a nationally recognized expert in family medicine and healthy aging whose greatest strength lies in making health information clear, credible, and accessible. If you are interested in hearing a sample of Dr. Lin's advice, we highly encourage you to listen to the following link on CBC:

<https://www.cbc.ca/player/play/audio/9.6926275>

Another fantastic presentation came from Lifewise Nutrition. Founded by Registered Dietitian Jennifer Donnelly-Vanderloo who graduated from Western University with a Master's Degree in Food and Nutrition. The majority of Jennifer's career has been spent providing nutritional care to residents in long-term care facilities. Her nutrition interventions helped residents increase their strength, heal pressure injuries and improve their quality of life. Jennifer's studies lead her to understand that a preventative nutrition care approach could significantly improve the skin integrity, muscular strength, bone health, and digestive health of older adults. This, in turn, could help them live healthier and happier lives at home. For more information on Jennifer's services visit: www.lifewisenutrition.ca. Jennifer's Age Friendly presentation stressed the importance of protein for seniors. See more information below to learn what a vital role protein plays in aging well!

The Power of Protein

Protein supports good health, immunity, muscle maintenance, and physical function in older adults. Nearly half of all protein in the body is found in muscle, and muscle mass decreases with age. This decline in muscle mass, known as sarcopenia, may increase the need for protein in older adults.

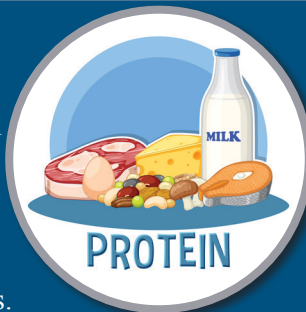
Sarcopenia in older adults can lead to frailty, disability, and loss of independence. Research suggests that protein requirements may be higher in older adults. Researchers recommend that older adults consume 1-1.2 grams of protein per kilogram body weight.

Source: The National Resource Center on Nutrition and Aging

How to optimize protein intake:

- When shopping, purchase foods high in protein, like meat, lentils, and eggs and read food labels for protein content
- Include high protein foods at every meal throughout the day
- Breakfast is a good opportunity for protein through foods like eggs and Greek yogurt
- Include meat, beans, and lentils throughout the week in menu planning
- Drink beverages high in protein, such as milk or milk alternatives (e.g., soy milk, oat milk)

AYSFS recommends speaking with your doctor or a registered dietitian when considering adjustments to your diet. Your Associate would be happy to assist with shopping, meal prep, and meal planning!



Remembrance Day

There are many ways to honour Remembrance Day in our city this year!

- The Remembrance Day ceremony will take place on Sunday, November 9, 2025 at Victoria Park
- Moment of Silence: Remember to observe two minutes of silence at 11 a.m. on November 11 to honor Canada's Veterans.
- Poppy Campaign: The Poppy Campaign runs from the last Friday of October through November 11. You can wear a poppy and donate to the Poppy Fund to support veterans.
- National Ceremony: You can also watch the National Remembrance Day Ceremony in Ottawa live on television or online.

AYSFS honours and remembers the service members who have died in the line of duty and recognizes the sacrifices made by veterans.



Keynote, protein and poppy illustrations courtesy of freepik.com