

Inside this Issue

Message from Parliamentary Secretary	1-2
June 1st - Intergenerational Day Canada	3
Better at Home for B.C. Seniors and Elders	4
New BC Elders' Guide Launched at Elders Gathering	5
Upcoming Events	6
Quick Fruit Compote	7



Message from Parliamentary Secretary Michelle Stilwell



Summer is officially in full swing and I can't think of a better place to spend it than here at home in beautiful B.C.! I love seeing so many seniors out and about with their grandchildren and extended families, enjoying the beautiful weather and everything our province has to offer.

The first week of June was Seniors' Week here in B.C. and we took some time to reflect on the impact that seniors have made in creating the vibrant communities that we live in today.

As a way to recognize the importance of seniors, the Province proclaimed June 1 Intergenerational Day Canada in B.C. This proclamation is about inspiring British Columbians to do their part to ensure seniors feel welcome to share their wisdom and participate in their communities so that each generation can learn from one another.

Today's youth will be the seniors of tomorrow and it is up to all of us to create a culture of appreciation and respect for seniors. To help educate younger generations and increase awareness generally, on June 2, government launched a month-long elder abuse awareness social media campaign. As in previous years since 2006, our government also recognized World Elder Abuse Awareness Day on June 15 with a provincial proclamation.

Sadly, the abuse of older adults is more common than we may be aware of and is often hard to detect and under reported. Elder abuse can take on many forms, some of which are less obvious than others. For example, a caregiver might set up a joint bank account to help an older parent handle their financial needs, and gradually slip into a pattern of taking money as payment for their efforts without their parent's permission. I hope that the conversation around elder abuse will continue to gain momentum on social media and that this important information will continue to be shared and discussed.

If you or someone you know is experiencing abuse and you need more information, please call the Seniors Abuse and Information Line. Supported by the Ministry of Health and operated by the BC Centre for Elder Advocacy, the Information Line is available daily (excluding holidays) from 8:00 a.m. – 8:00 p.m. and is a confidential and safe place for you to turn for information and support.

For more information on elder abuse, or to access the provincial elder abuse prevention strategy Together to Reduce Elder Abuse: B.C.'s Strategy, please visit www.seniorsbc.ca/elderabuse.

I look forward to working with the Health Minister, Ministry of Health, health authorities and the Office of the Seniors Advocate as well as many other front line and community services providers in the coming months to build on the great work already under way to improve the way we care for seniors in B.C. Part of that work will be ensuring that all seniors feel respected and appreciated in their communities.

I wish all seniors in British Columbia an active and enjoyable summer.

Yours truly,

Michelle Stilwell
*Parliamentary Secretary for Seniors to the
Minister of Health*

Contact information

Seniors Abuse and Information Line
Phone: 1 866 437-1940 (toll-free)

BC Centre for Elder Advocacy & Support
Phone: 604-688-1927
Email: info@bcceas.ca
Website: <http://bcceas.ca/>

June 1st - Intergenerational Day Canada



In 2014, for the first time, the Government of British Columbia proclaimed June 1st Intergenerational Day Canada (IG Day). IG Day invites both young and old to question age-related stereotypes and assumptions while fostering understanding among people of all ages. June 1st IG Day was created to celebrate intergenerational bridges and as a reminder of June 15th -

World Elder Abuse Awareness Day. Positive relations between children/youth and older adults will help break down barriers, encourage respect and prevent the mistreatment of older adults and people of all ages, now and into the future!

Intergenerational Day Canada was launched in 2010 by the i2i Intergenerational Society. Seeing the ever-widening gap between generations, and the negative consequences this was having on both young and old, Sharon MacKenzie, i2i's Executive Director, worked on closing the gap. A retired school teacher from B.C., MacKenzie spent years promoting intergenerational learning through connecting school-aged children and youth to different generations via school programming. She witnessed first-hand the benefits of these connections and saw how they broke down ageist misunderstandings, strengthened communities and built self-esteem and satisfaction in all age groups.

Since 2010, seven provinces and territories and over 100 cities in Canada have proclaimed IG Day, and intergenerational activities are taking place throughout the country. From hosting intergenerational tea parties to relocating classrooms into retirement residences, intergenerational events contribute to building more resilient and age-friendly communities.

Promoting intergenerational learning and activities can bring respectful understandings about ageing to children and youth, our adults of the future, and contribute to reducing elder abuse and neglect. Visit www.intergenerational.ca and www.gov.bc.ca/seniors for more information and resources.

“ positive relations between children/youth and older adults will help break down barriers, encourage respect and prevent the mistreatment of older adults ”

Better at Home for B.C. Seniors and Elders



Better at Home, a non-medical home support program funded by the Government of B.C. and managed by the United Way of the Lower Mainland (UWLM), supports B.C. seniors to age in place in their own homes and communities by providing services such as transportation to appointments, light housekeeping, minor home repairs, and friendly visiting.

As of April 2014, 60 community-based charitable organizations had been selected to deliver Better at Home services in communities across B.C. Better at

Home improves quality of life for older adults by helping them to live independently and stay connected to their communities; reduces caregiver stress; and strengthens community capacity to support seniors.

One of Better at Home's strengths is its flexibility. Organizations delivering Better at Home services at the community level are able to tailor the program to address local needs, including cultural and linguistic considerations (e.g., recruiting volunteers who speak certain languages).

