



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](#).

Healthy Eating for Seniors Handbook -- Now Available in Print

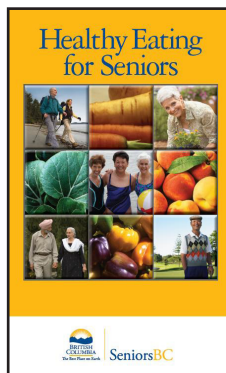
The [Healthy Eating for Seniors handbook](#) has been reprinted in English and Chinese and is available for order.

The Healthy Eating for Seniors handbook is designed to help seniors make healthy eating choices.

The handbook addresses many of the barriers to healthy eating, and includes information about food safety, supplements and shopping, as well as tips and recipes.

You can order print copies of the handbook in English and Chinese from the Health and Seniors' Information Line. In Victoria, call: 250 952-1742. In the rest of the province, call toll-free: 1-800-465-4911.

In addition, you can find Healthy Eating for Seniors in [English](#), [Chinese](#) and [Punjabi](#) on SeniorsBC.ca.



Parliamentary Secretary's Message



As Parliamentary Secretary for Seniors, I am committed to working with seniors, their families and others to explore new and innovative ways to promote and support the health and well-being of older adults in this province.

In the months ahead, I look forward to keeping you up to date on our progress through the SeniorsBC.ca website and SeniorsBC e-Newsletter.

Last month marked the one-year anniversary of the launch of SeniorsBC.ca. The website is designed to provide information on a wide range of topics that impact older British Columbians. The response so far to the website has been very positive, and we're always looking for ways to make SeniorsBC.ca even better. That is why we are asking visitors to the website to complete an [online survey](#). The results of the survey will allow us to ensure that SeniorsBC.ca is meeting the needs of seniors and other British Columbians who are interested in seniors' issues.

In this issue of the SeniorsBC e-Newsletter, you will find updates on key programs and actions to support seniors, as well as tips and information on new resources to help seniors make healthy living choices. I am pleased to announce that the very popular [Healthy Eating for Seniors handbook](#) has been reprinted and is available for you to order (see sidebar on the left for ordering information).

Don't forget to check out other content on SeniorsBC.ca for the latest information on some of the other activities underway to promote and support healthy, active aging for British Columbians.

Yours truly,

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

We Want to Hear from You!

As we mark the first year anniversary of SeniorsBC.ca and the e-Newsletter, we would like to hear from you!

Take the short [e-Newsletter survey](#) (less than five minutes) and let us know what you like, what you want to see more of and what's missing from the current e-Newsletter.

And while you are at it, feel free to let us know your thoughts on SeniorsBC.ca by taking the [SeniorsBC.ca survey](#).

Thank you for taking the time to give us some feedback as we strive to make these resources as useful as possible for you and all British Columbians.

Age-friendly B.C.: Lessons Learned

Creating age-friendly communities—what is working for B.C. communities so far?

British Columbia has been involved in creating age-friendly communities since 2006. In an age-friendly community, the physical and social environments are designed to help older people to age actively, that is, to live in security, enjoy good health and continue to participate fully in society.

An Age-friendly Communities Implementation Team, led by Dr. Elaine Gallagher, evaluated the progress of the Age-friendly B.C. initiative by surveying 30 B.C. communities that actively participated in the initiative from 2007 to 2010. Projects in the communities surveyed addressed a variety of issues. Some communities found information on available services was lacking and responded by producing service guides and accessibility maps. Others took on physical projects ranging from developing seniors' housing, to installing light switches on bus stop poles.

The evaluation team found eight key factors that contribute to success in achieving an age-friendly community.

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Community Action for Seniors' Independence

Pilot communities share successes and challenges at February meeting

Seniors in the Renfrew-Collingwood neighbourhood of Vancouver are getting fit, and connecting with each other and with other services in the community, through the Community Action for Seniors' Independence (CASI) walking club.

In Osoyoos, where public transportation is limited, older residents can now get a lift to doctors' and other appointments in the CASI van, or with a volunteer driver.

In Dawson Creek, members of the Junior A hockey team are helping CASI clients cope with winter by providing snow-shovelling services.

