

## The Nanaimo Lifeline Program



The Nanaimo Lifeline Program is celebrating 30 years of service to the people of central

Vancouver Island.

Who would have believed that in 1986 when the Nanaimo Auxiliary to NRGH began looking into bringing Lifeline to Nanaimo that the program would have been so very successful? In January of 1987 the program became officially the Nanaimo Lifeline Program and the first home units were installed in July that year.

By its nature, the program has a high turnover rate, 77% of our clients are between the ages of 80 and 106. Since we began providing this valuable means of independence to our clients we have served more than 8000 people. Today we have more than 1560 active clients.

Lifeline is a way for a medically at risk or disabled persons to send a call for help from home when unable to use a telephone. We are pleased to be able to say that we have assisted many people to continue living in their own homes for as long as medically possible.

Our Executive Director, Joan Ryan, has first-hand experience with this as Lifeline helped her parents remain in their own home until their 91<sup>st</sup> year.

For more information about the various options that Lifeline offers visit our website [www.Nanaimolifeline.ca](http://www.Nanaimolifeline.ca), contact the office at 202-1801 Bowen Road, by phone 250-739-5770, by email at: [Lifeline@nanaimohospitalfoundation.com](mailto:Lifeline@nanaimohospitalfoundation.com), or stop by and one of our staff will be happy to help you.

## Check-In Service



The Nanaimo Lifeline Program has a new Check-In service.

Along with our partners we have successfully acquired government funding to provide support to seniors who are in need of an increased social network.

The Check-In Service is intended to support the needs of Lifeline clients through phone calls that are scheduled based on the client's needs. Further, we are in partnership with the Seniors Connect Centre and clients of the centre are encouraged to sign-up for social calls from Lifeline to let them know about programs and events offered by the partners both at the centre and in the community. A spot

can be reserved for them at any Centre activity they wish to attend. This helps keep our partners aware of the number of people they can expect at any event. See **What's On** over page.

For more information about the Check-In service contact the office at 250-739-5770, or by email:

[Lifeline@nanaimohospitalfoundation.com](mailto:Lifeline@nanaimohospitalfoundation.com)

## The Seniors WELL Program

Do you self-identify as a senior and would you like to 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 respectful and inclusive participation of seniors of all genders and ages 55+ regardless of ethnicity, socio-economic background, religion or sexual orientation. The Seniors WELL program provides in-house and out-of-house tenancy, client support and resource planning in tandem with senior programming for all genders. Most importantly, our Seniors WELL program is guided by resilient Seniors Participant Project Counsel members.

The Seniors WELL program has had an exciting start to their winter programming with workshops led by seniors designed to support seniors' needs and interests. For example, workshops such as: smartphone literacy and seniors financial empowerment. One winter Women's WELL program offering has included: the women's self-care workshop. Some of our OWL cultural engagement workshops have included: First Nations beading and poetry slams. Many amazing seniors have jumped on board and continue to volunteer in our programs.

Moving forward, in January 2017, the WELL program expanded out into the community to build strong intergenerational and inter-cultural links. Some February 2017 workshops included: a senior's advocacy group, and a legal will creation series.

Please contact Fiona Stuart, the Seniors Program Coordinator for program information or to become a knowledge philanthropist at: 250-753-0633! We look forward to hearing from you!

## Some Testimonials

*The Women's Self-Care Workshop:*

- "It's wonderful to learn about others!"
- "I love building a new community of women through inspiring workshops."

*The First Nations Beading Workshop:*

- "I love connecting with new beaders."
- "Beading minimizes my isolation"

*Lifeline Check-in Testimonials*

- "It's so nice talking to you in the mornings. These calls are how I get out of bed each day and I can have my chat with you"
- "This call makes me feel so much better."

## Awareness Month

**February** is Heart and Stroke month



For more than 60 years, Heart & Stroke has been dedicated to fighting heart disease and stroke. Our work has saved thousands of lives and improved the lives of millions of others. You'll probably run into someone today who is alive and well thanks to the countless Canadians who have supported our cause with their time and donations.

**March** is Canadian Liver Foundation month



Founded in 1969 by a group of doctors and business leaders concerned about the increasing incidence of liver disease, the Canadian Liver Foundation (CLF) was the first organization in the world devoted to providing support for research and education into the causes, diagnoses, prevention and treatment of all liver disease. Throughout the Foundation's 40+ years, we have served as a model for similar organizations around the world.

**March** is also Childhood Arthritis month.



As many as 24,000 Canadian children and teens live with arthritis, or more than three out of every

1,000 kids. The Arthritis Society wants to hand back childhood, and help these kids enjoy being kids.

### What's On

The Seniors Connect Centre is located at 150-B Wallace Street, between Wentworth and Campbell Street, and is close to the Caledonia Clinic. The centre is staffed five days per week between 9am and 4pm. Seniors may drop in from 10am to 3pm on Monday, Tuesday and Wednesday, socially engage with other older adults; join a game of cards, enjoy a cup of tea and make new friends. For the many other events at the centre please visit:

[www.nanaimoseniorsconnect.ca/events/](http://www.nanaimoseniorsconnect.ca/events/) to see the calendar or phone 250-591-2924. See the list below for events in March.

