



THE ACTIVE LIVING COALITION FOR OLDER ADULTS

QU

ALCOA —
Quarterly Update
Volume 4, Number 2
June 2008

News in Brief

Active Living and Diabetes: Building on our Successes

The national meeting report has been disseminated to all ALCOA members and is also posted on the ALCOA website. A summary of the report will now be written, translated, and distributed to stakeholders across the country in the summer. The ALCOA Guardians hope to meet in the fall to strategize a follow up plan to continue to move this project forward.

Cross Canada Consultation

The final summary document is currently being translated and we hope to be able to disseminate the report to members and other interested organizations in July.

2008 Annual General Meeting

The ALCOA AGM is scheduled for Wednesday June 25th, 2008 at 2:00 e.s.t. The Annual Report from this meeting will be available on the web site and will be distributed to all members within the next few months.

2007 Annual Report

Better late than never! The 2007 ALCOA annual report is now completed and is posted on the web site at: www.alcoa.ca/e/annual_reports.htm. Due to the delay in getting this document finalized, we decided it was financially prudent to simply post the document on the web site, instead of incurring printing and mailing costs.

Roundtable Members Resource Directory

The 2008 edition of the Resource Directory will be available over the summer. Thanks to all organizations who took the time to update their information. This is truly a valuable resource, when it is current! The Directory will be completed and published in the summer.

Renewal Reminder

ALCOA truly values your membership in the Coalition. If you have not yet renewed your membership for 2008, please do so at your earliest possible convenience. The membership period is from April 1 – March 31.

Resource Directory 2008

Round Table Members

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New Roundtable Member

The Canadian Orthopaedic Foundation/ Fondation Canadienne d'Orthopédie

What 206 things do you need for a lifetime of activity? Your bones, plus the muscles and joints that keep you on the move!

The Canadian Orthopaedic Foundation is Canada's only charity dedicated to helping people build, maintain and restore their bone and joint health. Through its professional staff and network of over 500 volunteers, the Foundation raises funds for orthopaedic research, public education, and improvements to delivery of care.

Bone and joint disorders have an astounding impact. According to the latest figures, the direct costs are about \$2.5 billion (hospital and nursing home care, drugs and health professionals). The indirect costs (lost productivity, long-term disability) are much higher, at least \$18 billion. It is the personal cost that is most devastating: pain, inactivity, loss of mobility and independence.

By providing information and education to the public, and through support such as Ortho Connect / Connexion Ortho, and their telephone-based peer support program, the Foundation helps people to prevent the reasons orthopaedic surgery becomes necessary and to become active participants in their health and care. Whether building your bone and joint health or recovering from surgery, and everywhere in between, the Canadian Orthopaedic Foundation helps to keep Canadians moving.

For more information, call 1-800-461-3639 or visit:

www.canorth.org.

Angeliqe Berg, Executive Director
Canadian Orthopaedic Foundation,
Phone: 905-847-5674
angeliqe@canorth.org

With Sadness

It is with great sadness that we share with you the news of the passing of one of ALCOA's Guardian members, Archie MacKeigan, at the young age of 63, from Sydney River, NS.



Archie's sudden death was as a result of a motor vehicle accident on March 5, 2008. Archie was a wonderful asset to ALCOA and he will be well missed by all of us.

"He is survived by his wife of 40 years, Gail (MacLellan); children, Laurie (Tom Murray), Bermuda, Greg (Maria), Edmonton, Alta., and Shawna, Sydney. His spirit will also live on in his grandchildren, Kathryn, Andrew and Ana Maria.

Archie always lived life to the fullest and had an active interest in so many things. He leaves his family and friends with many happy memories. He was a devoted husband and father. He was immensely proud of his children and grandchildren, and loved spending time with them and talking about them. Everything he did was with great enthusiasm and energy. He was a great friend to many people and always had time to stop and talk to everyone he saw. He could often be seen driving his Harley, entertaining with his own gourmet cooking, fixing or building anything, traveling, and working in the woods. He was even known to raise his own chickens and turkeys, and vegetable gardens. He proudly included "registered vegetable judge" in his talents and community service.

