

SPECIAL REPORT

5 THINGS TO DO FOR HEALTHY AGING



CARP

TAKE CHARGE OF YOUR HEALTH AND WELL-BEING

When it comes to healthy aging, C.A.R.P. members increasingly see themselves as active players in the process.

We all know that people are living longer. There are more people over the age of 65 in Canada today, than under the age of 15. It's the first time this have ever happened.

But people aren't just living longer – they're living healthier. They're busier, more active, more engaged.

One big reason, of course, is medical science – new cures and therapies. But an even bigger part is a radical change in attitude. Today's generation of "older" Canadians are stepping up and taking more control of the aging process, and in so doing are completely reinventing their relationship with health care and the health care system.

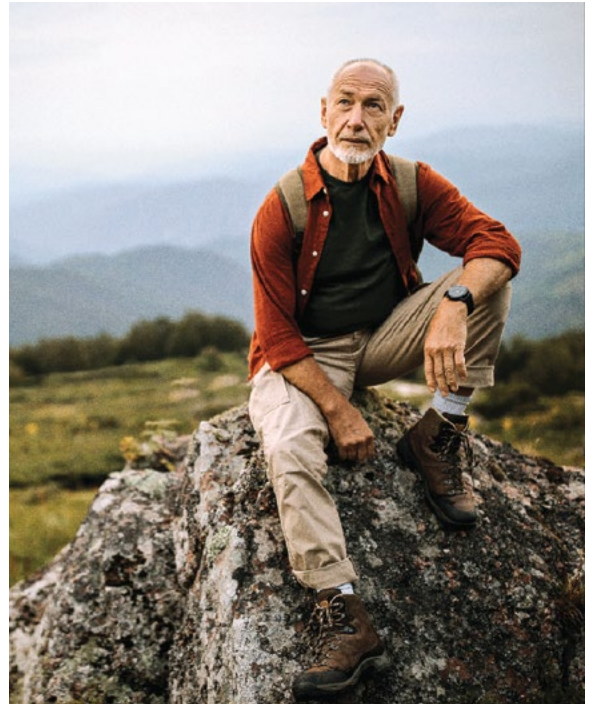
The parents and grandparents of today's C.A.R.P. members were part of a simple, linear health care model: you got sick, you went to the doctor, the doctor made you better. It was an illness/treatment model. The doctor had all the information and all the knowledge.

Not anymore.

To be clear, health problems – whether illness or chronic conditions – do require high quality attention from trained clinicians. No argument there. In fact, a big part of C.A.R.P. advocacy is to fight for a health care system that will do a much better job than our current high cost/low performance model.

But now the "patient" has a role, too.

C.A.R.P. members see themselves as proactive managers of their own health and wellness. They're eager consumers of information to help in that process. They're enthusiastic users of the many new resources and tools that are increasingly available. They understand that with the right mix of knowledge and activity, they can plan for and achieve better health as they age.



Do you share this attitude? Then this SPECIAL REPORT is for you. But it's really just the first step in what C.A.R.P. can do to increase your ability to be a successful manager of your own healthy aging.

The information contained in this Special Report is not intended to replace specific advice from your doctor that relates to your own individual health. While the ideas and practices we are recommending do enhance overall health and wellness, there will be individual variables, particularly when it comes to exercise and diet. Always check with your doctor first.

1 KNOW YOUR NUMBERS



There are certain key measurements that can point to healthier aging. You can get them from your doctor, but it's also getting easier to keep track of them yourself.

