

Celebrating Healthy Active Lives



ALCOA Members – Making a Difference for Older Adults



Active Living Coalition for Older Adults **UPDATE**



A Note from the Executive Director

Let's Defeat Ageism Together

Ageism is certainly one of the challenges that individuals and older adult associations have to conquer these days. In this issue of *Celebrating Healthy Active Lives*, our members have provided you with some great programming ideas to help fight against ageism in our society.

Marcel Norn, living in the Yukon, is a great role model for older adults. Marcel overcame many obstacles, made significant lifestyle changes, and feels great about his life.

To quote SCOA President, Eleanor Williams, "Ageism can have serious consequences, when older adults are seen as "less than they once were". To combat stereotypical images of older adults, the SCOA is tackling ageism through a new photography exhibition.

We have lots of other great programming ideas submitted by ALCOA members. There is also a new publication from Human Kinetics that may be of interest to you. So there are lots of good ideas in this spring issue of CHAL. I hope you enjoying reading the articles, and you are encouraged to contact the authors of the articles if you would like more information on their program.

Happy reading,

Patty Clark
ALCOA National Executive Director

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Celebrating Healthy Active Lives

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Marcel Norn

FORT RESOLUTION NWT

Marcel Norn will be celebrating his 78th birthday on May 8th and is very active. He has lived most of his life in Fort Resolution. For 13 years he lived and worked in Pine Point. Unfortunately after he suffered a heart attack in 1987, he was unable to work any longer. He had never been sick before, so he had to make adjustments in



his life. The Doctor had told him to exercise, so he began walking every morning. He also changed the way he ate. He no longer used butter; he quit eating bacon and stays away from fatty foods. He also used to smoke but gave up that bad habit. After he began to have problems with shortness of breath, Marcel underwent triple bypass surgery 5 years ago.

For over 30 years, he suffered with knee pain and had two knee replacement surgeries, one over five years ago and one about three years ago (He was laughing when he pulled up his pant leg to show me the scar where he got his “plastic knees”). Marcel firmly believes that walking and watching what he eats has helped his health. Not only does he walk consistently (even using a treadmill in the bad weather), but he also is an avid member of the Elder’s in Motion exercise group in Fort Resolution. He said that he used to always get leg cramps and he had tried medication, but that did not work. Since doing the EIM exercises, he doesn’t get the leg cramps anymore. When asked what his advice is to other seniors Marcel said, “Exercise is good for you, walk and listen to your Doctor.”



Reprinted with permission from Elders in Motion
Interviewer: Carol Ann Chaplin, Fort Resolution
Photographer: Shaun Doherty



Targeting Isolated Seniors

The Horton Street Seniors Centre's newest program, Forward Bound, launched on

May 3rd 2010. Funded by the New Horizons for Seniors 2010 Grant, the goal of this program is to bring isolated and housebound seniors back into the community with a fun, social and empowering program. The program is specifically targeting seniors who are unable to attend regular recreation or social activities within the community due to barriers such as transportation, social isolation, financial constraints, mental illness or physical ability. Although these seniors are unable to participate in these activities, they do not qualify or in some cases have the financial means to attend an Adult Day Program. There is a gap in programming for this group of seniors who are becoming more isolated and 'falling between the cracks'. The goal of the Forward Bound program is to reduce their risk of becoming completely housebound, isolated, and living with poor health and wellbeing.

The Forward Bound Program will be offered one afternoon a week, 12:00 -2:00pm at the Horton Street Seniors Centre, located in the Boys and Girls Club of London. The centre's Transit Department is offering free transportation to all of the participants. The program will provide a positive social environment with low-impact physical exercise, guest speakers from the community, mentally stimulating games, art therapy, pet therapy, and a whole lot more.



The Forward Bound program also involves a significant number of volunteers, as they will act as companions to these seniors and will help plan and implement the programming and activities. The volunteers went through a day of training, discussed barriers many seniors face which puts them at risk of social isolation; ways to reduce this risk; and ways to advocate for seniors rights within the community. Forward Bound volunteers were very insightful and are highly motivated and committed to this program.

