



THE ACTIVE LIVING COALITION FOR OLDER ADULTS



Physical Activity for Cancer Survivors

ALCOA printed sufficient copies of this consumer flyer, to ensure a wide-spread distribution across Canada to older adults. The flyer, entitled, *Make Physical Activity a Fun and Safe Part of Your Healthy Life – Getting Active After Cancer Treatment*, is available in both languages, and copies will be mailed free of charge upon request.

Please help us spread the word about the benefits of physical activity for older adult cancer survivors. Just send Patty an email at alcoa3@ca.inter.net, with your mailing address, the preferred language, and the number of copies.

Don't forget that there is also a Practitioner's Paper that was written and is posted on the ALCOA website. It provides the science to support the information in the consumer flyer. We hope that you will share this knowledge with your members, through your newsletters and other mailings, to educate them on the importance and benefits of physical activity for older adult cancer survivors.

It is only through your help that we can communicate effectively with service practitioners and consumers.

MAKE PHYSICAL ACTIVITY A FUN AND SAFE PART OF YOUR HEALTHY LIFE

Getting active after cancer treatment

Surgery, radiation treatment, and chemotherapy can leave you feeling worn out. Once you are done with treatments, you can think about being physically active.

Getting more active can help you feel less tired. It is also a safe and fun way to improve your health and well-being. Being active helps all older healthy adults lead healthier lives, including older adult cancer survivors.

Being active lets you meet and make friends and create a healthy social routine.

Talk to your health care team and get started today!





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Future Prospects – Building on our Successes

Managing an organization on a project to project basis can certainly have its challenges, as many of us know. However, it also provides the opportunity to develop a number of new resources relating to a variety of health concerns for older adults. Project funding can also allow an organization to build on previous successful projects, and that is just what ALCOA has done for their most recent grant applications. Building on the work from the last diabetes project, *Active Living and Diabetes: Building on our Successes – Creating National Recommendations for Action; Primary Prevention for Type II Diabetes Amongst Older Adults*, the following two proposals were submitted;

Public Health Agency of Canada — Canadian Diabetes Strategy Community-Based Programs

Title: Development of Measurement and Evaluation Tools for Community-Based Programs

During the environmental scan of primary prevention programs in the 2008 diabetes project, several programs were identified as promising practices, but since there was no evaluation on the success of their programs, they could not be categorized as 'leading practices'. During the national consultation, action steps were recommended to ensure that more activity and prevention programs contained measurement as a key component.

This proposed project would build on these recommendations focusing on primary prevention programs and chronic disease programs already developed at the community level, and would provide program co-

ordinators with the necessary tools to measure and evaluate the success of the program and of the individual participants. The tools to be developed would be used by non-clinical, community-based leaders who are responsible for program delivery at their community and municipal settings. The tools would serve to screen participants for risk factors (for type II diabetes and other chronic diseases), screen diabetic's, motivate participants by providing feedback on improvements, and provide a baseline for program evaluation.

As the timelines for this funding is only five months (November – March 09) we would expect to have developed a prototype of the tools, and would then hope to pilot test them, should PHAC funding be available for Phase 2. ALCOA will be informed in October as to whether or not this proposal is accepted.

Lawson Foundation - Diabetes Health Promotion and Disease Prevention at the Community Level

Title: Cultural Adaptation of ALCOA Health Promotion and Disease Prevention Resources: Type II Diabetes

The purpose of the project is to:

- i) have effective current health promotion resources relating to the prevention of Type II Diabetes in older Canadian adults, that are available at a literacy level suitable for the individual and for a variety of cultures
- ii) implement an effective education and awareness campaign for a successful uptake of the resources

This project would develop partnerships with urban and rural representatives from aboriginal, francophone and multi cultural



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associations, who would be invited to form a Resource Group to review and recommend changes to the revised Research Updates. The Updates would be reviewed through the 'lens' of a population health/health promotion perspective, cultural appropriateness, and literacy levels. An education and promotion strategy would be developed and initiated to ensure a widespread uptake of the material.

