

# Seniors Connections



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## FEATURE ARTICLE

BY  
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**LIVING THE 5210 WAY**



We all have heard the saying "an apple a day keeps the Doctor away?" Well, living the 5210 way will help keep you healthier, happier and that Doctor even further away!

### Food is Medicine.

This is a better way to help promote healthier eating for you. Striving to eat a total of at least **5** servings of vegetables and fruit a day is a great start.

### Exercise is Medicine

Limiting screen time which includes tablets, smartphones, TV, video games and computer to less than **2** hours a day will help and with regards to physical activity or exercise, **21** minutes a day (or 2.5 hours a week) will keep you healthier and happier for life.

### Drinking Healthy

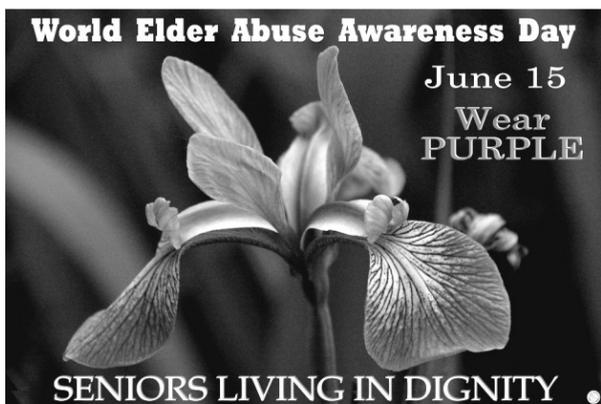
The preferred beverage of choice is water (low fat milk works too). If you do drink alcohol, **1** drink a day or less (7 drinks a week or less) is also a better way to be. Please don't drink and drive. By limiting sugared drinks which includes fruit juices, soda and sports drinks to **0** a day is the goal!

For more information check out: YouTube and search "**MD minute shaw**"

to walk a straight line or touch a finger to the nose.

- **E – EYES:** Sudden vision changes, such as double vision or blindness in one eye.
- **F -- FACE DROOPING:** Droopiness or numbness on one side of the face, such as an uneven smile.
- **A -- ARM WEAKNESS:** Weakness in one arm, such as not being able to raise both arms.
- **S -- SPEECH DIFFICULTY:** Slurred speech or speech that is difficult to understand.
- **T -- TIME TO CALL 911:** If any of the above symptoms are present, it's important to call emergency responders or go to the ER right away, even if symptoms seem to disappear. Be sure to record the time when symptoms started.

## WORLD ELDER ABUSE AWARENESS DAY JUNE 15<sup>TH</sup>



The World Health Organization (WHO) defines elder abuse as "a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person." In 2015 more than 750,000 Canadian seniors experienced some form of physical, sexual, psychological or financial abuse and neglect. Pledge to stand up for vulnerable older adults. Name it - report it - advocate for the elders in our community who cannot stand up for themselves. Take the "It's Not Right" or "Better Together Champion" training and learn how you can help seniors to live in dignity - achieve the highest of honours and care for those who cared for us. Nanaimo Family Life Association's EngAGE with Seniors Connect, Island Health, along with other community partners are holding a World Elder Abuse Awareness Day event June 15th at the Beban Park Social Centre

## AWARENESS MONTH



### June is Stroke Awareness Month

Strokes are the leading cause of adult disability and the third

leading cause of death in Canada. That's why the Heart and Stroke Foundation is spending this upcoming month urging Canadian residents, especially women, to educate themselves about the prevention and warning signs of stroke.

To help inform people about the risk factors of stroke, the foundation has launched two smartphone apps. They are designed to help people make simple lifestyle changes to reduce their risk of stroke.

Use these tips to help you "BE FAST" in detecting the symptoms of stroke:

- **B -- BALANCE:** A sudden loss of balance or coordination, such as not being able

## \$\$ - 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	



## COFFEE COUPON

**BUY ONE, GET ONE FREE**

1861 Dufferin Crescent, Nanaimo, BC V9S 0B1

Offer expires: Jun 30<sup>th</sup>, 2017



## 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 250-390-2924

## 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



from 10am to 3pm. If you are 55+, volunteer or work with seniors services and would like to learn more about abuse identification and prevention, we invite you to join us for a day of learning, activities and a light lunch. This is a free event, but **registration is required**. Learn more and about the day's activities at [www.nanaimoseniorsconnect.ca](http://www.nanaimoseniorsconnect.ca). Call to register to attend at 250-754-3331. And don't forget to wear purple!