In the Newton area of Surrey, CASI program staff members are busy recruiting volunteers who speak a variety of languages to reach out to immigrant seniors and let them know about available supports in this multicultural community.

And in Maple Ridge, where CASI services have been available the longest, seniors are accessing transportation, housekeeping and handyman services.

These are just a few of the stories and successes shared by CASI program coordinators and other community representatives while meeting at the United Way of the Lower Mainland offices in Burnaby on February 3, 2011.

CASI is a partnership project between the Government of British Columbia and the United Way of the Lower Mainland. CASI is focused on developing and delivering non-medical home support programs to enable seniors age 65 and older to live independently in their homes as long as possible. CASI pilot programs are currently underway in five B.C. communities—Maple Ridge, Dawson Creek, Vancouver (Renfrew-Collingwood), Surrey (Newton) and Osoyoos.

The Burnaby meeting brought together representatives from the pilot communities for the first time since CASI services were launched in all five pilot communities last summer and fall.

At the meeting, representatives from all the lead agencies responsible for providing CASI services had an opportunity to compare notes about their different programs, and talk about their experiences and challenges in setting up services to support seniors' independence in their communities.

All of the CASI pilots offer seniors access to a range of support services, such as transportation, housekeeping, home repair, yard maintenance, friendly visiting, and information and referral. These services may be delivered by paid staff, contractors or volunteers, and clients are generally charged a fee, based on ability to pay.

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Age-friendly B.C. continued....

Those key factors are:

- 1) Strong local government support;
- 2) Having a champion in the community;
- 3) Appointing a dedicated staff person to work on the initiative at the local level;
- 4) Having strong local partnerships that are inclusive of seniors and other stakeholders;
- 5) Obtaining a small grant to get started and using that to leverage additional money and resources;
- 6) Introducing small changes at the outset of the project;
- 7) Cultivating a good relationship with the local media to build community awareness; and
- 8) Having the support and advice from a provincial government-based team.

The evaluation team recommended that the Province continue to support communities, provide additional guides, and recognize communities that have succeeded in becoming more age-friendly.

The Seniors' Healthy Living Secretariat is developing the next phase of the Age-friendly B.C. initiative which builds on these findings. New tools and resources for communities, including a guide for creating age-friendly businesses, are under development.

For the complete evaluation report, including action ideas that might inspire initiatives in your community, see [Age-friendly British Columbia: Lessons Learned from October 1, 2007 - September 30, 2010](#).



Community Action for Seniors' Independence (CASI)....

At the same time, each of the pilots is unique, focused on the service priorities identified by seniors and the size and circumstances of each community. For example, Renfrew-Collingwood is the only pilot to offer a walking club; and Surrey is planning to introduce a skills bank that will enable seniors to volunteer their services to other seniors in exchange for services they need.

One important point the representatives agreed is true of all the pilot communities—CASI is helping to meet an important service need for seniors in their communities.

For more information about CASI services in the five pilot communities and how to access those services, 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

Volunteer Profile: Mel Kotler, Kelowna

Mel Kotler is a familiar face in Kelowna: an active member of the community, he volunteers for many causes and campaigns. Past President of Fabricland Pacific Ltd., Mel has been retired for 10 years, and says volunteering helps to keep life interesting. Mel took time from his busy schedule to answer a few questions about his volunteer work.



Q: What inspires you to volunteer?

A: There's a lot of need out there, and making positive change in your community makes you feel good about yourself.

Q: What kinds of volunteer work do you do?

A: Volunteering has been an important part of my life for a long time. I've volunteered on more campaigns and with more organizations than I can count. I do a lot of fundraising work, because that relates to my marketing background, and I also mentor organizations to help them meet their fundraising goals. I've worked on a number of United Way campaigns. I was part of the Major Acquisitions group for the Kelowna Cancer Lodge in the late 1990s, and I've been active in the Okanagan Jewish community since 1986/87.

Right now I am also involved with Project Literacy in Kelowna doing fund-raising and tutoring.

