



Living Well

Password Tips
for **CYBER
SECURITY**

Retirees
Mentoring
Young People
... One at a Time!

How to Approach
Motor Vehicle Crashes

Prevent
FOODBORNE ILLNESS
by Keeping Food Safe

David Brandon's
Passion
For **Motorbikes**

The
Quiet Jamaican
in **Britain**



WHAT? ME?
TOYS AT MY AGE?



Life passes by faster
than you think...

Start saving for your retirement now



David Brandon's **PASSION** for Motorbikes

Karen Oliver, Senior Communications Officer
The Jamaica National Group

Practically every weekend, David Brandon, proprietor of BrandAm Trading, an auto parts distribution company, takes off on his red Suzuki V-Strom Adventure motorbike to rediscover and bask in the serenity of his favourite places of interest.

"Riding a motorbike is an invigorating experience. It is an excellent stress reliever and it allows you to let your hair down and free your mind," he said.

He maintains that most times he doesn't plan ahead where to go; instead, he makes the decision on the spur of the moment. Other times he browses the internet to search for new places to go.

There is nowhere in the island that is too far for him to venture. One of his favourite places is Treasure Beach in St. Elizabeth. Within the past four months, he has gone there seven times.

"It's quiet, peaceful and not populated. The atmosphere is nice and the beach is lovely. It reminds me of Port Antonio."

Around five times a year, this JN member rides to Negril, a journey that takes him between two and a half and three and a half hours.

"The long journeys are usually tiring and draining because you are exposed to the elements," he explained, "but the trip is always worth it."

Twinned with his love for riding is his passion for photography, a new interest he developed as a result of exploring the island. Within the past year, he has been capturing sceneries while on his journeys and which he shares on his Facebook page.

Mr. Brandon, who turns 59 in May, also owns a sports GXR motorbike. He pointed out that up to nine years ago, he had nine motorbikes.

"I sold them off one by one and now I only keep two. I use the V-Strom for adventure tours because it can manage any terrain and the other for street riding."

Naturally, he prefers to ride to any destination rather than drive.

"I refuse to sit in traffic for one and a half hours for a three and a half mile journey. You waste time and money in traffic. The only time I drive is when someone is with me," he stressed.

His love for biking started out when he was merely eight years old. He admired bikes and constantly nagged his father to get him one, but which was never forthcoming.

At 18 years old, when he returned to the UK where he was born, he purchased his first motorbike to get around.

Despite his immense love for riding, Mr. Brandon pointed out that he has never raced competitively, neither does he like the idea.

"I lost a friend during a competitive race. I don't think it is safe so I avoid it. Over the years, I have also lost other friends in accidents on the road," he pointed out.

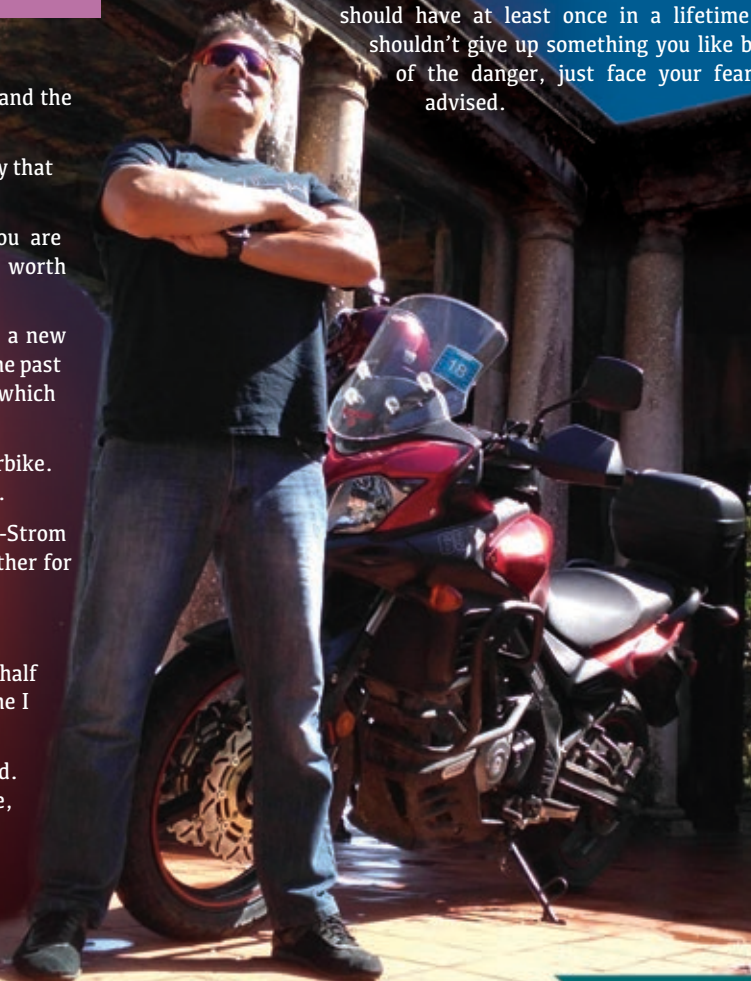
"Biking is dangerous. You always have to be conscious of your surroundings and beware of bad drivers. I was hit off my bike near to my home, but thankfully I only sustained minor injuries. A few times I have fallen off but again with minor injuries so I'm always mindful of the risks of riding. I respect the law and my life so I ride carefully and always wear protective gear such as a helmet, gloves and padded jacket."

