



LINK VOLUME 29 NUMBER 2

FRESH NEW LOOK!

Next deadline: June 21st, 2024



Can you believe this? These photos were taken in early February! The early mild temperatures certainly confused the poor plants in our gardens. (*Photos courtesy of John Gordon in 51*).



Did you know...

In 1974, a group of non-profit housing co-operatives set up a small organization to promote the development of new co-ops and to provide the education and assistance needed by the growing co-operative housing sector.

Today, the Co-operative Housing Federation of Toronto (CHFT) is a member-supported organization representing more than 50,000 people living in more than 180 non-profit housing co-operatives located in Durham, Toronto and York Region.

The growth of co-op housing created a huge demand for information, education and services. In 1975, CHFT published the first manual for co-op housing directors. By 1990, CHFT and the Co-operative Housing Federation of Canada had set up the Co-op Housing Bookstore as a joint project. Since then, the Bookstore has produced 32

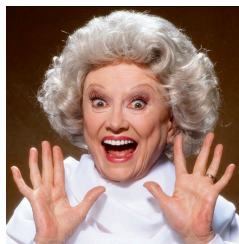
‘plain language’ publications on co-op management and community issues.

CHFT also provides education for co-op members and staff. Each year, CHFT offers education events in Toronto and Durham. These events bring co-op members from across our membership area together for a day of workshops and networking. As well, we offer portable workshops to cover topics such as What Makes a Good Board?, Chairing Skills and Financial Management.

Member co-ops can participate in Co-op Cost Cutters, a bulk-buying program. Co-ops receive discounts on energy saving appliances, paint, office equipment, natural gas and more. In 1996, CHFT introduced the Co-op Housing Investment Program (CHIP). Alterna Savings gives CHFT member co-ops higher interest rates on current accounts and term deposits.

CHFT staff is available to advise co-op boards, committees, members, and staff. Co-ops that belong to CHFT can request neutral chairs for difficult meetings and mediation services to resolve disputes between neighbours. CHFT also helps co-ops deal with government policy issues.

CHFT is a non-profit co-operative financed by membership fees from housing co-operatives. Each member co-op appoints a delegate to attend CHFT general members’ meetings. These delegates elect CHFT’s [Board of Directors](#).



“Burt Reynolds once asked me out. I was in his room”.

Treat each day as if it were your last. One day you will be right!

Clever anagrams. An anagram is one word or phrase, with the letters rearranged to make another word or phrase:

Dormitory :- Dirty Room * Presbyterian :- Best in prayer * The eyes :- They see

The Morse Code :- Here Come Dot * Election results :- Lies - Let’s recount. *

Slot Machines :- Cash lost in me * Desperation :- A rope ends it *

Astronomer :- Moon sharer * Snooze alarms :- Alas! No more Z’s. *

Eleven plus two :- Twelve plus one * Mother-in-law :- Woman Hitler. *

George Bush :- He bugs Gore.

TORONTO ATTRACTIONS XVII - THE BRIDLE PATH

First developed in 1827, Bridle Path homes were once situated on bridle paths (hence the name) for horse and buggy travel. Those same paths are now paved streets, but they've maintained their original wide size. The area reeks of wealth and it feels expensive just driving down the streets.

The Bridle Path is a rich, posh neighbourhood with a ritzy reputation. Situated in the York Mills area, it is undoubtedly one of the city's most exclusive neighborhoods, renowned for its opulent residences, lush landscapes, and a sense of seclusion within an urban setting. The area reflects a world of luxury and sophistication, featuring grand estates and architectural marvels. Nevertheless, The Bridle Path is not a gated community - anyone can walk through it.

Architectural opulence defines The Bridle Path - the neighbourhood showcases diverse styles, from Georgian and Tudor to contemporary and custom-designed estates. The housing trends reflect a commitment to timeless elegance. Mansions boasting expansive grounds, private tennis courts, grand entranceways, high ceilings, and sprawling layouts are characteristic of many of the homes.



Approximately 1,166 people live in the Bridal Path, where the median age is 54 and the average individual income is \$567,478. The neighbourhood attracts high-profile residents and those seeking an unparalleled level of elegance and privacy. Known to house the 'Who's Who' of Canada, many celebrities like Prince, Celine Dion, Conrad Black, Mick Jagger and Drake have called this neighbourhood home.

Celine Dion's former home:



Prince's former home:



Gordon Lightfoot's former home:



Elton John has been known to rent 26 Park Lane:



Jane Fonda has hosted parties at 68 Bridal Path:



Lindsay Lohan & Rachel McAdams filmed scenes from "Mean Girls" at 11 High Point Road.



For those of you who are curious to see how the rich live, here's a glimpse into the incredible home of Drake. For those who don't know who Drake is - here's the scoop -- Aubrey Drake Graham, known as Drake, is a Canadian rapper and singer. He also gained recognition by starring in the CTV teen drama series *Degrassi: The Next Generation* (2001-08). He pursued a recording career in 2006 and was obviously a huge success.



