



SeniorsBC

e-Newsletter

November 16, 2010
Volume 1, Issue 5

Welcome to the e-Newsletter

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BC Seniors Games

The September 2010 BC Seniors Games in the Comox Valley and Campbell River was a tremendous success due to the dedication of thousands of participants, volunteers and spectators! Approximately 3,300 participants plus the coaches and officials, aged 55 and over, provided excellent examples of active aging through their participation in 28 competitive games and sports, from Bridge to track and field.



The event could not have been possible without the approximately 1,700 dedicated volunteers, most of them seniors

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Message from the Honourable Kevin Falcon



I am very pleased to take on the role of Minister responsible for seniors' issues in British Columbia.

Meeting the challenges of an aging population is an integral part of the transformation in health care service delivery that the Government of British Columbia has already embarked on. Underlying this transformation is the need for this Province to find cost effective, efficient and innovative ways to deliver our services. I am committed to finding these solutions.

At the same time, I look forward to continuing work aimed at preventing chronic disease and improving the health of seniors—and other British Columbians—by promoting active aging and supporting the creation of healthy, age-friendly communities.

Community Action for Seniors' Independence is one initiative that supports age-friendly communities by providing independence supports for seniors in five pilot communities—Maple Ridge, Osoyoos, Surrey (Newton), Vancouver (Renfrew-Collingwood) and Dawson Creek. The program identifies the needs of seniors at the community level, builds on existing capacity and establishes key partnerships to provide better coordinated services.

You will continue to see examples of this work highlighted in the SeniorsBC e-Newsletter. In addition, please visit SeniorsBC.ca for more information about how the Government of British Columbia is working with seniors, organizations, and communities to serve the needs and promote the well-being of older adults in this province.

Kevin Falcon
Minister of Health Services

BC Seniors Games continued.....

themselves. And, of course, thousands of spectators came to the area to watch the action!

The Seniors' Healthy Living Secretariat was present at the Games, along with our partner in active living, ActNow BC. Our representatives at the booth promoted healthy living and active aging by providing information resources and material about relevant government initiatives, such as the ActNow Seniors Ambassadors Program.



Alison Cristall (ActNow BC) with two BC Seniors Games attendees

The 2011 BC Seniors Games will be hosted by Nelson, Castlegar and Trail from August 16 to 20, 2011.

For more information, and to check out more details on the 2010 Games, see www.bcseniorgames.org.

“Regular exercise can improve your memory, your ability to think and reason, and your reaction times.” www.actnowbc.ca/seniors/keeping_an_active_and_healthy_mind



Influenza and Seniors: Talk to your health care provider and take steps to protect yourself!

Influenza (“flu”) is caused by a respiratory virus that spreads during the winter months. Influenza causes symptoms that include fever, body aches, headache, a dry cough, and a sore throat. The symptoms usually start suddenly and are worse the first three or four days of the illness, but it can take one to two weeks to feel completely better. Because the influenza virus changes, there are different strains, or kinds, of the influenza virus every year. This is why there is a new vaccine each fall.



During a typical influenza season, between 10 and 25 percent of Canadians can become ill with influenza. There are two ways to catch influenza:

- 1) By breathing in the virus when sharing the same air space as an infected person (i.e., when they cough or sneeze) or,
- 2) By touching your eyes, nose or mouth when you have the influenza virus on your hands (i.e., shaking hands or touching contaminated surfaces such as doorknobs).

The flu and seniors:

As we age, we are at higher risk of complications from influenza. Also, if you have a chronic health problem or if your immune system is weakened, catching influenza can lead to serious health problems, such as pneumonia, and even death. People over the age of 65 have the highest risk of dying from influenza.

What can you do to stay healthy this influenza season?

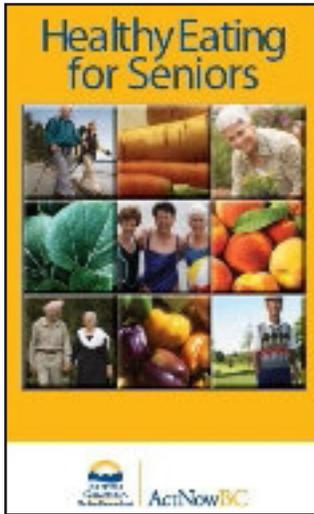
You can decrease your chance of catching influenza by following a few simple recommendations:

- 1) **Get your influenza vaccine every year**
 - Get your influenza shot as soon as possible. It is usually offered by late October. It takes about two weeks after vaccination for your body to build protection against influenza. Getting your influenza shot early will make sure you are protected by the time the flu season starts, usually in November or December.
 - Encourage your friends and family to talk to their health providers about getting the influenza vaccine as well.

