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Message from Parliamentary Secretary Dr. Darryl Plecas



Each month, we see campaigns dedicated to raising awareness about issues and causes close to many British Columbians, such as Heart Month, the Canadian Cancer Society's Daffodil Month, and World AIDS Day. At the core of these worthwhile campaigns and the programs that provide community services and supports, are volunteers. April 12-18 marked National Volunteer Week, our opportunity to recognize the many women and men who give of their personal time to help those in need.

We know that the greatest amount of volunteering is done by seniors, whether delivering meals, fundraising, sitting on non-profit boards, providing home support and care for others or working with community groups, seniors are leading by example.

Not surprisingly, volunteering itself has many benefits for healthy aging, such as socializing, sharing skills and experience, learning new things and keeping active. While the tally of volunteer hours is impressive, the impact of seniors' volunteer contribution is immeasurable - one that is qualified by personal connections that make our communities stronger.

Not only would I like to take the opportunity to acknowledge the work of thousands of volunteers throughout British Columbia, I would like to impart a special thank you to the many seniors who give passionately of their time and talents.

Yours truly,

Dr. Darryl Plecas

Parliamentary Secretary for Seniors to the Minister of Health

Office of the Seniors Advocate Update

In March 2015, the Office of the Seniors Advocate released *Bridging the Gaps*, a report on the results of a survey of B.C. seniors conducted in late 2014. The survey was designed to gauge seniors' knowledge and awareness of a range of programs and grants designed to support them.

Also in March, Seniors Advocate Isobel Mackenzie announced the appointment of a new 30-member advisory council of seniors. Council members range in age from 65 to 85, and come from diverse cultures and communities, and from all regions of the province.

On April 7, 2015, the Office of the Seniors Advocate released Report #3, *Placement, Drugs and Therapy...We Can Do Better*.

For more information, visit <http://www.seniorsadvocatebc.ca/>

Mark Your Calendar: Upcoming Dates

- Intergenerational Day Canada, June 1, 2015
- Seniors' Week, June 7-13, 2015
- World Elder Abuse Awareness Day, June 15, 2015

Check the SeniorsBC website for updates: www.SeniorsBC.ca

New Horizons for Seniors Funding Program Update

On March 27, 2015, the Honourable Alice Wong, Canada's Minister of State (Seniors), announced that a call for proposals for pan-Canadian projects funded through the New Horizons for Seniors Program will be launched in mid-May 2015 and be open for six weeks. Successful projects will focus exclusively on addressing social isolation among seniors and will be funded between \$150,000 and \$750,000, over a period of up to three years.

For more information, visit <http://news.gc.ca/web/article-en.do?nid=956569>

The 39th Annual BC Elders Gathering

The 39th Annual BC Elders Gathering will be hosted by Tsawout First Nation and the WSÁNEĆ Nations in Saanichton, on Vancouver Island, July 7-9, 2015. The Elders Gathering provides an opportunity to honour and give thanks to First Nations and Aboriginal Elders, and for Elders to connect, socialize, and celebrate their culture and history.

For more information, visit <http://www.tsawout.com/eldersgathering>



Profiles: Elders Share their Secrets to Aging Well

Originally published in the First Nations Health Authority's Spirit Magazine (The Elders Issue, Winter 2014)—reprinted with permission. To read more, visit www.fnha.ca/SpiritMagazine/Spirit_Winter2014.pdf

Chief George Johnson, Wuikinuxv First Nation



I try to stay healthy and remove any negative things in life. I try to motivate the younger generation to be more health conscious, both with foods and spirituality. I choose this direction because I enjoy being a cultural mentor. Many of our Elders are gone now, but within the past five years, I have learnt about our history, and I have taught it in our Big House. The system that our Elders set up in the Big House was about taking care of ourselves and everyone else.

Marg Kelly, Soowalhie First Nation



My secret to aging well is keeping active, and always keep learning new things, even at my age. I enjoy family time and cultural gatherings. It's important to teach our children traditional practices. Watching what I eat—lots of fish, dried, canned, smoked, salted, and helping other Elders and our youth. I have always been involved in groups, women's groups. Learning to make crafts, knitting, youth groups, committees and even politics. I was on Council too and am still involved up to today.

ʔapat (Jane Jones), Tseshaht First Nation



My secret to aging well is in lifestyle choices. Eating well and staying active—abstaining from alcohol and cigarettes. I grew up eating locally grown vegetables and fruit, lots of salmon and seafood. We rarely ate beef. I juice regularly (mostly vegetables). Keeping mobile is very important. I enjoy swimming, gardening, and being with kids—it keeps you young.

Faye Miller, Kitselas Nation



I grew up on cultural foods. Much of our time together as a family was spent on hunting, netting, gathering, and processing food. It was our time to be together, learn from our parents, and contribute to the many needs of our family. If we didn't get ready for the winter, then we didn't eat, which never happened, but we knew it would if we didn't prepare. I love working as much now as I did then because I love my family. As I became a wife and mother, I carried on my family's culture. I bake my own bread, preserve the fish we net, fruit we buy—food was not a treat, outings like camping or fishing spent together were a treat. The family doing things together is the most important thing.

Wickaninnish Cliff Atleo Sr., Nuuchahnulth Nation



Today as an Elder I wake up every morning and walk about 10,000 to 13,000 steps a day. I have a pedometer that I use every day and have a target setting of 10,000 steps. I also stay active by playing golf with my family and friends. I enjoy golf and believe you just need to find something you enjoy outside and you will find yourself always wanting to do it. I got my son into golf and we play together all the time. I have also got my wife into walking and she walks with me, so it is something we enjoy. We also invested in an elliptical machine in case the weather was bad, and we would not have an excuse to get our daily exercise. I also try to eat a balanced diet of fish, rice and fresh veggies and a salad of some type.

Healthy Aging Tip

Healthy choices can prevent or delay stroke, heart disease and diabetes. Some researchers believe that healthy lifestyle choices can delay or prevent the onset of dementia / Alzheimer's disease as well. For more information, visit www.healthyfamiliesbc.ca/home/articles/keeping-active-and-healthy-mind



Recipe: Salmon Loaf

Serves 2

Ingredients

- 1 can (7 ¾ oz/210 mL) salmon
- 1 egg
- dash salt and pepper
- ½ cup (125 mL) soft bread crumbs
- ¼ cup (50 mL) chopped celery
- ¼ cup (50 mL) chopped onion
- dash Worcestershire sauce

Instructions

1. Mash salmon, liquid, and bones all in a bowl.
2. Add remaining ingredients and blend well.
3. Put into a small, lightly oiled casserole or loaf pan.
4. Bake at 350°F (180°C) 40-45 minutes or until top is browned.



Variation: Salmon Patties

Form into 4 patties. Cook in an oiled skillet over medium heat until brown. Turn once during cooking. Serve with fresh lemon wedges, salsa or parsley sauce.

Suggestion for completing meal:

steamed spinach, a whole wheat roll and a glass of milk.

For more recipes like this one, see the *Healthy Eating for Seniors handbook* (in English, Chinese, French, and Punjabi) and audiobook, and *The Senior Chef: Cooking for One or Two*, available online at www.gov.bc.ca/seniorshealthyeating