



ALCOA
Active Living Coalition
for Older Adults

C V A A
Coalition d'une vie
active pour les âgé(e)s

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

ALCOA Members – Making a Difference for Older Adults



Active Living Coalition for Older Adults **UPDATE**



A Note from the Executive Director

Great Ideas and Great Successes

As I was compiling the articles for this issue of *Celebrating Healthy Active Lives*, I was (once again) in awe of the work that is being done across Canada, to promote and support healthy active living for older adults.

Our stories span the country and have some wonderful ideas that may be useful to you and your members; fairs, fun runs, trailriders, safe driving, exercise classes and more.

Let's all hope that we have the abilities of Georgan Price when we reach our 90's. She is certainly helping to change the way people think about aging.

Enjoy your summer and the great outdoors, wherever you may be in Canada.

Patty Clark
ALCOA National Executive Director

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Celebrating Healthy Active Lives

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Busting with Activities at Better Living

Stroll Roll Run Relay

The Better Living Charitable Foundation's annual fundraiser, the Stroll, Roll and Run Relay, now in its 16th year, took place on Saturday June 3rd, 2013 with over 56 participants raising more than \$30,000. This year's event included a variety of activities such as live music, program demonstrations, Reptile petting zoo, bouncy castle, carnival delights, BBQ and more.

The Stroll, Roll and Run Relay is instrumental in raising funds to support services for seniors and individuals living with disabilities. Funds raised will support Better Living's Health and Community Services which include 24 hour long-term care to yoga classes to Meals on Wheels.



Food Truck Festival

A culinary experience on wheels, Better Living's first annual Food Truck Festival's inaugural debut was a huge success. With over 200 people in attendance, the family friendly event included live music provided by the Coppertone's, bouncy castle and carnival delights and delicious foods:

- ☀ The Feisty Jack—served up British classics like Bangers and mash, Banoffee Pie and Sticky Toffee Pudding,
- ☀ Stufts Gourmet Sausages—served gourmet sausages, the Creole Turducken - a turkey, duck, and chicken blend of meats with creole spices,
- ☀ Smoke's Poutinerie—served traditional and non-traditional poutine combos like curry chicken poutine and the Thanksgiving Poutine, complete with turkey, stuffing, peas and cranberry sauce.

Seniors Month Launched at Better Living

Monday June 5th—the Better Living doors opened to our annual Health fair and a visit from Premier Kathleen Wynne and Minister Sergio, to launch Seniors' month.

Seniors Month provides us with an opportunity to recognize and celebrate the tremendous contributions seniors make to the life and vibrancy of our communities. Seniors continue to serve as leaders, mentors, volunteers and important and active members of the community and we thank them for their contribution.

"Our seniors deserve to be connected to their communities, cared for and respected in their everyday lives. I look forward to celebrating Seniors' Month across Ontario and working hard to make sure the people of this province are thriving at every age". Kathleen Wynne, Premier of Ontario



Premier Wynne speaks to a resident at Better Living Health and Community Services.

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Elders in Motion

The Elders in Motion program (EIM) is led by the NWT Recreation and Parks Association (NWTRPA) in partnership with the Dene Nation. The GNWT Health and Social Services has been a supporter of the program and the NWT Seniors Society is a strong advocate. The EIM program includes a series of fitness training programs, delivered in partnership with the Canadian Centre for Activity and Aging. The programs help participants to develop community recreation or home setting programs for elders. EIM aims to improve access to physical activity for elders and improve elders' functional mobility, endurance and strength.



This past February the NWTRPA hosted the second EIM Training Gathering. It was a gathering where elders and all those interested in the physical fitness and well-being of older adults could share and learn best practices. The gathering provided a time to share current community programs offered to elders, learn programming tips, participate in training and celebrate elders and their caregivers.

