

Seniors Connections



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FEATURE ARTICLE BY DR ALFREDO PETRONE SITTING IS THE NEW SMOKING



We should all take our Grandmother's old advice to "sit up straight!" New research is confirming much of what we already know - prolonged sitting will put you on an unhealthy path. What may surprise many is that we are finding that while exercise is good for you, it may not mitigate all of the negative effects of prolonged sitting. Moreover, people who sit are more likely to not move regularly or exercise. In 2012, a study from the American Journal of Clinical Nutrition found that those who spent the most time watching television compared to those who spent the least time watching television were at a 61% increased chance of dying from ANYTHING (i.e. overall increase in mortality). What can be done about it? The most obvious step is to stop or dramatically reduce the amount you sit - especially sitting for long periods of time. If you need to sit here are some tips to help you: 1. Take a break - every 20-30 minutes get up and walk around your house or work station and move; 2. Sit tall - stretch your arms to the ceiling keep your eyes back over your shoulders and your chin tucked. 3. Try a standing work station - this will keep you more aware of your posture and movement! Happy moving!

Dr Petrone is a local chiropractor and health enthusiast

KEY STAFF PERSON MOVED ON!!!



At Lifeline we are sad these days to have said 'goodbye' to Ellen Suettler. For personal reasons Ellen found it necessary to resign as our Call Centre Manager. Ellen

had been with Nanaimo Lifeline for 20 years, beginning as a volunteer then hired as an office support person. As the program grew, Ellen's role also expanded. She assisted our Executive Director Joan in growing not only the client base, but the number of staff. We have moved, over the years, through various stages from having the switch-

board at NRGH monitoring our client calls 24/7 to handling that task ourselves with our own call centre staff. Ellen was very much a key person in the organization and we will all miss her.

HELP MAKE NANAIMO A BETTER PLACE FOR SENIORS - VOLUNTEER ON A SENIORS CONNECT ACTION GROUP!

Last November, the Nanaimo Seniors Connect collaborate 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, the following action groups were formed and are currently working on spearheading strategic plans in a few key areas:

Getting Around/Transportation - This group aims to make it easier for seniors to get around in Nanaimo through improvements to existing transportation services, along with strategies for new alternate transportation services.

Access to Information and Resources - This group is working to make finding information and resources easier and more accessible for seniors.

Anti-Ageism/Positive Aging initiatives - Focused on making Nanaimo more age-friendly, and celebrating positive aging.

Food Security/Poverty - Looking at ways to bring seniors together while learning about healthy eating and nutrition, and to increase overall awareness about food security for seniors.

The action groups typically meet once a month, dates and times vary. We welcome all interested volunteers to get in touch and learn more!

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

FREE 1.5 HOUR WORKSHOP: PREVENTION OF SOCIAL ISOLATION IN SENIORS

Become a Certified 'Better Together Champion'!

Sadly, right here in Nanaimo, many seniors are isolated. In time, social isolation and



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



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INFORMATION CALL:
JOAN RYAN AT
250-739-5770

Irish Craic and Humour

An elderly couple were sat together and the lady said, 'I remember when you kissed me whenever you could.' The man leant over and pecked her on the cheek. 'I also remember when you held my hand all the time.' The old man placed his hand on hers. She continued, 'I remember when you used to nibble my neck.' The old man shuffled out of the room. 'Where are you going?' asked the old lady. 'To find my teeth,' said the old man.

irishcraicandhumour.com

LIFELINE HAS A CHECK-IN SERVICE !



Are you .. or anyone
you know, HOME
ALONE ?

For additional peace of
mind, we provide friendly phone
calls to "check-in" on your
wellbeing.

Call 250-739-5770 for details.

\$\$ - 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	30%	55+	Thursdays	
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	
Landmark Cienma - Avalon	\$6.00	65+	Tuesdays	\$9.99 other days
Cineplex - Galaxy -	\$9.99	65+	Everyday	

lack of meaningful contact with others can lead to serious physical illness, mental health and quality of life issues for older people. This is NOT a normal part of aging.

Upcoming Workshop Dates:

Wednesday, **August 16**, 6:30pm - 8pm, at Volunteer Nanaimo, 3148 Barons Rd. East
 Thursday, **September 14**, 1:30pm - 3:00pm at the Seniors Connect Centre, 150 Wallace St.

Wednesday, **September 20**, 6:30pm - 8pm, at Volunteer Nanaimo, 3148 Barons Rd. East

This workshop is suitable for all community members. Learn about key signs of social isolation in seniors, health risks of social isolation, how to identify community members at risk, ethics and privacy, what to do, and who to call. A certificate is provided at the end of the course. Please get in touch if you would like to host this free workshop in your agency, workplace, service club, etc.

Limited Seats - Register today! Contact Lynne by Email: bettertogethernanaimo@gmail.com or Phone: 250-760-0301.

NANAIMO FAMILY LIFE ASSOCIATION'S ENGAGE WITH SENIORS CONNECT project has lots of great programs coming up at the Seniors Connect Centre at 150 Wallace as well as other locations in town.