Better yet, why not register your name with the Centre so that you can receive a social phone call from the Check-in service letting you know what is going on and reminding you of events that may be of interest to you.

- EngAGE with Seniors Connect Volunteer Training Part 2 of 2 - Thu, Mar 2nd, 2017 @ 1:30pm
- Cooking with Seniors Connect - Fri, Mar 3rd, 2017 @ 10:00am
- Men's Health & Light Exercise with Brian - Fri, Mar 3rd, 2017 @ 1:00pm
- Essential Oils and Shiatsu with Lynda Choy - Thu, Mar 9th, 2017 @ 2:00pm  
Workshop Location: Snuneymuxw Recreation Centre, 1145 Totem Road, The Mezzanine, Nanaimo, B.C.
- Men's Health & Light Exercise with Brian - Fri, Mar 10th, 2017 @ 1:00pm
- Cooking for Seniors with Janice Spencer - Thu, Mar 16th, 2017 @ 1:30pm
- Cooking with Seniors Connect - Fri, Mar 1
- Men's Health & Light Exercise with Brian - Fri, Mar 17th, 2017 @ 1:00pm
- Cedar Bark Weaving with Mary Martin - Wed, Mar 22nd, 2017 @ 5:00pm  
Location: Uplands Walk, 6025 Uplands Dr, Nanaimo, BC V9V-1W9. \*Closed to the public. Open to Uplands Walk residents only.
- Cooking with Seniors Connect - Fri, Mar 24th, 2017 @ 10:00am
- Men's Health & Light Exercise with Brian - Fri, Mar 24th, 2017 @ 1:00pm
- Cooking for Seniors with Janice Spencer - Thu, Mar 30th, 2017 @ 1:30pm
- Essential Life Skills for Healthy Relationships for Seniors; Effective

Communication - Fri, Mar 31st, 2017 @ 1:00pm

### Down Memory Lane

One Hundred years ago, in 1917, prohibition was introduced in Nanaimo. That same year the Jingle Pot Mine closed. It is a matter of conjecture whether the laid-off miners found a new occupation as distillers and bootleggers.

World War 1 was also being fought in Europe and an article appeared in the Nanaimo Daily Free Press: A Nanaimo boy, Flight Sub-Lieut. Collishaw, had a thrilling experience and marvelous escape recently. He encountered a German plane over the enemy's lines, and, with goggles smashed by a bullet which grazed his head, he was chased into the clouds by an enemy patrol and finally landed close to a German aerodrome; he was chased back and, without a compass or knowledge of where he was headed, he outdistanced his pursuers by flying over Fort Duaumont and finally found safety in Verdun amidst a hail of shells and bullets. Taken from: [www.canadianletters.ca/content/document-18457](http://www.canadianletters.ca/content/document-18457)

Fifty years ago, in 1967, Canada was celebrating its 100<sup>th</sup> anniversary. Canada got a new flag and Nanaimo got a new Centennial Museum located at 100 Cameron St. Now next door to the Conference Centre visitors to the Nanaimo District Museum are invited to learn about Nanaimo's fascinating past through the eyes of its first residents up to its modern-day inhabitants. Some of the exhibits on hand include the coal mining exhibit, First Nations exhibit and more.

### Free Medication Reviews

As your neighborhood pharmacy, The Medicine Shoppe Pharmacy is glad to introduce one of the "free" government funded program called "Medication Review". To become eligible, you must be taking at least **five prescription medications** to treat your medical condition(s). As such, it is a good idea to sit down with your pharmacist for a Medication Review to ensure that you are getting the most out of your medication.

During the one-on-one meeting, you will have an opportunity to discuss your medication as well as your medical condition(s) with your pharmacist. As part of the service, you will:

- Understand the drug names, strength, adverse effects and usage instructions. This includes any over-the-counter and/or herbal medication.
- Ensure you are taking your medications as your doctor has

directed.

- Discuss strategies to manage adverse effects or issues with remembering when to take your medications.
- Review any recent changes in your current medical condition(s).
- Receive an accurate and complete medication list that may be taken to visits with your physician, other health providers, or if you go to the hospital.
- Discuss other resources available to educate you and support your continued good health.

Designed with your better health in mind, a Medication Review allows you the opportunity to be an active partner with your doctor and your pharmacist, by keeping you informed about your medications and the medical condition(s) they treat. Together with your pharmacist and doctor, it is important to take an active role in managing your health.

Medications should be reviewed regularly (at least every six months) by your pharmacist. If you have changes to your medication, to your health, or have been in the hospital, more frequent appointments may be necessary.

Please call us at (250) 760-0073 to schedule an appointment for your Medication Review. Courtesy of The Medicine Shoppe Pharmacy.

### Quick Aboriginal Facts

Did you know there are three jurisdictions of Aboriginal peoples living in Canada? The jurisdictions are: First Nations, Metis and Inuit.

### Vintage Proverbs:

- A stitch in time saves nine.
- Little strokes fell great oaks.
- She's as cool as a cucumber.
- She's as neat as a new pin.
- He's as neat as a new bandbox.
- All great minds run in the same channel.

### A Couple of Safety Tips

- A Tip from Tae Kwon Do : The elbow is the strongest point on your body. If you are close enough to use it, do!
- If you are ever thrown into the trunk of a car, kick out the back tail lights, stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.