

Welcome to the e-Newsletter

VOLUME 3

ISSUE 2

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In Volume 3, Issue 2, we're unveiling our new look for the SeniorsBC e-Newsletter.

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Message from Minister of State for Seniors



I'm honoured to have been recently appointed as Minister of State for Seniors. This is a new portfolio that was created with a goal of looking out for the best interests of older people. Seniors make up almost one-quarter of B.C.'s population, and I am a part of that ever-growing group. So, I have a very personal interest in this file.

Our government is working to improve services seniors receive in the community. This includes home and community care services to support better health outcomes. Our government is improving services and providing easier access to those services for all seniors through our Seniors Action Plan, which was released in February 2012.

Recently, even more actions from this plan have been completed. You'll notice this e-newsletter, the SeniorsBC.ca website and our BC Seniors' Guide have been redesigned, making information easier to find, read and understand. A new Seniors Health Care Support Line was launched in June. Seniors who have issues accessing health care services or with the health care they receive can now call the toll free line (1-877-952-3181) to receive timely resolution of problems.

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A province-wide consultation process on the role and function of a Seniors' Advocate has been completed. The input from this consultation will help to shape the future role of a Seniors' Advocate for British Columbia. And our government has also consulted with key groups around the province on preventing elder abuse: financial, physical, and social. The elder abuse prevention identification and response strategy will be ready before the end of the year.

These are just some of the things our government is working collaboratively on to improve seniors' care. I am getting out there and listening to seniors and seniors' organizations from around the province as we work to create a better future for seniors in British Columbia.

Sincerely,

Ralph Sultan

Minister of State for Seniors



New SeniorsBC Website

1. The new site is geared toward seniors, their families and caregivers.
2. Website is more user-friendly.
3. Easy to read pages for better comprehension and improved navigation.
4. The new site provides more complete information about care options and how to access them.
5. The redesign also helps to ensure that the most up-to-date information is available.

INFORMATION

Making plans and decisions today will help better prepare you for tomorrow.

RESOURCES

In BC, care and support are available from both publicly subsidized and private pay service providers.

PUBLICATIONS

BC Seniors' Guide
Healthy Eating for Seniors



Refresh - New Look - New Design SeniorsBC Website

Communicating effectively with older British Columbians is integral to building relationships and supporting an aging population. In addition to providing programs and services for seniors, in *Improving Care for B.C. Seniors: An Action Plan*, the Province committed to providing better access to information about these programs and services. Recent enhancements to SeniorsBC.ca allows seniors, their families, and caregivers to more easily access and understand information needed to make informed choices about care – including easier access to information on home and community care programs and other services. Visit www.seniorsbc.ca today to learn more about your health and health care choices – from prevention through to end of life.

10th Edition of the BC Seniors' Guide Now Available in print and on-line.

The BC Seniors' Guide provides information about government services and programs for seniors, their families and caregivers. The BC Seniors' Guide includes sections on your benefits, lifestyle, health, home, transportation, money, safety, and other resources. You can order a print copy by calling 1-877-952-3181. In addition, you can find the new 10th edition of the BC Seniors' Guide on SeniorsBC.ca. The 10th Edition of the BC Seniors' Guide is now available in English. French, Chinese, and Punjabi versions are coming soon.

BC Seniors' Guide



Better at Home

Seniors in more communities across B.C. will have access to support services to help them remain living independently in their homes and neighbourhoods through the United Way of the Lower Mainland's Better at Home program. Better at Home is a new program, being developed by the United Way with \$15 million from the Province of B.C., that will provide simple non-medical home support services to seniors, such as help with housekeeping and yard work, home repairs, transportation to appointments, and friendly visiting. Services will be delivered through local non-profit agencies by volunteers and paid staff. Seniors will be charged a fee for services on a sliding scale based on their ability to pay.

The new program will help to reduce isolation and loneliness, especially among seniors who are most vulnerable, and support seniors to age in place while staying socially connected within their own communities. Better at Home builds on the Community Action for Seniors' Independence (CASI) pilot programs now underway in five BC communities: Maple Ridge, the Renfrew-Collingwood area of Vancouver, the Newton area of Surrey, Dawson Creek and Osoyoos.

These programs are expected to become part of the provincial Better at Home program. In addition to the five CASI sites, the first 18 potential new sites for the Better at Home program have now been identified and community consultation and program development will begin in these sites later this fall. Services are expected to get underway in some communities as early as January 2013.

Over the next year, a total of about 60 Better at Home sites are expected to be announced across the province.

For more information on the Better at Home program, visit the United Way website at: <http://www.betterathome.ca/home>



United Way helping seniors
remain independent.

Eighteen B.C. communities have been identified as the first potential new sites for the Better at Home support program. The selection of communities was based on demographics, local conditions, and consultation with provincial health authorities, regional United Ways and local agencies serving seniors.



United Way
Lower Mainland
Change starts here.