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Pumpkin Raisin Muffins

Have one of these delicious muffins with fruit and a cooked egg for a tasty, healthy breakfast. The muffins freeze well, so you may want to double the recipe and freeze extras in an airtight freezer bag. You can then take them out one at a time as you need them. This recipe and others like it can be found in the [Healthy Eating for Seniors](#) handbook.



Makes: 12 muffins

Preparation time: 25 minutes

Baking time: 20 minutes

Per muffin:

Calories: 195, Protein: 4g, Fat: 6g,
Carbohydrates: 33g, Fibre: 2.3g, Sodium:
132mgs and Calcium: 65mgs

Ingredients :

1 cup (250 mL) whole wheat flour
¾ cup (175 mL) all-purpose flour
½ cup (125 mL) sugar
2 tsp (10 mL) baking powder
½ tsp (2 mL) baking soda
1½ tsp (7 mL) cinnamon
½ tsp (2 mL) nutmeg
½ tsp (2 mL) powdered ginger
¾ cup (175 mL) raisins
½ 14 oz (200 mL) can pumpkin puree (not pie filling)
¼ cup (60 mL) vegetable oil
1 cup (250 mL) buttermilk or sour milk
2 eggs

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Influenza and Seniors continued.....

2) *Wash your hands frequently*

- Wash your hands often: before and after meals, after using the washroom, and whenever they look dirty. Studies show that washing your hands at least five times a day reduces the number of respiratory infections (colds and flu) people catch.

3) *Cover your coughs and sneezes and encourage others to do the same*

- Sneeze or cough into your sleeve. This avoids getting the virus on your hands which you may then pass to someone else.

CASI Update!

The Community Action for Seniors' Independence (CASI) program has made significant progress this Fall. CASI is a community-based initiative that provides seniors with non-medical supports to assist them in staying independent in their own homes. CASI services are being introduced in five pilot communities across the province – Maple Ridge, Dawson Creek, Surrey (Newton area), Vancouver (Renfrew-Collingwood area) and Osoyoos.

Maple Ridge launched their CASI services in July 2010, the first of five pilot communities to begin offering services. Dawson Creek was the second CASI pilot community to launch on October 4th, Surrey (Newton) launched their CASI program on October 22nd, and Vancouver (Renfrew-Collingwood) launched on November 2nd. Osoyoos will be launching services later in November.



DIVERSEcity staff attend the CASI launch in Surrey on October 22, 2010.

CASI is just one example of work being done across BC to meet the needs of seniors at the community level and make our province more age-friendly. To find out more, please visit the website at [SeniorsBC.ca](#).

If you are a senior in one of these communities and would like to know more about CASI, please contact:

Maple Ridge – 604 467-6911, extension 232
Dawson Creek – 250 782-1138, extension 228
Surrey (Newton) – 604 507-2266
Vancouver (Renfrew-Collingwood) – 604 435-0375
Osoyoos – 250 495-6925 or 250 485-8629

Pumpkin Raisin Muffins continued.....



Instructions:

1. Preheat oven to 375°F (190°C).
2. In a large bowl, combine flours, sugar, spices, baking powder, baking soda and raisins.
3. In a smaller bowl, beat eggs, then add pumpkin, oil and buttermilk.
4. Make a large well in the centre of the dry ingredients, and pour the pumpkin mixture into this well.
5. Gently fold wet and dry ingredients together until just combined. Do not beat.
6. Spoon batter into paper-lined or lightly greased muffin tins.
7. Bake in preheated oven for 18 to 20 minutes or until firm to touch.

Sour Milk:

To make sour milk, add 2 tsp (10 mL) vinegar to 1 cup (250 mL) milk and let sit for five minutes.

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

Upcoming Events:

Positive Aging Conference

Nov. 26-27, 2010

Coast Plaza Hotel and Suites, Vancouver

The 2nd national conference on positive aging brings together an interdisciplinary audience of health professionals and researchers to address some of the issues and challenges facing the aging population today. Hear about the most current research findings from leading experts, learn how research can be translated into practice, and discover useable resources to promote healthier, more positive living for Canada’s older adult population.

