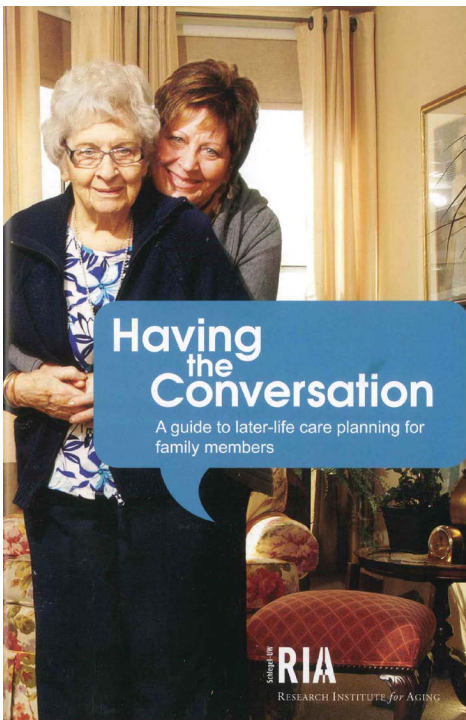




ALCOA — Quarterly Update  
Volume 8, Issue 2, Summer 2012

The Active Living Coalition for Older Adults  
Communicating with ALCOA Members



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## Having the Conversation

*A guide to later-life care planning for family members*

This new booklet was produced by the Schlegel-University of Waterloo Research Institute for Aging. The guide was written for adult children and close friends of seniors, and answers many questions that typically arise for seniors. Health care practitioners, community leaders, or any organization that works with older adults or adult children of older adults could use this resource to share with them.

Planning has proven to be an effective tool to reduce the anxiety of what could be a very stressful situation, such as weddings, funerals, and public speaking. Consider for a moment about the anxiety that would be caused for an adult child of a senior and the senior themselves when they are told that the older adult can no longer live on their own and decisions must be made immediately.

As noted in the book, "As people get older, they need to think about their health and the steps they need to take to maintain their independence. Later-life care planning is the process of planning ahead for the later years of life, when daily activities become more of a challenge. For adult children of seniors, later-life care (LLC) planning means finding out what their parents would prefer, where and how they would like to live as they age. It is not 'end of life planning'. The intent is to encourage a conversation that will lead to optimal planning."

As noted by Dr. Mike Sharratt, the Executive Director of the RIA, "While the majority of older adults have thought about their future care needs, few have discussed their preference with family members. Planning for a time when independent living is no longer possible may help avoid a crisis for the family and inappropriate decisions. Perceived benefits of LLC include greater calmness and control for older persons, less guilt for adult children, and reduced stress for health professionals."

The information in the booklet is based on in-depth research with seniors who live both independently and in retirement and long-term care homes. It is also based on research with adult children of seniors, health care professionals and administrators who have had experience working with seniors.

Copies of this guide are available in packages of 50 at a cost of \$100 per pack, plus shipping. To obtain copies please contact the RIA at 519-571-1873 ext. 130.

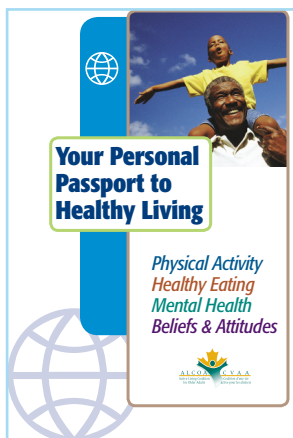
# AGM Confirmed Sept 24th, 2012

## Pfizer Continues to Fund Silver Times



[morethanmedication.ca](http://morethanmedication.ca)

## Passport Orders Soar



ALCOA held a Special Meeting of the Members in June to discuss the future sustainability of ALCOA. Fortunately with the newly received funding from the Public Health Agency of Canada, it gives ALCOA more time to investigate other funding sources for ongoing sustainability of the Coalition.

The conference call Annual General Meeting of the Members has now been confirmed for Monday September 24th, 2012, from 4:00 – 5:00 p.m. EST. A meeting doodle will be sent out to all Roundtable Members to confirm your attendance, and pre-meeting material will be sent out prior to the call. At the meeting we will approve the new slate of Guardians for the year, review the financial statements and discuss any concerns from the membership.

We look forward to speaking to the Members at this meeting and having the opportunity to share with you the current and future plans of the Coalition.

