

Celebrating Healthy Active Lives



Active Living Coalition for Older Adults **UPDATE**

ALCOA's New National Executive Director

Jack Brownell, Chairman of the Active Living Coalition for Older Adults is pleased to announce the appointment of Patricia Clark, as the new National Executive Director for ALCOA.

Patty brings with her 23 years of experience as the Executive Director for the Ontario Association of Sport and Exercise Sciences (OASES), a provincial, not-for-profit fitness association. She is the author of numerous articles, editor of the recently released Canadian Fitness Safety Standards[®] 3rd ed., a



spokesperson for the fitness industry, a facilitator, and presenter. Her experience in the not-for-profit sector and membership services will be a tremendous asset to ALCOA.

Dianne Austin, the previous Executive Director has moved on to a position as the Executive Director for the Brant United Way. ALCOA wishes her well in her new position and thanks her for her dedication that she showed to ALCOA in her time with the organization.

Resource Catalogue Coming Your Way

In partnership with ALCOA, Human Kinetics will soon be sending you a catalogue of books relating to older adults. It is a great resource of well written and well researched books relating to a variety of health and fitness topics relevant to older adults.



Contact Information

Active Living Coalition for Older Adults

30 Delta Park Dr.
Brampton, On
L6T 5E7
Toll free: 1-800-549-9799
Phone: 905-799-8490
Fax: 905-458-7422
Email: alcoa3@ca.inter.net

Celebrating Healthy Active Lives

Editor: Patricia Clark

ALCOA Executive & Guardians Executive

Past Chairman – Jack Brownell,
New Brunswick
Chairman – Don Fletcher, Manitoba
Vice Chairman – Mike Sharratt,
Ontario
Secretary – Jennifer Dechaine,
Alberta
Treasurer – Margaret Barbour,
Manitoba

Guardians (include Executive)

Clara Fitzgerald, London, ON
Bill Krever, Don Mills, ON
Archie Mackeigan, Sydney River, NS
Michelle Porter, Winnipeg, MN
Sharon Purvis, Stellarton, NS
Sheila Scheuhlein, Kitchener, ON
Anne Skuba, Winnipeg, MN

Executive Director – Patricia Clark,
Ontario

A

Agnes Rusk

Senior of Substance

"People are our most valuable asset" has become more than a cliché for aging communities in which volunteer work is done by fewer people. Caught up in the whirl of today's society, many residents just don't believe they have time to get involved. But fortunately for Swan River, Agnes Rusk cannot be counted among those folk.

To Agnes, personal service is a good deed done for its own sake, without debate or consideration. If it needs to be done, she rises to the challenge. Her philosophy seems to be that people don't become part of the community merely by living together, but rather by sharing interests and activities to further the welfare of the group; a creed to which she has adhered throughout her lifetime.

At the age of 89, Agnes coordinates the local Meals on Wheels Program. Anyone who has been part of this program knows this is no easy chore. For 52 weeks a year, it is Agnes who ensures that the meals will be delivered to the elderly and infirmed. If there is a space that can not be filled by a volunteer group, or someone misses a day, it's Agnes who hops in her car and hits the road with a lunch. She has been involved with this program since 1983, taking over the job of co-ordinator in 1989.

In June of 1981, after 17 years of faithful service and 'floors that

shone like mirrors', Agnes retired from her position as Housekeeping Supervisor at the local hospital. She lost her husband, Gordon, three months later. Then, and through the years, she faced adversity and loss with a staunch approach, getting on with the job of life. When asked, her friends say they don't remember a word of complaint, nor a day when she didn't have a kind word of encouragement or a smile to share.

Devoted to her church, she is an active member of St. James' Anglican Church Women, again always there, when a "dozen or so" tarts might be needed or dishes washed up after a "do". She sings in the choir and heads up the Altar Committee as well.

She's been a faithful member of the Royal Canadian Legion's Ladies' Auxiliary for nearly 25 years, serving first as president for two years in 1990 and 1991. She held the position of First and then Second President for a total of four years, and acted as the Auxiliary Reporter as well. With her no nonsense approach, Agnes is always "at the ready" to be part of the Auxiliary's work, again willing to bake, serve and do whatever is necessary for the good of the organization. Presently, she is in charge of the Flag Presentation at the meetings.

Agnes was a member of the Orange Lodge for over 50 years



when it disbanded in 1994, and true to form, her contemporaries praised her courage, her loyalty, and her sense of responsibility.

She has been devoted to her family over the years, even more so when her daughter was diagnosed with MS, helping out as much as she can. If you were to ask people in this community about Agnes Rusk, there would not be a friend or neighbour who wouldn't salute this fine woman, whose strength of character is an example to all.