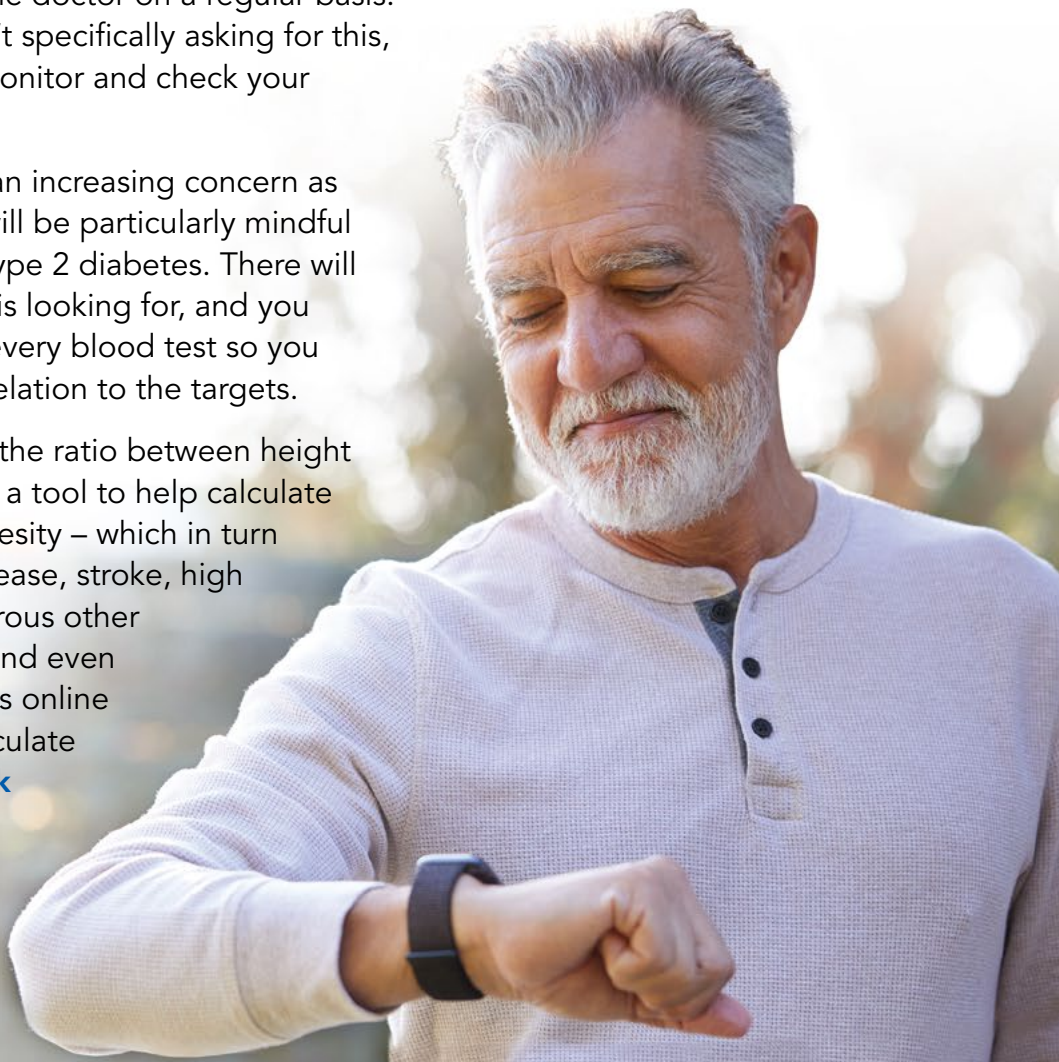
Cholesterol is a topic you've probably already discussed with your doctor. Typically there are diet recommendations, and in some cases, medication. But you should know from your doctor what your target levels are, and you should record your level after each blood test.

Triglycerides are a form of fat that circulates in the bloodstream, and can be monitored, as is cholesterol, when you have a blood test. You should know the level your doctor recommends, and record it after each blood test.

Blood pressure here again, your doctor will have a desirable target range for you, based on your age and other health conditions. Unlike other measurements that require blood tests, there are numerous blood pressure monitors on the market, that enable you to monitor your blood pressure daily. Some doctors recommend that patients keep a diary of blood pressure level, and report the numbers in to the doctor on a regular basis. But even if your doctor isn't specifically asking for this, it's a good idea to buy a monitor and check your blood pressure frequently.

Blood glucose becomes an increasing concern as we age, and your doctor will be particularly mindful of the risk of developing Type 2 diabetes. There will be targets that the doctor is looking for, and you should record these after every blood test so you know where you stand in relation to the targets.

Body mass index (BMI) is the ratio between height and weight, and is used as a tool to help calculate body fat and degree of obesity – which in turn is a risk factor for heart disease, stroke, high blood pressure, and numerous other issues including diabetes and even cancer. There are numerous online tools that will help you calculate your own BMI; [here's a link](#) to one of them.



KNOW YOUR NUMBERS

Keep all your records in one place — safely and conveniently.

Knowing your numbers is important – keeping them together, and tracking your progress, is the real key to better management of healthy aging.

C.A.R.P. has just the answer – CARP HEALTH 360, an online resource that stores all your vital health information in one place. It's safe, secure, and convenient – and absolutely free for C.A.R.P. members.

Not only can you record the important numbers we recommend here, but many other vital pieces of health information as well: vaccines, allergies and conditions, treatments and appointments, and even X-rays, scans and other reports and records.

CARP HEALTH 360 should be the foundational tool in your health management program. Find out more [here](#).