Mr. Brandon has three adult children, two daughters and a son, who also enjoy biking adventures. However, only his son still actively rides. They enjoy going on trail riding together in the Blue Mountains.

When he is not riding, once in a while, he and his friends hire a boat and head out to sea anywhere between St. Thomas and Old Harbour to fish.

"Riding is enjoyable. It is an experience everyone should have at least once in a lifetime. You shouldn't give up something you like because of the danger, just face your fears," he advised.

**There is nowhere
in the island that is
too far for him to
venture.**



FEEDBACK ON OUR LAST ISSUE



I absolutely loved the magazine. The articles are good especially the one on Fae Ellington. I like the glossy feel of the pages and the articles are of the right length, not too long. Going forward I would like to see features on ways that senior citizens can give back to their community.

Mary Smith, St. Andrew

I like the layout of the magazine. It is reader friendly and has a lot of useful information on a wide range of topics. I also like that it is written in a language that is easy for everyone to understand.

Sonia Lee, St. Catherine

The articles are very interesting and they weren't too long. I like the feature on Fae Ellington. The look and feel of the magazine is also nice. I would have loved to see more articles and more pictures.

Roydel Stewart, Trelawny

I like the magazine, it was very good. I enjoyed the article on Fae Ellington, migraine and antiques. Overall, it was nicely put together. I like the big headings for each story and I can read the font easily without glasses.

Barbara O'Sullivan, St. Andrew

The articles are very informative. I found the story on Roy Thomas inspiring and I also enjoyed the article on the female authors and the recipe. It's an excellent magazine and the cover is attractive.

Rose Bingham, St. Catherine

EDITORIAL

JN Living Well is produced by The Jamaica National Group. It is issued in April, August and December of each year, and is targeted to persons who are over fifty years of age, although many of the stories in the magazine will appeal to all age groups.

We invite your feedback and suggestions on topics that you would like to see in upcoming issues. Send an email to us at corporatecommunications@jngroup.com.



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Retirees Mentoring Young People ...One at a Time!



Carmen Tipling, Communications Consultant

So there you are comfortably retired after several decades of pursuing a brilliant and meaningful career. When you pause to reflect on it, you worked hard all those years, therefore, it is now your time to sit back and relax and enjoy your retirement years.

Fortunately, you did all the right lifestyle planning, as a result, you are in good health, your pension is in place, you have savings to your credit, you have time to lunch with your old colleagues, and you are in touch with relatives, constantly.

However, after church, luncheons, a daily diet of watching television, listening to talk shows on radio, reading newspapers and magazines, you gradually begin to regret not being actively involved in "making things happen!"

When you arrive at that threshold, you sometimes wonder if you retired too early. Why? Because you are still focused and aware and, you now have quality time, which you could put to further productive use.

