

QU

ALCOA — Quarterly Update
Volume 7, Issue 1, Winter 2011

The Active Living Coalition for Older Adults
Communicating With Round Table Members



Don Fletcher facilitating Manitoba focus group



Air Quality & Older Adults – It matters

ALCOA has just completed four focus group meetings with older adults. Funding received from Environment Canada provided the opportunity for ALCOA to host these meetings and ask older adults about their awareness of the air quality health index (AQHI), the importance of it to them, and how to best promote the Index to this age group.

With the assistance of our ALCOA membership, our meetings were organized by:

Reh-Fit Centre

Winnipeg, MB — Sue Boreskie

Better Living Health and Community Services

Toronto, ON — Bill Krever

Oshawa Seniors Centre

Oshawa, ON — Debbie Wilson

Pictou County Seniors Outreach

Pictou, NS — Mary Maclellan

The majority of the respondents (85%) either agreed or strongly agreed that the AQHI was a concern for them. More than 75% of the respondents either agreed or strongly agreed that the AQHI will have an impact on their choice of daily activities.



AQHI Scale

What does this mean for practitioners? If your facility offers outdoor physical activities, you need to be aware of the Index and plan accordingly. If the index is high, it may be necessary to modify the activity or move it indoors. As we all know staying active every day is important for healthy successful aging. Therefore, it is important to remain active even when the AQHI is higher, but simply modify the activity accordingly.

There are close to 50 pilot sites in Canada with the AQHI. The program will continue to grow. To find out more about the Index and locations near you, visit www.airhealth.ca



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

Updating and Translation of Active Living Tips

ALCOA was successful with a grant request from the Canadian Institutes of Health Research, (CIHR) to provide funds for ALCOA to update several of the Active Living Tips resources. With the assistance of the authors, the three Tip sheets that will be revised are:

Physical Activity and Coronary Heart Disease; It Is Never Too Late to Benefit – author Dr. Mike Sharratt

Aerobic Fitness for Older Adults – author Dr. Gareth Jones

The Power of Strength Training for Older Adults – author Dr. Michelle Porter

A fourth Active Living Tips sheet will be produced on brain fitness, written by Dr. Mike Sharratt.

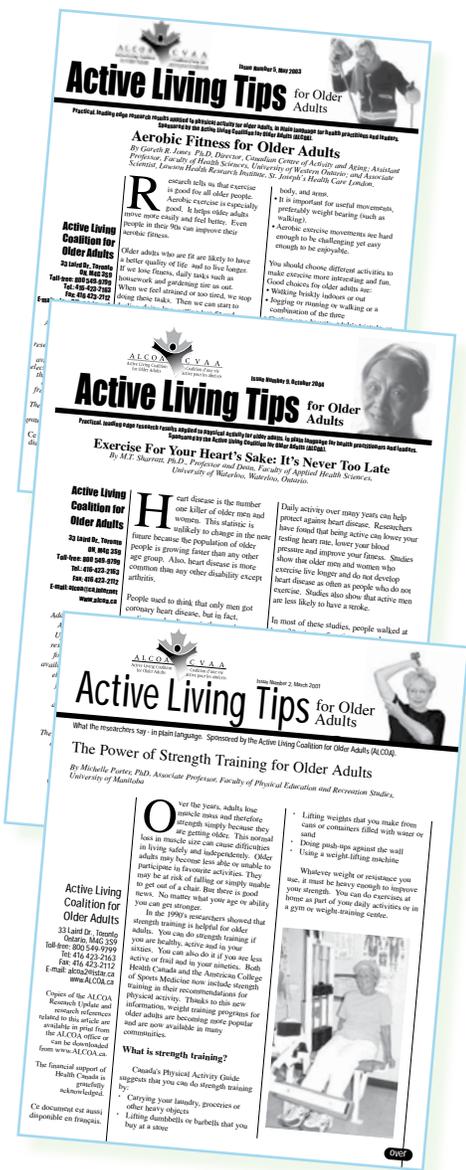
In addition to the revisions, the four documents will be translated into four other languages. ALCOA has many requests for their resources and there are an increasing number of requests for the resources in languages other than English and French.