This proposal is congruent with the ALCOA 2008 Diabetes national consultation report which documented five key areas for future action. The section on the Determinants of Health, noted that:

- ✓ organizations needed to be educated on the determinants of health
- ✓ materials need to meet literacy levels of various groups
- ✓ programs need to be specific to culture and gender
- ✓ advocate for marginalized populations
- ✓ involve partners in planning, training and marketing health benefits

If the Letter of Intent, which was submitted in August, is approved, we will be asked to submit a full proposal by November 23, 2008, with a funding decision made by March 2010. This proposed project would take approximately 24 months to complete.

ALCOA MEMBER SPOTLIGHT



Charles Keple

Charles retired from the Canadian Forces with 38 years service as a Military Engineer. His post-retirement community involvement includes service as a Vice President of the Saskatchewan Seniors Mechanism, President of the Rotary Club of Regina, and President of the Regina & Area Branch of the Federal Superannuates National Association. He is also a Director of the Last Post Fund, Past President of the Canadian Military Engineers Association, and a Vice Chairman of the Conference of Defence Associations.

Charles was the Conference Coordinator for the 2002 ALCOA Forum, A Lifelong Odyssey, hosted by the SSM in Regina. He later compiled the Elder Abuse Resource Directory (for Saskatchewan) and formulated the Elder Abuse Protocol. (Note in passing, that a most effective prevention for elder abuse is to ensure that all generations interact to live healthy, active, wholesome lives.)

Charles is an SPRA Certified Fitness Leader and is a volunteer YMCA instructor for aerobics, strength training and arthritis aquafit. Charles was elected as an ALCOA Guardian in 2008. His contributions there are more corporate than professional, since he tries to represent the "older adult" perspective, and the broadest interpretation of "active living".



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ROUNDTABLE MEMBER SPOTLIGHT

Saskatchewan Seniors Mechanism



ALCOA is a coalition of organizations that collectively bring diversity, breadth and leadership spanning research, policy development, education, community service, public information, and care-giving far beyond the deceptively simple title "Active Living". In an analogous manner, the Saskatchewan Seniors Mechanism (SSM) is a partnership of organizations that collectively reflect, represent and bring together the interests of "Seniors" throughout the province. The SSM constituent members don't categorize themselves, but there are representational groups of retirees from various crown corporations, professions and vocations, plus federal, provincial and municipal retired civil servants. There are functional groups that provide leadership in research, education, knowledge transfer, fitness and recreation. There are geographic designates each with very broad mandates but interests focused on specific rural or urban areas. And there are cultural groups that again have broad interests but primarily for identifiable communities.

At its inception, the SSM was conceived as a mechanism whereby the interests of seniors could be identified and represented effectively to the appropriate levels of government and to society in general. Concurrently, the SSM would facilitate the timely passage of information amongst seniors, and when applicable, from governments and public services to seniors. Through the years, the SSM has refined those roles by creating relationships with national leaders such as ALCOA, whereby mutual expertise can be shared more comprehensively, and the possibility of harmonized service to

seniors can be promoted.

SSM was an early proponent that Active Living transcended physical activity alone. SSM promoted a holistic approach to health and well-being in which spiritual, mental, social, emotional and physical activities are valued and integrated into daily living. Moreover, without losing sight of the interests of seniors, the SSM suggested that the most effective sustainable Active Living lifestyles were those that were learned early and practised throughout life. Thus, when SSM hosted the ALCOA Forum in May 2002, the theme was *A Lifelong Odyssey* with topics covering a spectrum of special challenges for unique needs, marginalised or isolated populations, intergenerational understanding, myths and misconceptions, fine arts, hobbies, arts and crafts, and more or less the Complete Panoply of Active Living.

The SSM provides or brokers a range of programmes and services, either directly or more often, through one of the constituent member organizations. Current services include the Provincial Resource Directory, the Seniors Information Help Line, the Community Partnership - Lifeline, the annual Seniors Week, the Gray Matters newsletter, continuing focused Advocacy. Programmes include the Fraud Cents Toolkit (an awareness project), Recreation Information for Positive Participation (RIPP) - a Certified Fitness Leaders for Seniors course (in partnership with the Saskatchewan Parks & Recreation Association), the Get up & Get out Adventures!, and the Century Club (a network for nonagenarians.)

See www.skseniorsmechanism.ca for elaboration.