



# SeniorsBC

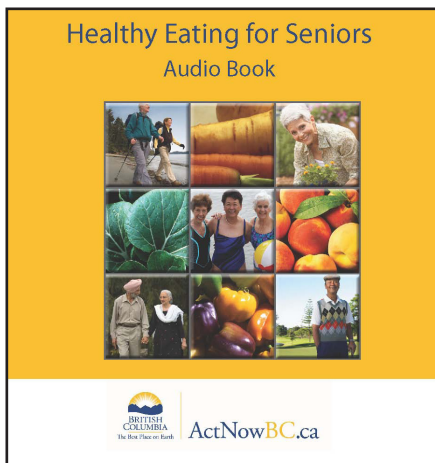
# e-Newsletter

May 25, 2010  
Volume 1, Issue 2

## Welcome to the e-Newsletter

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

## Healthy Eating for Seniors Audio Book Available at Local Libraries!



The Seniors' Healthy Living Secretariat has developed a [Healthy Eating for Seniors Audio Book](#). It was developed to complement the *Healthy Eating for Seniors* handbook that has been released in English, Chinese and Punjabi.

The audio book is available in English on a CD in DAISY and MP3 format, and can be listened to and navigated on a DAISY hardware player or a DAISY software player (learn more about DAISY and DAISY tools at [www.daisy.org](http://www.daisy.org)). .....continued on page 2

## Translated Popular BC Seniors' Guides now available



Tung Chan (CEO, S.U.C.C.E.S.S.), Minister Chong, and Peter Kwok (Chair, S.U.C.C.E.S.S.) launch new Chinese and Punjabi translations of the *BC Seniors' Guide*.

The 9th Edition of the *BC Seniors' Guide* is now available in Chinese, Punjabi and French, ensures that helpful information for seniors is available to even more British Columbians.

Our province is home to people of many different cultural traditions, languages and ethnicities, and welcomes more than 40,000 immigrants from around the world every year, many of them seniors. Translations of the *BC Seniors' Guides* into Chinese and Punjabi, the second and third most commonly-spoken languages in British Columbia, will be extremely useful in helping these older immigrants access information on available services, connect with other seniors and integrate into the community.

The *BC Seniors' Guide* contains information on a range of topics, from transportation options to housing and health services, and includes a new section on healthy living. Organized in easy-to-read chapters with a comprehensive directory, it also includes telephone numbers and website information for frequently used resources. ....continued on page 2

## Healthy Eating for Seniors Audio Book Coming Soon to Your Local Library! Continued...

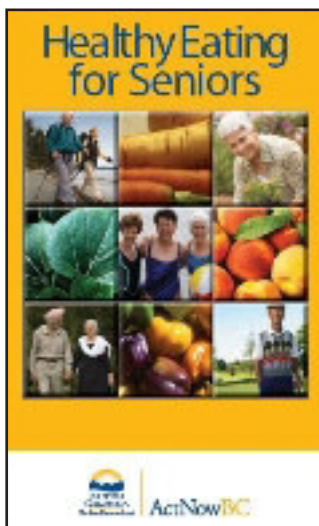
The MP3 format is available [online](#) to provide listeners with the opportunity to download the Audio Book on their personal devices at no charge.

Copies of the Audio Book are available at local public libraries.

*“Eating Well With Canada’s Food Guide recommends 7 - 10 servings of vegetables and fruit per day.” [ActNowBC](#)*

## Quick Steamed Fish Fillets with Potatoes and Asparagus

Steaming is a fast and low-fat way to prepare fish. It’s also a great way to cook vegetables so that they retain their natural goodness. Serve this dish with Berry Cobbler or a Pumpkin Raisin Muffin and a glass of milk. This recipe and others like it can be found in the [Healthy Eating for Seniors](#) handbook.



Serves: 1

Preparation time: 30 minutes

Per serving: Calories: 183, Protein: 25g, Fat: 3g, Carbohydrate: 15g, Fibre: 2.5g, Sodium: 110mgs, Calcium: 78 mgs

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## Translated Popular BC Seniors’ Guides now available continued..

The Guide can be downloaded at the new website for B.C. seniors and their families, [www.SeniorsBC.ca](http://www.SeniorsBC.ca).

Print copies are also available province-wide in Service BC, government agent and MLA offices, as well as a variety of health-care offices. They can also be ordered through the Health and Seniors Information Line at 1-800 465-4911, or in Victoria at 250 952-1742.

The Chinese and Punjabi Guides were launched by Minister of Healthy Living and Sport Ida Chong and Surrey-Tynehead MLA Dave S. Hayer on May 11 at simultaneous events at S.U.C.C.E.S.S. in Vancouver and PICS in Surrey.

## Meet Marcel Lavigne!

**Marcel Lavigne** is one of the older volunteers who helped to make the 2010 Vancouver Olympic and Paralympic Winter Games an overwhelming success. At 61, Marcel is actively engaged in his community, despite the challenge of having artificial joints. In addition to his volunteer work, Marcel is physically and socially active, and enjoys spending time with friends and family, including his wife, adult children and two granddaughters. Needless to say, he’s never sitting still.



**The 2010 Vancouver Olympic and Paralympic Winter Games**  
As a pre-Games volunteer with VANOC, the Vancouver Organizing Committee for the 2010 Winter Games, Marcel worked at the Volunteer Information Centre interviewing other potential 2010 volunteers. His role included assessing applicants’ interests and abilities, in order to determine where they could best be utilized as volunteers. And he did it all in both English and French.