A good citizen will take the fate of her community into her own hands and shape its destiny by collaborating with others. Then things happen. When Agnes Rusk gets involved, things get done.

I believe Agnes Rusk should be honoured for her life of service. Volunteerism is simply a way of life for her, a rare gift that is sadly slipping away from communities in busy times. Through her unselfish efforts, the beauty and spirit of our community has been enhanced.

Submitted by: Swan River & District Community Resource Council

Town of Whitby Seniors Services



Research indicates that services and programs offered at senior centres contributes to the physical, emotional, and social well being of seniors and act as deterrents to loss of independence and health (Simpson, 1998).

The Town of Whitby Seniors Services (WSS) is a dynamic activity centre with over 2,600 members and approximately 300 volunteers. WSS strives to provide high quality, affordable programming which support and enhance the health, dignity, independence, well-being and quality of life for adults 55 years of age and better.

Offering a motivating and inexpensive opportunity to share a wide variety of educational, fitness, health and recreational programs and special events, WSS helps seniors to remain physically and mentally active strengthening their mind, body and spirit.

Whitby Seniors Services provides a friendly, comfortable environment to meet friends, share companionship, volunteer, discover

new interests, explore cultural pursuits, and develop independence and feelings of usefulness.

With so many things happening, there is something for the younger older adult to the older, older adult. If you wish to learn more about best practices and program planning and evaluation please contact Debbie Wilson @ wilsond@whitby.ca.

Whitby Senior Services
801 Brock Street South
Whitby, ON L1N 1L4
905-668-1424
www.whitby.ca

*Simpson, B., J., & Associates. (1998)
Evaluation of seniors drop in centres
– Calgary final report*

WSS programs and services include:

More than one hundred classes and workshops including fitness, dance, creative arts, computer, languages, continuing education

A variety of volunteer activities

Health and wellness seminars

Blood pressure and foot care clinics

Safe driving seminars

Transportation services

Hot lunch program

Lending library

Dances and special events

Local and overnight trips

Intergenerational programs

Snow removal

Income tax preparation

Peer support

Balance Exercises for SENIORS

Balance is required in everyday life. Most of us do not notice when we use balance until we have a problem with it. Many times it is due to an imbalance of strength within muscles or muscle groups. Therefore by performing balance and strength exercises, it may help you improve your overall balance. Although you may not return to the exact way you were prior to the balance concern, you will improve if you persevere with your exercises and make them a way of life.

Other reasons for imbalance conditions could be due to chronic dehydration. Many seniors drink caffeine products. They are a diuretic and will dehydrate you. You should drink at least one 8oz glass of water for every caffeine drink you have. Due to the interactions with your metabolism and with each other, four or more medications per day may also contribute to dehydration (check with your pharmacist).

Poor balance may also be caused by poor vision resulting from cataracts, as an example. Lack of nutrition resulting in low blood sugar levels could be another cause for losing balance.

If you maintain your strength, you will familiarize your mind and body to

work together to prepare you for rapid recovery if you do lose your balance. This will enable you to help prevent an accident that could potentially change your quality of life.

It is strongly advised that the participant have a "spotter" available.



Locomotive balance exercises

1. Tandem walking is basically placing one foot DIRECTLY in front of the other. i.e. similar to tight rope walker, only at your normal stride. Floor tiles may be used for base area and a fixed place to hold for assistance as required to walk, stepping at your "normal" pace/stride. Distance can be 10 or more meters as confidence progresses. You may use your assistive device as needed and attempt less dependence on the device if and when you feel more confident (ensure you have a spotter when not using your assistive device).

2. Progress to "heel to toe" steps, where the heel of one foot touches the toes of the other foot, when taking a step. This progression reduces the base of support, and

makes is slightly more difficult. Try to walk for approximately 10 metres. You may increase the distance when you feel confident. Ensure that you have a spotter or a stable device that you can grasp if needed.

3. For a more advanced balance workout, you can attempt to walk backwards.

Additional exercises will be identified in further issues of the newsletter.

Tracy Ralph is a fitness, health, exercise and lifestyle consultant, who has over 20 years experience in the profession. Tracy specializes in fitness for seniors and for people with a disabilities.

Book Review:

Active Older Adults: Ideas for Action

“What do I do to make physical activity fun, and how can I keep exercise program participants enthusiastic?” These are common questions among activity directors and program administrators who work with older adults. Now there are some ready answers in *Active Older Adults: Ideas for Action*.