Lounge in Drake's home:



Drake's kitchen:



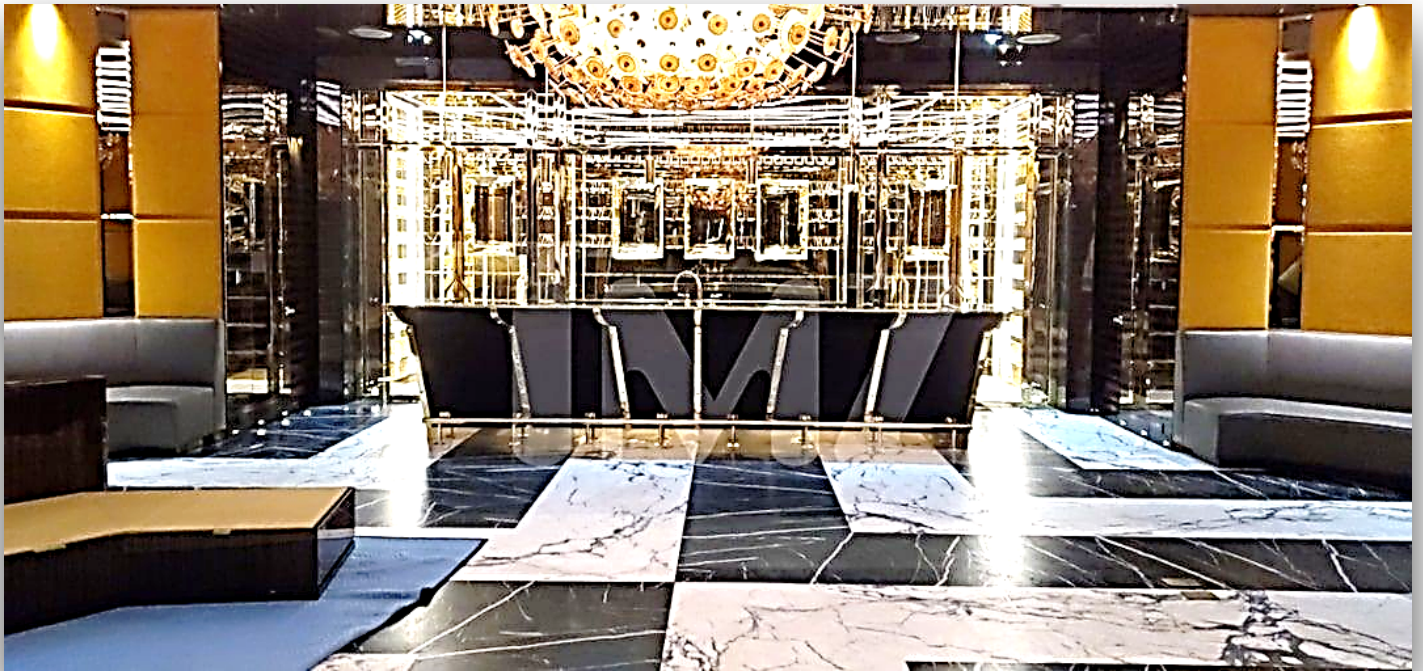
Drake at rest:



Art Deco style room:



Drake's Bar:



Drake & his piano:



Drake's backyard:

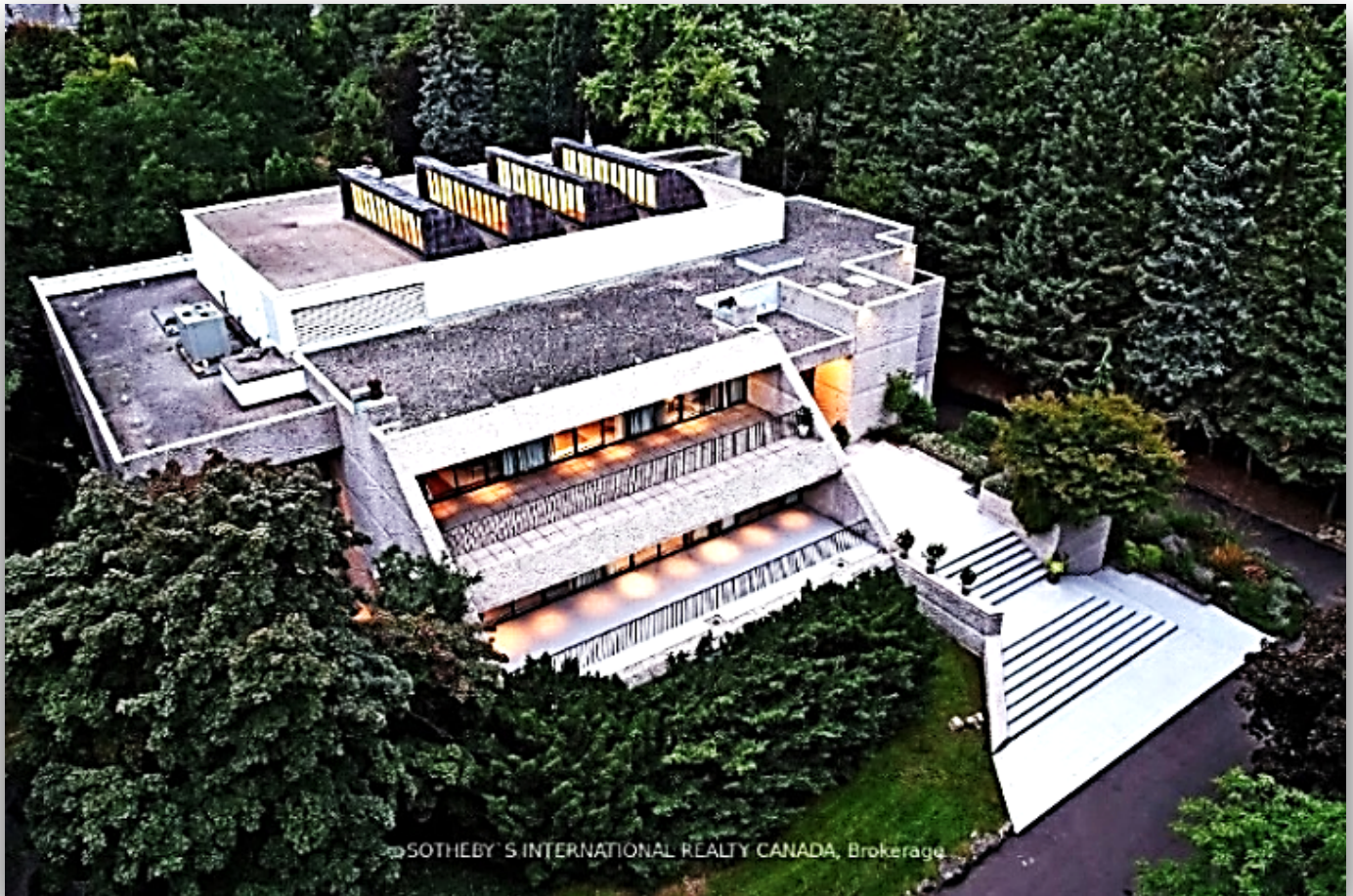


Here are some more mansions in the Bridle Path to feast your eyes upon - just in case you haven't had enough:











