

LIFELINE HUMOUROUS MOMENT



In 1989 when I started with Lifeline we could not put units with the same last number in the same building as that number corresponded

to the frequency code of the button. There were only 10 frequencies, one day I sent a volunteer to install for a new client and forgot to check the unit's number against existing clients in the apartment building. I got a call from the switchboard operator at the hospital – they did all of our monitoring in those days – she said they were getting multiple calls from a client who said she was not touching her button. During installation our volunteers test the distance the button works from the unit, they don't hook it up to the phone system until they finish. I had given him a unit with the same last number as the woman on the floor below. Fortunately he was close to the hospital and I called him and walked another unit to him. We got a chuckle over that story for years.

Submitted by *Joan Ryan Executive Director, Nanaimo Lifeline Program*

NANAIMO LIVING HISTORY

(The City of Nanaimo is a Partner in the Seniors Connect Centre)



The Living History speaker series is an oral history initiative that features local Nanaimo residents telling stories about their lives to a live audience. Each Wednesday evening during the months of November (2016) and February (2017) four speakers were invited to the Presentation Room at Wellington High School to tell a story, and each night of the speaker series between 60 and 100 audience members showed up to hear those stories.

The first night in the November series began with speaker Deborah Goodman, who told the story of her parents' immigration from 1930's Germany to Canada, followed by Mike Gogo and Jim Manly talking about the early days of the logging industry in Nanaimo. Subsequent speakers on subsequent evenings included author Lynn Bowen talking about the history of Chinese immigration to Nanaimo, Snuneymeuxw elder Geraldine Manson sharing her experiences growing up as an aboriginal woman in Nanaimo,

Kathleen Kelly on nursing in Central America, Merv Unger on being a referee for professional wrestling, Bryan Stovell on the history of jazz in Nanaimo and Joe Martin on the tumultuous business of boxing in the harbour city.

The next series is being planned now for fall of 2017, those interested in speaking or attending the series should contact *John Horn, Social Planner at the City of Nanaimo;* john.horn@nanaimo.ca / 250-755-4491

YOU SAY DOWNSIZE, I SAY RIGHTSIZE



We have all heard the expression "I want to downsize" but recently there has been a shift in how we refer to it.

People have embraced the expression of wanting to "rightsize", which means positively decreasing the clutter while keeping what you need for your lifestyle and space. Furniture can now do double duty, like an ottoman with storage inside. Rather than moving downwards, you are moving towards the right size for you. It is a more personal view of decreasing belongings, square footage and expectations.

Begin rightsizing today by keeping your favorite item and donating the duplicates to a charity. Free up closet space by discarding the worn, torn and stained clothing that charities do not accept. Pass keepsakes on to your family now and consider selling larger pieces to have a less cluttered living space. Embrace your choice, embrace your space!

Submitted by *Marian Remenda Rightsize Your Home Inc.*

NANAIMO MEMORY CARE – Avenir Senior Living



Coming to Nanaimo a residential community that offers a home for those who need memory care support. This may mean dementia, stroke complications, or brain injury. This community offers a unique approach to these issues affecting so many of our community's members. We have four neighborhoods within our community, while the neighborhoods are identical design; they are designed to accommodate different levels of cognitive ability. Residents are often eased by the consistent surroundings

FOR THE RICH THERE'S
THERAPY
FOR THE REST OF US THERE'S
CHOCOLATE

among neighbors that are experiencing relatively the same degree of cognitive function, which helps in building cohesive communities.

We base our care on the Eden Philosophy – The vision is to eliminate loneliness, helplessness and boredom. We are focused on wellness rather than illness. We believe that when an individual's ability to contribute is recognized, the years to come can be a time of meaningful active and satisfying personal growth. Coming this May 2017 a unique approach in memory care, in a residential setting.

www.nanaimomemorycare.com

A TESTIMONIAL

Lifeline Testimonial

"Since getting lifeline, I feel much more confident and secure around home. I just wear the wrist-band and there's no effort with it and I find that it gives me a lot more security especially when I am living alone" – *Mrs K*

AWARENESS MONTH

National Oral Health Month, is supported by the Canadian Dental Health Association and is held each



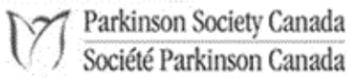
April.