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Meet Stu Deeks – Cranbrook ActNow BC Senior Ambassador

If you believe that getting older means slowing down, then you haven’t met Stu Deeks. Whether he is teaching spinning classes at the local gym twice a week, skiing or snowboarding in the winter, or riding on local bike trails in the summer, this 60-year-old Cranbrook resident and ActNow BC Seniors Ambassador epitomizes ageless active living.



Ambassadors in Cranbrook meet once a week to participate in various recreational activities and volunteer two hours a week at the Cranbrook ActNow BC Seniors Park to coach Cranbrook residents on how to use the equipment.

Stu says as people get into their 60s and 70s they need to keep moving and the park is designed for low-impact activities which are ideal for older people and integral to staying active. As for Stu Deeks, he plans on growing younger, not older, next year. You can find him at the park twice a week, where Stu continues to motivate the participants at the park.

For more information about the parks and to watch an instructional video, please visit the ActNow BC website: www.actnowbc.ca/seniors/seniors_community_park_videos.

For more information about the ActNow BC Seniors Ambassador Program please email actnow@gov.bc.ca.

Meet Joy Andersen!

Joy Andersen was an active volunteer with the 2010 BC Seniors Games.

The annual Games are a multi-sport event with approximately 3,500 participants, aged 55 plus, from across BC. The Games are hosted by a different community each year in one of the 12 zones in the province. This year they took place in the Comox Valley & Campbell River zone from September 15 to 18, 2010, where Joy was the Host Chair for the Protocol Directorate.



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Upcoming Events continued.....

The importance of purpose and meaning in later life, as well as lessons for health and longevity, will be emphasized.

The conference will provide informative lectures, discussions, workshops, poster sessions and ample networking opportunities. A highlight of this conference will be to hear from older adults. For more information, and to register, visit: www.interprofessional.ubc.ca/Positive_Aging_2010.html

Spotlight on Images of Aging Symposium

Dec. 2, 2010

Sheraton Centre, Montreal, Quebec

Older Canadians make important and enduring contributions to the social and economic fabric of our country. Yet there are prevailing misconceptions about older people and the aging process that can influence how we perceive and interact with older people and even affect the well-being of older Canadians themselves.

Come join experts and professionals in the fields of aging, media and advertising for lively and thought-provoking discussions about how and why these misconceptions are formed, how they influence society, and how we can become agents of change to promote positive and realistic images of aging - after all, it affects all of us!

This symposium is sponsored by the Federal/Provincial/Territorial Ministers Responsible for Seniors Forum. The Forum is an intergovernmental body established to share information, discuss new and emerging issues related to seniors, and work collaboratively on key projects.

For more information and to register, visit the Canadian Association on Gerontology (CAG) website at: www.cagacg.ca.

Meet Joy Andersen continued.....

As the Host Chair, Joy eagerly took on responsibility for recruiting, interviewing and coordinating the volunteer hosts for the Games, who provided lunches, gave directions and assisted with logistics. She met with the other Protocol Directorate chairs on a regular basis, coordinated orientation sessions and a first aid course, and answered emails and phone calls. As part of the Protocol Directorate, Joy scheduled approximately 70 volunteers to act as hosts at various venues, the games village and the VIP room. In addition, she assisted in the lighting of the Game's torch to commemorate the 100-day countdown to the beginning of the BC Seniors Games.

Similar to the 2010 Winter Games, the BC Seniors Games have left a very strong legacy of physical activity and involvement in the host community – motivating residents to be active in competitive and recreational sports and to adopt a healthier, more active lifestyle. BC residents can be involved in future BC Seniors Games and contribute to their legacy by participating, visiting or volunteering.

Joy has been residing in Campbell River for the last nine years, after moving from Edmonton, Alberta with her son and two daughters. She enjoys the company of her four grandchildren and staying active in her retirement years by playing golf and duplicate bridge, gardening and volunteering. In fact, Joy's dedication to volunteerism is impressive. She has assisted at the Campbell River & District Regional Hospital, aided community organizations with grant applications and contributed to the organization of the torch run for the 2010 Winter Games in Vancouver.

Joy says that volunteering is an amazing opportunity to give back to her community and has gained a sense of satisfaction knowing that she has contributed. She has these words for people thinking of volunteering at future Games: "Come out! Have fun! Show off your community because hosting the BC Seniors Games is a one-time opportunity for each community".

Leading up to the 2011 Games in Nelson, Castlegar and Trail, each zone in the province will be seeking volunteers for activities, practices and try-outs that take place at the regional level. Check out www.bcseniorgames.org for upcoming information and opportunities for volunteering!