Edwards Gardens is located in the Bridle Path neighbourhood and was part of a grand estate. The garden features perennials and roses on the uplands and wildflowers, rhododendrons and an extensive rockery in the valley. On the upper level of the valley there is also a lovely arboretum.







BRIDLE PATH

NEIGHBOURHOOD





Ursula Carter ~ 51 Alexander St

INSOMNIA AND SLEEP DISORDERS: UNDERSTANDING AND MANAGING THESE AS WE AGE

The Bottom Line:

- Insomnia disorder is a dissatisfaction with the quality or the quantity of sleep that we experience. This includes difficulty falling asleep, difficulty going back to sleep after waking up at night, or waking up very early in the morning and not being able to go back to sleep.
- The symptoms occur at least three nights a week for three months or more, though many individuals can experience it for years; and the sleep disturbance causes significant distress or impairment in functioning.
- The first-line treatment for insomnia disorder is cognitive behavioural therapy for insomnia (CBT-I).
- Medication treatments for insomnia, while common, show little benefit and can pose significant risk of harm, particularly for older adults.

Sleep problems are common in older adults and can include difficulty falling or staying asleep (insomnia), breathing problems, or abnormal behaviours during sleep. In this webinar recording, geriatric psychiatrist Dr. Sophiya Benjamin provides an overview of both the causes and effects of poor sleep, exploring disorders and medications associated with sleep disturbances. You'll learn about how sleep problems are assessed and diagnosed, as well as treatment and management strategies, including measures to promote good 'sleep hygiene', cognitive behavioural therapy for insomnia, and helpful resources.

To view Dr. Benjamin's video, click the link: <https://youtu.be/W0Tlc2IURFk>

Topic originally appeared on McMaster University's 'Optimal Aging Portal' - www.mcmasteroptimalaging.org



If the police arrest a mime, do they tell him he has the right to remain silent?

Everyone lies ... but it doesn't matter, because nobody listens.

Isn't it scary that doctors call what they do practice?

Why isn't phonetic spelled the way it sounds?

A fool and his money can throw one helluva party!



City Park: Mid-Century 2SLGBTQ+ Heritage

CITY PARK WAS THE FIRST MID-CENTURY MODERN HIGH-RISE PROJECT IN DOWNTOWN TORONTO. OUR APARTMENT COMPLEX WAS VITAL TO THE DEVELOPMENT OF THE CHURCH-WELLESLEY VILLAGE IN THE 1950S.

Before Toronto's first modern multi-residential development, the area was marked by derelict housing.

In the early 50's, the housing in the area enclosed by Wellesley, Jarvis, Wood and Yonge Streets was in extremely poor condition. The department store company 'Eaton's' had purchased much of the land in 1910 for a new store and had since allowed the Victoria-era homes to fall into despair.

By 1952, Toronto City Council was making plans to demolish the substandard housing and redevelop the neighbourhood. The housing situation in the area was so critical that the city even considered taking the land through expropriation and leasing it to developers so they could build modern, multi-residential housing.

In the end, Hubert Buildings Ltd., a Swiss company, bought the land from Eaton's. In 1954, the plan for City Park Apartments was revealed - four 15-storey towers containing 1,150 units that was to become the largest multi-residential complex in Canada.

The vision for City Park Apartments was created by Berlin-born architect, Peter

Caspari.

Caspari brought European training in multi-residential development and financial contacts to Canada.

His original City Park proposal was scaled down to three, 14-floor towers, containing 774 apartments. Building just three towers was to allow for better light use and larger landscaped areas between the buildings.

The April 1957 issue of Royal Architecture Institute of Canada (RAIC) Journal published an article by Peter Casper about the project along with photographs of the newly-built development.

Caspari credited “an enlightened city administration” that allowed a dense enough development to attract private investment. “Developers of great experience in large scale rehabilitation projects in Europe brought considerable know-how to the project, buttressed by sound finance and capable project management,” he wrote.

Caspari had great concern for eliminating noise in the building. He specified poured reinforced concrete floors and walls between apartments and corridors. The fins between balconies were of reinforced concrete. To complete the sound-proofing, Swiss manufactured double-glazed wooden windows were installed.



A Holocaust Survivor

City Park Architect Peter Casper escaped Nazi Germany with his family

Born in 1908 in Berlin, Germany, Peter Caspari studied architecture at Städtische

Baugewerkschule and graduated in 1931. His career was still young when Adolf Hitler came to power in 1933.

The young architect became politically active against the Hitler Youth. After receiving a tip he was going to be arrested, Caspari fled to Switzerland with his wife Erika, and his mother and later settled in London, England.

In 1934, Caspari set up his own architectural practice in London. His early London projects were in the Streamline Moderne style, recognized by its curving horizontal lines that conveys an aerodynamic futuristic aesthetic.

Later, his Coleman Court and Moss Hall Court signalled a shift to International Style dominated by angular lines.

Caspari's career was once again interrupted - this time by the outbreak of the Second World War in 1939. As a volunteer with the Pioneer Corps., he built anti-aircraft installations during the war.