By promoting better oral health, this month long event encourages Canadians to have a better quality of life.

Compared to other parts of the body, people often ignore problems with their mouths. Bleeding and tender gums, oral pain, and mouth infections, are common problems which are often ignored but can affect a persons quality of life.

Oral problems can affect the way a person eats, speaks and even socializes. Quite often people who consider their teeth to be 'poor' will not consciously smile with their mouth open. In some cases people with oral health problems avoid social interactions.

Parkinson's Awareness Month



in April is an awareness initiative

held in Canada and the United States each year (other countries may also support this event).

In Canada, the major supporting organization for this event is Parkinson Society Canada, and, in the United States, it is the American Parkinson Disease Association. Raising public awareness about Parkinson's disease is very important. Although there are no official statistics, Parkinson's disease is thought to affect over 1,000,000 people in the United States.

SAFETY TIP

A note about getting into your car in a parking lot, or parking garage - Be aware, look around you, look into your car, at the passenger side floor, and in the back seat.

MINDFULNESS TIP #2

This one is called Conscious Observation. Try it by simply picking up an object that you have lying around. Any mundane everyday object will do...a coffee cup or a pen for example. Hold it in your hands and allow your attention to be fully absorbed by the object. Observe it. Don't assess it or think about it, or

study it intellectually. Just observe it for what it is. You'll likely feel a sense of heightened "nowness" during this exercise. Conscious observation can really evoke the feeling of "being awake". Notice how your mind quickly releases thoughts of past or future, and how different it feels to be in the moment. Conscious observation is a form of meditation; subtle, but powerful. By practicing it in this way you'll really start to sense what mindfulness is all about.

In the book *Mindfulness, Bliss and Beyond*, Ajahn Brahm describes his own personal experience of conscious observation...

"The mind is like a megawatt searchlight, enabling you to see so much deeper into what you are gazing at. Ordinary concrete becomes a masterpiece. A blade of grass literally shimmers with the most delightful and brilliant shades of fluorescent green. ..the pretty becomes profound and the humdrum becomes heavenly under the sparkling energy of power mindfulness.

You can also practice Conscious Observation with your ears rather than your eyes. Many people find that [mindful listening](#) is a more powerful mindfulness technique than visual observation.

Source: www.the-guided-meditation-site.com

ABORIGINAL FACTS

There are more than 600 First Nations in Canada, including 52 cultural groups and more than 50 Aboriginal languages. On top of this number are numerous Inuit and Metis communities across the country.

APRIL 10 - 28 – SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10</p> <ul style="list-style-type: none"> • Drop in 10am – 3pm 	<p>11</p> <ul style="list-style-type: none"> • Drop in 10am – 3pm 	<p>12</p> <ul style="list-style-type: none"> • Drop in 10am – 3pm 	<p>13</p> <ul style="list-style-type: none"> • Chair yoga with Shelia 10:45am – 11:30am • BC Association of Community Response Networks - Seniors Aging Out – LGBTQ2+ 2pm – 3pm 	<p>14</p> <ul style="list-style-type: none"> • Centre Closed • Good Friday
<p>17</p> <p>Centre Closed</p> <p>Easter Monday</p>	<p>18</p> <ul style="list-style-type: none"> • Drop in 10am – 3pm 	<p>19</p> <ul style="list-style-type: none"> • Drop in 10am – 3pm 	<p>20</p> <ul style="list-style-type: none"> • Colour Me Calm with Dan Elliott 10:30am – 12pm • Pathways to Attachment and Love with Philip Be'er 1:15pm – 3:30pm 	<p>21</p> <ul style="list-style-type: none"> • Better Together Champion 10am – 11:30am • Essential Life Skills for Healthy Relationships for Seniors; Personal Boundaries: 1pm – 3pm
<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 	<p>26</p> <ul style="list-style-type: none"> • Drop in 10am – 3pm • Free Hearing Screenings done by Connect Hearing 10am – 1pm 	<p>27</p> <ul style="list-style-type: none"> • Chair yoga with Shelia 10:45am – 11:30am • Cedar Bark Weaving with Mary 1:30pm – 3:00pm 	<p>28</p> <ul style="list-style-type: none"> • Essential Life Skills for Healthy Relationships for Seniors; Grief and Loss: 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.