VACCINES ARE MORE IMPORTANT THAN EVER!

It's not just covid, of course.

There's also high dose flu, shingles and vaccines to prevent travel-related diseases and conditions – seniors are realizing that they can no longer assume vaccines were something they had to worry about only as children. It's vital that you have the latest information about what's out there and what you need, and that you record your vaccines so you'll know exactly what protection you have, when you received it, and what you might need next. CARP HEALTH 360 is the ideal means of capturing all that.

2 KEEP MOVING



Daily workouts? Weekly? Weight training? Jogging? There's a huge range of options, but everyone agrees on one bottom line: keep moving!

The idea that fitness activity is a key to better health is not exactly revolutionary. But what kind of activity, and how often?

The choices are almost limitless, and "expert advice" is plentiful. From complex workouts that require a well-equipped gym, to simple stretches at home, there's no shortage of "solutions" to choose from.

One simple answer: **brisk walking**.

Walking is the perfect activity because it can be undertaken with low or moderate intensity, is easy on the joints, has a low risk of injury, and is easy to do and (very important) easy to stick with. Research shows that walking can be just as effective as more complex or intense activities when it comes to improving cardiovascular health, combating weight problems....etc.

But walking does need to be amped up so it isn't just a leisurely stroll. One great technique is to use walking poles. The poles make it easier to propel yourself, and this in turn burns 46% more calories than normal walking because you're working your upper body as well as your legs. C.A.R.P. members can save money on walking poles, too. [Get the details here.](#)



HERE'S WHAT CAN HAPPEN WHEN WE GET MAD

We can get governments to take action. Concrete, specific, much-needed action.

Case in point: When covid devastated Ontario's woefully unprepared nursing homes, producing forty percent of all Ontario deaths from the virus, C.A.R.P. demanded that the Premier replace the Minister of Long-Term Care and the highly paid bureaucrats who had presided over the mess. Our online petition generated over 8,000 responses, and over 2,000 took the time to add personal comments.

We didn't stop there. We produced a booklet, summarizing our petition results and presenting specific demands for future action. We sent it to the Premier and all MPPs. You can download a digital copy at CARP.ca/MinisterPhillips.

The government responded. In a recent Cabinet shuffle, the Minister was replaced. So was the Deputy Minister. Then the new Minister announced that the government would be doubling the number of nursing home inspectors, and increasing fines for homes that failed inspections – two steps that C.A.R.P. had specifically demanded. There were also commitments to increasing nursing home staff and guaranteeing more hours of personal care for residents.

C.A.R.P. fights for tangible, meaningful action now. Your membership can make us even stronger.



SAVE 25%
AS OUR THANK YOU
FOR DOWNLOADING
THIS SPECIAL REPORT
Reg. \$19.95 for
1 year membership
NOW ONLY
\$14.⁹⁵

ONTARIO IS ONE EXAMPLE. WE CAN GET ACTION IN ALL OTHER PROVINCES, TOO!

We're already doing it. We've been pushing for high-dose flu vaccines to be covered by provincial health plans, and now they are in Alberta, P.E.I. and New Brunswick as well as Ontario.

Province-specific action is vital. Both health care in general, and long-term care specifically, fall under provincial management. And unfortunately, performance is weak across the board: doctor shortages, long wait times, fragmented and confusing delivery systems, and bureaucrats being paid top dollar to produce inferior results.

Thanks to our network of chapters, we can make very specific demands tailored to local problems. We can expose high costs and bad results, and aggressively demand accountability. **You can help!** You can make a difference right where you live.

First, join C.A.R.P. and get involved with your local chapter.

Second, let us know about any problems specific to your community. Send an email to advocacy@carp.ca, and tell us about your concerns.



ADVOCACY

JOIN NOW AT [CARP.CA/SPECIAL](https://CARP.ca/SPECIAL)

Because it won't get better unless you demand it.



3 HAVE A PURPOSE



It sounds like simple common sense – surely it’s “better” to have a sense of purpose than not? But new research suggests it’s more than just desirable – it’s actually a key to healthier aging.

Is there a certain type of personality that tends to live longer and healthier? Can it actually be studied and quantified?

The surprising answer may be: **Yes!**

Recent research, [reported here](#), shows that people with a sense of purpose live longer. The specifics of the purpose don’t matter – it may be related to career, to volunteering, to creativity, maintaining or improving social relationships. The important thing is to have a direction with goals that motivate you.