A number of Better at Home programs are led by First Nations, Aboriginal, and ethnocultural organizations, and services are available to seniors and Elders living on-reserve in several communities. Planned program enhancements include programming for seniors who are deaf or hard of hearing and a rural and remote pilot program.

Government has provided approximately \$22 million in funding for Better at Home. For further information or to find the Better at Home program nearest you, please visit www.betterathome.ca.

Planning for Healthy Aging Tip

Be an active participant in your health care! Keep a health journal to track how you are feeling, when you first noticed symptoms, list questions you want to ask your physician and write down answers, test results, prescriptions and how the prescribed medication is affecting you. You can also make note of general physical and emotional changes to your health and mental well-being and track how exercise or food is affecting you. You may notice some patterns. Being proactive in your health care may be the best way to support your healthy aging.

New BC Elders' Guide Launched at Elders Gathering

The Seniors' Health Promotion Directorate was in Penticton earlier this month for the 38th Annual BC Elders Gathering, where we heard from First Nations and Aboriginal Elders and handed out health promotion information and resources, including the popular new BC Elders' Guide. The new guide, produced by the First Nations Health Authority in partnership with the Seniors' Health Promotion Directorate, B.C. Ministry of Health, contains information on programs and services to help older adults in B.C. stay healthy, active, safe, and engaged in their communities. The BC Elders' Guide is available online at www.fnha.ca/eldersguide.

The Penticton Indian Band hosted this year's Elders Gathering from July 7-9, 2014. The Elders Gathering is an opportunity for First Nations and Aboriginal communities to honour and celebrate their Elders, and for Elders

from across B.C. to gather, socialize, share stories and traditions, learn from one another, and make new connections. For more information about the BC Elders Gathering, visit www.bcelders.com/elders-gathering.php.

The Tsawout First Nation in Saanich will host the 39th Annual BC Elders Gathering in 2015.



Upcoming Events

BC Seniors Games

September 9-13, 2014 in Langley, B.C.

The community of Langley is host to this year's BC Seniors Games, which will feature up to 4,000 athletes aged 55+ competing in 26 different events. The motto for the 2014 BC Seniors Games is "Everyone Wins"; this refers to all of the participants, volunteers, spectators, sponsors, businesses, and residents who will benefit in one way or another from the Games. For more information, including information on volunteer opportunities, please visit www.2014bcseniorgames.org.

Union of BC Municipalities 2014 Convention: Leading Edge

September 22-26, 2014 at Whistler Conference Centre, Whistler, B.C.

The Union of BC Municipalities (UBCM) is one of the Province's key partners in its work to make B.C. communities more age-friendly. UBCM's annual convention provides opportunities for municipal government leaders from across B.C. to discuss local issues and initiatives and to develop policies that guide UBCM's ongoing work. A variety of clinics and workshops are offered for convention participants. For more information, please visit www.ubcm.ca/EN/main/convention/2014_Convention.html.

International Day of Older Persons

October 1, 2014

More than two decades ago, the United Nations (UN) General Assembly designated October 1 the International Day of Older Persons. Each October 1, we encourage you to join the UN, other organizations, and individuals around the world in recognizing the important contributions older persons make to our families and communities. For more information, please visit www.un.org/en/events/olderpersonsday.

Take a stand
against elder
abuse
Wear purple
on June 15th



World Elder Abuse Awareness Day

#RespectSeniors

Elder Abuse Awareness

In June 2014, in recognition of Intergenerational Day Canada (June 1), Seniors Week (June 1-7), and World Elder Abuse Awareness Day (WEAAD, June 15), the Government of B.C. launched the #RespectSeniors social media campaign. The campaign used Twitter, Facebook, posters, and online tools to raise awareness among people of all ages about the mistreatment of older adults and where to go for help. The campaign encouraged people to take a stand against elder abuse and show their support for WEAAD by wearing purple on June 15.



Quick Fruit Compote

This is a fancy and tasty variation on traditional stewed prunes – a great source of fibre. Eat it for breakfast or enjoy it as a healthy dessert with a scoop of plain, low-fat yogurt on top.

Serves 9 (makes 3 cups - 750 ml)

Prep and cooking time: 15 minutes

Per serving

- calories: 61
- protein: 0.5 grams
- fat: 0
- carbohydrate: 16 grams
- fibre: 1.8 grams
- sodium: 2 milligrams
- calcium: 12 milligrams



Ingredients

- ½ cup (125 mL) pitted prunes
- ¼ cup (60 mL) dried apricots
- ¼ cup (60 mL) pitted dates or dried apples
- 2 tbsp (25 mL) raisins or dried cranberries
- 2 cups (500 mL) boiling water (or hot black tea for a variation)
- 1 tsp (5mL) lemon juice

Instructions

1. Put dried fruits in a 1 litre canning jar or medium-size bowl.
2. Pour boiling water over fruit.
3. Add lemon juice.
4. Cool on counter.
5. Cover and refrigerate at least overnight before using.
6. Keep refrigerated.

Source: The Senior Chef, BC Ministry of Health, 1992.

Visit www.gov.bc.ca/seniorshealthyeating for more recipes from the Healthy Eating for Seniors handbook and The Senior Chef.

Visit www.gov.bc.ca/seniorsbcnewsletter to subscribe to the SeniorsBC e-newsletter.