



Seniors Connections



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FEATURE ARTICLE BY TIMOTHY PYCHYL

Ending Procrastination—Right Now!

Tips that keep you one step ahead of procrastination.

It takes deliberate strategies to avoid becoming our own worst enemy by procrastinating on our intended actions. Here are some tips, all based on research, that will keep you one step ahead of procrastination. Each tip follows on its predecessor, so you can use them in sequence to build your own tactical defense against procrastination.

1) Time travel: How to counteract the irrationality of human nature.

As Piers Steel makes clear in temporal motivation theory and Dan Gilbert shows in his work on affective forecasting, we are not merely irrational but predictably so. We discount future rewards as less important than a task at hand, particularly if it's a more pleasant activity, and we really aren't very good at predicting how we'll feel in the future.

"Time travel" can help here. That is, we need to use concrete mental images of the future more often and more accurately, to represent the future as though it were happening in the present. For example, a person who is procrastinating on saving for retirement might imagine as vividly as possible living on his or her potential retirement savings. To make a future image like this more concrete and accurate, it may be important to set out some numbers for a budget and take into account the reality of the need for and increasing expense of health care in old age. Planning shouldn't be an abstract notion of "doing it tomorrow." Think about the task in the real context of the day, and think carefully about how these tasks make you feel. This strategy will help you prepare for tip #2.

2) Don't give in to feeling good: Short-term gain, long-term pain.

When self-regulation fails, it's often because short-term emotional repair takes precedence over our long-term goals. For example, a task at hand makes us feel anxious or overwhelmed, so we "give in to feel good," seeking immediate emotional relief, and we walk away, leaving the task for tomorrow.

Here's where emotional intelligence is so

important to procrastinating less. Learn to recognize that we can have negative emotions without acting on them. Stay put for a minute—don't walk away. Don't give in to "I'll feel more like it tomorrow."

Acknowledge the negative emotions, but get started anyway. Progress on a goal provides the motivation for another step forward. Just get started; the negative emotions will pass.

3) Reduce uncertainty and distractions.

Planning is one thing; action is another. In fact, what can make a task aversive to us when we're simply making an intention or planning is how meaningful a goal is. The less meaningful the goal, the less likely we'll want to do the task. However, when it's time to act, aversive tasks—those we're most likely to procrastinate on—are those for which we're uncertain how to proceed. We're most likely to procrastinate on tasks that lack structure.

This means that in addition to making your task concrete (see tip #1), it's important to reduce the uncertainty about how to proceed—and, when it's time to act, to reduce available distractions as well. Shut off your e-mail, isolate yourself as much as you can, and make sure the environment around you is working to strengthen your willpower and focus, not to undermine your efforts. Speaking of willpower...

4) Willpower: How to make the most of the willpower muscle.

A great deal of recent research clearly indicates that willpower is like a muscle. You can exhaust it more quickly than you might imagine and, when you do, you lose your ability to self-regulate your behavior. One immediate method to strengthen your resolve in order to keep you on task is to remind yourself of your values. This process of self-affirmation bolsters our flagging reserves of willpower.

Another self-regulatory boost can come from mindfulness meditation. Attention is the first step in self-regulation, so learning to keep focused attention will help you procrastinate less by strengthening self-regulation.

LIFELINE AND PEARLS



I have mentioned in previous issues that the **Nanaimo Lifeline Program** is celebrating 30 years of service this year. The internet tells me this is a **PEARL** anniversary.

\$\$ - DISCOUNT CORNER - \$\$

Note: LifeLine does not guarantee correctness of data

| STORE | % | AGE | DAY OF WEEK | NOTE |
|-----------------------------|-----------|-----|-------------------------|---------------------------------------|
| Art Knapp | 20% | 60+ | Wednesday | Off regular priced items |
| Shoppers Drugmart | 20% | 55+ | Thursday | Need Optimum Card |
| Salvation Army Thrift Store | 50% | 60+ | Mondays | |
| Value Village | 30% | 60+ | Tuesdays | |
| Bulk Barn | 10% | 60+ | Wednesday | |
| Michaels | 10% | 60+ | Everyday | |
| M&M Meat Shop | 5% or 10% | 60+ | Tuesday | 5% regular; 10% if order is over \$30 |
| Rexall Pharmacy | 20% | 60+ | Tuesdays | |
| Mcdonalds | N/A | 60+ | Everyday | Coffee -\$1.25 |
| Pomme Natural Market | 10% | 60+ | Wednesday | Selected items only |
| Pomme Natural Market | 20% | All | Last Wednesday of month | |

sary. Let's talk about Lifeline's most important *pearl of wisdom*. We are at the beginnings of what one acquaintance calls the "silver tsunami" which for health care providers is very problematic. Where are we going to get enough workers to serve all of these people? This is where wisdom comes in; we need to be proactive about ensuring our own health and safety as much as we can. If you are going to be alone for long periods of the day or live alone, think about ensuring you have a means of calling for help when you have an emergency. Lifeline now offers 6 different choices for our Personal Emergency Response Services; there is surely one that fits your needs. Call us @ 250-739-5770 to enquire. *Joan Ryan, Executive Director*