Some highlights of the gathering included:

- ✿ Active Living Exercise Facilitator Course – Canadian Centre for Activity and Aging – the Base program of Elders in Motion
- ✿ Small exercise balls workshop
- ✿ Balance activities appropriate for older adults
- ✿ Finger exercise workshop
- ✿ Tai Chi workshop
- ✿ Chair Yoga for Elders workshop
- ✿ Round table regional group discussions including: what motivates elders, current elders program and initiatives, challenges and successes.
- ✿ Active Elder Award dinner and presentation



The gathering brought together a mix of elders, health professionals, recreation staff and others who work with and care for the physical fitness and well-being of older adults. A total of 57 participants attended from 20 communities including: Hay River, N'dilo, Fort Good Hope, Deline, Norman Wells, Inuvik, Aklavik, Paulatuk and Fort McPherson.

For more information on our programs please contact:

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Spotlight—Georgan Price

Living High in the Sky at 90+

Georgan knows how to keep her life interesting well into her 90's with a trip to Maui with her family. While the family enjoyed snorkeling and other tame stuff, Georgan decided she wanted to try para-sailing. She got signed up and off she went, soaring up to 800 feet over the ocean. She even landed square on her feet for a compliment from the operator, "That was a 10 landing!" It's obvious from the photos that she had a blast!

A few times a week Georgan breezes into the Campbell River Community Centre. She has a jaunty style of walking and brings her best smile. The elevator is snubbed for a climb up the stairs because Georgan believes in staying fit. She settles into a game of bridge with a room full of 50+ Active Living members and stays alert through all the games. We know she is planning another adventure and why not? We are all inspired by Georgan to live well into our 90's.

Contact Linda Moore, Program Coordinator,
City of Campbell River Recreation and Culture Department, 250-286-1161



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"June is Seniors' Month – the time to honour the knowledge, experience and contributions seniors make every day in communities across the province. I encourage Ontarians of all ages to participate in Seniors' Month celebrations in their community and learn more about the benefits of living well at any age."

Mario Sergio, Minister Responsible for Seniors

Health Fair

Over 200 people learned the secrets of healthy living at Better Living's Healthapalooza. 20 exhibitors in attendance, 3 guest speakers: Dr. Klaus Schwanbeck—Health Benefits of Nordic Pole Walking, Susan Sommers—two-time marathoner at age 61 and 63, and Stephen Puddister—from the Ministry of Consumer Services talking about Fraud Prevention. Program demonstrations included: Feldenkrais, Live Life Laughing, Pilates Yoga Fusion and Nordic pole walking, to mention a few. Guests enjoyed a variety of opportunities to learn about ways to stay active and healthy.

"The guest speakers were some of the best we've ever had." Perl, Community Centre Member

For more information on these and other activities, please contact Bill Krever at krever@betterlivinghealth.org.



The TrailRider trail blazes for people with mobility issues

The TrailRider is a single wheeled vehicle designed to transport people with mobility issues. With the assistance of two able-bodied friends, anybody, including seniors, can enjoy the wilderness along hiking trails and pathways.

Early this spring, Judy and Robert asked one of our senior volunteers, Randy, to do a photo shoot for City of Campbell River Recreation & Culture. The object of this adventure was to show how easy the TrailRider is to use. The TrailRider was loaded into Robert's pick up and easily set up by Judy at the trail head. Randy executed a transfer from his wheelchair while the TrailRider was on its' centre stand. After being strapped in for safety, it was 'wind in the hair' for Randy!

The 'sherpas' usually are amazed at the balanced weight that makes front and back positions easy on the flat trail. Uphill is still uphill though, and requires some strength! It was a beautiful day to get out and enjoy the trail along the banks of the beautiful Campbell River.

