



THE ACTIVE LIVING COALITION FOR OLDER ADULTS

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**ALCOA -
Quarterly Update
Number 3, Volume 3
June 2007**

Alcoa on the Move

The offices of the Active Living Coalition for Older Adults will be relocated to Brampton, Ontario as of July 1, 2007.

There are many compelling reasons for the Agency to relocate from its present office location in Leaside to the new location in Brampton. An improved professional look for the Agency; improved working conditions for staff; close proximity to the Toronto Airport for ease of travel for Board Members, staff and visitors; decreased rental cost for the office premises combined with free services such as reception along with flexible lease terms. All combined these improvements add up to the continuing and future viability of ALCOA.

We wish to express our appreciation to Tribond Assembly Corp. for providing us with this new location at a cost significantly below market value. They say it is their way of giving back to the community and they look forward to a long and supportive relationship with ALCOA.

The new address for ALCOA is as follows:

**Active Living Coalition for Older Adults
30 Delta Park Blvd.
Brampton, Ontario
L6T 5E7**

**Toll Free: 1-800-549-9799
Phone: to be advised
Fax: (905) 458-7422
Email: alcoa3@ca.inter.net**

Warmest regards,
Dianne Austin
National Executive Director



Fitness Tips: Seniors are fitter and stronger than ever

Older Ontarians are very active - since June is recognized as both Seniors Month and Recreation Month, seniors are being encouraged to participate in all kinds of events and activities that are planned throughout the province.

If you would like to find a selection of activities in your neighbourhood, go to www.active2010.ca and search quickly and easily on the Resource Locator. You might be interested in dancing, or walking, or star gazing clubs. Just key-in your interests, along with your town or municipality and see what's there.

For example, your favourite sports game might have a local "old timers" team. Don't be offended by the designation. An "old timer" in sports can start under 35.

Or look for clubs that invite seniors to walk, or sail, or travel together. Other companions may be found for gardening, mall walks - and lots of older Ontarians are joining health clubs and gyms. To stay strong and flexible, seniors lift weights. They try yoga, Tai Chi, and other stretching exercises.

Ontarians with mobility problems can also get active. Many community organizations adapt exercise programs to help. Seniors with disabilities can also use special devices to stay active at home such as grab bars and skid-proof mats to provide stability and prevent falls.

Best of all, getting active is a great way to meet other people. There are all kinds of group activities and organizations that provide opportunities for older Ontarians to socialize, exercise, have fun and stay fit. If you'd like reliable health related information and ideas on how you can be more active, take a look online at www.HealthyOntario.ca.

- News Canada

The protocols of a successful workout:

Do something you enjoy.

This is one of the most important prerequisites for a successful long-term program. Good intentions are fine - "the road to health" is well-paved with them - but if you are not enjoying your activity, you are not going to continue it. Exercise should be fun, not just another chore on the list.

Act your age and select appropriate goals.

Consult your naturopathic doctor or your medical doctor about developing an exercise routine appropriate to your age and health.

Try to fit your routine into your day-to-day schedule.

For example, if you have a dog to walk, make that part of your exercise routine to both your benefits.

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The following excerpt has been taken from ALCOA's most recent Research Update entitled: Physical Activity and Cancer: From Prevention to Recovery. The Research Update will be available for distribution by July 2007. Each update produced by ALCOA is thoroughly researched, written, reviewed by a medical expert, translated in plain language, and then translated into French before being distributed.

If you are interested in receiving multiple copies of this research update or the tip sheet for older adults on cancer and physical activity, please forward your request with the number of copies required to alcoa3@ca.inter.net.