Abbotsford
Cowichan
Cranbrook
Esquimalt
Kamloops
Langley
New Westminster
North Shore
Parksville
Penticton
Port Hardy
Quesnel
Richmond
Sechelt
Surrey
Tri-Cities
Vancouver (West End)
Williams Lake

Profile: Meet Andy Sidhu

Meet Andy Sidhu, the 72-year-old publisher of the Punjabi Patrika, a bilingual Punjabi- and English-language newspaper in Abbotsford. Andy was kind enough to take time from his busy schedule to answer a few questions.

Q: Your background is in accounting and management. What motivated you to become a newspaper publisher?

A: When I arrived in Canada in 1974, I couldn't find work in my area, but dairy farmers were hiring, so I found myself doing manual labour for the first time in my life. In 1976, I got a job as a bookkeeper with the federally funded Canada Farm Labour Pool program where I became the assistant manager. I worked there until 1995 when 40,000 employees were laid off. I was one of them. It was quite a shock!

I then worked as a consultant for about a year, when one day I had a flash of insight and said to my wife, "I think I'll start a newspaper!" With my visits to various farms to talk about labour needs, I saw a real gap between the farmers, who were more established in Canada, and the labourers, many of whom hailed from the Punjab. Neither understood the culture of the other. I thought a bilingual newspaper would be a great way to foster understanding and bridge this cultural divide, and with the support of my wife Pritam, we published our first edition of the Punjabi Patrika in 1996. It was about 16 pages long.

Q: What feedback do you get from the community? How large is your readership?

A: We receive more phone calls than letters in response to articles we've written. The paper is generally well-received, and we appreciate hearing from our readers. We print 12,000 copies a week and distribute 6,000 door to door. 2,000 copies go to Surrey, 1,000 to Mission, and some to Kelowna. We also distribute at city hall, libraries, local stores, and restaurants.



I would modestly guess we have a readership of about 100,000 – this is estimating that there are four to a household. As many South Asian households are multi-generational, our readership could be even higher. And now, of course, we are online at www.punjabipatrika.com. We started publishing digitally about one year ago.

Q: How have you modified your paper over the years to suit the needs of your community?

A: Over the years, the paper has grown from 16 to about 60 pages, but it has grown in other ways as well. In 2009, we were exploring ways to improve on what we were doing. After 13 years as a bi-weekly publication, we decided to expand and publish a weekly to reach more people more often.

Yes, even though it is double the work, it's interesting work and we have the support of a tight and dedicated group of staff. Half of them are seniors, who bring mature skills, dedication, and lots of experience to the workplace.

Due to high demand, we also have a two-page section for people's personal stories and poetry, with a photograph of each writer. Many people want to contribute stories about their lives and their experiences of living in Canada. There is actually a long waiting list for this section. This is really where people connect and see that their experience of immigration, the loneliness they may feel, the often bewildering time of adjustment, is not unique.



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One immigrant, a professor who felt so lost after coming to Canada, discovered the Punjabi Patrika, and after reading these stories he was able to connect to his new community. Today he is a regular contributor to this column and a good friend.

Q: Do you feel the Punjabi Patrika has been an effective way of reaching out and connecting diverse communities?

A: The Punjabi Patrika is a voice and a venue for Punjabi-speaking residents to connect with one another. It also creates a window into our culture for the community at large, but I think we can all do more to celebrate diversity in our communities.

Save Money and Sharpen Your Nutrition Know-how with Shopping Sense – A New Resource from Healthy Families BC



Who Doesn't Love Eating?

Melodie Yong is the dietitian with Global BC's Morning News. Here she is introducing us to the Virtual Grocery Store where she's the host to the online videos. Thanks for contributing as a guest blogger Melodie!

Did you know there are over 10,000 food items to choose from at the grocery store? No wonder it's a challenge to know what the healthiest choices are and how to stay within your food budget! Healthy Families BC (HFBC) is helping take the mystery out of grocery shopping, while teaching you money-saving tips with the launch of their new on-line resource, Shopping Sense.

Join Melodie on the virtual grocery store tour by visiting, www.healthyfamiliesbc.ca. You'll get answers to many more intriguing nutrition, meal planning and budgeting questions. Whether you like to learn by watching videos, reading articles or using interactive website features, Shopping Sense has something for you.

Now you can take a tour of the grocery store from the comfort of your home with registered dietitian, Melodie Yong, who will answer common questions such as:

- Is organic produce a healthier choice?
- What tools are available to help with meal planning?
- How long can fresh food be safely stored in the refrigerator?
- How can I save money on my grocery bill?

 PLANNING	 PRODUCE	 BAKERY	 DAIRY	 FATS & OILS	 MEAT AND ALTERNATIVES	 FOOD SAFETY
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SPINACH FRITTATA

INSTRUCTIONS:

1. In a small bowl, whisk eggs and water together. Set aside.
2. In a small non-stick skillet (fry pan), heat oil over medium heat. Add onion and garlic, cook for one to two minutes.
3. Stir in chopped spinach or Swiss chard and basil, and cook for three to four minutes or until wilted.
4. Add the egg mixture and cook for three to five minutes or until browned on the bottom but still not completely set on top.
5. Sprinkle with cheese.
6. Flip frittata over and cook for one to two minutes until browned and completely set.
7. Remove from pan and cut in half.

