

Inside this issue

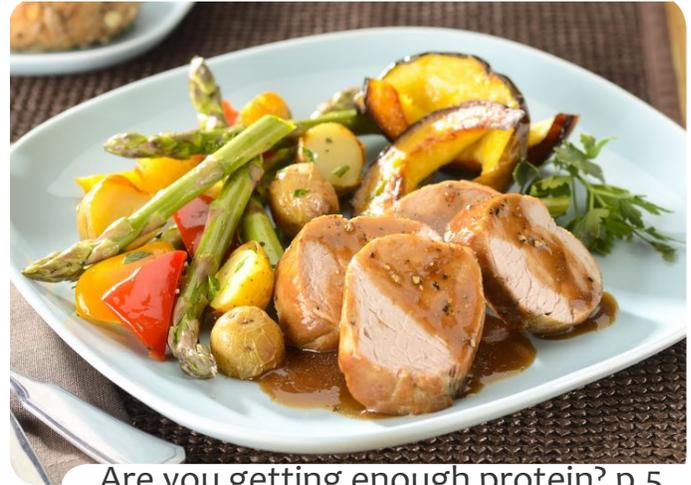
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Message from Parliamentary Secretary	1-2
Seniors Advocate announced	3
Eat well, age well tip	3
About First Link	4
Accessible library services	6
Redefining aging	7
Tuna garden casserole recipe	8



Are you getting enough protein? p.5

Subscribe to the SeniorsBC e-Newsletter at: www.gov.bc.ca/seniorsbcnewsletter

Message from Parliamentary Secretary Linda Larson



This month, we celebrate the Canadian Cancer Society's Daffodil Month. The donations collected by the Canadian Cancer Society with the sale of live Daffodils and Daffodil pins will support their work to eradicate cancer and improve awareness of the impact of cancer on diagnosed individuals and their families.

British Columbia has some of the best cancer survival rates in the world. According to the latest statistics made available by the Canadian Cancer Society, British Columbian men and women have the:

- lowest overall mortality rate for all cancers in Canada;

- lowest overall incidence rate of cancer in the country;
- lowest incidence rate for colorectal cancers; and
- among the best survival rates for breast cancer in Canada.

Government continues to invest in cancer care. To support patients, no matter where they live in the province, British Columbia now has six BC Cancer Agency centres providing assessment and diagnostic services, chemotherapy, radiation therapy, and supportive care.

In addition to great care, government recognizes the importance of early detection. The BC Cancer Agency provides comprehensive cancer screening programs such as the screening mammography program, the cervical cancer screening program and the new colorectal cancer screening program.

Government will continue to invest in cancer care and screening programs and will also continue to promote healthy lifestyle choices, as we know that maintaining a healthy weight, keeping active, eating healthy foods, reducing alcohol consumption and not smoking dramatically decreases the risk of many cancers.

As part of the Healthy Families BC program, government helps to support clinical services at three integrated InspireHealth cancer centres in Victoria, Vancouver, and Kelowna, as well as an online centre.

InspireHealth centres offer support with healthy diet changes, stress reduction, counseling, decision making, exercise, immune system support, personal coaching and vitamins and supplements and works closely with each patient's doctor and oncologist.

I am proud of the Province's efforts on cancer prevention, management and treatment and I urge all British Columbians to help show cancer patients that they are not alone by participating in Daffodil month and wearing a bright yellow Daffodil pin.

For more information, please visit:

Canadian Cancer Society

www.cancer.ca

1 800 663-2524

British Columbia Cancer Agency

www.bccancer.bc.ca

1 800 663-3333

InspireHealth

www.inspirehealth.ca

1 888 734-7125

Yours truly,

Linda Larson

Parliamentary Secretary for Seniors to the Minister of Health

B.C. appoints Canada's first seniors advocate



The Government of B.C. has appointed Isobel Mackenzie as Canada's first seniors advocate.

After an executive search led by the Public Service Agency, Ms. Mackenzie was appointed on March 31, 2014. The appointment of a seniors advocate fulfils a commitment made in government's Seniors Action Plan.

More information, including the news release announcing the seniors advocate, is available on the Office of the Seniors Advocate page located on the SeniorsBC website:

www.gov.bc.ca/seniorsadvocate.