Summary and Recommendations: Physical activity helps during recovery from cancer

In summary, most Canadians diagnosed with cancer will be older adults that face the double challenge of cancer and aging. There is little information available now about the best kind of exercise program for this underserved group of people, or the best way to reach them. Nevertheless, early research seems to suggest that exercising during and after cancer treatments is safe and can help most older cancer survivors. Even though there are no exercise guidelines specifically for older cancer survivors, health practitioners might consider recommending that they follow Canada's Physical Activity Guide for Older Adults. The American Cancer Society has also recommended that cancer survivors of any age who are otherwise healthy should exercise 30 to 60 minutes a day, at least 5 days each week. Some important precautions for people undergoing cancer treatment are included but it is always best to seek advice from your treating physician on how best to care for yourself.

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Try to use all your muscle groups over the course of your routine; don't focus on just one. Many elite athletes cross train to ensure they are using all their muscles and not overworking or repetitively straining a few select muscles. **Vary your workout.** Combine exercises designed to give your cardiovascular system a workout with strength training routines.

Start with a stretch to improve your flexibility and help stave off injury. Stretch your muscles before every exercise session, but only after you have warmed them up.

Allow your body to rest and heal between exercise sessions. Do not overdo it.

Wear the proper gear for the exercise you are doing, be it a protective helmet or clothing, proper shoes, bug repellent or sun block.

Start slow and gradually increase the intensity of your workout as you increase muscle strength. If you set out to play like the pros on your first day, you will very likely regret it the day after.

If it hurts when you go like that, don't go like that. Pain is your body's way of telling you something is wrong. If part of your body begins to hurt, stop, slow down or change your routine.

- News Canada

Pro Bono Legal Services Available for Non-Profits

The Active Living Coalition for Older Adults was recently able to arrange for pro bono legal services and I felt it might be of value to pass on the information to our community based organizations.

Volunteer Lawyers Service (VLS) was launched in 1994 through the efforts of Toronto lawyer Ronald Manes in cooperation with agencies such as the United Way of Greater Toronto, the Ontario Bar Association, County & District Law Presidents' Association, and many other supporters and contributors.

Since then, VLS has had over 500 volunteer lawyers provide legal services to over 500 Ontario community agencies. VLS lawyers specialize in areas of business law important to nonprofit and charitable organizations.

Nonprofit organizations have many of the same legal needs as for-profit corporations--they own or rent property, pay employees, file tax returns, sue and get sued.

Nonprofits are staffed by people with a vision for their community who may be unfamiliar with legal issues or unable to pay for assistance. Legal problems can be devastating and can leave an organization unprotected. VLS works because it identifies lawyers with the necessary skill who want to contribute to the community. Community organizations benefit through stronger, protected business practices. The larger voluntary sector benefits through strengthened community agencies.

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VLS offers free legal support to eligible charitable and nonprofit organizations in Ontario. VLS matches community agencies with volunteer lawyers who can help with a range of services such as incorporation, charitable registration, board governance, contracts, or trademark registrations. In addition to matching lawyers with community agencies, VLS provides online resources and educational seminars on topics of interest to charities and nonprofit organizations. VLS lawyers are also available for speaking engagements at special events, workshops or annual general meetings

To be eligible for assistance through VLS, an organization must be a charitable entity that is community based in Ontario and serves the public interest.

VLS aims to assist organizations whose mandate is to help the marginalized and improve the quality of life for fellow Ontarians. Pursued activities can include, but are not limited to: building affordable housing, creating jobs and economic growth in low-income neighborhoods,

providing essential services to the elderly, the young and those with special needs, and protecting the environment. VLS reviews the merits of all applications on a case-by-case basis, but they explained to me that they tend to work only for agencies whose budgets are less than \$ 1.5 million and who have less than 45 full-time staff. We certainly met those criteria without any difficulty.

If you are interested in pursuing this type of service for your organization please visit the VLS website at www.volunteerlawyers.org. You will find an application to complete on their website. I found the turnaround time from submitting my application to having my first discussion with our assigned lawyer to be about two weeks.

Outside of Ontario, I understand there are similar types of pro bono legal services available for non-profits. If you have difficulty locating such a service in your province, I would recommend that you contact your Provincial Bar Association for information.

Submitted by: Dianne Austin