



SeniorsBC

e-Newsletter

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Welcome to the e-Newsletter

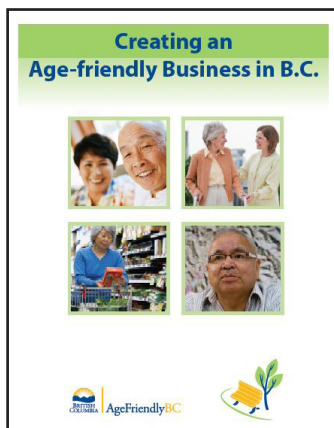
To subscribe to the e-Newsletter, visit www.SeniorsBC.ca and to unsubscribe, click [here](#).

Creating Age-Friendly Businesses

A new age-friendly guide to help businesses attract and keep older customers and employees is now available. Creating an Age-friendly Business in B.C. was developed based on input from seniors

and small businesses around the province. The guide includes ideas on how to better serve older customers, and a checklist to enable business owners to assess the "age-friendliness" of their business.

Creating an Age-friendly Business in B.C. can be found in the "Age-friendly BC" section of the SeniorsBC.ca website (www.seniorsbc.ca/agefriendly). To order a printed copy, contact the Health and Seniors Information Line (in Victoria call 250-952-1742; elsewhere in B.C., call Toll Free 1-800-465-4911).



Parliamentary Secretary's Message



Seniors and Elders enrich all our lives... as parents, grandparents, neighbours, friends, workers, volunteers, and in so many other ways. During B.C. Seniors Week this year, June 5-11, British Columbians of all ages recognized the contributions of seniors and Elders by taking part in a variety of events and activities celebrating older British Columbians.

In this issue of the SeniorsBC e-Newsletter, you will find articles about a few of those activities, including the Circuits 4 Seniors open houses held at Seniors' Community Parks in 11 communities, and the many fun events hosted by the BC Seniors Living Association and its members around the province.

In B.C., we know that seniors are a valuable resource, sharing their skills, knowledge and life experience, and contributing their energy and commitment to help build vibrant communities. We know, too, that by supporting older adults to stay healthy, active and independent we are benefiting all British Columbians.

Yours truly,

Dr. Margaret MacDiarmid
Parliamentary Secretary for Seniors to the Minister of Health

Active Aging Tip

Over 4000 Reasons to Eat Your Vegetables and Fruit! Phytochemicals are compounds that occur naturally in vegetables and fruit. Over 4000 phytochemicals have been identified. Many help prevent disease by acting as anti-oxidants that help to protect against various diseases. ActNowBC

Communicating With Seniors: How Can We Do It Better?

Where do you go to look for information you need? What's the best way to reach you and other seniors?

These were among the questions seniors were asked to discuss at a series of recent Information and Outreach focus groups held around the province. The Seniors' Healthy Living Secretariat was seeking input on how best to support seniors with information and resources. About 90 seniors and others took part in focus groups in seven B.C. locations—Cranbrook, Kelowna, Parksville, Prince George, Vancouver, Vernon, and Victoria.

Among the messages we heard from seniors:

- Online information is helpful, but many seniors do not use computers and are frustrated when information is available only online.
- The BC Seniors' Guide is useful for province-wide information about programs and services, but there is a lack of information about services and programs at the local level.
- More needs to be done to reach out to isolated seniors who have limited access to information and resources.

The Secretariat will take feedback from the focus groups into consideration when developing tools and resources for Seniors.

Many thanks to everyone who took part!

Preparing For An Aging Population: Report on Progress

The Ministry of Health and its many partners recently released the Seniors' Healthy Living 2011 Progress Report (www.seniorsbc.ca/report_on_progress.pdf). The report highlights the work that the Government of B.C. is doing to promote continuing health, independence, and social engagement for B.C. seniors.

Seniors Celebrate Seniors Week

In celebration of B.C. Seniors Week, June 5-11, 2011, the BC Seniors Living Association (BCSLA) and its members across the province hosted an assortment of social events, entertainments and activities for residents, friends and family.



Events in different locations gave seniors a chance to shine in talent and fashion shows, share their flair for art and story-telling, and exercise their brains at a spelling bee and a brain fitness workshop. Folks also got moving with a variety of sporting events – including bocce ball, hockey, and wheelchair races – and shook things up at a Rockin' 50's dance.

BCSLA represents over 120 Independent and Assisted Living communities in B.C.

A good time was had by all! Big smiles at the Vintage Car Show at Berwick Royal Oak in Victoria and the Strawberry Tea at the Willow in Maple Ridge.



Circuits 4 Seniors

Over 200 people celebrated B.C. Seniors Week, June 5-11, and got tips on keeping fit, by taking part in Circuits 4 Seniors, a series of open houses held at Seniors' Community Parks across the province.

Circuits 4 Seniors events were held in Burnaby, Courtenay, Kamloops, Kelowna, Nanaimo, North Cowichan, Oak Bay, Prince George, Richmond, Terrace and Vancouver. Certified trainers were on hand at each



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Spinach Salad With Orange Sesame Dressing

This salad is a nice change from lettuce and tomato. If you are saving a portion for the next day, save the dressing separately. 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 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: 2

Preparation and cooking time: 20-30 mins

Per serving: Calories: 82, Protein: 2 g, Fat: 5 g, Carbohydrate: 7 g, Fibre: 2 g, Sodium: 36 mgs, Calcium: 62 mgs.

