

## FEATURE ARTICLE

BY

**VALERIE CHILDS**

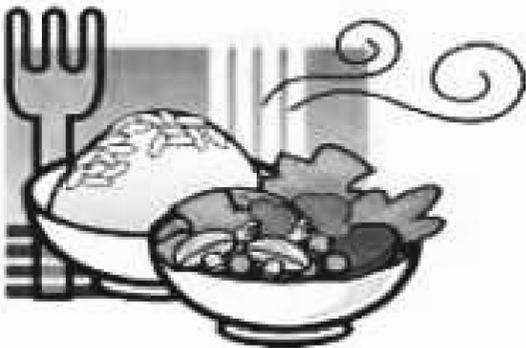
**NANAIMO LIFELINE CHECK-IN**

### NUTRITION AS WE AGE – EATING TOGETHER

Malnutrition can sneak up unnoticed and is another health risk that many seniors face. With increased medications and less physical activity, a lack of nutrients, and digestion problems can occur. Malnutrition causes fatigue, anemia, and a weakened immune system. Sometimes loneliness and depression can cause an increase or decrease in eating. To combat these, seniors can make a point to not eat alone. Dinner dates, adult day-care centers, and senior meal programs are great options for creating a social atmosphere, which will stimulate the mind and help a senior eat better. Join the Senior Connect Center who has free cooking groups. Call 250-591-2924 for more information.

While calorie intake is important to monitor in order to lose or maintain weight, eating healthy does not have to be about sticking to a strict diet. It is more about quality than quantity. One can eat an abundance of nutrient dense foods that contain less calories and still feel satisfied after each meal. It's important to remember that it is easier to transition into eating healthier foods by substituting one thing at a time at each meal. For example, switch a cookie with a handful of fresh berries; or try eating a slice of whole grain toast instead of using white bread. Replace unhealthy amounts of salt with other herbs while cooking. Small steps like this will help your body stop craving unhealthy foods, and start craving healthy ones. Take those tasty treats outdoors. Now that the weather is getting brighter, take a picnic lunch to the park. If you don't meet someone there you are sure to make friends with some winged or 4 legged friends!

Sources: *National Institute of Aging, Valerie Childs MSc - Lifeline Check-In Service*



### ENGAGE WITH SENIORS CONNECT - Healthy Bodies, Healthy Minds from Seniors Connect

Are you looking for an exercise class suited to older adults? EngAGE with Seniors Connect has two exercise classes running at the Seniors Connect Centre in May.

**Chair Yoga with Sheila Crampton** on Thursday, May 18<sup>th</sup> at 10:45. Enjoy a small class that provides guided stretching classes and poses using chairs to assist for balance.

**Light Exercise with Brian Sugiyama** on Friday May 12, 19 and 26<sup>th</sup>. Enjoy a 40-minute program that uses bodyweight and resistance band exercises that will provide you with an introductory fitness class for those who want to start on a journey to



Enjoying a 3M Music Session

better health.

**Advanced Care Planning with Nanaimo Community Hospice** The workshop on May 19<sup>th</sup> from 1 to 3pm will provide information and support for preparing documents ensuring you have a voice in your future health care decisions.



**Essential Life Skills for Healthy Relationships** – the Nanaimo Family Life Association's series continues with **Creating Change** on May 12<sup>th</sup> and **Healthy Self Esteem** on May 26<sup>th</sup>. Our workshops focus on enhancing relationship possibilities for people by offering opportunity for growth through increased self awareness and understand in a small group setting in an atmosphere of respect and comfort.

All classes are free of charge. Space is limited. Call 250-591-2924 today to register.

### EngAGE WITH US!

The EngAGE with Seniors Connect program is actively recruiting volunteers to provide support to our community programs. We will provide training and interesting opportunities for adults 55+ to work with other older adults in Nanaimo who may be at risk of social isolation. If you have a few hours a week and would be interested in helping with any of the following: transportation, friendly visiting, program support, community ambassador or being part of the Seniors Advisory Committee for the Nanaimo Family Life Association, please contact Jane Vinet at 250-754-3331 x 203 or email [j\\_vinet@nflabc.org](mailto:j_vinet@nflabc.org)

**Seniors Connect Electronic Newsletter** Are you on-line? Be sure to register for the Seniors Connect E-Newsletter and Newsflashes and have all the latest workshop and program information delivered straight to your email. You can sign up at [www.nanaimoseniorsconnect.ca](http://www.nanaimoseniorsconnect.ca)

### EYE HEALTH TIPS

from Eye Care Nanaimo

#### Veggies for Vision



As we get older, we face an increasing risk of losing vision from age-related eye conditions such as cataract or glaucoma. One way of reducing the risk is with a diet rich in

anti-oxidant nutrients. A variety of greens and coloured vegetable and fruits are essential to keeping the eyes healthy.



### 3 M PROGRAM

**3rd Monday**

Monthly Music

**FREE**

Call for reservation  
250-591-2924  
Limited Seating.  
When: 3<sup>rd</sup> 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

### 5 TIPS TO STAY HEALTHY AT HOME

Courtesy McMaster University

#### 1. Prevent falls

Falls are the leading cause of injury among older adults, but they can be prevented! Find out what the research shows really works to help keep you on your feet, including options for strength building and balance training.

#### 2. Change your diet

A healthy diet can help prevent common health problems, including heart disease and diabetes. Try these [5 diet changes supported by research evidence](#) to help you age well.