This manual provides a collection of 15 award-winning fitness programs for older adults. The ideas and activities, which have been gathered from programs across the country, are presented in a consistent and easy-to-understand format. Directions for implementing the programming ideas are included, as are sample charts, brochures, registration and safety forms, newsletters, and a listing of resources that will ensure a successful program.

The book presents a full spectrum of approaches to helping older adults get and stay fit. Some of the programs provide introductions to basic fitness principles while others explain how to lead older adults in specific activities, such as strength training, line dancing, and water walking. There are also low-stress programs for individuals with cardiovascular or joint problems.

A common thread woven through all of these winning fitness programs is the issue of social support. The book makes it clear to program leaders that the support and encouragement of peers is vital to the success of participants.

Active Older Adults is a great resource for activity directors and program administrators to start a successful exercise program for seniors. It's filled with programming ideas and lots of helpful resources.

About the Editor

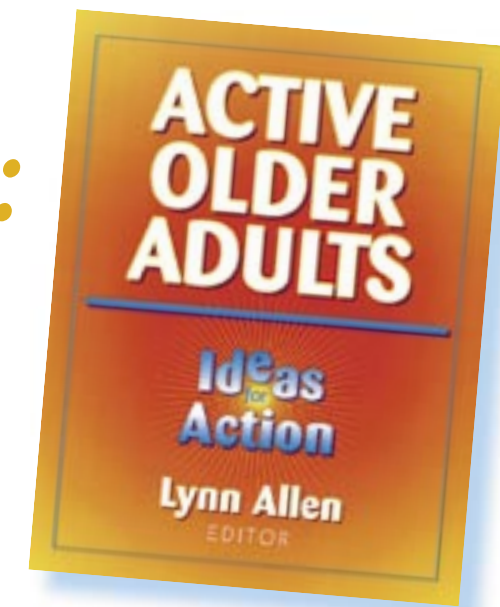
Fitness consultant, Lynn Allen is the president of Heartland Fitness in Lawrence, Kansas. During her career, she has designed exercise programs for some of the world's most powerful people, managed corporate fitness centers, designed exercise machines, and planned exercise rooms for homes and institutions. In addition, she has conducted fitness clinics for the U.S. military, the Australian military, and the Singapore Army.

Allen has worked as a clinician and instructor on behalf of the President's Council on Physical Fitness and Sports. She is a founding member of the Iowa Youth Fitness Task Force, and she served on the Iowa Governor's Council on Physical Fitness and Sports from 1994 to 1996.

A former adjunct faculty member at both the University of Iowa and the University of Northern Iowa, Allen now serves as an advisor to the Fitness Products Council of the Sporting Goods Manufacturers Association (SGMA).

Audiences

Reference for program directors, administrators, activity directors, fitness instructors, park and recreation directors, recreational



therapists, rehabilitation professionals, and others who work with seniors.

For more information
Visit www.humankinetics.com

Program Ideas

Exercise Challenge
5 Plus 5
Line Dancing for Seniors
Maple Knoll Wellness Center
Moving Targets
Oak Hill Village Fitness Club
Partners in Fitness, Inc.
Plano Senior Games
S.E.E. S.A.W. Exercises
(Seniors Exercising Effectively
While Sitting Around
Waiting)
Silver Sneakers
The Village at Duxbury
Vital Life Center-“It's Never
Too Late to Start Feelin'
Great!”
Walk Well
Water Walking
Young at Heart

In August, the Rose City Seniors Centre Foundation compiled this information on travel companies used by various centres. It is a great resource and comparison of discount programs and rebates.