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Quesadilla

Quesadillas are a warm, tasty way to use up leftover cooked vegetables and small amounts of cooked meat. For a complete meal, serve with a piece of fresh fruit and a glass of milk. This recipe and others like it can be found in the [Healthy Eating for Seniors](#) handbook.



Serves: 1

Preparation and cooking time: 25 minutes

Per serving: Calories: 252, Protein: 12 g,
Fat: 7 g, Carbohydrate: 33 g, Fibre: 3.4 g,
Sodium: 308 mgs, Calcium: 236 mgs.

Ingredients:

1 whole wheat soft tortilla (7 inch or 18 cm)
¼ cup (60 mL) shredded low-fat mozzarella cheese
¾ cup (175 mL) cooked vegetables (use leftovers if you have them)
Cooked meat (optional)
Sliced olives or sun dried tomatoes (optional)

Instructions:

1. Chop vegetables and grate cheese before you start to cook.
2. Heat a non-stick frying pan over medium heat.
3. Place tortilla on heated pan.
4. Quickly place cut up vegetables on top of tortilla and cover with grated cheese.
5. Lift up half the tortilla and fold over the other half, enclosing the vegetables and cheese, and lightly press on top to hold together.
6. Cook until the tortilla is lightly browned and crispy.
7. Flip over and cook the other side.
8. Cut in half and serve with a small amount of salsa.

Thanks to Georgina Lawlor of Penticton, B.C.

Suggested vegetables: Asparagus, broccoli, yams, red peppers, carrots, mushrooms and/or onions.

Mel Kotler continued....

When I was with Fabricland, we made a lot of corporate donations. I thought, “If we don’t give back, who will?”

Q: Do you remember your earliest volunteer experience?

A: I started volunteering with the B’nai B’rith Youth Association as a teenager in Montreal. Even then, fundraising was a natural fit.

Q: How do you balance your volunteer work and other commitments?

A: Because I’m retired, I don’t have work commitments, and I don’t have young children anymore, so I’ve got more time. I’m a newlywed for my age – my wife Dina and I have been married for 12 years. We get involved in a lot of things together, and she also has her own interests and community involvement.

I’m choosier about how I volunteer now, though. Because of my profile in the community, the phone rings a lot. I’ve had to learn to say no, and that can be tough. And I try to work smarter. I mostly take on shorter-term, hands-on projects, so I’ve still got time for other things that I enjoy. Dina and I like to travel, so I try to limit my long-term commitments.

Q: Would you say that volunteering has changed your life in any way?

A: Absolutely. I really believe that it contributes to my emotional well-being – it can be quite therapeutic. It feels good to help out, and I’d be a dull person without outside interests.

I was involved in a project called “Making Memories” this past Christmas, to take 800 kids who wouldn’t usually have the opportunity, for whatever reason, to see a performance of The Nutcracker. My role was to get the fabric for stockings, so the kids got a few treats, too. And I tell you – just this one day, this one little thing, made a huge difference to a lot of those kids.

Q: Do you have any advice for other retirees who might be thinking about volunteering?

A: I’ve given presentations to groups of new retirees, and I always tell them – print out business cards! Once your name gets out there, people will start calling.

Volunteering is a great way to fill the days when you retire. Life will take you down a path, if you let it. People who don’t volunteer are missing out.

Active Aging Tip

“Most British Columbians do not get enough vitamin B6, which is important for brain functioning and protein metabolism (Vitamin B6 requirements increase after age 50). Folate, essential for healthy blood cells and your heart, is also missing. Whole grains, vegetables and fruit, are excellent choices to boost your intake of vitamin B6 and folate.” ActNowBC

Upcoming Events:

Growing Old in a Changing Climate: Exploring the Interface Between Population Aging and Global Warming **SFU Segal Graduate School of Business, Vancouver**

May 25-26, 2011

Population aging and global warming are two of the biggest challenges facing humanity this century. How will they affect each other and how will aging populations adapt to climate change?

For more information on this event, visit www.sfu.ca/fc2011 or email fc2011@sfu.ca

World Elder Abuse Awareness Day

June 15, 2011

For the sixth 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. You can find more information and resources about [World Elder Abuse Awareness Day](#) and [elder abuse prevention on SeniorsBC.ca](#).