If you are this point in your life, whatever your post-retirement age, has it ever occurred to you that you could become a mentor? Yes! Teach an "up-and-coming young person," how to competently master his or her skills and expertise in his or her respective field of endeavour.

In recent years, I have encountered retirees, who have become mentors. They maintain that they gained a new lease on life, as they devoted quality time to pass on their "knowledge and experience" to aspiring young people, who are academically qualified; and, want to attain that subtle "productive edge," which would put them ahead of the game in today's competitive workforce.

One such retiree is teaching her friend's daughter, Andrea*, how to write speeches. A former speech writer for corporate leaders, she says that her mentee is brilliant, grasps speech writing principles readily; and is on her way to writing noteworthy presentations.

"My work with Andrea is amazing," the retiree relates. "She has a fine sense of structure, understands the remit of her employer; and fortunately, has an excellent command of the English Language."

As you read this article, perhaps you have started to consider the skills you could pass on to young persons, a young relative or the children of friends whom you could probably mentor. You could use your vast experience to influence young people, one at a time, to grasp sound ideas to improve their work and set themselves on a path to excel.

My suggestion? Reach out to them. Use your quality time to offer striving young adults the opportunity to benefit from your vast experience and mentor young Jamaicans to enhance their potential to achieve the highest level of their career objective. The result will be amazing.

Interestingly, while your protégés are getting ahead, you will also discover that you have become more productive, less stressed, and look forward to each session with great anticipation.

When you arrive at that threshold, you sometimes wonder if you retired too early

Home in the Hills

Offers Home Away From Home Experience

Nestled in the cool hills of Claremont, St. Ann, is Carton House, a more-than-100-year-old luxurious family house on a picturesque property, replete with fruit trees and vegetable gardens and which provides the ideal home away from home for senior citizens.

Jenna Gregory-Archer, House Manager, points out that Carton House, which was recently converted into a beautiful residence, caters to senior citizens who are desirous of enjoying their retirement years in a tranquil setting.



One of the bedrooms

"Carton House is perfect for seniors who want independence, an active social life, and a helping hand with some daily needs such as personal care and managing medications. The home is outfitted with all the modern amenities and equipment to care for their needs," Mrs. Gregory-Archer said.

"Residents can enjoy the privacy of their own suite while benefiting from living in a secured environment, companionship, and entertainment, as well as a wide range of supportive services," she added.

Additional features include wellness services, intellectually stimulating programmes and transportation. Residents will also get the opportunity to engage in recreational activities such as growing their own fruits and vegetables and rearing animals.

Stafford Burrowes, proprietor, explains that discussions will be held with the family of new residents to develop an individualized care plan which details personal care and medication management services to ensure that their needs are met.

"Our focus is to create a comfortable ambience for clients while providing holistic care, preserving their dignity and encouraging their independence," he said.

Persons interested in accessing the services of Home in the Hills may book a tour of the Claremont facility by calling 876-581-2236 or send an email to Jenna Gregory-Archer at jenna@homeinthehills.org



HOW TO APPROACH MOTOR VEHICLE CRASHES

LESSONS FOR GOOD SAMARITANS

Andrew Green, Communications Specialist
The Jamaica National Group

With more than 13,000 people injured annually in crashes on Jamaica's roads, we need to be prepared to respond appropriately when we inevitably encounter a crash site, says Duane Ellis, general manager at the Jamaica Automobile Association (JAA).

'Good Samaritans' reaching the crash scene, need to ensure that their actions do not worsen the situation, Mr Ellis said.

He suggests seven steps on how to be effective in such an emergency.

1. **Approach the crash site with caution.** Secondary crashes occur near other accident scenes, as motorists get distracted and fail to pay attention to the road ahead.
2. If it appears that you may be able to render some assistance, **park safely off the road**, with your hazard lights on, to avoid causing another crash.
3. Check if there are any injured persons, then **dial the emergency numbers**, which are 119 and 110, to tell the responders that there has been a collision, as well as the number of people injured, and your location.
4. Be aware of passengers who may have been flung from the crashed vehicle, or injured pedestrians who may not be in the immediate vicinity of the site. **Observe the entire site carefully.**
5. **Do not move injured persons** unless their life is in danger. Studies locally and overseas show that crash victims may suffer additional injuries from being inappropriately moved.
6. Turn the **ignition switch off** of any involved vehicle, if possible. A running engine can be a fire hazard where there is a fuel leak.
7. It is important to **find out whether crash victims need assistance**. Speaking to someone who is injured, and simply holding his/her hand can increase his/her chance of survival, and you can ascertain information that will be useful to emergency services personnel.