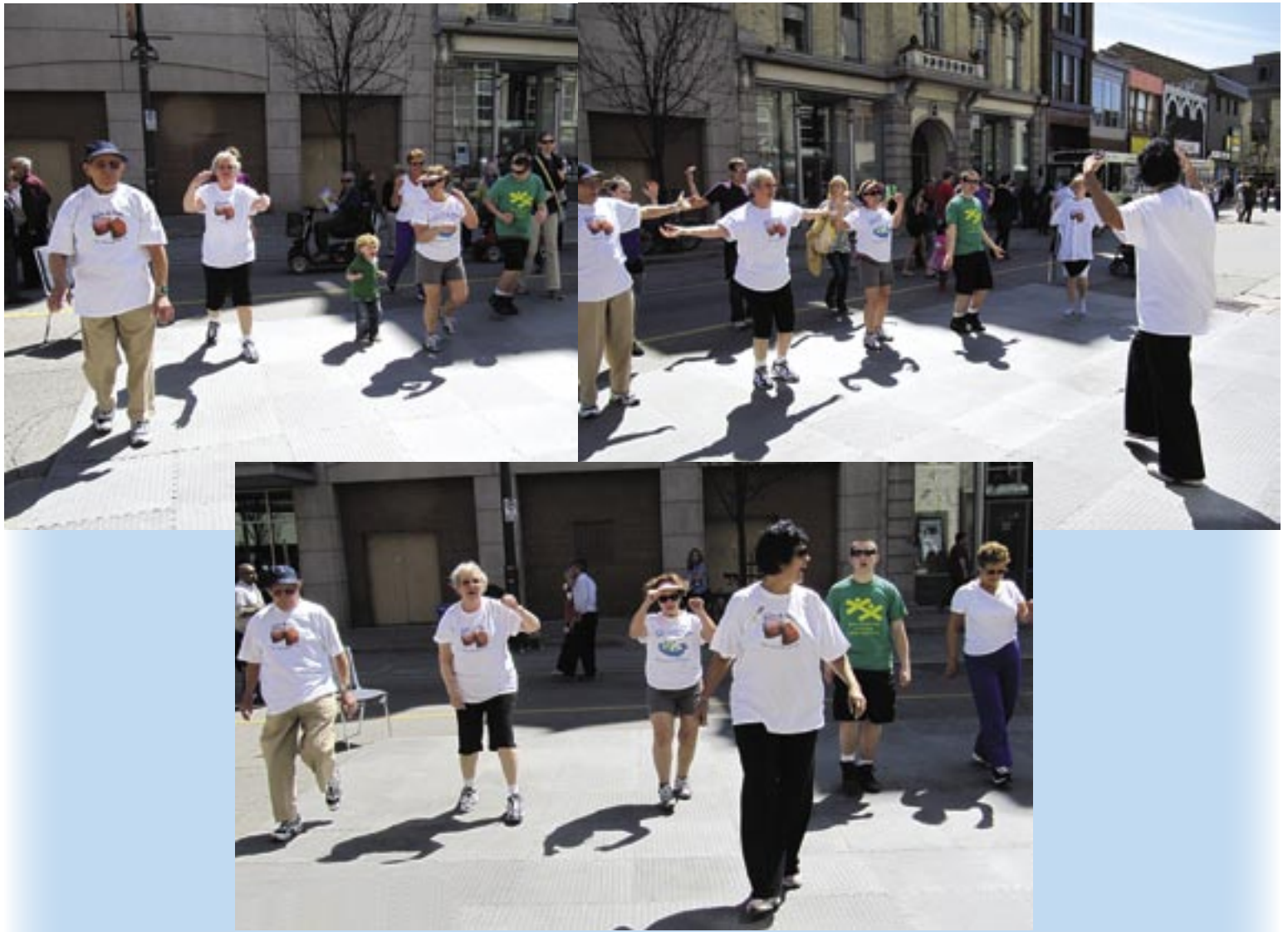
At the time of writing, there were 7 participants and 7 volunteers enrolled, with a goal of having 15-20 participants and 10 volunteers. For more information regarding this program, please contact Tracy Ralph or Tori Mills.

Tracy Ralph 519-434-9115 ext250 or tralph@bgclondon.ca

Tori Mills 519-434-9115 ext237 or vmills@bgclondon.ca.

Submitted by:
Victoria (Tori) Mills,

Volunteer Coordinator/ Program Assistant - Horton Street Seniors' Centre



Intergenerational Group Exercise Demo Team

The Horton Street Seniors Centre offers several exercise classes for older adults. The staff approached a few of the ‘regulars’ to see if they would be interested in forming a ‘demo team’ to promote the classes and the facility. They also asked a few youths from the Boys and Girls Club to join the team. They all thought it was a great idea.

The first demonstration was on April 11, 2010 when the city of London hosted their first “Car Free Sunday”. The main thoroughfare in downtown was closed to vehicular traffic. All along the street there were Buskers, bike demonstrations, public transit displays, food vendors, dancing, yoga and the Horton Street Exercise Group.

They were given 30 minutes to perform their demonstration, and as people started to come over and watch, several of them, of all ages, joined in. The City Councilors complimented the group and asked for a repeat performance next year. Everyone enjoyed participating and had great fun. The kids tired out faster than the seniors which made the seniors feel really good about their fitness level.

In addition to participating next year in this event, they have been asked by a few other agencies to do a demonstration for them. People loved the fact that this was an intergenerational demonstration. The group can’t wait to do it again.

Tracy Ralph
tralph@bgclondon.ca

SCOA to tackle ageism through photography exhibition

The Saskatoon Council on Aging (SCOA) is developing a photography exhibition to challenge age-related stereotypes. Age Alive will launch on October 5th at Spotlight on Seniors, and later appear in various public locations until the end of 2010.



Dr. Barry Brown teaching photography to older adults. Photo by Karin Schwier

"Ageism is one of the last acceptable stereotypes in North America. By featuring positive images of aging, and engaging the community to produce and submit these images, we hope to shed light on how out of touch the stereotypes can be," says SCOA President Eleanor Williams.