We suggest C.A.R.P. as an ideal vehicle! Our nation-wide network of local chapters give you the perfect opportunity to meet like-minded people, and to work for positive change at the community level. We also have important national causes, like the fight for better long-term care and a health care system that delivers better outcomes quicker. Anti-ageism is another important cause, and you can help this effort individually.

Check out our chapter network [here](#). Have a look at our toolkit [here](#). If you’re looking for a worthwhile purpose – and one that can engage your energy and your talents – [join C.A.R.P.](#)





4 STAY CONNECTED

Loneliness and isolation are bad for your health. Staying connected actively promotes healthier aging.

Numerous research reports, [such as this one](#) from the Government of Canada, confirm that loneliness and social isolation can directly be linked to poor health among seniors.

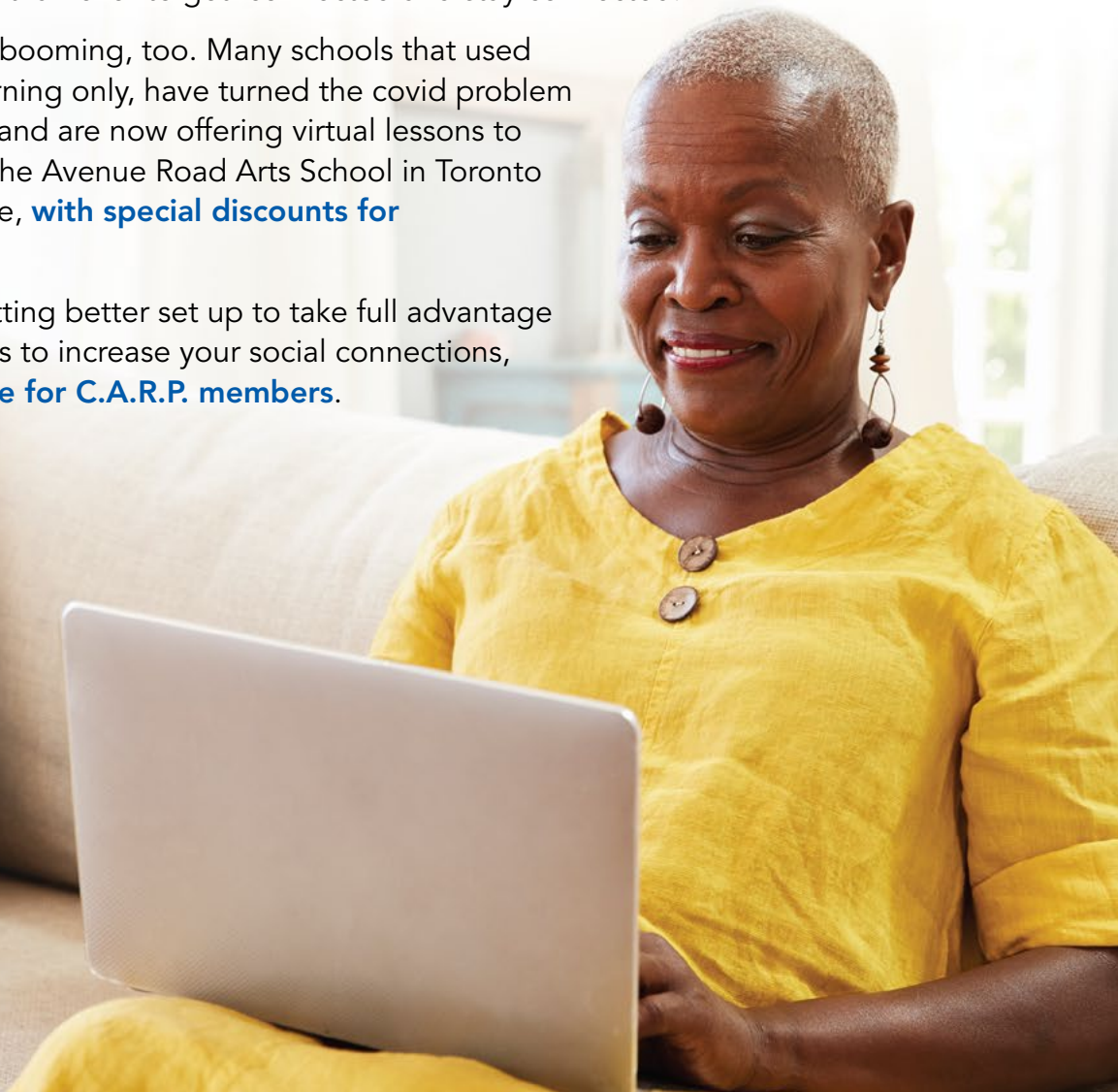
Conversely, other research proves that social networks can be as important as diet or exercise in maintaining good health.