Planning tip

Eat Well = Age Well

Eating too much food that is high in sodium, sugar or processed fat can harm your health. Consuming healthy, wholesome foods that include generous portions of fresh vegetables will help your body stay strong and your mind sharp. A nutritious, balanced diet can reduce your risk for health problems like high blood pressure, heart and respiratory disease and some forms of cancer. Limit fried or deep-fried food, your alcohol intake and ready-made, processed and refined foods. Pay attention to what you eat! Making positive changes to your diet could be your best plan for healthy aging.



Working together to link individuals and families affected by Alzheimer's disease or another dementia to a community of learning, services and support as early as possible in the disease process.

The Alzheimer Society of B.C. provides information, education and support services for individuals and families affected by Alzheimer's disease and other forms of dementia. The organization funds dementia-related research and offers a variety of programs and services, including support groups and educational workshops, through resource centres across B.C. The Society also has a toll-free Dementia Helpline (1 800 936-6033), as well as the First Link® program.

First Link® is a proactive early intervention program that connects people affected by dementia with community supports and services as soon as possible after diagnosis. Physicians and other health care professionals refer patients and their families to First Link® to ensure that they are able to find and receive appropriate support.



Individual and families connected through First Link® receive introductory and follow-up phone calls from Alzheimer Society staff, information about dementia education programs and support groups, referrals to other community and health care services, a bi-monthly First Link® Bulletin, and tips for both day-to-day living and planning for the future. The program supports thousands of British Columbians affected by dementia. Each month, approximately 150 individuals are connected to the Alzheimer Society of B.C. through First Link® and to date, over 4800 people have been referred to the program in B.C.

To learn more about First Link® and other programs available through the Alzheimer Society of B.C., visit: www.alzheimerbc.org.

Seniors need more protein - are you getting enough?

Protein is an important part of a healthy diet and provides building blocks for growth and repairing cells, like those in your muscles and skin. Your body also uses protein to make the enzymes and hormones you need for good health.

Guidelines published in 2013 highlight new evidence showing seniors need more protein than previously thought. There are many age-related changes that impact how protein is digested and



used. Seniors need more protein than younger adults to help them stay independent and fight off illness and disease, but often consume less. Some reasons for this are lack of appetite, challenges with cooking for one or two, and difficulty shopping and meal planning. A diet low in protein can lead to a loss of muscle mass, increased risk of osteoporosis, and ultimately increased falls and fractures. Some benefits of higher protein intake are maintenance of muscle mass, improved bone health, and reduced time recovering from injury and illness.

Healthy older adults over age 65 should aim for about **25-30 grams of protein per meal**. For those of you who like numbers, this is 1.0–1.2 grams of protein per kilogram of body weight per day, more than the 0.8 g/kg/day recommended for younger adults. If you have severe kidney disease, talk to your doctor or dietitian about your protein needs.

Did you know? Your muscles are able to use protein most effectively soon after physical activity. Aim for a protein-rich meal or snack within an hour of doing exercise to get the most bang for your buck!

Here are some great sources of protein you can try:

Food	Portion	Protein (grams)
Meat, fish or poultry	2 ½ oz (75 g), 1/2 cup	21
Firm tofu	3/4 cup (150 g)	21
Eggs (chicken)	2 large	13
Cheese	1 ½ oz (50 g)	12
Cooked dried legumes	3/4 cup (175 mL)	12

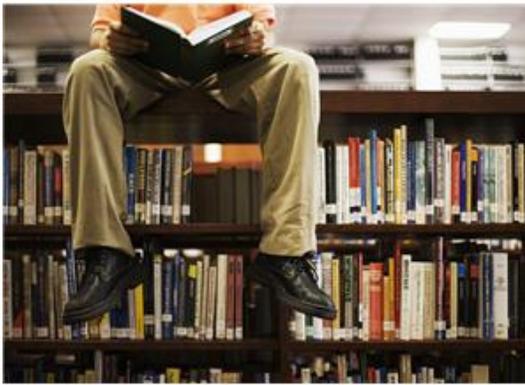
For a protein rich Tuna Garden Casserole recipe flip to [page 8](#).

Introducing the Canadian Equitable Library Service

What is the Canadian Accessible Library Service (CALs)? If you or someone you know has difficulty reading regular print, you will want to know the answer.

CALS is the product of nearly five years of cooperative work between Canadian provinces and territories that want to provide greater choice in accessible library materials for blind and print-disabled Canadians. "Accessible" library materials include large print, Braille and narrated "talking books". Currently, print-disabled Canadians (those who are blind or have other disabilities that prevent them from being able to read regular print) have access to less than 3% of the reading materials that sighted Canadians do. That's where CALs comes in.