**NANAIMO WOMEN'S RESOURCE CENTRE (NWRC)**

**The Seniors WELL Program**

Do you self-identify as a senior and would you like help build a vibrant Nanaimo Senior Connect community?

The Seniors WELL program (affiliated with the Nanaimo Women's Centre) provides a culturally safe set of services that promote senior wellness, health and community for seniors. The WELL program is committed to the inclusive participation of seniors of all genders and ages 55+.

The Seniors WELL program have had an exciting start to their May 2017 programming with workshops led by seniors designed to support seniors' needs. For example, the Women's WELL workshops at the Snuneymuxw Health Centre: Hawaiian Dance with Susan Garcia and Seniors Chair Yoga with Sheila Crampton and the OWL workshop: Cowichan knitting with Joanne Bob. Some upcoming June 2017 events will include: Our Seniors Connect: National Aboriginal Day Celebration. Some exciting June 2017 workshops include: A Women's Self-Care Workshop with Tammy Phye of Lifestyle Harmony, and Will and Estate Planning Re-Cap and Identity Theft Protection with John Boudreau and Kalon Goodrich of LegalShield. Please contact Fiona S., the Seniors Program Coordinator for program information or to pre-register for classes at: 250-753-0633! We look forward to hearing

from you!

**COOKING WITH SENIORS CONNECT**

Beginning June 16<sup>th</sup>, Seniors Connect and Nanaimo Community Kitchens Society are providing cooking classes for adults 55+ who would like to learn to prepare simple, nutritious meals for freezing or sharing with others. Food and recipes will be provided. The program is free and is limited to 10 participants per class and is geared to those who have limited cooking knowledge. "If you really want to make a friend, go to someone's house and eat with them... the people who give you their food give you their heart." – Cesar Chavez

**ENGAGE WITH SENIORS CONNECT**

The next volunteer orientation session will take place at the Nanaimo Family Life Association, 1070 Townsite Road on Tuesday June 20<sup>th</sup> from 1 to 3pm. If you are interested in becoming part of the EngAGE Volunteer team, please join us for an overview of the project and learn about the various ways you can become part of the project. If you are 55+ and would like to attend, please call 250-754-3331 or email [j\\_vinet@nflabc.org](mailto:j_vinet@nflabc.org) to register.

**ABORIGINAL FACTS**



**June 21 is National Aboriginal Day.** This is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples. The Canadian Constitution recognizes these three groups as Aboriginal peoples, also known as Indigenous Peoples. Although these groups share many similarities, they each have their own distinct heritage, language, cultural practices and spiritual beliefs.



**Cooking with Seniors—to register call the Seniors Connect Centre. Classes limited to 10 budding chefs.**

In cooperation with Indigenous organizations, the Government of Canada chose June 21, the summer solstice, for National Aboriginal Day. For generations, many Indigenous Peoples and communities have celebrated their culture and heritage on or near this day due to the significance of the summer solstice as the longest day of the year.

**Jun 5 –JUN 23 – SENIORS CONNECT CENTRE CALENDAR**

Monday	Tuesday	Wednesday	Thursday	Friday
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
12 • Drop in 10am-3pm	13 • Drop in 10am-3pm	14 • Drop in 10am-3pm	15 • Chair yoga with Sheila 10:45am – 11:30am • Follow Up Women's Self-Care Workshop with Tammy Phye of Lifestyle Harmony 2pm –	16 • Cooking with Seniors Connect 10am – 12pm • Better Together Champions 1:30pm – 3pm
19 • Drop in 10am-3pm • 3M Music Night 7pm – 9pm	20 • Drop in 10am-3pm	21 • Drop in 10am-3pm • National Aboriginal Day 10am – 12pm	22 • Chair yoga with Sheila -10:45am – 11:30am • Will and Estate Planning: Protecting Seniors Against Identity Theft with John Boudreau and Kalon Goodrich of LegalShield workshop 1pm – 2:30pm	23 • Cooking with Seniors Connect 10am – 12pm • Essential Life Skills for Healthy Relationships for Seniors; Conflict Resolution 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.