#### 3. Get up and get moving!

Regular exercise is one of the best ways to stay healthy as you age. And don't forget to [sit less](#) – as well as exercise more – to lower your risk of health problems. Find out which types of exercise work best for different conditions and tips to help you get moving!

#### 4. Avoid isolation and depression by staying active and social

Many people feel lonely and lose social connections as they age. Isolation and depression go hand-in-hand and can lead to other health problems, even shorten your life. Staying social and engaged with other people is a good way to avoid isolation. [Exercise](#) and [mindfulness](#) are two ways to help ease and avoid depression.

#### 5. Review your medications

A growing number of older adults have more than one medical condition and take multiple medications every day. It can be hard to keep track of it all! Some medications can interact with others, and some may be unnecessary... or even harmful to your health. Read more about the ["Pitfalls of Polypharmacy"](#) and [when it might be wise to stop taking certain medications](#).

### AWARENESS MONTH

#### CELIAC AWARENESS MONTH

Check out our educational activities this month and join in! **May 1** – #AskTheCeliac Twitter Party from 8-9pm. Follow us



@CCAceliac and our co-host @MumsnChums for a chance to win great prizes. Sponsored by [www.catelli.ca](http://www.catelli.ca)  
**May 16** – #CeliacAwareDay, **International Celiac Awareness Day**. Give generously today to support CCA.

**May 17** – Free Celiac education webinar on Reading Labels. 5 – 6pm EDT and then 8 – 9 pm EDT. Watch for details on how to register.

**May 31** – #Ask The Celiac Facebook Day. Visit our Facebook page and post your questions.

Don't forget to check out our chapters across Canada for local events and activities!

In Canada, CCA will be marking **May 16** as a national celiac giving day. Friends and family with celiac disease or gluten intolerance will be asked to give generously to help support educational programming, investigation of disease research, and fund outreach initiatives.

CCA supports its members by providing education and counselling to those diagnosed with the disease or sensitivities.

#### BLADDER CANCER MONTH



2017 is the second ever Bladder Cancer Awareness Month (BCAM) in Canada.

With support from our dedicated volunteer team across the country, it can be a huge success.

Did you know there are more than 80,000 Canadians living with bladder cancer? It is our goal to reach and impact each and every one of them. That is why this year's campaign is focussed on reaching patients and showing the country how Bladder Cancer Canada helps. And you can help us to spread this message far and wide by using the hashtag #YellowHelps – it's easy to do. The more people know, the more people we can support.

#### TIP #4: MINDFULNESS CUES



In this exercise you focus your attention on your breathing whenever a specific environmental cue occurs. For example, whenever you hear the phone ring, you promptly bring your attention into the

present moment and stay focussed on your breath.

Simply choose a cue that works for you. Perhaps you will choose to become mindful every time you look in the mirror. Perhaps it will be every time your hands touch each other. Perhaps it will be every time you hear a bird.

Mindfulness cues are an excellent mindfulness technique that are designed to snap you out of the unconscious "autopilot" state of mind and bring you back into the present moment.

#### ABORIGINAL FACTS



Michif is the language of the Metis Nation. The language was developed by the 1st generation of Metis children who started blending parts of two languages into Michif language. The Michif language

originated with the Metis people in Ontario and Manitoba in the 1700's and became an official bartering language. Michif is comprised of French nouns, Cree verbs, French masculine/feminine rules, Cree living/non-living rules. It is estimated that there are only 400 completely fluid Michif speakers left alive in Canada.

#### THE SCHOOL REUNION



He was a widower and she a widow. They had known each other for a number of years being high school classmates and having attended class reunions in the past without fail.

This 60th anniversary of their class, the widower and the widow made a foursome with two other singles. They had a wonderful evening, their spirits high, The widower throwing admiring glances across the table. The widow smiling coyly back at him. Finally, he picked up courage to ask her, "Will you marry After about six seconds of careful consideration, she answered, "Yes yes I will! "

The evening ended on a happy note for the widower, But the next morning he was troubled. Did she say "Yes" or did she say "No"

As he gained a little more courage he then inquired of her. "When I asked if you would marry me, did you say "Yes" or did you say "No"

"Why you silly man, I said 'Yes. Yes I will.' And I meant it with all my heart."

The widower was delighted, He felt his heart skip a beat. Then she continued. "And I am so glad you called because I couldn't remember who asked me!"

#### CLIENT TESTIMONIAL

"Thank you so much for this information and being so diligent at follow up".

*Iris D., Check-In Client re-Seniors Connect Event Information*

#### 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.

## MAY 7 -MAY 26 – SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
8 • Drop in 10am-3pm	9 • Drop in 10am-3pm	10 • Drop in 10am-3pm	11 • Chair yoga with Sheila 10:45am – 11:30am	12 • Light Exercise with Brian for Adults 55+ 11:30am – 12:30pm • Essential Life Skills for Healthy Relationships for Seniors; Creating Change 1pm – 3pm
15 • Drop in 10am-3pm 🎵 3M MUSIC 7pm-9pm	16 • Drop in 10am-3pm	17 • Drop in 10am-3pm	18 • Chair yoga with Sheila 10:45am – 11:30am • Cowichan knitting with Joanne Bob 1:30pm – 3:30pm	19 • Light Exercise with Brian for Adults 55+ 11:30am – 12:30pm • Advanced Care Planning with Nanaimo Community Hospice (Part 2) 1pm - 3pm
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

Please note workshops are subject to change, please visit our website [www.nanaimoseniorsconnect.ca](http://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.