We are teaming up with Nanaimo Foodshare and other community partners to bring older adults into the **Senior's Food Legacy Project**. We will be creating a luncheon series that will include food preparation programs, the creation of a Seniors Food Guide, and the promotion and achievement of healthy life styles.

We want to know about the successes and challenges to healthy eating in our community. How does aging affect our food needs? Other project activities will include: Seniors Discussion Groups on food related topics

Cooking & Gardening groups
 Food Celebrations

Problem solving and supports to overcome barriers regarding a healthy life style. Want to learn more or register to become part of a six-week lunch and learn style series? Please call Kayla at 250-591-2924 to register or contact Nanaimo Food Share at 250-753-9393 for more information.

"IT'S NOT RIGHT"

Thursday, July 20th, take the **Neighbours, Friends & Families for Older Adults** training and learn to interrupt abuse and neglect of vulnerable adults before it has to be reported to a designated agency. Everyone has the right to be safe and free from abuse or neglect. No one should experience abuse. "It's not right!" As neighbours, friends and family members, you can help. You don't have to "fix" the problem. Caring about the people around you and paying attention when there are signs of trouble are important steps. Small actions can make a big difference. The Nanaimo Family Life Association is part of the BC Community Response Network and will be providing this free program at the Seniors Connect Centre from 1pm to 3pm.

SETTING THE TABLE - A COMMUNITY DOCUMENTARY PROJECT OF NANAIMO FOODSHARE AND SENIORS CONNECT

Documentary and educational filmmaker, Paul Manly is working with Nanaimo Foodshare and Seniors Connect on a community documentary project entitled 'Setting the Table'. The project involves training seniors in video production and documenting the stories and skills of seniors related to food. Over the next year, participants will work together to create a series of short vignettes about food. The video content will be determined by the participants who are welcome to help with one, a few or all of the short videos. All skills and abilities are welcome, there's a wide variety of ways for participants to be involved including planning, coordination, research, camera and editing, interviewing, being interviewed

etc.

We have created a facebook page that you can like, share and post to.

<https://www.facebook.com/Setting-the-Table-Community-Documentary-Project-1890556894526898/>

Upcoming dates

Tuesday, July 18th 11 am to 2pm - We will have our monthly planning meeting and workshop (editing 101) from 11 am to 2pm at Nanaimo Foodshare (271 Pine St.). This meeting will include a light lunch (similar to our first gathering).

Tuesday, August 15th 11 am to 2pm - We will have our monthly planning meeting and workshop from 11 am to 2pm at Nanaimo Foodshare (271 Pine St.). This meeting will include a light lunch (similar to our first gathering).

Video ideas to develop

We have had suggestions to make short videos about the following topics; Loaves and Fishes Food Recovery warehouse, Meals on Wheels, Pacific Gardens co-housing gardens, traditional First Nations foods (fish smoking, canning etc.), stories from new comers and different cultural foods, pollinators and bee keepers, edible weeds, living and eating healthy on a low budget and seniors involved with the farmers markets. If you have any other ideas or if these ideas get you fired up, please feel free to bring any research and ideas for interviews and contacts to the next meetings.

This project is designed for seniors to take part as they are able and in the video vignettes that interest them or with the stories they want to share. If you know other seniors that might be interested in taking part they can join in at any time.

For more information contact Paul Manly at 250 729-1254 or paulmanly@shaw.ca

Jul 17 –Aug 4 – SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>July 17</p> <ul style="list-style-type: none"> Drop in 10am -3pm 3M Music Night 7pm–9pm 	<p>18</p> <ul style="list-style-type: none"> Drop in 10am-3pm Conversational Spanish with John and Cristina 11:00am 	<p>19</p> <ul style="list-style-type: none"> Drop in 10am-3pm 	<p>20</p> <ul style="list-style-type: none"> Chair yoga with Sheila 10:30am–11:30am It's not right 1:00pm–3:00 pm 	<p>21</p> <ul style="list-style-type: none"> Cooking with Seniors Connect 10:00am – 12:00pm Light Exercise with Brian for Adults 55+ 1:00pm–2:00pm
<p>24</p> <ul style="list-style-type: none"> Drop in 10am -3pm 	<p>25</p> <ul style="list-style-type: none"> Drop in 10am-3pm Conversational Spanish with John and Cristina 11:00am 	<p>26</p> <ul style="list-style-type: none"> Drop in 10am-3pm 	<p>27</p> <ul style="list-style-type: none"> Chair yoga with Sheila 10:30am–11:30am Cowichan knitting with Joanne Bob 1:30pm–2:30pm 	<p>28</p> <ul style="list-style-type: none"> Colour me calm with Dan Elliott 10:30am–12:00pm
<p>31</p> <ul style="list-style-type: none"> Drop in 10am -3pm 	<p>Aug 1</p> <ul style="list-style-type: none"> Drop in 10am-3pm 	<p>2</p> <ul style="list-style-type: none"> Drop in 10am-3pm 	<p>3</p> <ul style="list-style-type: none"> Chair yoga with Sheila 10:30am–11:30am Poetry slam with Nikky Davies 2:00pm–3:30pm 	<p>4</p> <ul style="list-style-type: none"> Light Exercise with Brian for Adults 55+ 1:00pm–2:00pm

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.