

Celebrating **Healthy** **Active Lives**

ALCOA Members – Making a Difference for Older Adults





A Note from the
Executive Director

**Spring Brings
New Ideas,
New Resources**

There are so many wonderful ideas out there for programs, and this issue of *Celebrating Healthy Active Lives* is no exception. As I was reading through the submissions for this issue, I was amazed at the creativity and the resources that have been developed. Canada is a country of many cultures. Both in British Columbia and Ontario, two centres are embracing our multiculturalism with a 'Global Grill' program and a "Newcomers" program. Two great ideas that I am sure would be a welcome addition in your centre.

Two new resources are also highlighted in this winter issue. Vintage Fitness, an ALCOA member, was involved with the development of a web based program entitled, "Minding our Bodies". It is a great resource that is available free of charge. ALCOA has also been working very hard on the development of a new Healthy Living Workshop Tool Kit.

So as you start to think about your fall programs, consider offering something new to your members. We've got lots of ideas to help you out.

Enjoy!

Patty Clark
ALCOA National Executive Director

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New this fall
**Healthy
Living
Workshop
Tool Kit**

ALCOA is currently in the pilot testing stage of a new resource for community leaders. The **Healthy Living Workshop Tool Kit** will provide the leader with the necessary background information, resources, handouts, promotional material, and a step by step guide, to allow them to offer a Healthy Living Workshop at their local community center. It is specifically designed for a non-clinical community leader; however, we also expect that Certified Diabetes Educators, Public Health Nurses and others will use this new resource in their workshops.

Last spring, ALCOA was successful with a proposal submitted to the **Public Health Agency of Canada, Partnerships and Strategies Division/Centre for Chronic Disease Prevention**. We are using our newest publication, **Your Personal Passport to Healthy Living**, as the main resource for the workshop. The 6-week course is designed to promote the new **Canadian Physical Activity Guidelines** and the prevention of chronic diseases, in particular, Type 2 diabetes.

The Tool Kit will be made available in a DVD format and will be ready for distribution in September 2013. A new order of the Passports have been printed and will be made available for those individuals who are planning to offer this workshop. We'll make sure to notify you when you can place an order.



The workshop has been designed using the most recent research available. The 6 modules include theory, activities, discussions, healthy nutrition breaks and exercises, to educate and motivate the participants. The weekly sessions are entitled:

- Getting Started
- Motivating Change
- Healthy Lifestyles—Impact on Chronic Disease
- Mental/Emotional Health
- Healthy Eating
- Physical Activity

There is also background information, facilitation and evaluation tips to assist the community leader.

So when you start to think about your Fall schedule of workshops, consider offering a Healthy Living Workshop for your community members. Start off Fall 2013 on the right foot by encouraging your members to make positive lifestyle choices.



Active Living, Healthy Lives, Aging Well, what does this look like? At Minoru Place Activity Centre in Richmond B.C. it may include a themed dinner/ dance or the chance to travel the world, experiencing different foods and cultures in a single evening. A popular program for those who love to travel, the **Global Grill** gives the opportunity to socialize with fellow enthusiasts while learning about the culture of another country. This small group format encourages older adults to exercise their cognitive skills searching for answers to trivia questions, while taking in the sights and sounds of the featured country. Clothing, social rituals, history and most importantly food, are all presented, with an emphasis on socializing and getting to know others in our community.



This small group format encourages older adults to exercise their cognitive skills searching for answers to trivia questions, while taking in the sights and sounds of the featured country.

At the most recent Global Grill participants were treated to traditional dances and dress of the Philippines. The local Filipino Community got involved, providing an educational and entertaining experience. Some seniors participating have had the opportunity to travel, while others have only dreamed of the destinations explored. More than just an evening out, the goal is to inspire knowledge and social interaction. Participants are engaged and enthusiastic and can often be seen helping one another find answers to popular questions about the country. Do you know how to say hello in Tagalog? Punjabi? German? Or Mandarin? Finding out has never been so much fun.

And if fun is on the agenda for an older adult, dancing can be fun and increase cognitive abilities. Those who attended the last Sock-Hop celebrating the 50's and 60's may not have been considering the mental health benefits when "Jiving" through the night, but this type of social activity works more than just your dinner off. These themed events at Minoru Place Activity Center go a long way in bringing people together, giving social opportunities, bridging cultures, and increasing better daily living of older adults in Richmond.

For more information on starting your own **Global Grill**, contact:

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By Tracey Haug,
Program Coordinator, Newcomers Welcome Program for Seniors,
Whitby Seniors Service, Whitby, ON

With Canada welcoming thousands of newcomers every year, we are, as a multicultural society, at a rich advantage to connect with others through the shared experiences of differing ethnicities. It is commonly understood that difference can be fearful and intimidating for many. However, for some, difference invites a cultural exchange that is both intriguing and educational. If we view culture as representation of the stories that shape individuals and their societies, it becomes an opportunity to learn about ourselves and others through the celebration of difference and our own unique identities.