Recent census from Statistics Canada indicates that 3.5 million people most frequently speak another language in their home other than English or French. Almost 1 million of them are older adults, 55 years of age and older. It is reasonable to assume that many of the 909,000 older adults may speak some English or French, but may not be able to adequately read documents in either of those languages. With this funding ALCOA will be able to start to reach part of those 1 million older adults, and inform and educate them on the benefits of physical activity and healthy aging.

This process will take the better part of a year, and once completed they will be posted on the ALCOA website and promoted through various newsletters.

Innovative Strategy Proposal — Not Funded

ALCOA just received word that our submission to the PHAC Innovative Strategy Fund for healthy weights was not successful. It was a one year grant with an opportunity for an extension for three or four years. ALCOA's proposal was entitled "Fostering the Uptake and Sustainability of Evidence based Programs for Healthy Weights of Older Adults in Rural Communities".

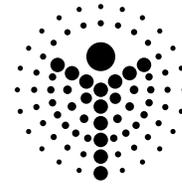




Tanya Long, **National Education Manager**

Tanya Long began her involvement with Osteoporosis Canada as a volunteer in the spring of 1994. At that time, the organization was launching its 1-800 line, whereby people from across the country could call in with their questions and concerns about osteoporosis. Tanya was trained as a volunteer counselor on the 1-800 line, and soon became involved in other aspects of the organization, such as the speakers' team.

Tanya became a staff member in 1998 as Education and Volunteer Coordinator responsible for the recruitment, training, placement and recognition of volunteers in the Osteoporosis Canada office, all aspects of the 1-800 line, and other educational projects. She was a founding member of the Toronto Chapter and in 2004 – 2006 was staff support person for COPN, the Canadian Osteoporosis Patient Network. Since the fall of 2006, Tanya has been National Education Manager. In this role, Tanya is responsible for all public education materials and programs, including print materials, the 1-800 information line, the speakers' program and training Osteoporosis Canada staff and volunteers to ensure that everyone involved with the organization has the most up to date information about osteoporosis.



Osteoporosis Canada

Ostéoporose Canada

Osteoporosis Canada

Established in 1982, Osteoporosis Canada (OC) was the first national organization for osteoporosis in the world and is the only national charitable organization dedicated to serving Canadians who have, or are at risk of, osteoporosis. A national voluntary Board of Directors governs the organization, and the Scientific Advisory Council, made up of medical and scientific experts from across Canada, provides guidance in all medical matters. In partnership with dedicated volunteers and its local chapters and branches, Osteoporosis Canada is committed to providing the highest quality services, education and research to help Canadians take care of their bones.

The mission of Osteoporosis Canada is to work towards a future where all Canadians will:

- ☞ be knowledgeable about osteoporosis
- ☞ be empowered to make informed choices about their bone health
- ☞ have access to the best osteoporosis care and support
- ☞ benefit from research into the prevention, diagnosis and treatment of osteoporosis.

The vision of OC is a Canada without osteoporotic fractures.

In the fall of 2010, Osteoporosis Canada released new Clinical practice guidelines for the diagnosis and management of osteoporosis in Canada. The new guidelines represent a paradigm shift in the prevention and treatment of osteoporotic fractures, moving the focus from treating low bone mineral density (BMD) to better identifying fractures caused by weakened bones (fragility fractures). Fractures can have a devastating impact on a person's quality of life, leading to chronic pain, further illness or even death. The appropriate identification of those at high fracture risk is essential.