The public will be invited to submit images for Age Alive this spring and summer with a competition - for amateur shutterbugs all the way to advanced photographers - through the Saskatoon Camera Club. SCOA will also offer free beginner photogra-

phy lessons for seniors and partner with two community schools to bring ageism awareness to elementary school children.

Ageism can have serious consequences, notes Williams. When older adults are seen as "less than they once were," it becomes possible to think of them as lower-status individuals who contribute less and therefore aren't as deserving of services. The Age Alive exhibition will highlight positive, realistic images - older adults who are active and contribute as volunteers, enthusiastic continued learners, and role models to others in family or community settings.

Age Alive is made possible with support from the Government of Canada's New Horizons for Seniors Program, Community Participation and Leadership. This program encourages seniors to continue to play an important role in their communities by helping those in need, providing leadership, and sharing their knowledge and skills with others.

The Saskatoon Council on Aging (SCOA) is a voluntary, non-profit organization that promotes the dignity, health and independence of older adults in Saskatoon and area. SCOA has more than 1,200 members. Look for some of their photo submissions in future issues of the CHAL newsletters.

For more information:

Dale Worobec, Communications Manager, Saskatoon Council on Aging
306-652-2255

Pickleball

The Newest Sport for Seniors



The Town of Whitby Seniors Services “Celebrates the Journey” to healthy living. A new and exciting way to achieve a great physical experience is through their newest program “Pickleball”. This increasingly popular sport is one of the hottest new trends among seniors. The Town of Whitby Seniors Services Pickleball league started in the spring of 2009 and has taken off since then! Players meet once a week for a friendly challenge. Tournaments are also scheduled throughout the season. The league is convened by 2 very eager and energetic volunteers who have become very passionate about the sport and their program. Pickleball is a bit of tennis, badminton and table ten-

nis all rolled into one. It is played on a badminton doubles court with the net lowered to 3 feet in height. Paddles and perforated balls are used to play. In the spring of 2010 a couple of the Whitby Seniors are off to test their skills competitively at the Durham Region Senior Games and to spread the word about this new sport that you will hear so much more about in the years to come!

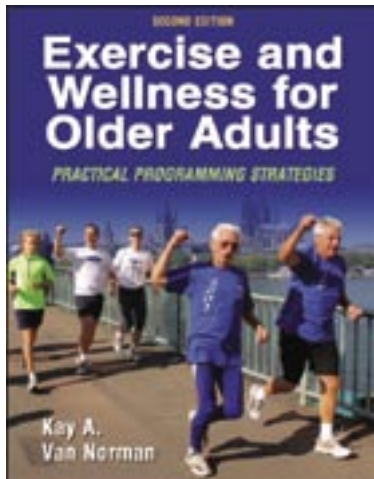
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Seniors Notes

Exercise & Wellness for Older Adults

Exercise and Wellness for Older Adults, 2nd ed. (Human Kinetics, April 2010), is an introduction to aging and wellness and an essential guide to creating exercise and wellness programs for older adults, regardless of age or physical challenge.

Readers will find the latest information on strength and power training and learn how to apply it to improve the functional abilities of older adults. The text provides a framework to help readers make the critical shift from expectations of decline to an age-neutral focus on maximizing functional ability.



The text, formerly titled *Exercise Programming for Older Adults*, has been thoroughly updated to reflect the broad-based focus encompassing all aspects of wellness rather than just fitness. The author introduces the whole-person wellness concept. Specific strategies and exercises are presented to help professionals integrate the six dimensions of wellness (physical, social, emotional, intellectual, spiritual, and vocational) into their programs. This edition includes a new chapter on identifying and overcoming the unseen psychosocial barriers to participation and engaging adults in healthy habits.

Like the first edition, *Exercise and Wellness for Older Adults* continues to provide a collection of easy-to-follow exercises for both water and land-based programming. The book also offers guidelines on addressing programming for adults with functional limitations and special conditions.

Features include:

- ☆ 120 land-based programming options including chair, chair-assisted, low-impact aerobic, and resistance-training exercises
- ☆ 72 water-based programming options including range of motion, flotation and aerobic exercises, and exercises for clients with arthritis, all fully illustrated with underwater photos

- ☆ Case studies and testimonials
- ☆ A progression of exercises for both land and water-based programs
- ☆ Wellness wrap-ups at the end of each chapter that emphasize the psychosocial aspects
- ☆ Project MOVE, an approach that uses psychosocial research to motivate older adults to engage in wellness offerings

Exercise and Wellness for Older Adults, 2nd ed. gives readers the knowledge and tools to change their mind-set and approach to programming, helping their clients improve their overall fitness, health, and vitality.

For more information, or other resources from Human Kinetics, visit www.HumanKinetics.com or call 1-800-465-7301.

About The Author

Kay Van Norman is currently president of Brilliant Aging, a consulting firm specializing in exercise and wellness program design for older adults, development, and staff training. She taught in the department of health and human development at Montana State University for 18 years, and served as director of the Keiser Institute on Aging.

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