In 1951, he moved his family to Toronto. He designed the International Style Vincent Court and Buckingham Court apartments, both located on Eglinton Avenue.

His growing international reputation and connections paved the way for his two largest developments, City Park in Toronto and Rideau Towers in Calgary, which were built simultaneously.

"The designs ... set standards well above what had previously passed as customary for apartment buildings in Toronto."

Peter Caspari, architect

Royal Architecture Institute of Canada Journal, 1957

Exceptional Facilities and Finishes

"Economical Stability for Many Years to Come" - Peter Casper

Caspari's City Park came fully equipped with automatic washing machines, dryers, and irons. Tenants arriving home would have passed through a glass entrance vestibule with the names of residents neatly arranged on illuminated glass sides.

A mail room and a place for parking baby carriages flanked the lobby, which had marble floors, terrazzo walls, and acoustic tile ceilings with spot lighting. A special air system kept all public spaces over-pressurized, ensuring scents like cooking odours were pushed out.

Even the parking garage was high-tech for the 1950s. The doors opened automatically when vehicles approached and access to the building was remote controlled via a two-way speaker system.

Each apartment came with a modern kitchen with General Electric appliances in a range of colours (turquoise green, canary yellow, or satin white), ample cupboard space, and brightly lit bathrooms.

Caspari believed the higher cost of quality facilities and finishes would ensure the City Park apartments remained economically stable long term.



City Park Apartments

The Queen's Palaces

The completed City Park Apartments received international attention. Articles in Swiss newspaper *Der Bund* and in the UK *Sunday Times*, regions where Peter Caspari had professional ties, noted the completion of the complex.

With its central location, ample green space and luxurious living accommodations, the International Style complex brought a new design and living concept to post-war Toronto. The complex had many studio and one-bedroom units that were affordable for single young people.

City Park was vital to the development of the Church-Wellesley Village, which emerged in the 1950s as a centre of Toronto's gay life, and later the wider 2SLGBTQ+ community. The inexpensive units provided a foothold for people seeking independence and community after moving to the city.

Housing a growing gay population, City Park earned the nickname, the Queens' Palaces – a reference to the number of gay residents.

“[The towers] stand in their own park-like grounds — some 4 acres of green lawns and shady trees — thus combining the pleasure of suburban living with the convenience of the city.”

City Park open house advertisement
October 1, 1955

City Park is at the epicentre of Church-Wellesley Village

In the 1940s and 1950s, Toronto’s gay culture was centred around bars and nightclubs, particularly on Queen and King Streets downtown. The Letros Tavern and the Sapphire Tavern hosted popular drag shows and other live entertainment.

The focus of gay life began to move to Yonge Street in the 1950s. Opened in 1955, City Park replaced houses demolished after the completion of the Yonge subway in 1954. The complex had many studio and one-bedroom units that were affordable for single young people.

Down the street from City Park, at 457 Church Street, was the location of the Melody Room, a gay club, which also housed the publication of one of Canada’s first gay magazines, TWO: The Homosexual View Point in Canada, published between 1964 and 1966

City Park and later large housing developments, such as Village Green to the north, contributed to the social, political, and cultural conditions that allowed the Church-Wellesley Village to form and eventually flourish.

In 1989, City Park became a housing co-operative. The complex’s more than 700 units made it one of the largest co-ops in Canada.

Peter Caspari’s later work included the CIBC tower at 2 Bloor Street West (completed 1972) and Sheppard Centre in North York (1974). He died in Toronto in 1999. (<https://www.heritagetoronto.org>)

Canada's largest apartment house project announces

OPEN HOUSE

MODEL APARTMENT EXHIBITION STARTING
SATURDAY, OCT 1ST 1955

2 P.M. TO 5 P.M.

THE CITY PARK APARTMENTS will hold Open House on Saturday, Oct. 1st. This is your opportunity to view Canada's largest — and finest — apartment house project!

These new apartment buildings are ideally situated. Though in the heart of Toronto, they stand in their own park-like grounds — some 4 acres of green lawns and shady trees — thus combining the pleasures of suburban living with the convenience of the city.

City Park Apartments consist of three 15-story blocks of the most luxurious apartments to be found anywhere in Canada. Built in the latest continental fashion, of reinforced concrete, the buildings are completely fire-proof and represent the newest trend in this type of architecture.

Make a date to see the City Park Apartments on Oct. 1st.
A rose corsage will be presented to every lady who attends.



**CANADA'S
LARGEST
APARTMENT HOUSE
PROJECT**



SOME FEATURES OF CITY PARK APARTMENTS



Beautifully decorated ENTRANCE
CORBES, with marble walls and floors!



SUN DECK on roof of each building —
with shower provided!



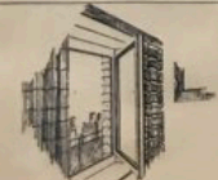
Air conditioned LAUNDRY ROOMS in
each building, with automatic washing,
drying and ironing machines!



UNDERGROUND GARAGE and outdoor
parking facilities with space for over
350 cars!



FULL-LENGTH BALCONIES for every
apartment from 2nd to 15th floor!



WOOD-FRAME, double-glass windows
fitted with screens and lambs-wool
curtains.

CITY PARK APARTMENTS
484 CHURCH STREET, 51 & 51 ALY
Rental Office: 496 Church Street, Toronto



Free TV OUTLET in every apartment!

Ad. No. CP-35
8 cols. x 308 lines
Toronto Newspapers

CAN 'BRAIN TRAINING' GAMES IMPROVE BRAIN HEALTH?

'Brain training games' – or computerized cognitive training consisting of programs of games designed specifically to exercise memory, attention, speed, flexibility, and problem-solving – have become increasingly popular in recent years.