Volunteering for the 2010 Winter Games was a once-in-a-lifetime experience, and one Marcel just couldn’t let pass by. “I really wanted to do my part to help B.C. and Canada put on a first-class show. It was a great environment to work in, and a terrific opportunity to share my talents and learn new skills.”

### Other Volunteer Interests

Volunteering ranks high among Marcel’s favourite activities.

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## Quick Steamed Fish Fillets with Potatoes and Asparagus Continued...

½ cup (125 mL) small new potatoes, quartered  
½ cup (125 mL) asparagus or green beans, cut into two-inch pieces  
1 - 4 oz (125 g) fish fillet  
2 tbsp (25 mL) chopped fresh tomatoes  
¼ tsp (1 mL) dried basil  
black pepper to taste  
½ tsp (2 mL) non-hydrogenated soft-tub margarine or butter  
½ tsp (2 mL) lemon juice  
Universal Seasoning (see page 182) to taste

### Instructions:

1. Place potatoes in a large steamer set over a pot of boiling water. Cover and steam for eight to 10 minutes until they begin to soften but are not fully cooked.
2. Place asparagus on top of potatoes.
3. Place fish fillet on top of asparagus.
4. Top with chopped tomatoes and sprinkle with basil and pepper.
5. Cover and steam for five to six minutes until fish is opaque and flakes easily with a fork.
6. Dot with margarine, cover and steam for 30 seconds more.
7. Sprinkle with lemon juice and a dash of [Universal Seasoning](#).

Adapted, with permission, from Dietitians of Canada, *Cook Great Food*, 2001, published by Robert Rose.

### Suggestion:

Pat Mesic of Penticton, B.C., likes to steam her fish over chopped spinach (2 cups for one person) instead of asparagus. She serves the dish with a small amount of salsa.



## Meet Marcel Lavigne! Continued...

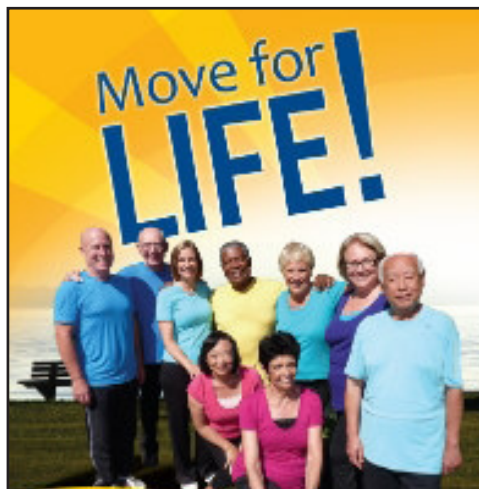
In addition to his work with the 2010 Winter Games, he volunteers with community organizations such as the Arthritis Society, the RCMP Community Police Station in South Surrey, the City of Surrey's Parks Department and the South Surrey Eagles Junior A hockey team.

### Benefits of Volunteering

"Volunteering makes me feel younger, happier and healthier," Marcel says. He advises others not to wait to volunteer. "You'll feel good about yourself because you're helping. Get involved in one of the many community groups in your neighbourhood that need your help."

## Check Out the Move for Life DVD

*Move for Life* is a DVD featuring seniors of all ages and abilities demonstrating physical activities. It includes activities for viewers with limited mobility so they can stretch and move safely, and encourages older adults to add more physical activities to their daily routine in a fun and inspiring way while explaining the benefits of doing so.



The DVD includes two sections:

- **Energy Bursts** - These consist of six Energy Bursts, each two minutes in length. Bursts are fun activities that get people moving. They are targeted for group settings and can also be used as warm-up for other activities; and
- **Walkabouts** - There are three levels of Walkabouts which build upon one another in terms of complexity. The first Walkabout will take approximately 30 minutes, the second 40 minutes and the third approximately one hour.

To order a copy of the DVD at no cost please contact Health and Seniors Information Line at:

- 1-800-465-4911 (Toll free); or
- 250-952-1742 (In Victoria).

You may also view the DVD on [www.ActNowBC.ca](http://www.ActNowBC.ca).

## Upcoming Events:

### **International Society for Gerontechnology 7th World Conference**

*May 27-30, 2010 / Marriott Pinnacle Hotel, Vancouver*

Internationally recognized experts in gerontechnology will share their knowledge and experience around new technologies that support older adults. Topics include: rehabilitation engineering, robotics, telemonitoring, inclusive design and usability, smart homes and smart fabrics, cognitive aging and more. In addition to a strong scientific program the Conference will feature an exhibition and trade show, an exciting social program, and pre- and post-conference special interest events. This conference is open to the public; for more information and to register, go to: [www.sfu.ca/isg2010](http://www.sfu.ca/isg2010).

### **Seniors' Week**

*June 6 – 12, 2010*

B.C. Seniors' Week is coming soon! Here is an opportunity to celebrate seniors in your community. It is time to start planning now. Whether you are gathering together at a seniors' organization, having an event at your local recreation centre or hosting a seniors' fashion show, we'd like to hear from you! Please share your plans by sending an email to: [aletta.vanderheyden@gov.bc.ca](mailto:aletta.vanderheyden@gov.bc.ca).

### **World Elder Abuse Awareness Day**

*June 15, 2010*

For the fifth consecutive year, the Province of British Columbia is joining jurisdictions around the world in honouring and supporting its seniors by proclaiming June 15th as World Elder Abuse Awareness Day. For more information visit the "Life" section of [www.SeniorsBC.ca](http://www.SeniorsBC.ca).