



June 29, 2010
Volume 1, Issue 3

Welcome to the e-Newsletter

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

World Elder Abuse Awareness Day

In 2010, for the fifth year in a row, the Province of British Columbia joined jurisdictions around the world in proclaiming June 15th as World Elder Abuse Awareness Day (WEAAD).

For many organizations and individuals, World Elder Abuse Awareness Day is both an opportunity to bring attention to the issue, and a catalyst for action. For all of us, this day is an important reminder that we still have work to do to ensure that older British Columbians are supported to be healthy, to be active, to be safe, and to live with dignity.

For information and practical resources on the topic of elder abuse prevention, please visit the "Life" section of the [SeniorsBC website](#). Here you will find links to a variety of resources, including a series of new financial planning and protection fact sheets designed to promote financial literacy and help older adults guard against financial abuse.

.....continued on page 2

Minister's Message



During June 6 - 12, B.C. Seniors' Week was celebrated throughout the province. This week provides an opportunity for us to come together to acknowledge and celebrate the integral part seniors play in communities across British Columbia - as friends and family, mentors and volunteers. Many communities around the province held events during Seniors' Week, including:

Port Clements: On June 8 seniors were invited to participate in a wheelchair-friendly trip to the museum and a walk through the new Millennium Park, Golden Spruce Tree Trail and the Birdwatching Tower. This was Port Clements' inaugural Seniors' Week event and it was well attended with 40 participants.

Richmond: The City of Richmond hosted several events over the week including a cooking class where a chef and nutritionist cooked and discussed healthy eating, an Aquasize class and social event, a yoga class, a nature park walk, and a perennial plant exchange. There was also a Fall Prevention Fair on June 9, attended by more than 250 people, with many displays and resources for seniors.

North Vancouver: On June 9 a Healthy Aging Fair was held at the Lynn Valley Centre. The Fair featured 25 local businesses offering everything from homecare services and housing, recreation and fitness, to hearing and health. Experts were available on site to answer questions and supply older adults with information.

Supporting our seniors to live healthy, active and independent lives is a priority for our government and on June 7 a series of short videos was launched [on-line](#) showing older adults how to properly use equipment at many of the ActNow BC Seniors' Community Parks located throughout the province.

Eleven individual videos show older adults how to use equipment that is available at 12 of the parks, which includes the cardio

.....continued on page 2

World Elder Abuse Awareness Day continued.....

You can find additional information about WEAAD, including B.C. events, on the website of the BC Association of Community Response Networks, www.bccrns.ca.

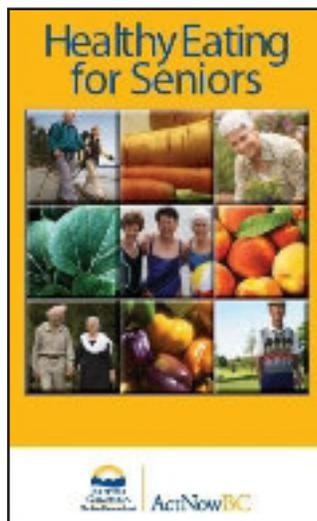
“Follow FITT to slowly increase your level of physical activity.

- *F – Frequency*
- *I – Intensity*
- *T – Time (minutes)*
- *T – Type (examples – continuous, involves large muscle groups)”*

ActNowBC

Berry Cobbler

This low-fat cobbler is moist and full of nutrition. Enjoy it warm with a small scoop of vanilla ice cream or a spoon of yogurt. Keeps in the refrigerator for the next day. This recipe and others like it can be found in the [Healthy Eating for Seniors](#) handbook.



Serves: 3

Preparation time: 30 minutes

Baking time: 30 minutes

Per serving: Calories: 189, Protein: 5g, Fat: 6g, Carbohydrate: 27g, Fibre: 2.8g, Sodium: 211 mgs, Calcium: 94 mgs

.....continued on page 3

Minister's Message continued.....

stepper, balance steps, squat press, balance beam, tai chi wheels and chest press. In the videos, exercises are demonstrated by an ActNow BC senior ambassador with the help of a personal trainer. This edition of our seniors' e-newsletter also has a story by Isabel Petch using Courtenay's Riverside Fit Park (page 4).