HTHealthWorks

For your organization and your members

The HTHealthWorks.com Personal Health Site provides you with convenient and easy-to-use tools to manage your personal health history. It keeps your medical information at your fingertips. It is your free, private and personal health record storage site. But that's not all! Registered members have access to exclusive Partner Offers and preferred pricing from some of the leading providers in health & wellness products and services.

Great Product Offers

Truestar Health provides a weight loss program which allows individuals to create their own menu plans, exercise routines and vitamin protocols online. The system takes the guess work out of what to eat, which supplements to take and the exercises necessary to achieve your goals. In just a few easy steps, the program will recommend a menu plan with recipes, a supplemental protocol and an exercise program with video instructions.

mamaluv Meal Delivery provides delicious & nutritious gourmet meals for you or someone special. They offer packages for every size budget and mamaluv will conveniently mail you (or the recipient) a gift card & menu, elegantly wrapped and ready to give. When ready, the recipient gets to choose which healthy prepared meals to have delivered and when.

Healthy Gourmet Gifts offers gift baskets designed for indulgence with health benefits to suit your recipients' tastes and dietary preferences. With wholesome gourmet, organics, vegetarian, kosher, allergen-free, heart healthy, diabetic and more, Healthy Gourmet Gifts takes the stress out of selecting the perfect gift.

The Healing Bath™ is a Canadian wholesale/retail business that researches, prepares, manufactures, packages, labels and sells therapeutic Dead Sea personal care products. Their products are all-natural or as close to all-natural as possible. The unique mineral composition of Dead Sea Salts, which are found only in one small part of the world, promote the relief of various skin conditions such as psoriasis and eczema, and muscular/skeletal conditions such as arthritis and muscular aches and pains.

Olivier Soaps has been creating natural handmade organic and healthy alternatives for over 14 years.

continued next page



Looking to take control of your health?

Welcome to HealthWorks™.

Keep vital medical information up-to-date and at your fingertips with Healthworks, your free, private, personal health site:

- Keep a record of all medications
- Track and graph glucose, cholesterol, blood pressure and other vital data
- Organize and record your complete medical history in detail
- Share with doctors, caregivers, healthcare providers and family as desired
- Access anywhere in the world
- Print wallet cards, medical history and back-up information
- Access valuable health information from accredited resources
- Enjoy member discounts on a wide range of health-related products and services

TAKE CONTROL OF YOUR HEALTH INFORMATION.

Visit www.hthealthworks.com
and use referral ID HWAL27



Each and every Olivier handmade soap is unique. The soaps are created using Olivier's patented micro-soapery cold process, taking anywhere from 3 days to 28 days, and preserving the riches of the organic raw materials and the finest ingredients from around the world. They are made with an instinctive and laboratory tested blend of botanical ingredients to tone, rejuvenate and stimulate mind and body.

SBT Seabuckthorn, a nutritional skincare company, has pioneered the use of extracts from the amazing Seabuckthorn Plant since 1991. Their products are very effective at treating dry eyes, acid reflux syndrome, vaginal dryness, healing and soothing the mucous membrane, healing burns and scar tissue, easing joint and muscle soreness, and even lowering cholesterol.

Quench Trip Design Ltd. offers unique travel experiences that have been specially designed for health-minded travellers who are eager to immerse themselves in enriching destinations.

Allen Carr's Easyway to Stop Smoking has taught over ten million people how to become happy non-smokers since 1993. You can watch the Webcast Seminar online any time. The Webcast is divided into six parts and you are welcome to smoke throughout, right up until the ritual final cigarette at the end of Part 5. Just think, in four hours, you could be a happy non-smoker!

Pharmex Direct — Medication Delivery Services is a fully accredited direct delivery pharmacy located in Oakville, Ontario, specializing in long-term or maintenance medications with a low dispensing fee. Medication is delivered directly to your home or workplace at no additional cost. Counseling occurs via telephone from the privacy and comfort of your home.

To access any of these wonderful products at reduced rates, log on to www.hthealthworks.com and use the referral id: HWAL 27