



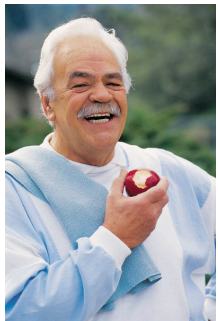
North Shore  
Neighbourhood  
House

*...the heart of the community for over 65 years*

# Vital Living for Healthy Aging



## Seniors Outreach Wellness Education Program



Mount Seymour  
Lions Club



# VLHA Program Goals

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- To promote and build seniors capacity for healthy aging within their own neighbourhoods and in the greater community.
- To empower seniors to maintain their health and independence as much as is possible and reasonable.
- To encourage support networks.

*VLHA is the Vital Living for Healthy Aging program*

# VLHA Program Components



- Guest speakers
- Mind and Body fitness
- Healthy living principles and practices
- Self-responsibility
- Interactive
- Small group structure
- Social connection



## VLHA Sampling of Session Topics

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- Stress Survival
- Brain Gymnastics
- Laughter Yoga
- Safety at Home
- Power of Affirmations
- Healing Foods
- Vision and Aging
- Hand Reflexology
- Emotional Freedom
- Caring Community
- Life that Loves to Happen
- Self-Defence
- Music Therapy
- Pain Management



# VLHA Program Development

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- Pilot Project started February 2007
- Initial funding source: United Way  
*Community Innovation Grant*
- 2008 program of North Shore  
Neighbourhood House
- Funding support:  
*Mount Seymour Lions Society*  
*Other avenues being sought*

# VLHA Program Delivery

- Offered monthly at selected sites on the North Shore
- Space is donated
- Attendance by donation
- Guest speakers may receive an honorarium
- Facilitated by the Outreach Coordinator
- Refreshments provided



# VLHA Participants



*"..liked the energetic discussion"*

*"...am looking forward to staying healthy and fit into my eighties."*

*"..thank you, a worthwhile activity."*

*"I learned exercises to help me relax."*

*"..my mind and body seem to be lighter."*

*"...very interesting and knowledgeable instructor"*

*"I've learned different methods of handling pain which helps me manage better."*



# VLHA Site Coordinators

- Comments from staff at the VLHA site locations:
- *"I have been impressed with the speakers and so have the participants."*
- *"lots of variety and generally all in the health promotion realm.."*
- *"our seniors look forward to the monthly sessions."*







# VLHA – Evaluation

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- Successful in reaching seniors who are more comfortable in small groups, relaxed atmosphere.
- Noted differences in younger and elder seniors:
  - Cognitive levels function
  - Access to attending
  - Caring support
  - Effect of sharing different perspectives
- Seniors feedback and suggestions are welcome and considered.
- Staff at site locations give positive feedback.
- Frequent review, ongoing development of program.
- Collaborative partners enthusiastic
- VLHA represented on planning committee, follow up to the *Seniors in Community* research project (North Shore)



# VLHA Recommendations

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## Intergenerational Mentoring

- Younger seniors with Elder seniors
- Seniors with Students (after school programs)
- Grandparents raising Grandchildren

## Identification of Needs and Focus

- Brain Health and Brain Fitness
- Aging in Place
- Isolated seniors
- Boomers and Zoomers

# VLHA – Promotion sample

## **It's never too late to Learn and Grow!**

These interactive focus groups meet monthly at various locations on the North Shore.

Guest speakers on topics relating to healthy aging for seniors.

Opportunity to increase social connections, and develop local networks of support.

***Refreshments Served***

***Phone: 604-987-8138***

*N.S. Neighbourhood House  
Vital Living for Healthy Aging*