Archie was the CEO of the Cove Guest Home for 13 years and genuinely enjoyed his job. He spent over 35 years in health care in government, hospitals and long term care, and was actively involved locally, provincially and nationally on many boards and committees.

Donations can be given in his memory to the Cove Guest Home or the charity of your choice. Archie had a life well loved and loved well. He exemplified the idea, "if you want something done, ask a busy person". He will always be remembered by his family and friends and leaves a legacy of wonderful memories for those privileged to have been his family, friends, coworkers and colleagues. Condolences can be sent to the family by e-mail at: sydmemchapel@ns.sympatico.ca.

(an excerpt from the notice in the local paper)



Making a Difference

ALCOA's work is based on the goals found in *A Blueprint for Action for Active Living and Older Adults*. These goals include increasing awareness and supporting active lifestyles, and to strengthen delivery systems and cooperation among organizations. Over the last year ALCOA has made many presentations to older adults, has been a part of many national advisory committees, and has supported other organizations in their grant requests or advocating for change in government policy.

The Sept/Oct issue of QU, highlighted the activities of ALCOA staff and Guardians up until October. Since that time, there has been many more meetings and presentations.

Reaching Older Adults

From October '07 to June '08, presentations on "Physical Activity and its Effects on Aging" have been made to over 600 older adults in the southern Ontario area. Presentations ranged from "Lunch and Learns" to Wellness fairs for retirees, with any where from 25 – 200 participants. This is a listing of the most recent presentations:

- 50+ Fitness Fair – Cambridge
- Lunch & Learn – Franklin Horner Community Centre – Toronto
- Ministry of Agriculture & Food – Lunch and Learn for pre-retirees – Guelph
- Men's Club — Morning Coffee Club – Toronto
- Salvation Army Outreach Centre – Toronto
- East York Community Centre – Lunch and Learn – Toronto
- Eagles 50+ Program – Toronto International Celebration Church – Toronto
- Windsor Region CAW Retiree's Health & Wellness Day — Windsor
- Ritz Lutheran Retirement Villa – Mitchell

Working with other organizations:

ALCOA is also participating in these national/provincial committees:

Canadian Environmental Health Network

The New Brunswick Lung Association's newest initiative is a network that covers broad human health-related environmental issues including air, water, soil, climate change, consumer products. The committee is just forming at this time, to develop terms of reference, vision, communication strategy, etc.

National Blueprint for Injury Prevention in Older Drivers

This is an initiative of the Canadian Association of Occupational Therapists. The four major principles for the Blueprint that were developed include:

- 1) To project a positive approach and a pro-active mission: focus on driver's life as a continuum;
- 2) To emphasize approaches to age-related changes in function: maintaining "fitness to drive", transitional phase to cessation of driving
- 3) Engagement and collaboration among stakeholders
- 4) Focus on providing alternatives to meet mobility needs

Health Literacy

This is an initiative of the National Collaborating Centre for Determinants of Health, the Health and Learning Knowledge Centre of the Canadian Council on Learning, and the Canadian Public Health Association. After meetings were held in Ottawa, a press announcement was released on March 3. This is excerpt from the announcement:

"The Canadian Council on Learning, used results from an in-depth international literacy survey to conclude there's a strong link between health literacy and wellness. Last year, the council reported 60% of Canadians -- 48% in the Ottawa area-- could not properly understand and use basic health care information, such as instructions that accompany prescription drugs. The council now says the strongest correlations between reading and health are found among those who suffer from diabetes or high blood pressure."

Healthy Aging and Volunteering

Volunteer Canada has recently been granted funding from Investors Group Inc. in order to address the issue of healthy aging and volunteering with a targeted examination of the Baby Boomer cohort. A few comments from the draft report are noted here.

'As our population ages, our social service needs are growing. At the same time, current volunteers are getting older. The volunteers who give the most time every year are in their 70s! It is a small group of older Canadians that carry the bulk of the volunteer load. About 11% of people contribute 77% of the 2 billion annual volunteer hours that make ours a caring society. One recent study indicates that people who helped others, reduced their risk of dying prematurely by nearly 60 %, compared to others who did not help others.'

Ontario Community College Co-ordinators

Recently a presentation was made about ALCOA to the 12 Ontario Fitness and Health Promotion College Co-ordinators. The Colleges are always interested in the trends in the health field, and certainly older adults are a trend that their students need to be knowledgeable in and trained to be able to service that clientele.