In Whitby, Ontario, the Whitby Seniors Service, has developed the **Newcomers Welcome Program for Seniors (NWPS)**, a program that promotes the sharing of cultures from around the world and recognizes difference as an opportunity to build relationships and to learn from one another.

NWPS was made possible through a grant from **Service Canada**. This program has recognized and is addressing the increasing diversity of our municipality and the needs of newcomer seniors, 55 yrs+, who may become isolated and lonely in their communities. Its primary purpose is to create a philosophy of an inclusive, and active community where newcomers feel they belong and can begin making connections outside of their home and into their broader communities.

Since its inception in October, 2012, the program has grown to over twenty-two members from approximately fourteen countries around the world, including the United States, India, England, China, Colombia, Jamaica, Greece, etc. Membership continues to grow through the support of Whitby's Mayor and Council, local community partners, as well as through word of mouth.

NWPS is a weekly drop in program that runs every Thursday from 1:00-3:30pm. Although regular attendance is not a requirement, members tend to show up on a weekly basis driving the program with their willingness to have fun, and to engage in a healthy, active aging lifestyle. As a result of participation in the program, members have experienced a variety of socially inclusive activities such as yoga, dance, crafts, games, fitness, etc. They have enjoyed laughter and building relationships, a warm, friendly and comfortable environment, and a sense of belonging and learning from one another.

Durham region is one of the fastest growing regional municipalities in Canada and its percentage of newcomers continues to rise. Whether new to Canada, new to Durham, or new to Whitby, NWPS is available and invites older adults to share their culture with others from around the world.

For more information on this program contact:
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Minding our Bodies

People with serious mental illness are at high risk of developing chronic diseases such as diabetes and cardiovascular disease. Eating well and being physically active can play an important role in helping individuals to manage and prevent chronic disease. Physical activity and healthy eating programs can also improve people's mental health.

Despite the known benefits, interventions to support active living and eating well among people with serious mental illness are not commonplace or well-integrated with other services delivered by community mental health care providers. **Minding Our Bodies** is a multi-year project to increase capacity within the community mental health system in Ontario to promote active living and healthy eating for people with serious mental illness. A series of exercise and nutrition workshops were developed through a partnership between **COPA (Community Outreach Program for Addictions), Good Neighbours Club, 4 Villages Community Health Centre, SPRINT North Toronto and Vintage Fitness.**

The workshops which include a full facilitator's guide and participant handouts is aimed at increasing the physical and mental wellness of marginalized older adults. The topics of the workshops are:

1. **Best 8 strengthening exercises for older adults**
(Written by an older adult fitness specialist)
2. **Top tips and tricks for healthy eating**
(Written by a registered dietitian)
3. **Healthy recipes with a hotplate, kettle and a few dollars**
(Written by a "meals on wheels" co-ordinator)

Feel free to download and use these workshops at your organization. An evaluation guide and videos of the exercises are also part of the materials.

Here is the link:
www.vintagefitness.ca/free-exercise-nutrition-handbooks.aspx

Erin Billowits
Vintage Fitness
www.vintagefitness.ca



A Good Source

For Fitness Advice



3 Experts

3

M.T. Sharratt, PhD,
Gareth R. Jones, PhD,
Michelle Porter, PhD

4 Topics

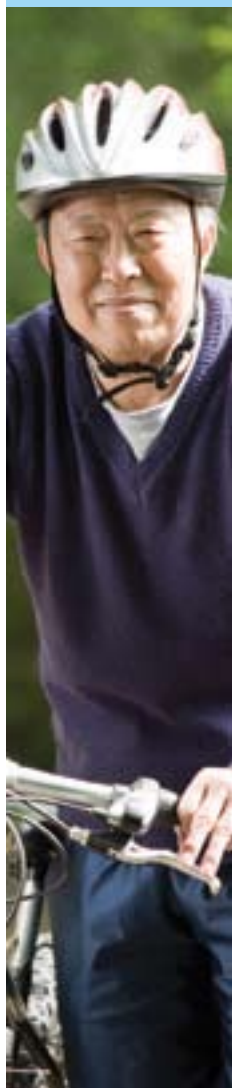
4

Heart Health,
Aerobic Fitness,
Strength Training,
& Brain Fitness.

7 languages

7

English, French,
Italian, Spanish,
Punjabi, Simplified Chinese,
and Traditional Chinese



Active Living Tip sheets from ALCOA based on leading edge research, written in plain and easy to understand language.



www.alcoa.ca/e/research_update.htm