

Celebrating Healthy Active Lives



ALCOA Members – Making a Difference for Older Adults





A Note from the
Executive Director

Seniors Helping Seniors

Older adults have a wealth of knowledge, expertise, and an interest to help others. Communities are recognizing that these valuable resources are right within their own membership. In this issue of *Celebrating Healthy Active Lives*, we feature several articles from communities across Canada that have offered very successful programs where older adults are the leaders, the listeners, and the participants.

In the senior's program in Whitby, ON, their motto is, "In self-help, you get help, you give help, and you help yourself." In Kingston, ON, their mission is, "Together we share, mentor and model." In Richmond, BC, their volunteer clinics "have saved seniors lives." And in Moncton, NB, their education programs have "helped bring seniors towards a healthier and more independent lifestyle."

In addition to wonderful examples of successful programming, we also have highlighted some great resources that may be of interest to you and your members.

We hope that you find this issue interesting, with helpful ideas to enhance your own programs. And always remember, that the authors of the articles are more than willing to provide additional information on their programs, if you are interested in offering a similar program in your center.

As Thanksgiving is approaching, we would also like to thank you, our members, for your ongoing efforts to support and promote active living for older adults. Together we are making a difference in the lives of older adults.

With our thanks,

Patty Clark
ALCOA National Executive Director

Contact Information

Active Living Coalition for Older Adults

P.O. Box 143
Shelburne ON
L0N 1S0
Toll Free: 1-800-549-9799
Phone: 519-925-1676
Fax: 519-925-3955
Email: alcoa@ca.inter.net
Web: www.alcoa.ca

Celebrating Healthy Active Lives

Editor: Patricia Clark

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Bringing the Generations Together

Friendship Blooms in North Kingston Intergenerational Program

The Kingston Community Health Centres brings all ages of the community together in friendship, to promote healthy lifestyles. In April 2008, a pilot program was offered, entitled Friendship Blooms. By promoting and strengthening connections between seniors and the youth of their community, the program has helped to reduce social isolation amongst seniors and has encouraged seniors to share their skills, experience and wisdom with youth.

The seniors are the driving force behind the Friendship Blooms program as they participate in program design and implementation. Friendship Blooms participants reach out to other seniors in the community who may be socially isolated and help them to become involved in program activities. The program brings seniors and youth together for a variety of fun, creative learning opportunities in both school and community settings.

The senior-led school programs are a central part of the program and have proven to be a very enjoyable experience for both seniors and students. Seniors run six week cooking and knitting programs at local schools, and will be starting a new school reading program this fall. Through these programs, students learn new skills such as knitting, healthy cooking, and improved reading skills and enjoyment. The activities provide both generations with an opportunity to spend time together and learn from one another. Senior participants also provide a range of activities at community events, such as crafts, board games, and planting a community garden.

Friendship Blooms Intergenerational Program has recently received funding from the Ontario Trillium Foundation, which will allow the program to grow through a strengthened volunteer base. For some of the seniors the program has offered a lifeline to become engaged in their communities, while for others it has offered an enriched experience of living. For all generations involved it has offered knowledge, friendship, hope and fun.

To find out more about the program please contact Christine Bell, Community Development Worker at christineb@kchc.ca or Rebecca Brown, Friendship Blooms Facilitator at rebeccab@kchc.ca



Questions about healthy eating?

Are you looking for tips to choose nutritious foods, manage diabetes, or reach a healthy weight?

EatRight Ontario (ERO) is a service that provides free nutrition advice to people living in Ontario. Ontario residents can connect with a Registered Dietitian in three ways:

1. Talk to a Registered Dietitian toll-free at 1-877-510-5102. Callers can speak to a Registered Dietitian on Monday, Wednesday, and Friday from 9 am – 5 pm and on Tuesday and Thursday from 9 am – 9 pm. Questions can be answered in over 100 languages.



