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ALCOA — Quarterly Update  
Volume 7, Issue 2, Spring 2011

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



(l-r) Patty Clark, Sara MacDougall, Kimberly Wilson, Michelle Porter, Patsy Beattie-Huggan, Don Fletcher, Thomas Spence, Jan Cochrane, Lilisha Burris, Sarah Merkel.  
Absent: Susan Brown, Sylvie Jacques, Alexa Roggeveen.

## Diabetes “Passport” Project Update

At the end of May, the Diabetes Reference Group met in Toronto, to discuss revisions to our draft documents, *Your Passport to Healthy Living*, and the Leader’s manual which accompanies the Passport. We received excellent feedback from the four pilot sites and from the Reference Group organizations. We are now on to draft #3, and once finalized we will translate the documents into French and focus test the documents in Francophone communities. The documents will also be available on line in 2012.

The feedback from older adults in the pilot sites was very positive. The Passport was informative, educational and motivational. Many individuals responded, indicating that they had made some positive lifestyle changes over the six to eight week program that they attended in their community.

***When asked what benefits were derived from using the Passport, they commented:***

- ☞ Increase in knowledge – 10 (63%)
- ☞ Increase in exercise – 5 (31%)
- ☞ Improved eating habits – 12 (75%)
- ☞ Weight loss – 5 (31%)
- ☞ Smaller waist measurement – 3 (19%)



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DIABETES UPDATE continued next page

DIABETES UPDATE continued

- ☞ Stable blood sugars – 4 (25%)
- ☞ Decrease in blood pressure – 3 (19%)
- ☞ Feel better about myself – 7 (43%)
- ☞ Motivation to continue – 16 (100%)

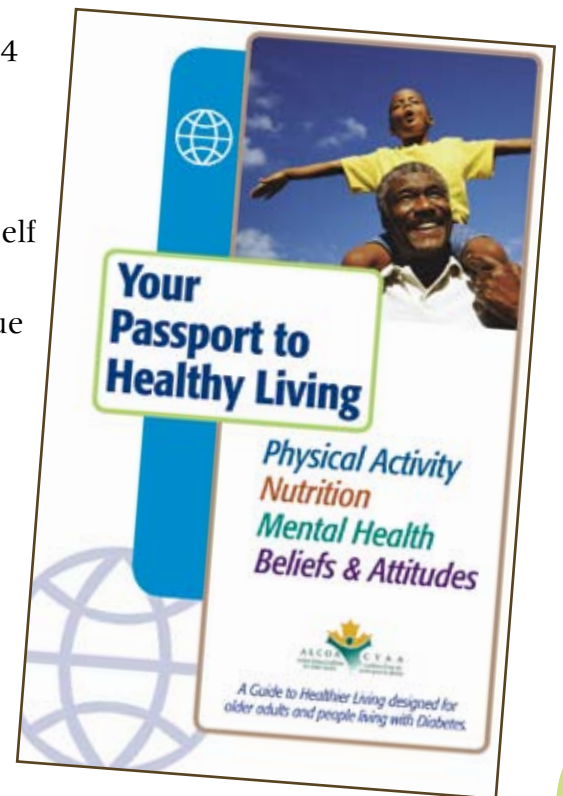
**When asked what kind of changes they made, these were their comments:**

- ☞ “Yes, I did more walking”.
- ☞ “I eat more fruit now.”
- ☞ “Losing weight and lowering my sugar.”
- ☞ “Eating more vegetables and finding ways to prepare them more easily.”
- ☞ “Listen to your body”

**Some of their general comments included:**

- ☞ Very interesting read and benefit to one’s health.”
- ☞ “Passport has valuable information, easy to read and understand. Its portable, can carry in a purse and very well put together.”
- ☞ “I found the Passport very informative. A useful guide to improve healthy eating habits and to keep track with the checklists provided.”
- ☞ “Enjoyed this group and the people immensely. Passport – very positive spin, lots of interesting info in a great format.”

The Passport is designed to provide the older adult with evidence-based information on how to prevent or effectively manage their type II diabetes. It addresses physical activity, nutrition, mental health, and beliefs and attitudes. We expect to have the final product ready for distribution by December 2011.





