



# SeniorsBC

# e-Newsletter

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## Welcome to the e-Newsletter

To subscribe to the e-Newsletter, visit [www.SeniorsBC.ca](http://www.SeniorsBC.ca) and to unsubscribe, click [here](#).

## Age-Friendly BC

Age-friendly British Columbia (AFBC) is a renewed strategy to help B.C. communities create age-friendly environments that improve quality of life for older residents, and for people of all ages and abilities.

New age-friendly resources and incentives for B.C. communities will include:

- A new recognition program to celebrate B.C. communities that have taken important steps towards becoming more welcoming, inclusive, and accessible to people of all ages.
- Later this Fall, grants of up to \$20,000 will be available to local governments through the Union of BC Municipalities 2012 Age-friendly Community Planning and Project Grants program to support age-friendly community initiatives. Funding for the grants is provided by the Province.
- New tools, including the new *Becoming an Age-friendly Community: Local Government Guide*.

Check out [SeniorsBC.ca](http://SeniorsBC.ca) for more details on the latest [Age-friendly BC](#) programs and resources or email the Age-friendly coordinator at [AgefriendlyBC@gov.bc.ca](mailto:AgefriendlyBC@gov.bc.ca).

## Parliamentary Secretary's Message



There's a lot of buzz about seniors these days. The 2011 BC Seniors Games in August drew crowds – as well as senior athletes and volunteers – from across the province to the beautiful West Kootenay area. In September, when local government representatives gathered in Vancouver for the Union of British Columbia Municipalities (UBCM) annual convention, they discussed how communities could adapt to better

support our aging population. And, once again, the first of October provides an opportunity to celebrate the International Day of Older Persons and, here in Canada, the first National Seniors Day.

That's why it's a particularly exciting time for me to take on the role of Parliamentary Secretary for Seniors. As a parent and grandparent myself, I know that seniors and Elders, in all their diversity, are an important part of strong, healthy families and strong, healthy communities – and I look forward to working with the Minister of Health and our government and community partners to continue promoting healthy, active aging for all British Columbians.

Yours truly,

Ron Cantelon  
Parliamentary Secretary for Seniors to the Minister of Health

## Active Aging Tip

***Being physically active doesn't just mean playing sports. Start off by adding more activity to your daily routine. If you drive to work, try parking a few blocks from the office. Change your weekly coffee date with friends to a walk (you can put your coffee into a To-Go cup!). [Healthy Families BC](#)***

## Healthy Eating for Seniors Handbook – Now Available in French

The French-language version of the popular [Healthy Eating for Seniors handbook \(Alimentation et santé des aînés\)](#) is now available. Healthy Eating for Seniors is designed to help older adults make healthy eating choices.

The handbook provides information and tips about food safety, supplements, and shopping, and includes a selection of healthy recipes.

You can order print copies of the handbook in English, French, and Chinese from the Health and Seniors Information Line. In Victoria, call 250 952-1742; in the rest of the province, call toll-free, 1 800 465-4911. Healthy Eating for Seniors is also available on the SeniorsBC.ca [Healthy Eating page](#), in [English](#), [French](#), [Chinese](#), and [Punjabi](#).

## Making Future Health Care Decisions

Did you know that B.C.'s health care consent and personal planning laws changed on September 1, 2011? Now a capable adult may make an advance directive for health care decisions. Have you thought about the type of life support or life-prolonging medical interventions you would agree to, or refuse, if you were very sick or injured and incapable of deciding for yourself? Would you want a certain person to decide for you? Advance care planning helps you make health care treatment decisions in advance, and can include making an advance directive and/or naming a representative. Advance care planning is a way to express your beliefs, values and wishes or instructions for future health care with your close family and health care provider so they know what to do if a decision is needed. For more information about the new laws, visit [www.seniorsbc.ca/legal/healthdecisions](http://www.seniorsbc.ca/legal/healthdecisions).

## 35th Annual BC Elders Gathering Qepóthet te Mestiyexw – “Bringing People Together”

The 35th Annual BC Elders Gathering was hosted by the Stó:lō and Coast Salish Communities, July 12-14, 2011, in Abbotsford. The Gathering is an opportunity to honour and celebrate Elders, and gives Elders a chance to socialize, share cultural teachings, and make connections with youth and other community members. Over 4,000 Elders from communities across the province traveled to Abbotsford to take part in this year's Gathering.



The Elders Gathering is also a time to learn. Speakers, workshops, and display booths presented information on health and wellness, education, safety, residential school settlements, and much more. Among the many speakers and dignitaries at the event were the Honourable Steven Point “Xwě lī qwěł těł,” Lieutenant Governor of B.C., and Her Honour Mrs. Gwendolyn Point “Shoshqelwet.”

