



Help Isolated Seniors in Nanaimo - Action Group & Advisory Volunteers Still Needed!

Last November, the Nanaimo Seniors Connect collaborative hosted the first "Ideas Exchange Event" on the topic of reducing social isolation in seniors in our community. The event brought together local non-profits, healthcare, educators, and seniors. Key issues, gaps, and community strategies were discussed.

By the end of this energetic day, action groups were formed that are currently working on spearheading strategic plans in a few key areas: Getting Around/Transportation, Access to Information and Resources, Anti-Ageism/Age-Friendly initiatives, and Food Security. These groups are up and running and typically meet once a month.

Interested in Learning More or Volunteering? Please contact Lynne Henshaw by email: bettertogethernanaimo@gmail.com or phone: 250-760-0301.

IMPACT OF LIFELINE



We are familiar with the expression "ripples on a pond" Referring to how actions spread and affect those around us. I often

reflect on how the services of our Lifeline Program touch the lives of our clients and their families and friends. A few years ago, when I spoke with groups about Lifeline I would say "if you multiply the number of clients we have by 5, you begin to understand the number of households (not individuals) who have peace of mind because of our program". Then my own parents got the service and I counted 11 households with just immediate family. Our program has given service to at least 8000 clients in our 30 years, conservatively multiply that by 7 and we have 56,000 households who experienced peace of mind in the central island in that time. How many individuals that is, I can't imagine, even an average of 3 per household is a very large number. We

will continue to provide a means to this peace of mind in the foreseeable future.

Submitted by Joan Ryan, Executive Director, Nanaimo Lifeline Program

NEW BUS SHELTER



The Seniors Connect City Builders initiative is pleased to announce the installation of a new bus shelter on Bowen Road at the entrance to Bowen park. This investment in age friendly infrastructure will assist seniors attending programs at the Bowen Seniors Centre; the new bus shelter provides comfortable seating, is well lit and provides protection from the elements. The bus shelter is funded 50% by the City Builders project and 50% by BC Transit and cost approximately \$25,000 installed. The City Builders initiative aims to make Nanaimo an "Age Friendly" community by investing in Nanaimo's built environment so that Nanaimo residents are able to participate in the public life of the community and enhance their social connectedness. The City Builders team includes Karin Kronstal, Amir Freund, Keith Brown, Irene Morrison, Anthea Simick, Val Alcock, Ken Kaminski, Cathy Boegel, Anne Gougeon, Christina Young, Rob Lawrence, John Horn and Mahmoud Ali; thanks to the team for all their hard work on this project!

City Builders is conducting an ongoing survey asking for input as to how to make the community more age friendly; if you are interested in providing feedback the survey can be completed at ; <https://surveyplanet.com/58d2ebce176c1868be8e2b9d>

NEW !! 3 M PROGRAM 3rd Monday Month Music



The fun's already started!!!
Next 3M is May 15th Call for reservation 250-591-

2924 - Limited Seating.
Brian Hazelbower is our MC and has a 6 Musicians line up for 3rd Monday of the Month Music! Please consider using this FREE fun **Acoustic** evening to support the music loving seniors (age 55 +) in your family and in our community. Offer a ride for a senior who doesn't drive and join us !
When: May 15th 7:00 – 9:00 pm
...doors open @ 6:30
Where : 150 B Wallace Street, Nanaimo (next to Womens Center)



3 M PROGRAM 3rd Monday Monthly Music FREE

Call for reservation
250-591-2924

Limited Seating.

When: 3rd Monday
7:00 – 9:00 pm

Doors open @ 6:30

Where : 150 B Wallace Street,
Nanaimo

Need to know what Seniors Connect is?

www.nanaimoseniorsconnect.ca

THE DIFFERENCE BETWEEN CONCENTRATION AND MINDFULNESS

It is important to realize that there is a difference between mindfulness and concentration. Concentration is important. It helps you to focus your attention on one thing or another, and in this way it helps you to take command of what goes on in your mind. But mindfulness is another step beyond concentration. Mindfulness is a state of awareness. It is "presence" of mind.

Concentration is the tool you use to bring your mind into focus and to close the door on mental chatter, but it's still up to you to "show up" and be present in the moment.



EYE HEALTH TIPS from
Eye Care Nanaimo

DRY EYES ARE A PAIN!

Dry, painful, red, scratchy, gravelly, blurry...there are many ways that people describe the discomfort of dry eyes. And there are different types of dry eyes. Some people find relief by using artificial tear drops occasionally, but others need a more customized treatment plan to be comfortable. Your doctor of optometry can help you with that.