In 2018, according to the market research firm SharpBrains, people spent \$1.9 billion on digital brain health and neurotechnology apps. Makers of these popular brain-training games claim that they can help ward off cognitive decline by keeping your brain sharp.

Scientists remain skeptical about how effective these brain-training games really are in improving brain health. "Few studies can show that getting better at a brain game transfers to everyday activities of daily living," says Kimberly D. Mueller, PhD, an assistant professor in the department of communication sciences and disorders at the University of Wisconsin in Madison. "That said, just like playing regular games, it is a vehicle for learning something new or challenging your brain," says Dr. Mueller. "Based on what we know about how the brain works, learning new things with repeated practice, or challenging the brain in new ways, can strengthen connections between the neurons, or brain cells," adds Mueller.

What Science Has Shown About Game Playing and Cognition

While long-term research is still needed to determine whether specific games can play a role in keeping the brain healthy – and how or if timing is a factor – preliminary studies appear to show a link between game playing and lower risk or delay of at least one type of age-related memory loss.

Mentally stimulating activities like using a computer, playing games, crafting, and participating in social activities are linked to a lower risk or delay of age-related memory loss called mild cognitive impairment (MCI, often a precursor to dementia, including Alzheimer's), and the timing and number of these activities may also be important, according to a study published in August 6, 2019, in *Neurology*. Researchers found that engaging in social activities, such as going to the movies or going out with friends, or playing games in both middle age and later life, were associated with a 20 percent lower risk of developing MCI. In addition, the more activities people engaged in during later life, the less likely they were to develop MCI.

That said, study authors point out that the study is observational, so it's not possible to determine a cause-and-effect relationship. It's possible that instead of the activities lowering a person's risk, a person with mild cognitive impairment simply may not be able to participate in these activities as often. So further research is needed to investigate these findings.

Doing puzzles may also be a way for older people to keep their mental function sharp. Findings from two linked papers published in the July 2019 issue of the International Journal of Geriatric Psychiatry suggested that regular use of word puzzles (such as crossword puzzles) and number puzzles (like Sudoku) help keep our brains working better for longer.

The studies showed that the more regularly participants age 50 and older engaged with the puzzles, the better they performed on tasks assessing attention, reasoning, and memory. Study authors can't say that doing these puzzles necessarily reduces the risk of dementia in later life, but their research supports previous findings that indicate that regular use of word and number puzzles help keep our brains working better for longer.

Even among very old individuals, these activities appear to have preventive benefits. A study published in July 2021 in *Neurology* showed that, among 1,903 people without dementia who were an average age of about 89, a “cognitively active lifestyle” – which involved reading, working on puzzles, and playing board games, checkers, or cards – could delay the onset of dementia for up to five years. Taken together, what do these findings mean? “Research shows us associations, not definitive proof,” explains Aaron Ritter, MD, the director of clinical trials at the Cleveland Clinic Lou Ruvo Center for Brain Health in Las Vegas. “But any way that you slice it, the data is pretty strong. It's pretty definitive that people who use their brains, do activities, and socialize have a significantly reduced risk of developing dementia.”

“Card games or Trivial Pursuit or other board games where there is social interaction is a double whammy,” says Mueller. “We know that cognitive activity is good for the brain, social activity is good for the brain and for well-being, so pairing the two makes excellent sense,” she adds.

Ultimately, memory games and cognitive activities are just one way to help protect brain function. Preserving cognition and preventing memory decline involves regularly getting enough sleep, eating a healthy diet, and fitting in enough exercise – and the more of these habits you incorporate into your daily life, the better.

A Few Games to Try if You're Ready to Challenge Your Brain

Different games appeal to different people, and it's important to have fun while playing. If you don't enjoy a game, or you find it gets boring with repetition, try something new. Or try a more challenging version of a game you know you like so your brain is having to work harder.

Crossword Puzzles

Crossword puzzles help you build a bigger vocabulary. Solving them also requires you to use your memory. When we search our minds for a word, this can also trigger memories, which can make us happy as well as strengthen neural connections. You can find crossword puzzles in newspapers or on newspaper websites or by downloading their apps. USA Today's puzzle allows you to choose a skill level (in "regular" mode you are given hints) and The New York Times offers both free games and a subscription service that gives you access to an archive of more than 10,000 puzzles.

Sudoku

Sudoku is played by filling in a 9x9 grid with numbers. Each grid comes with some prefilled numbers. You solve the puzzle by filling in the empty cells with a single-digit number (1 through 9) that allows for each row, column, and region to be completed without any duplicate numbers in them. (Even though numbers are used, there is no arithmetic involved in playing Sudoku.) Completing a Sudoku puzzle involves using logic and working memory (the ability to hold information in your mind over brief intervals).

You can find Sudoku grids in daily newspapers, in print or online. The New York Times releases three free puzzles in three skill levels – easy, medium, and hard – each night on their website.

Jigsaw Puzzles

Doing a jigsaw puzzle engages both sides of your brain: the right, which is the creative side, and the left, which is the logical side. Solving them improves visuospatial functioning. Puzzles are also relaxing. Jigsaw puzzles are also fun to do with friends, and the social interaction is great for brain health, too. Barnes and Noble and Puzzle Warehouse both offer large selections.

Scrabble

In this classic game, players earn points by constructing words by placing letter tiles on a grid. Each new word on the grid must be connected to words already in play, as if you were creating a crossword puzzle. Playing the game requires logical thinking and strategizing about where to put each word on the board. Getting together to play is also a great opportunity to socialize. You can buy various editions of the board game on the Hasbro website.

You can also play against the computer or with friends on your phone using the Scrabble GO app.