A King and Queen who demonstrate outstanding leadership qualities and community spirit are selected for each Elders Gathering. King Johnny E. Williams “Quahonn” from Scowlitz First Nation and Queen Virginia Peters “Siyamex” from Sts’ailes (Chehalis) led this year's proceedings.

Entertainment and activities for the Elders included First Nations and Métis cultural performances, fashion shows, shopping trips, and tours of the Stó:lō territory. Vendors at the Gathering sold everything from t-shirts to fine handmade jewelry and cedar boxes. For the second year in a row, staff from the Seniors' Healthy Living Secretariat were on hand to share information, listen, and learn from the Elders. Congratulations to the Stó:lō and Coast Salish hosts for an excellent event!

## Do you suffer from chronic pain or have a chronic condition? There is help!

University of Victoria self-management programs are available across BC to assist you and your family in effectively managing your health. Programs include:

- Chronic Disease Self-management (group or online)
- Diabetes Self-management
- Arthritis and Fibromyalgia Self-management

Contact us today!

Toll Free 1-866-902-3767

[selfmanagement@eastlink.ca](mailto:selfmanagement@eastlink.ca)

## Indian Curry Sauté

This is a very light curry, full of healthy vegetables, fruit and fibre. Serve it with brown rice or couscous. The recipe can be doubled, but we do not recommend freezing it. Instead, save it in the fridge for the next day. This recipe and others like it can be found in the [Healthy Eating for Seniors](#) handbook. This handbook can be viewed at [www.SeniorsBC.ca/HealthEating](http://www.SeniorsBC.ca/HealthEating) and copies can be requested by calling the Health and Seniors Information Line at 250 952-1742 (In Victoria) or 1 800 465-4911 (toll free).



**Serves: 1**

**Preparation and cooking time:** 40 minutes – 30 minutes to get everything chopped and in the pot, and another 10 minutes to finish cooking.

**Per serving: Calories: 271, Protein: 7 g, Fat: 9 g, Carbohydrate: 42 g, Fibre: approx. 8 g, Sodium: 336 mgs, Calcium: 85 mgs**

### Ingredients:

2/3 cup (150 mL) finely diced carrots  
1/3 cup (75 mL) finely diced celery  
1/3 cup (75 mL) finely diced apples  
1/3 cup (75 mL) finely diced onions  
1 tsp (5 mL) curry powder  
1 tsp (5 mL) canola oil  
¼ cup (60 mL) water  
¼ low-sodium bouillon cube  
1/3 cup (75 mL) chickpeas  
2 tsp (10 mL) toasted sliced almonds

Variation: Use black beans, pinto beans, diced cooked chicken or diced cooked beef instead of chickpeas.

### Instructions:

1. Dice vegetables.

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## Campbell River: Diversity Lives Here

On Saturday, August 13, 2011, the Campbell River Immigrant Welcome Centre hosted its first Diversity Health Fair, with funding from the provincial government's WelcomeBC. The 64 exhibitors at the fair included the Seniors' Healthy Living Secretariat, which distributed government information and resources focused on healthy living for older adults, Aboriginal people, and newcomers to B.C.

The Diversity Health Fair attracted some 850 people from northern and central Vancouver Island communities, providing an excellent opportunity to share information and receive input from hundreds of fair-goers. Seniors' Healthy Living Secretariat staff were also pleased to connect with organizations like the Campbell River Seniors' Centre Society, the BC Elders Communication Centre Society, and the Affiliation of Multicultural Societies and Service Providers of BC (AMSSA).

## Volunteer Profile: Helen Henley, Campbell River

Helen Henley stays active and involved in her community as a volunteer for the Campbell River Multicultural and Immigrant Services Association (MISA) and other non-profits like the Salvation Army. Born in the Philippines, Helen immigrated to Canada in 1967, first settling in Port Arthur, Ontario.



**Q.** It can be challenging for new immigrants to settle in smaller communities, which typically have less cultural diversity and fewer services than larger urban centres. What drew you to settle in Port Arthur?

**A.** My husband Cecil drew me to Port Arthur. We met in the Philippines, and we were pen-pals for years before he asked me to come to Canada and marry him.

Immigrating to Canada was a great adventure for me, but of course there were challenges. There were no settlement supports then, no ESL [English as a Second Language] classes, none of that. I was lucky, I already spoke English. But I came from the tropics; in Port Arthur, I understood for the first time what it was to be cold. They had a saying there: "We have six months of winter and six months of poor skiing."

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### Indian Curry Sauté continued...

2. In heavy skillet (fry pan), heat oil, add vegetables and cook over medium high heat for two to three minutes.
3. Dissolve the ¼ bouillon cube in ¼ cup of water, and add to the vegetables with the chickpeas. Cook to desired tenderness.
4. Top with toasted almonds.