The videos, along with questions and answers about using the parks' equipment, are available on ActNow BC's website at www.actnowbc.ca/seniorsvideos/.

June's Seniors' Week encouraged us to celebrate seniors and their many accomplishments and contributions, and as warmer weather arrives, I hope you have opportunities to keep active outside in your communities.

Sincerely,

A handwritten signature in blue ink that reads "Ida Chong".

Hon. Ida Chong, Minister of Healthy Living and Sport

Meet Angela French from the Health and Seniors Information Line!

Angela French loves her job! She is one of the seven information analysts who answer the BC Health and Seniors' Information Line. The analysts answer an average of 173 calls per day from all around British Columbia, Canada, and the world. Last year they answered 43,806 calls. The analysts provide information to seniors and the general public on government services and programs. We sat down with Angela to learn more about the Health and Seniors' Information Line and to talk about why she enjoys her job.



SeniorsBC: How long have you been working at the Health and Seniors' Information Line? How did you come to be there?

Angela: I have been working on the Health and Seniors' Information Line for just over a year now. I came here by having a conversation with my supervisor about my past history where I spoke about my work on the front lines in health care in Sidney, BC. I worked for many years in a medical office in Sidney for two wonderful doctors. The practice had many senior patients who lived in the Sidney area. I miss them all tremendously.

SeniorsBC: What would you like seniors to know about the Health and Seniors' Information Line?

.....continued on page 3

Berry Cobbler continued.....

Ingredients:

- 1 cup (250 mL) frozen berries (any kind you like)
- 1½ tsp (7 mL) flour
- 1½ tsp (7 mL) sugar
- 3/8 cup (90 mL) flour
- 1½ tsp (7 mL) baking powder
- 1 tbsp (15 mL) non-hydrogenated soft-tub margarine or butter
- 1 tbsp (15 mL) sugar
- 1 egg
- 2 tbsp (25 mL) milk



Variation:

Substitute 1 cup of canned fruit (such as peaches), including juice, for the berries. DO NOT add sugar to this fruit. Mix flour into the juice to thicken.

Instructions:

1. Preheat oven to 350°F (190°C).
2. Place berries in small casserole or baking dish.
3. Combine 1½ tsp flour and 1½ tsp sugar in a cup and sprinkle over the berries.
4. Place berry mixture in oven to warm while you mix the topping.
5. Measure the remaining flour, baking powder and sugar into small bowl.
6. Rub margarine or butter into the flour using a fork or your fingers.
7. In another small bowl or cup, beat egg and add milk.
8. Pour egg and milk mixture into flour mixture and combine with a fork until just barely mixed. Do not beat.
9. Remove warmed berries from oven.
10. Spoon dough by the tablespoon over berries. Not all of the filling will be covered. As it cooks, the berry juice will bubble up between the lumps of dough.
11. Return to oven and bake for approximately 30 minutes until the dough is nicely browned.

Meet Angela French continued.....

Angela: The Health and Seniors' Information Line is a way for seniors and their family members to find out about many services and programs available throughout the Province of BC that are available to them. Seniors can call Monday to Friday, 8:30 a.m. to 4:30 p.m. PST and will be linked to a "live" person immediately, no waiting in a phone queue. We have an enormous amount of information available with regard to health services, home and community care, housing, transportation, finances, personal security, and delicate issues like end-of-life care and palliative programs. Our calls are not rushed and all clients are treated with respect and dignity. Our incoming callers remain anonymous unless the caller chooses to give their name and other information about themselves.

SeniorsBC: Describe a time when you felt you really helped a senior.

