

## Seniors learn about the benefits of healthy eating and exercise at conference

BY LOUISE RACHLIS  
FOR THE JEWISH YOUTH LIBRARY

‘W’ e didn’t know that cooking was so much fun,’ said Devora Caytak, the Jewish Youth Library director who organized the day-long Seniors’ Health and Wellness Conference, November 18 at the Soloway Jewish Community Centre.

Caytak was referring to the lively cooking demonstration by kosher cookbook author Norene Gilletz that kicked off the five-speaker-conference, which attracted a sold-out audience.

“I just cook and I talk,” said Gilletz, who peppered her demonstration with such one-liners as, ‘Soup is a terrific food, you can put anything into it,’ and ‘a recipe is a reflection of what I have on that day.’”

In front of the audience, Gilletz prepared Carrot Ginger Soup, Fish Filets in Parchment, Rainbow Quinoa, Blueberry Apple Crostata and Jumbleberry Crisp, all from her cookbooks.

The conference luncheon, prepared by

David Smith of Creative Kosher Catering, was inspired by Gilletz’s cooking demonstration.

Featured speaker Stacy Goldstein, a doctor of chiropractic medicine, discussed how to stay pain free by maintaining strength, stretching and stability. Goldstein recommended strength training two or three times a week – which could be done using resistance bands – as well as walking, jogging or aqua-fitness. She advised checking with your doctor before beginning an exercise program.

“Engage in regular stability exercise at least twice a week to prevent falls, and maintain healthy bones,” said Goldstein.

She described the core health team of a mature active adult as including a medical doctor, dentist, optometrist, chiropractor, and exercise coach, trainer, physiotherapist or workout buddy.

Ashley Kowalski, a naturopathic doctor, said the standard American diet is a contributing factor to dementia, as is chronic exposure to aluminum. She recommended the Mediterranean-type diet with omega-3 fatty acids, mono



The Seniors’ Health and Wellness Conference attracted a sold-out audience to the Soloway Jewish Community Centre, November 18. (From left) Speakers Stacy Goldstein, Gloria Schwartz, Norene Gilletz and Diane Koven, and conference organizer Devora Caytak of the Jewish Youth Library.

unsaturated fatty acids and vegetable and fruit consumption.

Kowalski also recommended stress reduction.

Certified health insurance specialist Diane Koven spoke about “living” benefits.

“With people living longer, your health care and personal care needs will change,” she said. “In 75 years, five in 10 people will need long-term care. Nearly three in four Canadians say their personal finances would be impacted if they needed long-term care. The funding options are savings and assets or long-term care insurance.”

Koven said a person can apply for long-term care up to age 80.

“You apply for a certain amount and receive the benefits if you are unable to perform two activities of daily living or have cognitive impairment. This is money you can use in any way you need.”

Koven recommended a combination of different kinds of insurance: disability, long-term care and critical illness.

“We don’t know what will happen tomorrow. If you’re healthy enough, get it when you can,” she said.

Personal trainer Gloria Schwartz, who writes the Ottawa Jewish Bulletin’s “Focus on Fitness” column, spoke about the benefits of to make “you look better, feel better and move better.”

She advised taking charge of one’s own exercise regime.

“Nobody can do it for you,” she said. “Success begins with questions: What are the benefits of exercise for me? What’s the best exercise for me? How will I put ideas into action?”

Schwartz said there are many benefits of exercise for seniors.

“It’s never too late to change. At any age, you can make your quality of life better. The worst thing is to do nothing.”

### See India from a woman’s point of view