### Helpful Hints:

If you use canned chickpeas, drain off the liquid in the can and rinse beans well under cold water to remove some of the salt. You can save canned chickpeas in the refrigerator and add them to a salad for extra protein and fibre. Or you could use them to make hummus in your blender – or, for a quick lunch, combine them with cooked vegetables and wrap the whole mixture in a soft whole wheat tortilla.

Adapted from Eileen Faughey's Quick Flip to Delicious Dinners, 1999.

### Volunteer Profile: Helen Henley continued...

There were five other Filipinas in Port Arthur. I knew them, but because I worked in a bank, and they were all nurses, I was never really part of their group. Cooking was another challenge: I couldn't find the ingredients I was used to, except for bean sprouts, which I'd buy from a Chinese restaurant. I had to learn to cook all over again, with ingredients that were foreign to me.

We lived all over Ontario, but when we retired, we wanted somewhere new to live that would meet both our needs. We chose Campbell River, because here Cecil can fish all year round. And it appealed to me because I began my life on an island in the Pacific, and now I'm living on an island in the Pacific once more.

Q. In August, you helped out with Campbell River's first Diversity Health Fair, which focused on physical and emotional well-being. How do you take care of your own health and well-being, and how has this changed as you've grown older?

A. When you're retired, you have to work harder to keep your mind and body active and engaged. I read, keep up with the news, do Sudoku, and use my skills when I volunteer. I do tai chi, and go to the gym when I can. Also, we have a dog, and he takes me for walks!

Cecil and I run a bed and breakfast, so we meet people from all over the world, and that opens our horizons. I have a good life, and I remind myself to be thankful for that.

Q. You spent three years on the Board of MISA, including one year as president. Has your experience as an immigrant affected the kinds of volunteer work you take on?

A. When I was still working, I volunteered as a "Big Sister," and we hosted ESL students. My "Little Sister" and some of our students have been like part of our family, and we've stayed in touch with many of them over the years.

Volunteering helps me live my life with purpose and passion. Now that I'm retired, I look for meaningful volunteer work to challenge me and fill my time – things that speak to my heart, like volunteering with the Salvation Army, where I've helped with the Hot Meal Program every Thursday for the past three years; things that speak to my mind, like sitting on a Board; and I'll step in where I see a need. I helped raise money for Japan after the tsunami, and I recently organized and obtained a grant for a subsidized food safe class for volunteers.

My own life experience does affect how I volunteer. I am grateful to live in Canada; I don't think I could have found a better life anywhere else. I am valued and accepted, and volunteering is one way that I can say "thank you."

## Upcoming Events:

### 3rd Annual Seniors Health & Wellness Fair Nanaimo, B.C.

October 6, 2011

Nanaimo Senior Services Network presents the 3rd Annual Seniors Health & Wellness Fair on Thursday, October 6th from 10:00 a.m. to 6:00 p.m. at the Beban Park Recreation Centre (2300 Bowen Road) in Nanaimo. For more information, call 250-739-5768 or email [ellen@nanaimohospitalfoundation.com](mailto:ellen@nanaimohospitalfoundation.com).

### 20th Annual Seniors Symposium Penticton, B.C. October 19, 2011

South Okanagan Seniors Wellness Society hosts the 20th Annual Seniors Symposium on Wednesday, October 19th from 9:00 a.m. to 4:00 p.m. at the Penticton Trade & Convention Centre. This year's theme is "Volunteering & Healthy Aging". For more information, visit [www.seniorswellnesssociety.com](http://www.seniorswellnesssociety.com).

## Senior Athletes Shine in BC Seniors Games

**We do not stop exercising because we grow old - we grow old because we stop exercising.**

**- Dr. Kenneth Cooper, Cooper Institute**

Three West Kootenay communities – Castlegar, Nelson and Trail – co-hosted the 2011 BC Seniors Games with the motto “Three Cities, One Goal.” Held from August 16-20, this year’s games gave more than 2,800 older athletes a chance to shine – in events ranging from ice hockey, dragon-boating, and archery to cribbage, horseshoes, and one-act plays.

The games, which attracted a large number of spectators and 1,700 volunteers, provide a great example of healthy, active aging. This year’s highlights included eight new Canadian records in track and field, and the Nanaimo mixed 55+ curling team sliding a rare “eight ender.”

Congratulations to all this year’s participants! Next year’s games are slated for August 21-25, 2012, in Burnaby.



**Invermere’s Ed Kluczny, 89, won gold at the 2011 BC Seniors Games in the 5,000-metre power walk and the 10-kilometre road walk for the men’s 85-89 age category. Over the years, Ed has competed in 23 BC Seniors Games and taken home 39 medals. He plans to compete in the men’s 90+ age category next year. Photo courtesy of The Columbia Valley Pioneer Newspaper.**