AWARENESS MONTH

Immunization

National Immunization Awareness Week

April 22 to 29, 2017  immunize.ca

One hundred years ago, infectious diseases were the leading cause of death worldwide. In Canada, they now cause less than 5% of all deaths –

thanks in part to immunization programs across the country. Immunization protects individuals and communities by preventing the spread of disease. As more people are immunized the disease risk for everyone is reduced. Immunization has probably saved more lives in Canada in the last 50 years than any other health intervention. Immunization is the single most cost-effective health investment, making it a cornerstone in the effort to promote health.

Work Place Safety April 28



The National Day of Mourning held annually in Canada on April 28, is dedicated to remembering those who have lost their lives, or suffered injury or illness on the job or due to a work-related tragedy.

Statistics and beyond

The most recent statistics from the Association of Workers' Compensation Boards of Canada (AWCBC) tell us that in 2015, 852 workplace deaths were recorded in Canada. Among those dead were four young workers aged fifteen to nineteen years; and another eleven workers aged twenty to twenty-four years.

Add to these fatalities the 232,629 claims accepted for lost time due to a work-related injury or disease, including 8,155 from young workers aged fifteen to nineteen, and the fact

that these statistics only include what is reported and accepted by the compensation boards, and it is safe to say that the total number of workers impacted is even higher. What these numbers don't show is just how many people are directly affected by these workplace tragedies. Each worker death impacts the loved ones, families, friends and coworkers they leave behind, changing all of their lives forever.

**Mental Health Week
May 1-7, 2017**



Canadian Mental Health Association
Mental health for all

CMHA's Mental Health Week is an annual national event that takes place during the first week in May to encourage people from all walks of life to learn, talk, reflect and engage with others on all issues relating to mental health.

The 66th CMHA Mental Health Week will be louder than ever before. Get ready to lift up your mental health megaphone! This year, our focus is on ending wait times for mental health care because too many Canadians are on standby for the care and services they need.

Visit www.mentalhealthweek.ca for more information.

ABORIGINAL FACTS

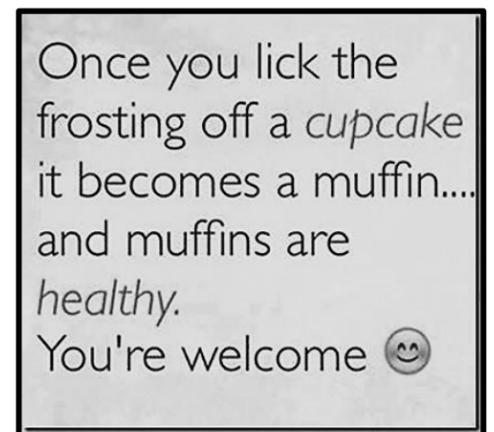
There are over 1.3 million people of Aboriginal ancestry living in Canada according to Census Canada. This represents nearly 5% of the total



population. The Aboriginal birth rate is nearly twice that of the non-Aboriginal population. From 1991 - 2016 the Aboriginal population grew by about 52% compared to 22 percent for Canada's non-Aboriginal population.

CLIENT TESTIMONIAL

 "I've been going to the **Seniors Connect Center** 4 times a week. I'm really enjoying it. It gets me out of this place" - Mr S



APRIL 24 -MAY 12 – SENIORS CONNECT CENTRE CALENDAR				
Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm • Free Hearing Screenings done by Connect Hearing 10am – 1pm 	<ul style="list-style-type: none"> • Chair yoga with Shelia 10:45am – 11:30am • Cedar Bark Weaving with Mary 1:30pm – 3:00pm 	<ul style="list-style-type: none"> • Essential Life Skills for Healthy Relationships for Seniors; Grief and Loss: 1pm – 3pm
1	2	3	4	5
<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • <i>Create Your Own Colouring Pages with Dan Elliott</i> 10:30am – 12pm • <i>Anti-Inflammatory Eating</i> 1pm – 2:30pm 	<ul style="list-style-type: none"> • Light Exercise with Brian for Adults 55+ 11:30am – 12:30pm • Advanced Care Planning with Nanaimo Community Hospice (Part 1) 1pm - 3pm
8	9	10	11	12
<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Drop in 10am – 3pm 	<ul style="list-style-type: none"> • Chair yoga with Shelia 10:45am – 11:30am 	<ul style="list-style-type: none"> • Light Exercise with Brian for Adults 55+ 11:30am – 12:30pm • <i>Essential Life Skills for Healthy Relationships for Seniors; Creating Change</i> 1pm – 3pm
<p>Please note workshops are subject to change, please visit our website www.nanaimoseniorsconnect.ca for full details The Seniors Connect Centre is located at 150-B Wallace Street, Nanaimo BC Free workshops for Adults 55+ - Register by calling the Seniors Connect Centre 250-591-2924.</p>				