GOOD TO KNOW

Per Serving:

Calories: 362 Protein: 23G Fat: 14G

Carbohydrate: 19G Fibre: 3.8G

Sodium: 562 MGS Calcium: 316 MGS

Serves: 1

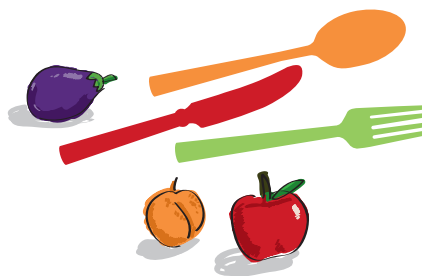
Preparation and Cooking Time: 20 Minutes

HOW TO ORDER YOUR COPY OF THE HEALTHY EATING FOR SENIORS HANDBOOK

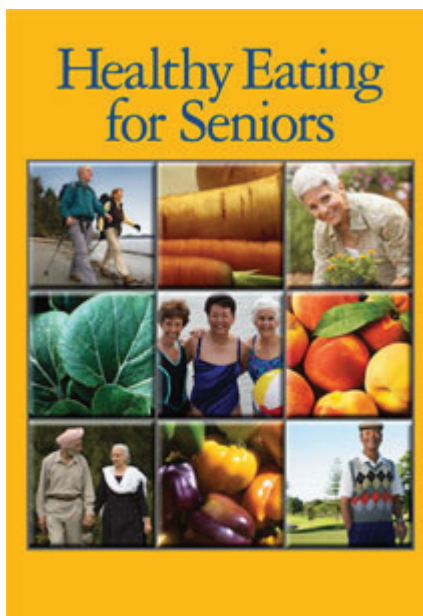
The Healthy Eating for Seniors handbook is available in English, French, Chinese and Punjabi and includes tasty recipes for smaller portions, advice on how to cut salt and fat from a diet, tips on how to read food labels, and much more. Recipes and tips have been adjusted to suit ethnic populations. To order a free copy please call HealthLink BC at 8-1-1 or download a copy from SeniorsBC.ca. The Healthy Eating for Seniors audio book is also available at all public libraries in B.C.

INGREDIENTS

- 2 eggs
- 1^{1/2} tsp (7 mL) water
- 1/2 tsp (2 mL) olive oil
- 2 tbsp (25 mL) chopped onion
- 1/4 tsp (1 mL) minced garlic
- 1 cup (250 mL) chopped spinach or Swiss chard, packed
- 1/4 tsp (1 mL) dried basil
- 2 tbsp (25 mL) grated parmesan cheese



Source: **Healthy Eating for Seniors Handbook**



PLANNING FOR A HEALTHY FUTURE

What do you love to plan? Planning for events you look forward to and enjoy - like a vacation or gifts for family and friends for an annual holiday - takes some thought and effort, but is also very rewarding.

Planning for your older years can be just as fulfilling. The choices and decisions made today about future housing, transportation, finances, or health help you avoid making difficult decisions later, when it may be a time of crisis with fewer options. Aging means changes. Many people find their older years a time of great freedom – freedom from raising families, from daily, full-time work, and from chores and responsibilities they faced when younger.

Making plans and decisions today helps you better prepare for tomorrow, and gives greater control over independence, quality of life and dignity as you age. A new section on SeniorsBC.ca provides links to questions, tools and resources to help plan for healthy aging in all aspects of life. Healthy aging is a holistic process, and all themes in this section of the website are interrelated.

It includes: advance care planning, community engagement and volunteering, elder abuse awareness and prevention, financial security, health, healthy eating, housing, mental health and wellbeing, physical activity, preventing falls, safety and security, social connections, supports and services, and transportation. We look forward to your input and will be adding new sections and content over the next few months. Visit us at www.seniorsbc.ca

NEW GRANTS FOR AGE-FRIENDLY COMMUNITIES

A new round of grants of up to \$20,000 is available for local governments to support age-friendly communities. Grants are administered by the Union of BC Municipalities (UBCM), and funded by the Province.

Local governments are eligible to apply for funding for planning or projects focused on:

- Outdoor spaces and buildings
- Transportation (including traffic safety)
- Housing
- Respect and social inclusion
- Social participation
- Communications and information
- Civic participation and employment
- Community support and health services

The deadline for applications is November 16, 2012.
See SeniorsBC.ca/agefriendly or contact AgeFriendlyBC@gov.bc.ca

For more information on application materials please visit:
<http://www.ubcm.ca/EN/main/funding/healthy-communities/seniors-housing-support-initiative.html>



“Chance favours
the prepared mind”
Louis Pasteur



Since 2007, 100+ BC
communities have
been supported in
creating age-friendly
communities.



An age-friendly community garden
in Lumby.