

Contents

- Emergency Informationp. 2
- Seniors find computers has practical benefitsp. 3
- RSPs may not be ideal for some pensioners' investment choicesp. 4
- It's official - Canadians love to cookp.6
- Endless migrainesp. 7
- Is vegetarianism for everybodyp. 7
- Retired Canadians: the happiest people in the worldp.8
- Program tackles the onset of osteoporosisp.9
- A recipe for staying young .p. 10
- Will baby-boomers redefine retirement and old agep.10
- Seasonal allergiesp. 11
- Good nutrition is not witchcraftp. 11
- Layoff that salt shakerp.12
- Improve your dental health, consult your dentistp.13
- A lifetime of dental health . .p.13
- Active living at it's bestp.14

Produced and distributed by the...



4525 Rhodes Dr., Unit 400,
Windsor, ON, N8W 5R8
Phone 966-4500 Fax 966-3660
www.windsorpennysaver.com



Seniors find computers have practical benefits

Morris Chapnick may turn to his grandchildren for technical assistance now and then, but that hasn't stopped the retired accountant from lugging his laptop to Hawaii to stay in touch with family and friends by webcam.

"I have three computers now," says Chapnick, 82, who even has his own home network. "I find computers make life a lot easier for me. I do my online banking and when I get a utility bill and it's due on a certain day, I just program it in and it pays my bill for me."

He's part of a growing army of older Canadians who may have dodged the computer revolution at work but have embraced it enthusiastically in their retirement.

His friends gathered around the coffee table at Creative Retirement Manitoba are quick to tell similar stories. They're members of the computer club at the non-profit agency, which runs various pro-

grams for seniors, and have come today to learn how to use Microsoft Windows more effectively.

"I just got a computer 2 1/2 years ago," says Dave Friesen, a retired teacher. "I had nothing to do with computers. Oh, I had a dinosaur way back when ('a Commodore 64,' friend Kenneth Green chips in with a laugh) but I never used it." Friesen says many older people -- his wife included -- seem to be intimidated by computers and the Internet, but they shouldn't be.

John Buchanan, 74, leader of the Windows workshop, says that's where clubs like theirs come in. And they also provide important social connections. "The learning is part of it but they're very friendly places. We laugh a lot and have a good time."

The Pew Internet and American Life Project says in 2004, 22 per cent of Americans aged 65 or older reported having access to the

Internet, up from 15 per cent in 2000.

The numbers aren't exactly comparable but Statistics Canada reports that in 2003, 59 per cent of Canadian households headed by an adult aged 55 to 64 used the Internet, along with 25 per cent of households headed by an adult aged 65 or older. Of course, that doesn't necessarily mean the head of the household can use the computer that sits in his or her home.

Louise Latremouille's parents inherited a computer from one of their children when it was replaced by a new one. But they didn't really know how to use the machine that sat in their kitchen in Nelson, B.C. "They had really avoided technology. They had, maybe only a year before, agreed to get an answering machine," says Latremouille, who lives on the other side of the country in Nova Scotia. With a family scattered all over Canada, and her father recently diagnosed with cancer, they had plenty of incentive to learn. "I was thrilled, being the furthest away, being four time zones away -- a computer is the easiest way to communicate."

She couldn't find a guide that was basic enough, so she started writing them crib notes to get started. Those notes have since turned into "My Parents First Computer and Internet Guide" (www.myparents-first.com). Although self-published, Latremouille says she has already sold 7,500 copies to other older would-be computer users, who couldn't find the kind of simple guidebook they needed to navigate their way through cyberspace.

There are other resources as well to help older people learn how to use a computer.

Industry Canada has a program called Student Connections that offers Internet training specifically for seniors (for details, visit www.scp-ebb.com or call 1-888-807-7777). *

RE-DISCOVER THE

Pelee Days Inn

Essex County's Only Family Resort Destination!

For Seniors Only!

APRIL

EARLY BIRD SPECIAL

Sunday - Thursday Stay for only
\$79⁰⁰ + tax per night

JUNE

SPECIAL

Book a Regular Priced Dinner Theatre Package & Extend Your Stay For Only
\$69⁰⁰ + tax per night

Stay over on Monday and enjoy our popular Seniors' 2 for 1 entrées

Call for Reservations Toll Free 1-800-300-2696
(519) 326-8646 • Fax 519-326-5531

VISIT OUR WEBSITE

566 Bevel Line Rd., Leamington • www.peleedaysinn.com