For older Canadians, it can be a challenge. Relocation of loved ones, death of loved ones, and reduced mobility, all represent barriers to maintain what once may have been robust networks of family and social contacts.

Fortunately, there are new tools that make the process easier. C.A.R.P. members have flocked to the Internet, and are enthusiastic users of virtual meeting technology like Zoom, FaceTime or GoogleMeet. C.A.R.P. chapters have all undertaken dynamic schedules of online meetings and events. So it's easier than ever to get connected and stay connected.

Online education is booming, too. Many schools that used to offer physical learning only, have turned the covid problem into an opportunity and are now offering virtual lessons to anyone anywhere. The Avenue Road Arts School in Toronto is one good example, [with special discounts for C.A.R.P. members](#).

If you need help getting better set up to take full advantage of tech opportunities to increase your social connections, check on [this service for C.A.R.P. members](#).





KEEP UP TO DATE ON INFORMATION AND RESOURCES

**Proactively managing your healthy aging
takes time, effort...and knowledge.
C.A.R.P. makes it easier.**

Managing the process of healthy aging is more exciting than ever – because there are so many new advances, services and tools. But this is exactly what can make it a challenge – how do you keep up?

Consider how busy the information landscape is: a constant barrage of new discoveries in the lab, new technology, new methods and systems, apps, tools, services that didn't even exist a few years ago. From tracking your health to leveraging the latest technology for aging in place, you need to stay informed and up to date.

That's why C.A.R.P. is dramatically expanding our menu of information services, webinars and conferences to help our members, and prospective members.

All of our presentations are available online right now:



Living in Place

The latest ideas on technology, finance and planning



Better Sleep

The science of sleep, why it matters to your health, the latest findings



Outliving your Money

The risks of longevity – The latest financial products and strategies



National Vaccine Summit

Everything you need to know now
Watch Part 1 | Watch Part 2



Covid & Cancer

How covid impacted cancer care... and what needs to be done now



Cannabis

The latest on changing attitudes, usage, what's coming next





FIND MONEY YOU DIDN'T KNOW YOU HAD

As part of being a C.A.R.P. member, you also benefit from a members-only portfolio of discounts and value-added offers. It adds up to hundreds, even thousands, of dollars of savings a year.

It's always been an important benefit, but it's more important than ever right now, because Covid put so much pressure on everyone's finances. C.A.R.P. benefits save you money on everyday purchases, health, travel, insurance and financial products, leisure and entertainment.



Here are just a few examples.
Check out the full portfolio
of member benefits at
CARP.ca/benefits



Ultramatic® 25% OFF SLEEP ACCESSORIES	HearingLife SAVE AN EXTRA 10% ON HEARING AIDS	The Health Depot PHARMACY 5% OFF EVERY ORDER PLUS FREE DELIVERY	zoomer® WIRELESS PHONES STARTING AT \$0	collette SAVE UP TO \$100 PER PERSON	Stannah SAVE \$200 ON YOUR NEW STAIRLIFT
Home Instead. <i>To us, it's personal</i> SAVE 5% ON ALL SERVICES	revera 2 MONTHS FREE RENT	HomeEquity Bank CASH REBATE UP TO \$250 ON HOME APPRAISAL	I R I S \$150 REDEEMABLE TOWARD PURCHASE OF EYEWEAR	Purpose INVESTMENTS SAVE 15% OFF MANAGEMENT FEE	AVIS® UP TO 25% OFF

JOIN C.A.R.P. TODAY AND SAVE 25%

It's our way of saying Thank you for downloading this Special Report
Only \$14.95 for a 1 year membership (reg. \$19.95)

JOIN NOW AT CARP.CA/SPECIAL

KEEP CHECKING IN WITH C.A.R.P. – WE'RE ALWAYS DEVELOPING NEW RESOURCES FOR YOU!

Whether it's bringing you a discount on a product or service that can directly impact healthy aging, or hosting a new webinar or conference where you can hear the latest from top experts in the field, C.A.R.P. takes seriously our responsibility to be a one-stop resource for our members and prospective members, helping you put into action a program for healthy aging.

We invite you to join C.A.R.P. today, and **take advantage of a 25% discount** as our way of saying Thank you for downloading and reading this SPECIAL REPORT. We also invite you to visit **CARP.ca**, bookmark our site, and check in frequently to make sure you're receiving the latest news and information.

We look forward to welcoming you to our ever-growing community of Canadians who are creating a new vision of aging!