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 @ 6:45
Where : 150 B Wallace Street,
Nanaimo

ALTRUSA'S ANNUAL GARDEN TOUR, JUNE 11, 2017

Self guided tour of interesting gardens in Nanaimo

Fundraiser to support women, children and literacy in Nanaimo

Everyone welcome.
For Tickets please call Janice at
250-390-2924

YOUR ADVERTISEMENT COULD BE HERE

FOR FURTHER
INFORMATION CALL:
JOAN RYAN AT
250-739-5770

June 7, 10:00 – 3:00

Visit with the Nanaimo Lifeline Program

at the Seniors Connect Centre
150-B Wallace Street, Nanaimo

~ Help us celebrate 30
years of service ~

Refreshments will be provided
There will be door prizes





**AWARENESS MONTH
CYSTIC FIBROSIS CANADA**



May is cystic fibrosis month. Cystic Fibrosis Canada is a national charitable not-for-profit corporation established in 1960, and is one of the world's top three charitable organizations committed to finding a cure for cystic fibrosis (CF).

As an internationally recognized leader in funding innovation and clinical care, we invest more in life-saving CF research and care than any other non-governmental agency in Canada.

Since establishment, Cystic Fibrosis Canada has invested more than \$235 million in leading research, innovation and care. As a result, Canadians with cystic fibrosis have one of the highest median survival rates in the world.

We rely on the generous support of our volunteers, donors, and partners in our shared mission to improve the lives of Canadians living with cystic fibrosis, and ultimately to

find a cure for this devastating disease.

- See more at: <http://www.cysticfibrosis.ca/about-us/cystic-fibrosis-canada#sthash.nvMVCJTI.dpuf>

VISION AWARENESS MONTH



The Canadian Association of Optometrists

As we grow older, our eyes might not show many signs of aging aesthetically, however, the same cannot be said for their functionality.

Typically, beginning in early to mid-40's, adults eyes start deteriorating and stop operating like they once did.

Here are some of the ways our eyes and vision change as we get older:

- **Is that red or orange?** The cells in our eyes that control the way we see colour become less sensitive as we age, which results in less colour vibrancy making it harder to distinguish certain colour shades- all the more reason to stop and enjoy the 7 shades of the rainbow while we can.
- **Fewer tears** As we get older, the tear glands in our eyes produce fewer tears leading to more frequent stints of dry eyes and irritation.
- **More light please** With age, our pupil sizes become smaller and less responsive to changes in light conditions, which means our eyes require more light than they once did to see clearly.

Increase the font size Small font sizes become a thing of the past as we age due the lenses in our eyes becoming less flexible; this makes near objects less clear and harder to focus on.

EYE HEALTH TIPS

from Eye Care Nanaimo



Protection from UV rays. Always wear sunglasses with proper UV protection to shield your eyes from the sun's rays. This reduces your risk of cataracts and other eye damage.

Exercise more frequently. Studies suggest that regular exercise – such as simple walking – can reduce the risk of macular degeneration by as much as 70%.

PURPOSE OF CHECK-IN SERVICE - NANAIMO LIFELINE.



- To provide peace of mind with friendly phone calls made to you.
- To facilitate caring connection with seniors in the Nanaimo community.
- To inform and register you for upcoming

Seniors Connect events.

Call 250-739-5770 ext 52624 for further information.

Last Minute



If it weren't for the last minute nothing would ever get done.
- Rita Mae Brown

MAY 21 –JUN 11 – SENIORS CONNECT CENTRE CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|---------------------------------|---------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 22 CLOSED— VICTORIA DAY | 23 • Drop in 10am-3pm | 24 • Drop in 10am-3pm | 25 • Introduction to Perspective Drawing with Dan Elliott 10:30am – 12pm | 26 • Light Exercise with Brian for Adults 55+ 11:30am – 12:30pm • Essential Life Skills for Healthy Relationships for Seniors; Healthy Self Esteem 1pm – 3pm |
| 29 • Drop in 10am-3pm | 30 • Drop in 10am-3pm | 31 • Drop in 10am-3pm | 1 • Introduction to Watercolours with Dan Elliott 10:30am – 12pm | 2 • Light Exercise with Brian for Adults 55+ 11:30am – 12:30pm |
| 5 • Drop in 10am-3pm | 6 • Drop in 10am-3pm | 7 • Drop in 10am-3pm | 8 • Chair yoga with Sheila 10:45am – 11:30am | 9 • Light Exercise with Brian for Adults 55+ 11:30am – 12:30pm • Essential Life Skills for Healthy Relationships for Seniors; Managing Anger 1pm – 3pm |

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.