TRAVEL INFORMATION RECEIVED FROM VARIOUS SENIORS CENTRES	
Name of Centre	What They Receive from Travel Companies
Ancaster Senior Achievement Centre	<ul style="list-style-type: none"> • 7% kickback on most trips from Travel companies; some are at a flat rate; i.e., \$50 per trip if it is overnight
Aurora Seniors	<ul style="list-style-type: none"> • Year Round Travel gives them \$100 or \$120 per bus for Casino trips. • Tripsetter gives them \$25. per person for long trips • Otherwise, they charge an extra \$2.00-\$5.00 per person before they put the trip out • Each company is different but you should always ask for a kickback.
Evergreen Seniors (Guelph) and Guelph Wellington Seniors Association	<ul style="list-style-type: none"> • They plan and organize their own trips; however they do sell trips for Great Canadian Holidays on Mondays at the Evergreen and receive a 7% commission for each sale. Year to date (June 27/07) they have earned just over \$1,200.
Franklin Horner Community Centre	<ul style="list-style-type: none"> • Travel Company comps the escort; the Centre adds \$1.00 per person for the driver's tip and \$4.00-\$5.00 per person for the Centre's administration costs.
Halton Hills	<ul style="list-style-type: none"> • They use Great Canadian as their travel company and receive the following: Casino Rama monthly trips: \$5.00 with \$4.00 to the Centre; Day Trips: \$1.00 per person to the Centre; Overnight trips - 5% if booked through the Centre
Milton Seniors Activity Centre	<ul style="list-style-type: none"> • They use Great Canadian Holidays. For Casino Rama trips they charge \$5.00 per person and it all goes back to the Centre. They receive 5% for day trips and 7% for overnight trips
Nepean Seniors	<ul style="list-style-type: none"> • The Travel Club gets \$10 for every traveler on multi-day trips and 5% for every traveler on day trips
OACAO (Debbie)	<ul style="list-style-type: none"> • They have a contract with a travel agency and receive \$1.00 per person for each trip purchased.
Sackville Hill	<ul style="list-style-type: none"> • They receive a certain percentage back from travel companies but it depends on the trip. • Day trips - the Centre adds \$2.00 to the price; if the bus is filled they receive two (2) free seats • Extended trips - the Centre adds \$4.00-\$5.00 to the price; if the bus is filled they receive two (2) free seats
Southgate Centre	<ul style="list-style-type: none"> • Receive 10%
Waterloo	<ul style="list-style-type: none"> • They receive \$1.00 per person

GOLF MAGIC



Butch & Harold's Story

This is a story from Butch Hochman. Last August, just prior to a long awaited golf trip, my closest golfing buddy (Harold) contracted an infection on his spine and became a paraplegic. After the initial shock, I came to believe that getting Harold golfing again would be an important part of his recuperation. I started looking on the Internet and was surprised to find a great deal of information on golf for the disabled. The American Disabilities Act prompted much of this interest, as it required all public facilities, including golf courses, to provide goods and services to people with disabilities on an equal basis to the rest of the general population. One of the major tools developed to comply with this legislation was the adaptive golf cart. These are single rider golf carts with hand controls; a swivel/elevating seat; and turf friendly weight distribution, tires and suspension. They can go anywhere on the golf course- tee boxes, fairways, bunkers and greens. Harold and I now had a focus for our project.

We approached Peter Ewert, the manager of our club (Larters Golf & Country Club) and were very encouraged by his positive and enthusiastic response. We all agreed that we were interested in developing a program for

all who could benefit from an adaptive cart, including Harold. Limited mobility was the common element linking individuals with paralysis, muscular and neurological disorders, amputations and the increasingly large number of seniors who suffer with arthritic and stamina issues.

Harold, Peter and I began working on an action plan; first to acquire an adaptive cart and then to build a coalition of interested parties to promote its use. The list of potential participants is extensive. Agencies from the golf community, various health/rehab services and seniors advocates

all share an interest in promoting this project. As this will be a demonstration or pilot project, some initial funding will be required. All monies generated from the rental of the cart will be used to cover the operating costs, training opportunities and to promote the expansion of adaptive cart availability at other courses.

In the spring of 2007, we approached The Active Living Alliance for Canadians with a Disability-Manitoba (ALACD) to explore a collaborative partnership highlighting the Adaptive Golf Cart. ALACD is a non-profit organization whose goal is to promote inclusive, active living opportunities for Manitoban's with disabilities. After learning about ALACD and meeting other interested community organizations, a partnership was developed with ALACD to develop and implement a program we now call MAGIC: Manitoba Adaptive Golf Initiative Collaboration!

The first demonstration was held on September 13th. Adaptive Golf Clinics will be offered over the next few months, free of charge. We have also added the indoor Golf Dome to our list of partners so the Adapted Cart will be available throughout the Manitoba winter months!

There are numerous websites that are very informative regarding golf for the mobility impaired

Active Living Alliance For Canadians with a Disability

www.ala.ca

Association of Disabled American Golfers

www.adag.org

Canadian Amputee Golf Association

www.caga.ca

Disabled Sports USA

www.dsusa.org

Mobility Golf

www.mobilitygolf.com

Mobility Impaired Golf Association

www.migolf.org

National Alliance on Accessible Golf

www.accessgolf.org

National Amputee Golf Association

www.nagagolf.org

National Center on Accessibility

www.ncaonline.org

The National Center on Physical Activity and Disability

www.ncpad.org

Rules of Golf for Golfers with Disabilities

www.usga.org/playing/rules/golfers-with-disabilities.html

Solo Rider - manufacturer

www.solorider.com

USGA Resource Center for Individuals with Disabilities

www.resourcecenter.usga.org