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Charitable Donations Always Accepted

Some members may not be aware of the fact that ALCOA is a registered charity, and because of that status, we are able to provide a charitable income tax receipt for any donations given to the Coalition.

Perhaps when you are considering your annual charitable donations for the upcoming year, ALCOA can also be considered. You get to help a worthy organization and get a tax receipt at the same time! A 'win-win' situation.

Grant Approval Received

ALCOA has been notified from the Public Health Agency of Canada that we were successful with our grant proposal entitled, "WELL-FIT – A Holistic Model of Active Living for Older Adults Living with Cancer and Their Partners in Care."

Currently an activity-based service program (WELL-FIT) exists at the University of Waterloo for any adult undergoing cancer treatment or in adjuvant status. To date, only about 12% of the participants at the WELL-FIT program are older adults, while 60% of the cancer deaths across Canada are individuals who are 70 years and older.

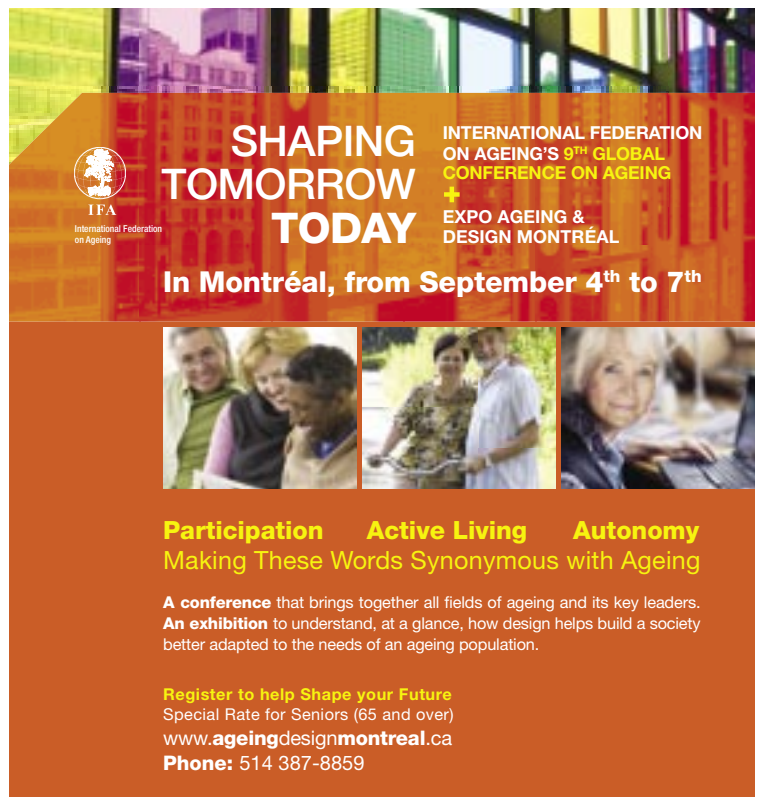
The objective of the project is to develop and disseminate a holistic action plan resulting in a framework for active living and quality of life for those older adults with cancer and for their caregivers.

The grant, in the amount of \$100,000, will be used to support staff, services and promotional material to ensure the following three results are achieved:

- 1) an increase in the number of older adult participants at the WELL-FIT program
- 2) an increased awareness and use of this framework with other facilities across Canada
- 3) for all participants, the primary outcome will be an enhanced quality of life as a consequence of holistic support built around a physical activity base.

We will keep you posted on the development of this project through the QU and the ALCOA newsletter in the Active Living Report.

Unfortunately, the grant proposal from Industry Canada, to assist with organizational sustainability was not funded.



SHAPING TOMORROW TODAY
INTERNATIONAL FEDERATION ON AGEING'S 9TH GLOBAL CONFERENCE ON AGEING + EXPO AGEING & DESIGN MONTRÉAL
In Montréal, from September 4th to 7th

Participation Active Living Autonomy
Making These Words Synonymous with Ageing

A conference that brings together all fields of ageing and its key leaders. An exhibition to understand, at a glance, how design helps build a society better adapted to the needs of an ageing population.

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