"Remember to call for professional assistance and get directions from them, before doing anything at the scene of a crash," Mr. Ellis advised. "In giving assistance, your priority should be to do no harm through your actions."

The Jamaica Automobile Association provides emergency roadside assistance and motor vehicle services to more than 30,000 members.

www.calljaa.com 1-888-CALLJAA 929-1200-1 jaa@jngroup.com



PREVENTING FOODBORNE ILLNESS

- Buy only pasteurized milk and cheese.
- Buy only produce needed for one week to reduce the amount of bacterial growth if kept longer.
- Read food labels and observe sell-by and expiration dates.

Preparing Food:

- Wash hands thoroughly with soapy water before and after food handling, after using the bathroom, playing with pets or changing diapers.
- Always sanitize and rinse counters, utensils and equipment before and after use.
- Use separate cutting boards for foods to be eaten raw or prepare such foods before meats.
- Thaw foods in the refrigerator, under cold running water or in a microwave, then cook immediately.
- Practise proper personal hygiene and cover cuts on hands with a sterile bandage.
- Properly wash fresh fruits and vegetables.



Cooking, Storing and Reheating Food:

- Cook food thoroughly, especially meat, poultry and eggs.
- Consume cooked food right away or cool it to 40°F within one to two hours by separating it into several shallow containers. Refrigerate immediately when cool.
- Keep hot food hot and cold food cold.
- Keep food outside of the danger zone (40°F – 140°F), where bacteria multiply.
- Reheat leftovers adequately.



These rules may seem insurmountable but they can become a habit with constant practice. It's a small price to pay for securing your health and those you feed. Remember that different persons have different tolerance levels to infection and an infection can be mild for one, yet fatal for another. Endeavour to play your part in preventing foodborne illness by keeping your food safe.

Glenis Ellis-Green (Mrs), BSc Dietetics, MSc Medical Sciences. She is a Medical Transcriptionist, Freelance Nutrition Educator and Adjunct Lecturer at Northern Caribbean University. She can be reached at glenis_e@yahoo.com.



Glenis Ellis-Green, Freelance
Nutrition Educator

Food contamination by bacteria, viruses, fungi and parasites causes the greatest food-related health risks. The importance of food safety cannot be stressed enough. Food vending has increased and has become a major income earner, which can also compromise food safety. We have some responsibility for the safety of our food, in purchasing, and handling practices at home.

Many times food-related illnesses aren't reported yet they tend to generate heavy medical expenses and hidden costs.

My friend was sick for months and was experiencing several undesirable reactions, including rapid weight loss and allergic reactions to food. The doctors couldn't identify the cause of her symptoms until after a series of expensive tests which revealed that she was experiencing food poisoning. She recalled eating chicken from a popular fast food restaurant the night before her symptoms began. The next morning, the leftovers in the fridge had turned green, an indication that it was filled with bacteria.

The risk of foodborne illness can be greatly reduced by following some important practices:

Purchasing Food:

- Select frozen and perishable foods last and ensure that they are placed in separate plastic bags to avoid cross-contamination from drippings. Promptly refrigerate or freeze these foods to reduce bacterial growth.
- Never buy or consume food from cracked, dented, rusty, leaking or bulging tins or jars because a deadly bacteria might be present.

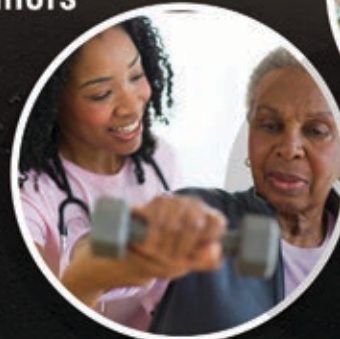




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The Quiet

Jamaican in Britain



JN's Paulette Simpson ranked among Britain's Powerful Blacks

Gareth Manning, Communication Specialist, JN Bank

Flipping through the pages of the **2018 Powerlist** of Britain's most influential people of African and African Caribbean heritage, one will indeed find a list of powerful and famous black Britons such as Oscar-winning film maker, Steven Rodney "Steve" McQueen of 12 Years a Slave and John Boyega of the latest films in the Star Wars franchise.