*l-r) Ward Maxwell, Patty Clark, Bill Krever, Paul Oh, Philippe Markon, Don Fletcher, Mike Sharratt, Tonia Hearst, Jennifer Stevens, Pat Spadafora, Kate Wylie, Laura Stokes-Crane, Bert Taylor, Tom Love, Peter Broadhurst.*

## **‘Can-Do’ Think Tank Report**

**A** Think Tank meeting was held the end of January in Toronto, to discuss the idea of ALCOA developing a web based program to inform and educate both practitioners and older adults on issues relating to healthy active aging and refuting ageism. A group of experts from a variety of sectors met for a day to discuss the following topics:

- a) strengths and challenges of the proposed project
- b) identify elements necessary for success
- c) topic ideas, formats, and methods of engaging members of ALCOA
- d) funding and marketing opportunities and methods

It was concluded that in Canada today, there is a need to advocate for the older adult in healthy active living. There is no one voice ensuring that ageism is refuted and that the needs of the older adult are being considered in the process that lead to healthy active aging. Economics and demographics point to a growing need for healthy active ageing issues to be more widely and effectively addressed at all levels of engagement, from broad public policy, to individual’s access to appropriate, accurate information. ALCOA as an organization, will need to more fully engage its membership, as well as collaborate with other organizations to ensure the success of a project like CAN-Do.

ALCOA was advised to start small, to work with others, and to look to creating a ‘hub’ or portal for information relating to active living and healthy lifestyles for older adults. One of the biggest challenges will be to structure the concept into a financially viable model and then to market that model. Notwithstanding the significant challenges ahead, it was felt by the group, that ALCOA is uniquely positioned to be the voice for older adults in active healthy aging, and that the development of a web based portal to further the aims and objectives of ALCOA is a “should-do” project.

An excerpt from the Executive Summary, prepared by Don Fletcher.



## Round Table Member Spotlight



### University of Manitoba Center on Aging

#### *Jim Hamilton, MSc MSc*

Jim is the Associate Director of the Center on Aging at the University of Manitoba. Prior to his appointment at the University, Jim led public sector initiatives for the Government of Manitoba in recreation, wellness promotion and most recently, as Executive Director of their Seniors and Healthy Aging Secretariat.

Jim has served in an advisory capacity to the World Health Organization in the creation of the Global Age Friendly Cities Guide and to the Government of Trinidad and Tobago in the development of their Division of Aging. Just prior to his retirement from the Manitoba Government, Jim served for two years as a Special Advisor to the Public Health Agency of Canada, consulting with provincial and territorial governments on healthy aging and age-friendly communities.

Jim has proven to be adept at developing effective partnerships at the community, national and international levels. As well, Jim has chaired various Federal-Provincial/Territorial committees and has served as National Secretary to the Institute of Public Administration of Canada.

Jim holds a Bachelor of Arts from the University of Alberta, a Masters Degree in Therapeutic Recreation and a second Masters Degree in Public Policy and Management, both from the University of Oregon.

The Centre on Aging is a university-wide research unit reporting through the Vice-President (Research) to the President. Established on July 1, 1982, the Centre celebrated its 25th Anniversary in October 2007. Over this quarter of a century, the Centre has developed and established a national and international reputation for research excellence in aging. The Centre's Vision, Mission, and Value statements are as follows:

#### Vision Statement

“To be a recognized leader in research in aging, to improve the lives of older adults, their caregivers and families, and to enhance communities within and outside of Manitoba”.

#### Mission Statement

The Centre on Aging conducts, stimulates and promotes research on aging, provides an interdisciplinary focus for the research activities in aging at the universities in Manitoba, and supports the teaching of students in aging. The Centre serves as the focal point for the integration and dissemination of research on aging in Manitoba.

#### Values

- ⌘ Rigorous Standards of Excellence in Research
- ⌘ Interdisciplinary Focus
- ⌘ Community Partnerships
- ⌘ Dissemination of Knowledge
- ⌘ Education
- ⌘ Innovation

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