Six months since launch, [SilverTimes.ca](http://SilverTimes.ca) has proven to be very successful. Monthly, we receive over 14,000+ hits. The numbers continue to rise as we increase the number of contacts in the data base. ALCOA members are encouraged to forward on the bi-monthly e-blast to other colleagues, members, clients and friends who might be interested in the articles posted on the site.

We are pleased to announce that Pfizer has agreed to fund the web site for a second year, which will also give us time to start to look for additional advertisers to support the site in the future. Our sincere thanks are extended to Pfizer for their support of ALCOA and this project.

Our promotion of the newly released resource, **Your Personal Passport to Healthy Living**, has exceeded all expectations. Funding from the Public Health Agency of Canada allowed for production and distribution of 3500 copies. We have received requests for over 8000 copies. While the interest in the Passport is great news, it means however that we immediately have to find additional funding to support the costs associated with the production and distribution of more Passports. Financial requests have been made to corporations and we are now waiting for their response.

We understand the financial constraints of the community centres across Canada, and it is our desire to be able to continue to offer the Passports free of charge to community leaders offering diabetes prevention workshops. Once again, we will keep you posted on our sponsorship endeavours.

**Project Funding  
Confirmed**

# Chronic Disease Prevention Workshop Tool Kit

ALCOA received notification in mid July that the proposal to the Healthy Living Unit of the Public Health Agency of Canada was accepted. ALCOA will receive \$157,000 over 14 months to develop a full workshop template for community leaders. The recently released Passport will be included in the workshop design as will the new Community Leaders Guidebook.

Specifically, a ‘tool kit’ will be produced in a DVD format for Community Educators wishing to offer an evidence-based chronic disease prevention program for older adults, with an emphasis on physical activity and healthy active aging. The tool kit will include a 6 – 8 week workshop template and accompanying resources such as session notes, leaders’ manual, lesson plans, handouts, and promotional material. A key focus will be on activities to promote active healthy living as a strategy to prevent and manage key health issues for older adults such as the rising rate of Type 2 diabetes and other chronic diseases.

We are pleased to have three of ALCOA’s members who will be partners in the development and testing of the resources:

- ALCOA Manitoba—Jim Evanchuk
- Older Adult Centre Association of Ontario—Sue Hesjedah
- Pictou County Council of Seniors Outreach—Mary MacLellan

This is exciting news for ALCOA, as we are able to continue on with our work from the past few years, and now we will be able to provide a valuable resource to those community leaders who do not have the time to design a workshop and develop the necessary resources.

We will keep you posted on our activities throughout the project.

# Final Report from the Standing Committee on Health

In October 2011, ALCOA was asked to make a presentation in Ottawa, to the Standing Committee on Health. Patty Clark, ALCOA Executive Director was one of thirty-five witnesses that addressed the issue of chronic disease related to aging.

The final report from the Standing Committee was released in May. The full document may be found at: [www.parl.gc.ca/Content/HOC/Committee/411/HESA/Reports/RP5600468/411\\_HESA\\_Rpt08\\_PDF/411\\_HESA\\_Rpt08-e.pdf](http://www.parl.gc.ca/Content/HOC/Committee/411/HESA/Reports/RP5600468/411_HESA_Rpt08_PDF/411_HESA_Rpt08-e.pdf)

Below are the six recommendations put forth from the Committee with the last recommendation supporting the philosophy of ALCOA:

## *Recommendation 1*

The Minister of Health continue to engage the provincial and Territorial ministers of health and health promotion/healthy living in a discussion about the need to adapt primary health care to a more interdisciplinary and multi-sectoral model.

## *Recommendation 2*

The Minister of Health continue to engage with Provinces and Territories to share best practices on:

- scopes of practice of health professionals;
- the potential use of health teams;
- multi-sectoral approaches to care that involve not only traditional health services, but also those social services necessary to maintain a good quality of life and manage health conditions.

## *Recommendation 3*

The Government of Canada continue to use integrated multisectoral approaches to care where needed and appropriate.

## *Recommendation 4*

The Canadian Institutes of Health Research continue to support research that addresses chronic diseases.

## *Recommendation 5*

Health Canada continue to work with relevant industry to encourage them to offer healthy choices to Canadians on a voluntary basis.

## *Recommendation 6*

Health Canada continue to promote healthy lifestyle choices for all Canadians with the goal of making the healthy choice an easy choice.



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