Salad ingredients:

2 cups (500 mL) chopped fresh spinach
1 orange
1 tbsp (15 mL) chopped red or green onion

Dressing ingredients:

1½ tsp (7 mL) olive oil or canola oil
½ tsp (2 mL) sesame oil (optional)
¼ tsp (1 mL) honey or sugar
1 pinch powdered ginger
1 pinch pepper
½ tsp (2 mL) orange rind
1 tbsp (15 mL) orange juice
1 tsp (5 mL) sesame seeds, toasted

Instructions:

1. Wash and dry spinach. Tear or chop it into bite-sized pieces and place in a serving bowl.

2. Finely grate a small amount of peel from the orange and put it in a small jar or cup.

Spinach Salad With Orange Sesame
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Circuits 4 Seniors continued....

of the community parks to lead participants through a series of movements on the outdoor fitness equipment.

Participants included not just seniors, but people of all ages.

“We had several younger people attend and we emphasized the fact that the park is multigenerational and encouraged them to bring their families out,” said Cheryl Livingstone-Leman, Recreation Co-ordinator for the City of Prince George.

The Circuits 4 Seniors open houses were organized by the Health Promotion Supports and Engagement Branch and the Seniors’ Healthy Living Secretariat of the Ministry of Health, and the British Columbia Recreation and Parks Association (BCRPA).

The B.C. Government has funded 18 Seniors’ Community Parks around the province.

Volunteer Profile: Dulcie Brown, Port Coquitlam

Dulcie Brown is an “active ager,” playing on two senior softball teams, attending exercise classes, going to the weight room, walking, playing piano, drawing and watercolour painting. She also sits on the Provincial Committee for Patients as Partners, and is a home interview volunteer for first-year medical students at the University of British Columbia. She says “yes” to almost any type of volunteering, and was more than happy to answer a few questions.



Q: How did you get involved with volunteering as a peer coach for the Patient Voices Network? What does the work entail?

A: I came from a background of leading, guiding, coaching and teaching. Through co-leading one of the Self-Management programs at the University of Victoria’s Centre on Aging, I heard about the Patient Voices Network. As a volunteer peer coach, I make six peer-led telephone calls to individuals who have signed up through our website (www.patientvoices.ca), and who would like to change their lifestyle, usually by losing weight, quitting smoking or something similar.

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Dressing continued....

3. Peel the orange, slice it into bite-sized pieces and add it to the spinach. Add chopped onion.

4. Make the dressing by adding all remaining ingredients to the orange rind in jar or cup. Shake or whisk together.

5. When ready to serve, pour dressing on top of the spinach and orange slices and sprinkle with sesame seeds.

Thanks to Trudi Stevenson of Courtenay, B.C.

Variation:

In strawberry season, use 1 cup sliced fresh strawberries instead of the orange and do not use the orange rind. Substitute 1 tbsp red wine vinegar for the orange juice and 1 tsp poppy seeds for the sesame seeds.

Volunteer Profile: Dulcie Brown continued....

I support and motivate them to set and reach their goals. It is very rewarding to help someone change.

Q: You have remained active and engaged in your community even after you retired early due to chronic illness. How important is this community connection in your life?

A: It is on the top of my list. Staying active and involved helps with self-esteem and confidence. I get a sense of achievement from following through with something I said I would. These activities help me stay healthy, mentally and emotionally. I have moved a lot, and the first thing I do before I move is find out where the community centre, pool and library are. You have to go out to meet people, and communities are a great place to do that.

Q: On June 9, 2011, you were a panellist at the B.C. Active Aging Symposium. What drew you to participate?

A: I was asked, and that is a lovely compliment. Seniors have a lot to offer, but not a lot of opportunities. As we get older we seem to disappear and become invisible, and our value and purpose can disappear as well. I am glad to be able to share my voice. Boomers have always been known to change society, so maybe we will change the way society views seniors too.

Upcoming Events:

Aging & Quality of Life for Adults with Intellectual/Developmental Disabilities Conference

Prince George, B.C.

March 27 & 28, 2012

Mark the date for this groundbreaking event in Prince George! The Prince George Community Group for Aging & Developmental Disabilities presents world-renowned speakers from the International Association for the Scientific Study of Intellectual Disabilities (IASSID) Academy for Education, Training & Research.

More information on this event will be available soon. To add your name or organization to the contact list for information on the conference, please email Nancy Jokinen, MSW, PhD, Assistant Professor, UNBC School of Social Work, at jokinenn@unbc.ca.

Talking To Seniors About Planning

Planning for healthy aging can help prepare each of us to deal with unexpected changes and transitions in our lives. The Seniors' Healthy Living Secretariat is exploring ways to raise awareness of the importance of planning for healthy aging.

On June 9, 2011, the Secretariat hosted the fourth B.C. Active Aging Symposium in Vancouver. The theme of the symposium was "Planning for Healthy Aging," and the Secretariat was able to collect input on this topic from about 120 seniors, policy makers, health care providers and others who took part.

Participants discussed the importance of planning for healthy aging so that future decisions aren't made in the middle of a crisis situation. It was generally agreed that planning should take into account how to stay active and involved in your community, as well as possible future changes in health, housing, transportation and financial needs.

Participants noted the need for educational resources and tools to support planning, one-on-one support, and help in navigating the many resources already available.