Simon

This memory game is played on an electronic disc, which has four colored buttons, each of which plays a different tone when pressed. In each round, the device lights up one or more buttons in random order. Players must reproduce the random sequence by quickly pressing the buttons in the correct order. The game is available on Amazon, at Target, and at toy stores.

Risk

Players try to conquer the world by controlling every territory on the board in this classic strategy game for two to five players, using sets of armies, dice, and cards. During each turn players get and place new armies, launch attacks, and fortify their positions. You can find out where to buy a standard version on the Hasbro website. Fans of Game of Thrones can purchase a special Game of Thrones: Skirmish Edition on Amazon.

Azul

Azul is a tile-placement game in which two to four players compete for the highest score by claiming tiles and arranging them on a board to score points. You earn extra points for collecting sets of the same color of tile or creating particular patterns. And you lose points for taking tiles you can't use. It's a short game that requires a lot of decision-making, which keeps your brain firing. Available on Amazon.

Lumosity

Lumosity is a brain-training program consisting of more than 60 cognitive games that are both fun and challenging. Used worldwide by more than 100 million people, Lumosity offers games designed to exercise memory, attention, speed, flexibility, and problem-solving. You can play on your phone or tablet by downloading an app. A premium subscription, which costs \$11.99 a month or \$59.99 a year, includes in-depth insights about how you play and tips for better game accuracy, speed, and strategy. More information is available on the Lumosity website.

Submitted by Jo-Anne Kennedy ~ 51 Alexander (www.everydayhealth.com)



At age 20, we worry about what others think of us... at age 50, we don't care what they think of us... at age 70, we discover they haven't been thinking of us at all." (Ann Landers)

THE IMPACT OF CIGARETTE SMOKING AND DRINKING ALCOHOL ON BRAIN HEALTH.

Cigarette Smoking

Smoking can damage a person's heart, lungs, and blood circulation, particularly the blood vessels in the brain. It causes harmful substances to build up in the brain that cause inflammation and prevent enough oxygen getting to nerve cells.

There is evidence that smoking leads to faster cognitive decline. In addition, smokers have greater risks of respiratory and cardiovascular diseases, which have both been linked to cognitive impairment. There is also evidence that smoking increases the risk of vascular problems, including strokes or smaller bleeds in the brain, which are also risk factors for dementia. A review that compared smokers and non-smokers found that smokers were 30 percent more likely to develop dementia.

Stopping smoking, especially in middle age, can help to reduce the risk of dementia. It's never too late to stop smoking, but research has found that the earlier you do it, the greater the benefits.

Alcohol

Alcohol consumption in excess has negative effects on both short- and long-term health. It can cause poor sleep, alter brain function, and increase the risk of developing dementia.

Heavy drinking is associated with brain changes, cognitive impairment, and dementia. People with alcohol use disorders (also known as alcohol dependence) have a higher risk of dementia, and they have an earlier onset as well.

Heavy alcohol consumption over a long period of time can lead to brain damage. People who drink heavily over a long period of time are more likely to have a reduced volume of the brain's white matter, which helps to transmit signals between different brain regions. This can lead to issues with the way the brain functions.

Alcohol: Less is More

Generally, moderation is the key. With respect to dementia risk reduction, alcohol consumption for older adults should not exceed 7 standard drinks per week, with no more than 2-3 drinks on any given day. A standard drink is 142 ml (or a 5-oz. glass) of wine, one 341ml (or 12-oz.) bottle of beer or 43ml (1.5oz.) of liquor. However, if

you are cognitively impaired or it's impacting your sleep, little or no alcohol may be recommended.

The most recent guideline from the Canadian Centre on Substance Use and Addiction highlights many of the other health risks associated with alcohol consumption. Their report underlines that even a small amount of alcohol can be damaging to your health, and that drinking less is better. The updated guidance redefines the category of low-risk drinking to be 2 standard drinks or less per week with no more than 1 standard drink per instance.

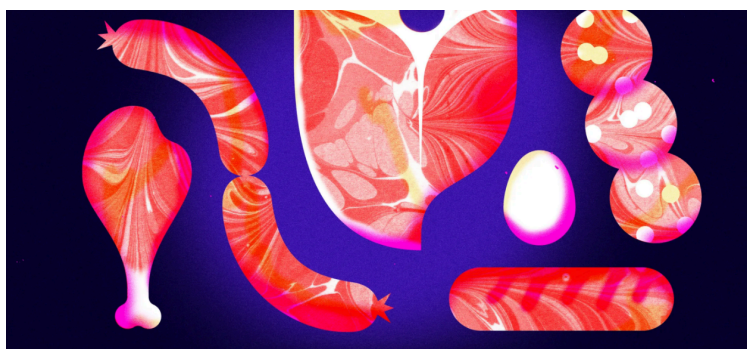
Older adults are more sensitive to the effects of alcohol and will be more impaired when consuming the same amount of alcohol as when they were younger. It can also increase your risk of a traumatic brain injury, which also increases your risk of dementia.

Heavy drinking should be avoided by people of all ages, regardless of their level of cognitive function. If you have an alcohol use disorder, treatments may reduce your risk of cognitive decline and dementia.

Bottom Line

- Don't smoke
- If you drink, it's better to drink less

(From the McMaster University Dementia Risk Reduction Micro-Learning Series.)



HOW MUCH PROTEIN DO YOU ACTUALLY NEED?

MORE IS NOT NECESSARILY BETTER.

When it comes to basic nutrition, there's arguably no more important

building block than protein. Protein, most people know, is essential for repairing and rebuilding muscle tissue, but it also serves other crucial purposes. You need protein to make organs and skin. You need protein to produce hair, blood, and connective tissue. Protein produces enzymes and neurotransmitters. It also keeps your immune system in top shape.

Protein itself is made up of smaller molecules known as amino acids. To function properly, the body needs 20 different amino acids.