Campbell River's TrailRider was purchased by the Rick Hansen Wheels in Motion Committee in 2008. It is housed at the Campbell River Community Centre and is available for use by groups or individuals to rent for one day or a week at a time. The opportunities that the TrailRider opens up for seniors or anyone who has mobility issues is amazing. Imagine the feeling of finally being able to go out into our pristine wilderness with your family and friends to explore our beautiful area first hand. If you would like more information regarding the TrailRider or if you are planning a visit, contact the Community Centre office at 250 286-1161(BC) or email judy.ridgway@campbellriver.ca

New resources for older drivers and their families

In line with the theme *Celebrating Healthy Active Lives*, the Canadian Association of Occupational Therapists (CAOT) is dedicated to keeping older adults behind the wheel for as long as possible. Driving increases the opportunity to be involved within the community and is a contributor to quality of life, giving people a sense of wellbeing. For example, Statistic Canada reported that older adults with a driver's license were twice as likely to volunteer as those without a driver's license. However, older drivers have more collisions per kilometers driven than any other age group. Age related changes as well as specific medical conditions, such as diabetes and stroke, may impact driving.

However, the presence of difficulties and warning signs does not automatically mean it is time to give up the keys; it may rather be time to take corrective action. Safe driving can be prolonged by education and information, vehicle adaptation, driver refresher education and driver assessment and intervention.

CAOT is proud to have developed new resources for older drivers, their families and healthcare professionals.

Older driver safety is an important issue and Canadians from diverse cultures deserve to have tailored information that might prolong safe driving practices. A new series of brochures on safe driving strategies and planning for driving retirement can be found in English, French, Italian, Punjabi, and Chinese (simplified and traditional) on the CAOT Older Driver's Safety website www.olderdriversafety.ca

CAOT is dedicated to keeping older drivers behind the wheel for as long as possible. Occupational therapists can evaluate driving abilities, help find alternative transportation and develop driving rehabilitation programs. Occupational therapists are highly trained professionals who work with anyone who is having difficulty doing the activities that are important to them.

To find an occupational therapist in your region, use the OT Finder available at www.caot.ca.

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Why should kids have all the fun?

Outdoor activity equipment prompts older adults to take their exercise routines outdoors.



Senior “playgrounds” are gaining popularity all over the world and Canada is becoming part of that movement. After all, why should kids have all the fun?

Lappset, a Finland-based playground company, has designed a line of outdoor activity sets (similar in nature to a playground) specifically for mature adults that will change the face of aging. The idea is to set up the equipment outside, providing seniors, boomers, Zoomers and adults a space with the same residual health benefits as a traditional children’s playground: social interaction, creative interaction, fresh air, exercise and ultimately, better health.



Global use rates have proven that senior activity parks are not intimidating like traditional gyms which are often not a comfortable place for most seniors. The equipment is not hi-tech or electronic but very engaging, fun and beautiful to look at.

There are currently more than 1000 senior exercise parks in 23 countries around the world including Finland, Spain, Germany, Japan and Australia. Kathy Hirsch from Recreation Playsystems (distributor of the equipment in Canada) agrees that Canadians understand the necessity of activity and social interaction for seniors, but the understanding needs to be put into action.

Hirsch describes how circuits on the sets help improve mobility, cardio, balance, strength, flexibility and motor skills, which gives older adults increased confidence to handle tasks associated with daily living. When put in public parks or spaces, these sets then become fully accessible to isolated or low-income seniors of all ages and abilities.

These sets are perfect for public parks, waterfront areas, community centres and anywhere that older adults enjoy going. For commercial use, retirement homes, rehabilitation centres and hospitals can consider sets for outdoor or indoor areas.

The Lappset concept is very new to Canada, yet staying healthy, active and engaged is such an important element in healthy active aging. Wilhelmiina, a centre for seniors in Helsinki, was built entirely around an outdoor senior fitness park that features Lappset equipment as well as a half kilometer walking track called the “Forever Fit Route”. The park is an excellent example of a place in which people of different ages and backgrounds can come together to congregate, exercise and make new friends.

For more information on these Lappset Active Aging sets, please contact Kathy Hirsch at: khirsch@recreationplaysystems.com, www.recreationplaysystems.com, or 1-800-663-2803 ext 237.