However, when you get to page 55 of the more than 100-page magazine, you'll find the photograph of a Jamaican woman, who is beaming gracefully, in a stand-alone photo spread across the page. Although she may not be well-known in Jamaica, she is known, simply by her first name "Paulette", in many African and Caribbean communities throughout England; as well as among Britain's top ranking.

Who is she? She is Paulette Simpson, executive, Corporate Affairs and Public Policy at the JN Representative Office in the United Kingdom and executive director of **The Voice**, Britain's top black newspaper that has served the black community in the UK for 35 years.

Tasked with the responsibility of shaping and influencing JN's presence, and preserving and maintaining its reputation in the Jamaican UK Diaspora, this Jamaican doesn't make light of her role in JN's vast operations in that country.

"My job is about building relationships," Paulette frankly says. "Relationships are critical to everything that we do. It's not about doing something for someone, so that they can do

something for you in return," she continues, "It's so that people can receive value and appreciate what you do."



Page 55 of the 2018 Powerlist magazine

It is that kind of thinking which makes Paulette so influential beyond the Caribbean community to sectors that touch the length and breadth of the Jamaican Diaspora in the UK.

Paulette was born in England and raised in Walderston, Manchester, Jamaica. She attended primary school in Mizpah and Christiana, before moving on to Manchester High School. However, she returned to the United Kingdom to attend the University of Scotland, where she read for a degree in Marketing and Finance and later at the Washington State University

in the United States. She, however, went back to England and attained her Master of Business Administration at the University of Westminster in London.

Although born in England, Paulette's grandmother, Violet Simpson, thought it best for her granddaughter to be raised in Jamaica, so that she could cultivate the values and culture of the island, and so, she returned to Jamaica with her.

"My grandmother was a major influence during my early years and she remains my moral compass. Whenever I face a moral dilemma, I look at a picture of her in my office, and ask myself: What would she do or say?"

The Rev Rose Hudson-Wilkin, a Jamaican who serves as Chaplain to Her Majesty the Queen, and Chaplain to the Speaker of the House of Commons, takes some of her inspiration from Paulette, her friend of 20 years.

"She is a personable young woman with a real vision for the work that she does, executing it without fanfare, but with great determination to meet the needs of the community which she serves," Rev Hudson-Wilkin remarks.

My job is about building relationships...Relationships are critical to everything that we do.

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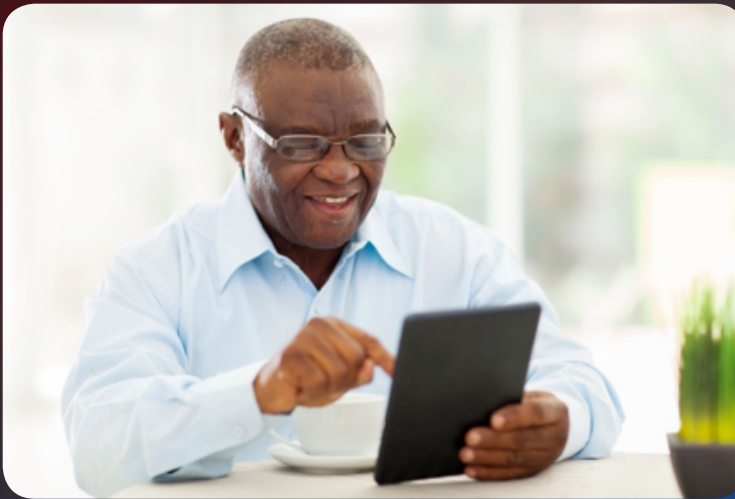
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SECURING ONLINE *information*

Delecia Mair-Grizzle, Cyber Security Analyst
The Jamaica National Group

Believe it or not, reports indicate that of the more than five million password hacked, the top two passwords used in 2017 were “123456” and “password”. While there are no guarantees that malicious actors/hackers won’t get to your information, a strong password is a good defense against intruders. Always be mindful when creating passwords, that the passwords should not be easily guessed. So your pet’s name is a no-no, so too are birthdays and the names of children or grandchildren. These are things that can be easily guessed and can pose a great risk to your online security. Below are additional tips you can use in your daily life to prevent criminals from accessing your information.