The irony is that while the body makes hundreds of amino acids in the course of a day, it's unable to make nine of the so-called essential amino acids. We get those amino acids from foods, and they have big jobs. Isoleucine, for instance, aids in the production of hemoglobin, while leucine is the amino acid that helps grow and repair muscle tissue.

“That’s the key important feature,” says registered dietitian Wesley McWhorter. “Especially in regard to overconsumption of protein or eating too little.”

Here comes the inevitable question: How much protein do we really need? It actually isn't all that complicated, although the rules, so to speak, change if you're an athlete or someone who spends hours at the gym.

Keep It 100

McWhorter says the general guideline is 0.35 grams of protein for every pound of body weight. So someone who's 200 pounds needs to eat about 70 grams of protein per day. Most people will not have to work at this: Americans typically consume around 100 grams of protein each day.

But this can be easier or harder depending on your usual diet. Meat and fish are good sources of essential amino acids. Beef, chicken, turkey, salmon—all can be the backbones of a protein-rich diet. A 3-ounce serving of salmon contains 19 grams of protein. The same serving of skinless chicken breast contains 27 grams of protein. But it's possible to get enough protein on all kinds of diets. Johns Hopkins has a good breakdown of protein-packed foods. You'll notice that many foods make the cut: Black beans, lentils, peanut butter, eggs, cow's milk, and soy milk are all rich in protein.

You Might Need More

For athletes and guys who spend hours at the gym, a bigger helping of protein is recommended. One gram of protein per pound of body weight is about right—and extremely easy to remember. “Going above [the usual number] is because of the ‘cannibalism’ that happens when you're exercising hard,” says McWhorter. “When you're breaking down muscle, you need to build it back up.”

Getting this much protein can be more of a challenge. Shakes and supplements can be helpful but, as usual, whole foods are generally better. (Many of the amino acids from a shake or other similar sources can be simply secreted in the urine.)

Also keep in mind that protein doesn't do much without the workout beforehand. “If you're the average guy who's not exercising a lot, if you sit on the couch and drink a protein shake, you're not going to have bulging biceps,” McWhorter says.

Don't Eat Too Much:

Just because protein is good for your nutrition doesn't mean you should necessarily overload your plate. When you're eating a high-protein diet, you should think about what else is—or isn't—in your diet. Vegetables and other high-fiber foods should also be a part of your meals. You won't get that if you're eating a baked potato and a tomahawk steak (no matter how delicious that is on its own).

Another important factor is how much the body can effectively use. Our bodies have an endless capacity for holding onto fat, but they don't store protein. It's being used constantly throughout the day. But eating more protein than you need—a hallmark of the keto diet—will lead to that protein being converted into glucose for energy, or worse.

“If you don't spread out your protein intake, your body's not going to use it all. So your body is going to store it as fat,” says McWhorter.

It's much better to spread out your protein throughout the day, frequently eating some protein over the course of different meals, especially if you're working out a lot and need to keep repairing muscle. Some eggs in the morning, a piece of fish at lunch, and a dinner plate with, say, chicken, broccoli, and rice is the way to go.

(This article originally appeared in GQ and was published July 26, 2022).



Hearing loss has a negative impact on both our functional ability and our social and emotional well-being. It impacts our ability to communicate and participate in social activities and can impact our safety and independence.

DEMENTIA RISK AND HEARING LOSS

Those with moderate hearing loss are at 3-times the risk

for developing dementia. In fact, it's estimated that hearing loss accounts for 8-9% of the risk for developing dementia. This is more than the risk associated with depression and lifestyle factors such as smoking and obesity.

Hearing loss has implications on your cognitive functioning. Hearing loss seems to shrink some parts of the brain responsible for hearing, memory, speech, decision-making, and self-control. In fact, people with hearing loss report more concerns with their memory than people with normal hearing.

Older adults with untreated hearing loss tend to experience cognitive decline earlier than those with normal hearing. The risk of dementia also increases with the severity of the hearing loss.

Hearing Loss and Falls

Hearing loss can also increase the risk of falling, which can have a substantial impact on a person's short and long-term physical mobility. A recent study done by Johns Hopkins School of Medicine and the National Institute of Aging found that older adults with a 25-decibel hearing loss (classified as mild) were nearly three times more likely to have a history of falling. Furthermore, every additional 10-decibels of hearing loss increased the chances of falling by 140%. The increased risk of falling may also lead to traumatic brain injury; another risk factor for dementia.

Social Isolation

Hearing loss may also lead to social isolation and depression, which are two risk factors for developing dementia. This is because people with hearing loss may not want to be with people as much or engage in conversation.

What Can I Do?

Getting a hearing test in mid- and late-life is a good first step. If a deficit is found, there are several technologies and useful strategies that you can use on a daily basis to improve your hearing.

Be proactive about your hearing by following these 3 steps:

1. Reduce your risk of hearing loss by protecting your ears from excessive noise exposure.
2. Get your hearing checked.
3. Use hearing aids if you have hearing loss.

Bottom Line

- Hearing loss is a significant risk factor for dementia.
- Try to reduce your exposure to excessive noise.
- Get your hearing checked and use hearing aids if you do have hearing loss.



THIS IS HOW MUCH LAUNDRY DETERGENT YOU SHOULD ACTUALLY USE - AND YES, IT'S SHOCKING.

Unfortunately, we have some bad news for you: you're probably doing your laundry all wrong!

Unless you're unthinkably rich or lucky enough to have someone in your life who handles your household chores, you're probably doing your laundry at least a few times a month. You'd think that would mean you know exactly what to do to ensure you're getting your clothes as clean as possible – and maybe even saving some time, energy and money while you're doing it.

