



## THE ACTIVE LIVING COALITION FOR OLDER ADULTS

**ALCOA - Quarterly Update** Number 1 - September to December 2004

# QU

### *Hot off the Press!*

To further improve communication with ALCOA member organizations ALCOA will now be publishing a quarterly communiqué called QU.

The name of the publication QU, is on the one hand the abbreviated form of "Quarterly Update" and on the other hand it reflects how the publication will help "cue you" to some of the details of what is happening at ALCOA.

The format of the publication will be similar to a newsletter.

We would appreciate your comments on what you would like to see in the future issues of QU.



*Standing from left to right: Jack Brownell, Imran Syed, Margaret Barbour, Hon. Ujjal Dosanj, Philippe Markon and Gabriel Blouin*

### **ALCOA holds Important Meetings in Ottawa**

In November 2004 a five member delegation from ALCOA held important meetings with politicians and bureaucrats in Ottawa.

The ALCOA delegation included Philippe Markon (Chair), Jack Brownell (Vice-chair), Gabriel Blouin (Secretary), Margaret Barbour (Treasurer) and Imran Syed (Executive Director.)

The meetings included a 25 minute discussion with the Hon. Ujjal Dosanj, Minister of Health; meetings with Hon. Carolyn Bennett, Minister of State for Public Health; and a meeting with Ms. Carol Skelton, the Conservative Party MP who is the public health critic in the Shadow Cabinet.

During these meetings ALCOA emphasized the need for certain policy changes that will contribute to further improving the health of older adults in Canada. The discussions also focused on a few specific Health Canada policies that needed to be modified to enable greater efficiency and effectiveness in the nonprofit sector.

ALCOA is preparing a 20 minute presentation that promotes active living to the older adult who is 80+. The presentation is part of the **Older, Old Adults' Health Project**. The project also includes a train-the trainer session to train others to give the presentation. The training session is planned for March 2005 in Ottawa. The project also includes preparation of resource material that could be used to help staff of non-profit organizations in better catering to an 80+ clientele.

In addition to preparing new material ALCOA is also revising and updating its existing community presentation material. Presently, the ALCOA **Active Living** community presentation and also the **Be Active Eat Well** presentation are being revised. The revised presentations will be available in March 2005.

The new ALCOA Research Update issue Physical Activity and Coronary Heart Disease - It Is Never Too Late to Benefit is available for distribution. The issue has been authored by **Mike Sharratt Ph.D.**, and has been reviewed by the ALCOA Research Update Committee. In case you would like to order the issue please call the ALCOA office at 1-800-549-9799.

ALCOA is presently working on the next issue of the Research Update on Ageism. **Sandy O'Brien Cousins Ph.D.** is the author of this issue.

ALCOA's work on reducing barriers to the equitable participation by older adults in society includes the preparation of a report on active living and ageism.

**ALCOA Sustainability Project**, funded by the Office of the Voluntary Sector, is developing a fund development plan for ALCOA. This project will contribute to further strengthening ALCOA as an organization.

The **ALCOA Research to Action** publication is an important new step for ALCOA. This publication is very similar to the Research Update in design and was funded by **Merck Frosst** and in part by Health Canada. The project partners included **The Arthritis Society; Canadian Centre for Activity and Aging; and the Arthritis Health Professions Association**. The issue titled Aging, Arthritis and Active Living was authored by **Monique Camerlain, M.D** and was published in 2004. The new issue is available at the ALCOA office.

ALCOA will be holding its **SPECTRUM 2005 - ALCOA in Motion** meeting in Ottawa in March 2005. The meeting will look at further developing synergies with the ALCOA member and partner organizations. The meeting will also include a session on health policy and one on strategic planning. The SPECTRUM 2005 agenda is being finalized at the present time.

*Editors Note: In case you have any comments please do not hesitate in contacting me at 416-423-2153 or by emailing at [alcoa@ca.inter.net](mailto:alcoa@ca.inter.net)*

*Imran Syed*