2. Email a question to a Registered Dietitian at www.ontario.ca/eatright. Emails are answered within 3 business days.

3. Find up-to-date food and nutrition information at: www.ontario.ca/eatright. With recipes, videos and articles, visitors to the EatRight Ontario website are sure to find healthy eating tips that they can use every day. Try our interactive menu planner for a variety of lifestyles such as *Healthy Weight*, *Healthy You* or *Cooking for One or Two Made Easy*. The *Diabetes Menu Plan for Prevention and Management* is another popular online resource.

ERO can also send nutrition factsheets on a variety of topics by mail or email.

Does this service sound like a great fit for you and your centre? Call us for free promotional material including magnets, recipe cards, or bookmarks to share with others. EatRight Ontario welcomes calls and emails from professionals and from the public.

Residents of British Columbia can talk to a Registered Dietitian at HealthLink BC for free by calling 8-1-1.

Lilisha Burris, a Registered Dietitian with EatRight Ontario.

Healthy Lifestyle Days for 50Plus



Go Ahead Seniors Inc.: Regional Coordinators, staff of the Healthy Active Living Program for the 50Plus and Provincial Consultant at their workshop held in Bouctouche, New Brunswick September 2010. From left to right: Bun Veysey, Roger Boudreau, Peggy Norris-Robinson, Provincial Consultant, Senior and Healthy Aging Secretariat, Gov. of NB, Ernestine LaPlante, Mary Jane Hickey, Nora Jean, Linda Goggin, Lucille Gamlin Desjardins, Elie Richard, Leanne Scott, Jean-Claude Cormier and Diane O'Connor.

Go Ahead Seniors Inc./Aînés en marche held 72

Healthy Lifestyle Days from February 2009 to June 2010.

Over 4,000 seniors in New Brunswick had the opportunity to receive valuable information concerning their health and well being.

Funding received from the Province of New Brunswick, allowed us to meet the challenge of educating our aging population, which in turn helps them to maintain a more independent lifestyle.

Over and above the information received at these sessions, each participant received a kit containing pertinent and valuable health and wellness information. This new venture has proved to be a valuable partnership between the Province and Go Ahead Seniors Inc./Aînés en marche.

In September 2010 the Regional Coordinators started up again delivering Healthy Lifestyle Days and sessions, free of charge in both official languages, in communities across the province of New Brunswick. For further information you may call toll free: 1-800-530-4844 or visit our web site: www.ainesnbseniors.com

Our sessions included information on:

- Understanding Aging
- Healthy Aging
- Importance of Physical Activity
- Wise Medication Use
- Importance of Healthy Eating
- Managing Stress
- Falls Prevention
- Personal Safety & Housing Considerations
- Understanding Hearing Loss
- Seniors & Fraud
- Senior Abuse & Neglect
- Other Topics

Richmond Wellness Clinics – Healthy Options for Older Adults

Seniors Help Seniors Stay Healthy

The Richmond Wellness Clinics are celebrating 10 years of service to the community. A dedicated group of skilled volunteer retired nurses, hosts and holistic health practitioners, support a unique peer-to-peer program offering health monitoring, holistic health options, and information services.

Former nurse and fiery clinic founder, Shirley Brown knows the Wellness Clinics have saved seniors' lives. "Older adults want to take an active role in protecting their own health," Shirley explains. "The clinics give them the tools and

support to make healthy choices and identify health issues early."

Wellness Clinics are open to all Richmond residents 55 years or better, at 7 locations city-wide, each month. Some information and services are available in Chinese and Punjabi.

The City of Richmond Seniors Services, collaborates with Vancouver Coastal Health and Volunteer Richmond Information Services, to support this innovative community resource that served more than 5,000 seniors last year. A significant increase from the 321 seniors served in the first year the clinics were held!

Richmond Wellness Clinics are a wonderful example of seniors helping seniors to make healthy choices, while remaining connected to their community by sharing their skills.



Wellness Clinic Services Include...

