



# *In the Know*

April 2007 – Issue 2

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*In the Know* is an information newsletter about the activities in Ottawa in the field of seniors' health promotion. Continuing to support seniors as they age in place is a challenge for all. The Seniors Health Promotion Coalition is a group of individuals representing agencies and stakeholders, using the resources in our community to help.

## **Seniors Health Promotion Coalition**

**Our goal** is to promote healthy lifestyles in older adults and positive attitudes towards aging through partnership, leadership and collective action.

**Our objectives** are:

- Increase awareness of the importance of healthy aging;
- Promote a positive attitude about aging;
- Develop resources that groups can use to enhance their health promotion activities;
- Promote the development of new health promotion activities for older adults;
- Advocate for equity and access to health promotion activities; and
- Fostering partnerships.

**Committee members:**

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## **Funding Partnerships**

**Partners in Healthy Living** is a coalition of community partners dedicated to supporting healthy living, funded by the Ontario Heart Health Program and in-kind contributions of local community partners.

*The SHPC has been fortunate to receive funding from Healthy Partners in Living, resulting in a variety of projects. The following is a brief summary of the activities supported in 2006.*

### **Step Out on Sundays**

A Sunday activity targeting frail and isolated seniors. Ottawa West Community Support Agency is the lead agency in this activity. They will be targeting low income seniors' buildings in their service area and bring them to the centre. The seniors would receive health promotion information (topics varying from week to week) and participate in an exercise component; they would also receive a healthy snack.

### **The P.O.W. Group - People on Walkers!**

A walking group for isolated, frail seniors with walkers who cannot attend regular walking groups due to the assistance they may require. Walking would take place on a weekly basis to various locations that have been pre-determined for safety. A goal will be set to see how far the group can walk combined. Participants will be picked up at their homes and brought back to their homes at the end of the session. Ottawa West Community Support Agency is the lead agency in this activity. Partnerships with low income seniors buildings and churches in the area will be addressed.

### **Eat Smart and be Active – Key to Healthy Living**

3 activities planned – lead agency is Gracious Light Christian Centre

- 1) Monthly Seniors Social day at Independent Grocer. At each event, seniors will walk about 3000 steps then attend a Health Workshop by a Public Health nurse. Also planning a cooking class to demonstrate how to cook for one or two with a focus on nutrition.
- 2) Intergenerational Walk and Talk in May 2006 at the Tulip Festival (Dow's Lake)
- 3) June 2006 (Seniors Month) seniors will attend Health Fair and Seniors Day activities organized by the City of Ottawa.

### **Home Support Exercise Program**

Home Support Exercise Program is an evidence-based exercise program developed for frail seniors by the Canadian Centre on Activity and Aging. Train the trainer approach – 29 facilitators receives training in June 2005. Facilitators are now training volunteers and support workers to do the program. Every time a volunteer is trained, there is a cost of \$50 payable to CCAA for the HSEP manual. Funds from Partners in Healthy Living will pay for exercise manuals. Lead Coalition for this activity is the Older Adult Action Team.

### **Kanata Seniors Performance Group**

Lead agency is Kanata Seniors Council. The Kanata Seniors Centre and the Kanata Senior Council wish to develop a popular theatre venue, which would serve varied populations and purposes. They propose to write their own scripts through a partnership with the "Writing for Enjoyment" class participants and involving volunteers as actors. This program would be delivered to members of the centre as well as other groups in the greater Western Ottawa area. Issues they will address include ageism, nutrition, healthy lifestyles, stress, and smoking and other health issues such as safety and consumer fraud.

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## **Get Moving**

The Senior Health Promotion Coalition's 2007 project is to create a 30-minute English exercise tool/product (CD, video or DVD) targeting older adults. It would include a manual and user guide. Other languages to be included, depending on costs and time for 2007, will include French, Mandarin and Cantonese.

The 2<sup>nd</sup> phase of this project will happen in 2008. Product will be used as a vehicle to make community connections promoting the Age Well theme.

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## ***In the Know***

The issues will be posted on the Partners for Healthy Living website at

<http://www.ottawaheartbeat.com>.

We will mail it to organizations or groups who do not have Internet access.

***Help us spread the message:***