Prevent “Dictionary Attacks”

Don’t use dictionary words, your pet’s name, address, your college or any other words that have an obvious correlation to you as a person. These are easy to find, as hackers use various tools including Facebook and Instagram to gather information about you. Also bear in mind that you don’t necessarily need to have a social media account, as friends and family may also post information about you on their social media. In “Dictionary attacks”, hackers can use words found in the dictionary as a potential password and this tactic is extremely simple and very effective. Hackers can crack passwords in no time.

Also try not reveal or publish your birthday on LinkedIn or Facebook as this date is a crucial detail to cracking and taking over your (online) identity.

Never Reuse a Password



Don’t use the same password or a slightly modified version of it, on multiple accounts. Doing so will greatly increase the chance of having an account hacked. For example, using the same password for both Facebook and your online banking accounts, allows for hackers who gain access to the Facebook account, to also have access to your online banking accounts. Make each password unique, with a mix of upper and lower case letters, numbers, special characters – at least eight characters in total.

Tighten Your Security and Privacy Settings

Try not reveal or publish your birthday on LinkedIn or Facebook as this date is a crucial detail to cracking and taking over your (online) identity.

Facebook, LinkedIn and other social media channels occasionally change their privacy options, which is easy to miss (or dismiss) as those changes are generally not very interesting. Visit your social channels and review your privacy and notification settings. While you are there, disconnect access for apps you no longer use.

Update Your Passwords Regularly

Change your passwords periodically (at least every six to twelve months). While having a really strong password is the number one way to protect your accounts, changing your password cannot hurt. Additionally never share your password with friends or family and when creating a new password remember to adhere to password creation convention.

Spring Cleaning in April

Kadeem Rodgers, Fashion Stylist and Writer
(@styleredeemer)

My, how time flies. A year has passed since we did some spring cleaning, but, if you're reading this, you're right on cue. Much like the seasonal changes, it is our moral obligation, as fashionistas anyway, to perform an annual declutter of sorts, and get ourselves and our wardrobes in tip-top shape for the current season. That's right, spring is here, and she too, is looking forward to your fabulous interpretations of the hottest fads off the runways. The current attitude is all about breaking bad: out with the new, in with the "old"; and if you're a bit conflicted, dry-clean vintage staples and casually insert them into your wardrobe, and you're good to go.

Stop and Toss Before Your Next Retail Therapy Session

Don't go for typical when you shop. Seek out less-complicated prints that portray an art deco vibe, abstract shapes, and, of course, a little floral for the sake of the season. Fashion history repeats itself with a modern take on stripes, plaids, and checks, a nod to the mid-'90s.

Stop wearing and toss those chunky sweaters, monotone coloured blazers, hideous cowl neck cardigans, gladiator sandals and your oversized handbags. Unless you're shimmering in a mod sequin power suit, toss everything sequin too. Watch a few fashion shows for inspiration, there's nary an oversized handbag in sight. Employ the tote for structure and functionality, or pack a mini. The accessory du jour is the crossbody bag, fanny packs and sling bags included.

Have you Heard? Vintage Was Never Out of Style

Over-indulge on graphic tees, leather dresses and skirts, and gaudy gold jewellery: rings, bracelets, necklaces, and earrings. There's nothing quite like an oversized gold

clip-on. Mix and match accessories with your Tartan plaid or coffee brown leather skirt and you're hip on the recurring grunge trend, circa '95.

Sidebar: My current obsession is my recent vintage find, a black velvet spaghetti-strapped mini and a cream sequin long-sleeved masterpiece with curved hemline, shoulder pads, and slight bishop sleeves; stirring up '80s nostalgia. This is the only time sequin is acceptable.