Angela: I recently had a call from a lady who was very distraught and exhausted. She felt she had no one to turn to and no help available for her husband who had been diagnosed with Alzheimer's disease. She explained that her husband was failing and felt because she was the sole caregiver that she had no choice but to continue. It was wearing her down and she was worried that if her health failed then nobody would be there for her husband. I recommended that she contact Home and Community Care (HCC) services in her area and gave her the telephone number. She was not aware of the services that were available from HCC and I went through the process of making the initial appointment for assessment and the different options available to her and her husband. I suggested perhaps she should request some respite care for her husband and this would give her a break to do some things for herself or at least take a break from the huge duty of being the sole caregiver. This lady was extremely relieved; she saw a light at the end of the tunnel. She thanked me over and over again and said she would call HCC right away.

SeniorsBC: What do you consider a successful call?

Angela: A call is successful when I am able to help an individual and I feel confident that the issue has been resolved, or that I have helped the client to connect with the appropriate program area or agency. Success for me would be when one of my callers goes away feeling satisfied because of the information or direction that I have provided.

SeniorsBC: What do you find rewarding about your job?

Angela: I love the self-satisfaction that I get when I know I was able to help somebody. Many people working in large organizations may only feel that once in a while. I feel it on a daily basis! I never have the feeling that I don't want to go to work. I enjoy my job and I enjoy the interaction I get to have with the people of British Columbia.

.....continued on page 4

Meet Angela French continued.... My colleagues and I are here to serve the people of BC. I feel honoured that somebody selected me to be in the position to help people.

The Health and Seniors Information Line operates Monday to Friday from 8:30 a.m. - 4:30 p.m. PST excluding statutory holidays. The line can be reached toll-free at 1-800-465-4911 or in Victoria at (250) 952-1742. The line can be contacted from anywhere in the world and provides information about programs and services available in British Columbia. Translation services are available in over 130 languages. The Health and Seniors Information Line is supported by the Ministry of Health Services and the Ministry of Healthy Living and Sport.

ActNow BC Seniors' Community Parks - Riverside Fit Park, Courtenay, B.C.

By Isabel Petch

Set in Riverside Park underneath a towering oak tree and protected by the great weeping California redwood, the yellow and grey exercise units look like garden sculptures guarded by great columns of ten foot high hedging cedars. Outside the cedars, the Courtenay River flows by, often carrying kayakers. In the distance are the fields of Lewis Park. Paths lead from one exercise station to the next. The whole atmosphere is cheerful and inviting.

The motto on the yellow sign in front of the park reads: "Every Move is a Good Move", and since its opening day, folks have been visiting the park, using the equipment, enjoying it and having fun.

I watched a young man do chin ups on the Pull Up Bracket. He was delighted with the equipment and relishing his outdoor workout. I lamented that my chin up days were over, still I was able to have a great but modified workout on the same piece of equipment. My favourite is the Air Walker, because it helps relieve my arthritic hip.

One of the interesting happenings about the Seniors' Community Park is that all ages seem to be enjoying it. I watched a four year old boy figure out how to use the exercise equipment – it took him just minutes. His move from unit to unit was more rapid than mine, but the pleasure was the same.

Some of the park users have made the visit to the park a part of their daily routine. On their regular walk, they stop for more exercise and to socialize and even picnic. The Park is a destination. One of my favourite sights was a gentleman of seventy or so sitting on the Pull Chair, while facing a little girl of ten sitting opposite on the Push Chair. It would have been a great photo op!

One ninety year old user of the Leg Stretcher found it difficult to use as directed (he has knee replacements), but very quickly adapted his approach so that the machine suited his needs. My husband likes this machine and is able to use it as directed and finds it a great part of his overall workout.

For the child that still resides in all of us, the Bonny Rider is very close to a rocking horse. Besides the fun of the ride, it promotes the development of the core, enhances the upper body triceps and strengthens the leg muscles.

Some folk who have been regularly using indoor exercise equipment have decided to transfer their workouts to the outdoor ActNow BC Seniors' Community Park. The location and the ambience of the sunshine are unbeatable enticements for change. Visitors from other places who do not have such a venue wish that they were as lucky as we are here in Courtenay. And every man, woman or child who visits the park is proof that "Every Move is a Good Move!"

For more information on ActNow BC Seniors' Community Parks and to find one near you, visit www.ActNowBC.ca.