Unfortunately, we have some bad news for you: You're probably doing your laundry all wrong. Or, at least, we – Raj Punjabi and Noah Michelson, the co-hosts of [HuffPost's "Am I Doing It Wrong?"](#) podcast – discovered we are when we recently chatted with [Patric Richardson, aka The Laundry Evangelist](#).

Not only did Richardson reveal that the only washing machine cycle we ever need to use (and he means ever) is the “express” cycle and that dryer sheets are our enemy, but he also informed us that we're probably using our laundry detergent wrong too. More specifically: We're using way too much.

“I think you only need about two tablespoons of detergent [for a load], so a bottle of laundry detergent might last you a year because you only need a couple of tablespoons for your clothes to come out clean,” Richardson, the host of [HGTV's "Laundry Guy,"](#) told us.

He likened using too much laundry detergent to using too much salt when you're cooking.

“When you're cooking and the recipe says a half tablespoon of salt, and you put it in, it's delicious,” Richardson said. “But if you're like, ‘I love salt,’ and you put in a whole cup, it's ruined, it's not better. So that's how to think about detergent: A little bit is really good, because it does what it's supposed to do. If you add a whole lot more, you actually ruin it.”

There's also a scientific explanation for why using too much detergent can mean you're actually ending up with less clean clothes.

“The dirt and germs come off the clothes and go into the water,” Richardson, the author of the bestselling “Laundry Love,” explained. “They get trapped in the surfactant [compounds in detergent that lift dirt and stains from clothes] and then, when the rinse comes, the surfactant goes down the drain. If you use too much detergent, it can't rinse out, so the surfactant actually resettles back in your clothes, and all of the dirt resettles back into your clothes with it. So more detergent means your clothes are actually dirty.

This is why Richardson advises we shouldn't use detergent pods.

“I don't like pods because I don't like that you can't control the amount,” he said.

“You don’t need a pod’s worth of detergent [to do a load of laundry].” Richardson also gave us tips for zapping static electricity using aluminum foil, told us how to avoid pit stains using vinegar, and much more.

(huffpost.com)



I think that most everyone in City Park knew Mitch Lambert. Heck, everyone in the neighbourhood likely knew Mitch. His bouncy walk. His big smile. His wide variety of sports hoodies and splashy running shoes. I don’t know where he found them, because Mitch Lambert had very small feet for a man.

I first met Mitch when he parked a car in my spot. I was more than a bit put out, but when I called the number left on the dash of the dastardly spot stealing automobile, out rushed this kind, sweet guy, falling over himself with apologies. Annoyance was gone in a flash and we became instant friends.

When my partner and I split, which was a very difficult time for me, it was Mitch who helped move me through the heartbreak and to a different unit. He installed new light fixtures. Repaired walls. Hung art. Built bookcases. “Fix it Mitch” as he used to be known, could fix anything, which was no small feat for a guy who started life in a boy’s home.

Over the years, he told me his story. Apparently, Mitch had been a rowdy kid which is what landed him in the foster system. He didn’t remember any of his life prior to his days in the home, but those he remembered very well. He kept up a steady relationship with Elizabeth, the mother figure there. When he was old enough to

to leave the home, he met Jim who taught him how things work and how to drive and his career took off.

Mitch worked for Sears for decades, driving all over the city, doing store repairs. If you went into any downtown store with him, somebody would always call out his name and a friendly conversation ensued. He was the kind of man who emitted rays of warmth and love.

Mitch had an ardent appreciation for monster trucks and muscle cars. And an even more ardent love for hot guys (even though the only spot in his heart belonged to Anthony - who he nursed as Tony died of cancer.) Mitch loved to drive. When I underwent a knee replacement, Mitch took me to every appointment. The trade off? He got to drive his many City Park pals to Gerrard Square in my car for grocery shopping.

One day after my surgery I decided that *I had to have* a new chair as the springs in the old one were hitting me in the butt. I called Mitch to go shopping. He wanted to wait because there was a blizzard, but I wanted that chair. When we went down to the car, the battery was dead. So, Mitch and a tottery, but equally determined, woman on crutches with a leg brace got into a cab and went to The Bay where of course Mitch got into a conversation with an old friend while I found the right chair.

Mitch was all about helping other people. To my mind, he was the heart of the CDC. Who doesn't remember Mitch always on hand for food and bottle drives, manning the BBQ during our many community picnics, insisting on cupcakes and helping to organize the City Park Yard Sale?

There is no denying that Mitch had a hard life from the get-go, but thanks to Kevin Jasper Kelley and the wonders of Facebook, he was reconnected with his family which brought him so much joy. I learned a lot about the nature of life from Mitch. I remember asking him once what made him happy and he simply said, "Getting up in the morning." And he meant it.

I will miss Mitch Lambert very much. He was a truly wonderful man with small feet and a giant spirit.

Cathi Bond ~ 31 Alexander

Receptivity

Walking on the softening and thawing land, there is a sense of receptivity between the walker and the earth

The ground seems open and receptive somehow to the walker, and the walker loves the land

Energy moves back and forth, nurturing both the walker and the land

Welcome, springtime!

John Pollard ~ 31 Alexander



Spring Thaw? (Photos courtesy of John Gordon ~ 51 Alexander)



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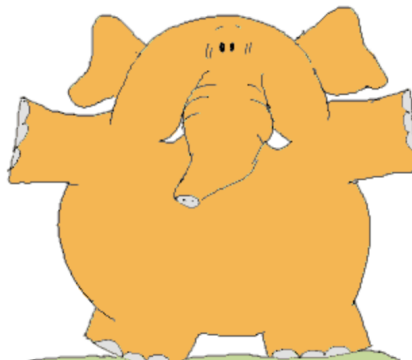
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A BIG THANK YOU !



...for reading this issue of LINK. We hope you enjoyed it!