Now that we're talking thrift, the best way to get on the trend this spring is to find a thrift spot or keep an eye out for yard sales and flea-market-type bargains around town. Opt for bright primary colours. Another way to revamp your closet without breaking the bank is to purchase accessories. A yellow crossbody bag or patent leather orange pumps? Fab!

These are just two of the top recommended thrifts/consignment shops in Kingston:

Quality Thrift
(@qualitythriftjamaica)
28 Haining Avenue
Kingston 5
(876) 808-5749
Open Thursdays - Saturdays

Back on the Rack
28 Collins Green Avenue
Off Half-Way-Tree Road
(876) 925-7575
Open the last Saturday of every month from 9:00 am to 3:00 pm.

The beauty with trends is that, much like everything else in life, they are here one day and gone the next. So ask yourself this, "Do I want to blend in with today's trends or adapt its styles and make them my own?" Above all, despite what you may wear, always dress for confidence, and you'll be #winning.



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What? Me? Toys At My Age?

Dr Karen Carpenter, Certified Clinical Sexologist & Psychologist

YES! This may be a surprising topic for seniors, but I want you to take a deep breath and open your mind to the possibility of an improved sex life. First of all, these are not toys. In fact, let me assure you that most of what we call, "sex toys" today are actually medical solutions designed for patients of all ages. The earliest inventions were designed to help men who suffer from cardiovascular disease, diabetes and hypertension. These are illnesses that commonly affect blood circulation, and therefore the ability to gain and maintain an erection. In women, some of the early gynecological solutions included treating dryness, lack of orgasm and pain during intercourse. So, let's have a look at these.



Men's Toys

One of the most troubling issues for a man who is sexually active, is erectile dysfunction. I see men young and old with this same crippling condition. For some, it lasts only a short time and for others it has been a lifelong issue. Still others only experience these problems when they are with a particular partner. It is not unusual for a man who is experiencing a sexual dysfunction to go seeking solutions with another partner. Ironically, they may be trying to see if the problem goes away when they are with a new or different partner. If the problem is not partner-specific, this solution will not work for very long. However, if the problem is one that has been caused by an illness or has been there for some time, an intervention will be needed.

Here are some solutions that can be very helpful. The penis pump and penis ring are both very helpful for couples that have a strong

desire to solve the problem together. The penis pump is used to gain an erection, while the penis ring is used at the base of the penis to hold the blood flow to the penis in place. I have had senior partners in a loving relationship where they both engage in the use of these aids as a means of foreplay.

Women's Toys

Many women experience dryness even before they enter menopause. The dryness may be caused by lack of sexual desire or hormonal imbalances. Whatever the actual cause, a remedy is important to continued sexual pleasure with your partner. The first option is lubricants. Be aware that lubricants come in many forms, and are available in many flavours and have different sensations.

Lack of orgasm, is another problem that many women experience. The fact that seven out of ten women do not have an orgasm without stimulation of the clitoris, is something that few know. If you are not able to orgasm from penetration by your partner you may want to invest in a vibrating condom and remove the tiny vibrator from the condom. It contains a small one-inch vibrato with a latex rubber ring that can be placed on the finger like a rubber band. The tiny vibrator can be used on the clitoris and the lips of the vagina to increase the stimulation for the woman. Failing that, a small vibrator such as the egg or the bullet could be a handy solution. You or your partner can stimulate the vaginal area during penetration.

Pain during intercourse can be caused by a number of factors, the first thing to do, is to have a check-up with your gynaecologist. If you have a clean bill of health and continue to experience pain, you may want to see a sex therapist who can help you to overcome the psychological barriers.

With caring, affection, and frank conversations, many couples can regain a level of intimacy and sexual satisfaction before it is too late. There are reputable suppliers that provide discrete services and deliver to your door. Improving your love life is always in your hands, here's to making the rest of your life together healthy, happy and sexually satisfying.

Dr. Karen Carpenter is a Florida Board Certified Clinical Sexologist and Psychologist based in Kingston. She is a Relationship and Sex Therapist, host of Love & Sex on Nationwide 90 FM on Tuesdays and Thursdays from 9-11 pm, and the author of 'Love & Sex: The Basics' available on Amazon.com. Contact her by emailing: loveandsexja@gmail.com or text 876-275-7961.



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