CALS is an online collection of accessible library materials for the print-disabled. It is funded by participating provincial and territorial governments and offered free through Canada's public



library system. Once registered through their public library, print-disabled Canadians or their caregivers can access a large and growing collection of accessible library materials. The collection is set up for direct download to a patron's computer and production centres are in place to produce CDs for those who are unable or uncomfortable downloading from the online collection.

CALS is a national accessible library service operated by the National Network for Equitable Library Service (NNELS). NNELS is a partnership of Canadian provincial and territorial governments dedicated to ensuring that print disabled Canadians have equitable access to library materials. The service has been developed and tested over the last year and a half and is now live in Saskatchewan. It is being rolled out in B.C., Alberta, Manitoba and Nova Scotia over the course of the next few months. Other jurisdictions are rolling out CALs later this summer.

We encourage those interested in using the CALs service to talk to their public library about joining the CALs system. Any public library in B.C. can join and there is no cost to the library or to library members. Once a public library has joined, their print-disabled members can begin accessing the collection using their library card.

Those interested in learning more about this initiative can visit the NNELS website at: www.nnels.ca.

Redefining Aging

Seniors across B.C. are redefining aging; retirement is no longer a cue for a sedentary lifestyle but an opportunity to pursue a dream job or favourite past time. The following five Canadians have discovered a new vision for their life after 60- from plunging into adventure travels to launching an acting career- the last thing these retirees have time for is sitting around.

Joe and Edwina Mattision, 68 and 66 from Beaconsfield Quebec, have fallen in love with adventure travel. The dynamic duo have cycled countless kilometers from Cairo to Cape Town, Istanbul to Beijing, as well as a two month tour of India from the Taj Mahal to the southernmost point of India.

Christa Bortignon, 76 from West Vancouver, B.C. is smashing world records in track and field. She has received the highest award in track and field from the World Masters Athletics after breaking seven world records this year. Christa now holds world records in 14 different events, rather impressive considering she only started participating in track and field a mere four years ago.



Tita Ang Angco, 68 from Toronto Ontario is bringing meditation to the corporate environment. After working in the public service for 25 years Tita has received extensive training in mindfulness and yoga discovering, “we think we know it all, but really, there is so much we can still discover about the world and ourselves and that will never end”.

John Fraser, 79 of Alliston Ontario reinvented himself as an actor, landing a role in Good Will Hunting alongside Matt Damon. His philosophy: you can't change the aging process but what you can change is your own attitude. Once you have your attitude in place, well “Bob’s your uncle” and you can do what you want.

To learn more about how these inspiring seniors are filling their time please visit the full CBC article at: www.cbc.ca/news2/interactives/aging/?cmp=rss.



Tuna Garden Casserole

Serves 2

Prep and cooking time: 30 minutes

Ingredients

2 large sliced mushrooms
1/3 cup (75 mL) sliced onion
2 tsp (10 mL) vegetable oil
1- 6 ½ oz (170 g) tin canned tuna,
chunk, water packed
2/3 cup (150 mL) water
¼ cube (3 g) low-sodium bouillon
cube
2 tsp (10 mL) flour
2 tsp (10 mL) lemon juice
2 tsp (10 mL) chopped pimento
(optional)
1/2 tsp (2 mL) grated lemon rind
(optional)
1/2 tsp (2 mL) thyme
1 pinch garlic powder
1 pinch pepper
1 medium carrot, sliced
1 stalk broccoli, chopped
2/3 cup (150 mL) macaroni or other
pasta



Instructions

1. Cook macaroni or pasta following the directions on the package, while preparing sauce and vegetables.
2. Cook onions and mushrooms in oil in a non-stick frying pan on medium heat for about five minutes or until tender.
3. Stir in drained tuna.
4. In a small bowl, combine water, bouillon cube, lemon juice, flour, pimento, lemon rind and seasonings.
5. Stir into tuna mixture and cook for about five minutes until slightly thickened.
6. Steam carrots and broccoli until tender-crisp. Drain and add to tuna mixture.
7. Add previously cooked macaroni or pasta to tuna and vegetable mixture.
8. Stir everything together and enjoy!

Per Serving: Calories: 330 Protein: 25G Fat: 6G Carbohydrate: 33G

Fibre: 4.3G Sodium: 266 MGS Calcium: 86 MGS

Source: Healthy Eating for Seniors handbook

For more great recipes order your **FREE** copy of the Healthy Eating for Seniors handbook by calling HealthLink BC at 8-1-1 or download a copy from: www.gov.bc.ca/seniorshealthyeating.