HEALTH MONITORING

Retired nurse volunteers are available to take your blood pressure and discuss your other health concerns.

- FREE blood pressure checks
- FREE Health Record book
- FREE Pharmacist consultations

HOLISTIC HEALTH OPTIONS

Explore and experience various holistic wellness options, including

- Manicures & Pedicures
- Reflexology
- Therapeutic Touch
- Chair Massage
- Acupressure

Appointments available for a small minimum donation.

INFORMATION

Clinics offer information on a wide range of programs, services and supports specifically for older adults in Richmond.

Seniors Supporting Seniors Program

The very successful Seniors Supporting Seniors Program has been offered at the Whitby Senior Services since 2008 funded by a grant from the Federal New Horizons for Seniors Program. It is a program where seniors help seniors. Our motto is "In self-help, you get help, you give help, and you help yourself".

The program was developed to assist those seniors who are facing life's challenges, learn to help themselves and each other, by sharing their common experiences, joys and sorrows, issues and interests. In a warm, safe and confidential environment, the focus of the program is to promote and encourage participation of seniors, who are at risk of isolation, experiencing loneliness or other life challenges.

At the Whitby Senior Services, we operate our group for 8 week sessions in the fall, winter and spring. Each of our groups have taken on their own unique identity and we are very proud of the special strength and energy that plays on each member. A person can be content to listen and find that the group brings a lot to him. Each person must decide for himself if he wants to speak or not.

The leaders or facilitators of this group are seniors who have gone through a training session to become familiar with the material and in leading a group. The training sessions include topics on communication skills, issues and challenges in their lives, problem solving and decision making, self esteem, stress and positive topics like happiness.

This program is open to any senior at no cost. Coffee, tea and water are provided with a healthy snack. There is a limited number who can attend. In the summer we hold two reunion events so those seniors have an opportunity to stay connected to the circle of seniors supporting seniors.

For more information on this program, please contact: Debbie Wilson, RN, BScN, MHS, Supervisor of Seniors Services, Town of Whitby 905-668-1424 wilsond@whitby.ca. Visit us @ www.whitby.ca

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More than a thousand words

If a picture is worth a thousand words, then what is the worth of actually holding the pictured item in your hand?

At the Seniors' Resource Centre in St. John NB, we have a great variety of pamphlets, brochures, flyers, newsletters, etc. related to seniors. What we were lacking was a display of assistive devices so the senior and/or family and friends could actually examine the item and even take it home for a few days to test it while performing daily living skills. With funding from the United Way of Greater Saint John, we are putting together such a display. The best way to explain a few of these items is to show you the photos.

Martine Morin demonstrates the use of a set of four furniture risers on her cutting table that raises it to a height where she doesn't have to bend so far over her work, thus preventing back strain, as she is visually-impaired. These risers

under chairs of a couch means less stress on knees as you don't have as far to sit or stand. They also elevate the head or the foot of a bed to help some medical conditions. With the help of wooden inserts, these risers can be raised to eight different heights.

1 The pill-splitter allows you to cut a pill in two without fragmenting it.

2 The silicone pot handle gives you a better grip and does not get hot.

3 Tweeze is a battery-operated fast and effective hair remover that pulls the hair out – of great assistance to the visually-impaired and those with dexterity concerns.

4 Button hook which is great for arthritic fingers and a person having only the use of one hand.

5 Vegetable peeler with a fat handle to make it easier for arthritic fingers.

6 7-day pill organizer – you can remove one or more sections to put in your purse if you are going away for the day. Also, the price is right at \$2.00 at the Great Canadian Dollar Store.

A state-of-the-art magnifier that can enlarge up to 20 times with the turn of a wheel, has a



frame freeze, does reverse imagining, and has a handy cord so it can be worn around the neck for easy access.

Linda Nickerson, Events Coordinator
seniorsresourcecenter@nb.aibn.com
Seniors' Resource Centre
Saint John, NB