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Message from Parliamentary Secretary Michelle Stilwell



October continues to a busy month for older adults in B.C. October 1 was [International Day of Older Persons](#) as well as National Seniors Day here in Canada. The theme for the international date was 'Leaving No One Behind: Promoting a Society for All.' This theme ties in to the work done by our government to engage and support seniors, as well as their families, caregivers, and communities.

[Age-friendly BC](#) grants and recognition awards, the [Better at Home](#) non-medical home support program, [protection from](#)

[elder abuse and neglect](#) (including [Together to Reduce Elder Abuse—B.C.'s Strategy](#)), and promoting [planning for healthy aging](#) are important initiatives that truly help us ensure that our communities are designed with seniors in mind.

In addition, the Ministry of Health provides access to high-quality information and resources such as the [SeniorsBC website](#), this [e-newsletter](#) and the [BC Seniors' Guide](#).

October will also be an exciting month for me personally, as I'll be traveling to Charlottetown, Prince Edward Island, to represent British Columbia at the sixteenth meeting of Federal / Provincial / Territorial Ministers Responsible for Seniors. At this meeting, we will discuss how governments can work together to address issues such as seniors' social isolation, mental health, and caregiver readiness.

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On September 23, our government announced new funding of \$500,000 for Age-friendly BC Planning and Project grants to help municipalities prepare to meet the needs of older and aging residents. The deadline for applications is October 31, 2014. You can find more information on the Age-friendly BC grants in this issue of the SeniorsBC e-newsletter.

Thank you for your interest in SeniorsBC and I hope you find some time this month to celebrate the seniors in your life.

Yours truly,

Michelle Stilwell
*Parliamentary Secretary for Seniors
to the Minister of Health*

For more information on
government programs and
services for B.C. seniors,
visit www.seniorsbc.ca

2014 BC Seniors Games: Everyone Wins!

The community of Langley hosted this year's BC Seniors Games from September 9 to 13, 2014. The 2014 Games were the biggest yet, attracting nearly 4,000 athletes aged 55+ who competed in 25 different events, as well as spectators and volunteers from across the province.

The motto for the 2014 BC Seniors Games was "Everyone Wins!" This certainly seemed to be the case for older adults in the Township and City of Langley, who benefited from the Active Legacy Pass created as a legacy of hosting the 2014 BC Seniors Games.

The free Active Legacy Pass allowed Langley residents aged 50+ to drop in and try a variety of activities, from cards and lawn bowling to dance and fitness classes, between September 15 and 30, 2014.

At the closing ceremonies for the Games, Honourable Rich Coleman, Deputy Premier, Minister of Energy, Mines and Natural Gas and Minister Responsible for Housing, and MLA for Fort Langley-Aldergrove, announced a new name for the BC Seniors Games: the 55+ BC Games. The 2015 55+ BC Games will be held in North Vancouver from August 25 to 29, 2015.

For more information and results from the 2014 BC Seniors Games, visit www.2014bcseniorgames.org.



Award-winning Family: Mary Daykin (centre), 91, her son Bruce (left) and daughter-in-law Wenda (right), both 61. All three competed and won medals in the 2014 BC Seniors Games in Langley. Bruce won a silver and a bronze in swimming events; Wenda won a silver and a bronze in walking and running events; and Mary took home gold medals in two walking events.



Age-friendly Planning and Project Grants

The Province of B.C. and the Union of BC Municipalities (UBCM) recently announced funding of \$500,000 for the 2015 Age-friendly Community Planning and Project Grant program to help B.C. communities support the needs of older residents. The announcement was made on September 23, 2014, at the UBCM annual convention in Whistler. The priority for 2015 is to engage communities that have not yet completed an age-friendly plan or undertaken a project focused on age-friendly communities. Communities are also encouraged to undertake initiatives that complement government priorities such as accessibility, supports for people living with dementia, elder abuse prevention, and non-medical home support services.

Local governments across B.C. are eligible to apply for the grants, which will support a variety of projects designed to help seniors stay healthy, independent, and active in their communities. To date, over 125 local governments in all areas of B.C. have received at least one grant and over 200 projects have been funded, from completing age-friendly community assessments and action plans to hosting social and recreational programs for older adults and making public buildings and walkways more accessible. Once communities have taken basic steps to demonstrate their commitment to becoming age-friendly, they may apply for Age-friendly BC Recognition (see the article [Eight More Age-friendly Recognized Communities in B.C. on page 5](#) to learn more).

The deadline to apply for Age-friendly Community Planning and Project Grants is October 31, 2014. For more information, visit the UBCM website at www.ubcm.ca/EN/main/funding/lgps/current-lgps-programs/seniors-housing-support-initiative.html.

Are you prepared?

October 13 is the United Nations International Day for Disaster Reduction, and the 2014 campaign focused on the ageing population. Visit the Emergency Management BC website (www.embc.gov.bc.ca/em) for tips and information on how to prepare yourself for a natural disaster or other emergency

Active Aging Tip

Challenge your sodium knowledge by playing Sodium Sense on the Healthy Families BC website (www.healthyfamiliesbc.ca/sodium-sense.php). Select the food items you eat for breakfast, lunch and dinner to see how much sodium you consume daily. Remember to aim for 1500-2300 mg of sodium per day or 500-800 mg per meal.

Eight More Age-friendly Recognized Communities in B.C.

On July 28, 2014, Parliamentary Secretary for Healthy Living and Seniors Michelle Stilwell announced the recipients of the 2014 Age-friendly BC Recognition awards at a luncheon in Cobble Hill hosted by South Cowichan Seniors. The following eight communities received age-friendly recognition for 2014:

- Village of Anmore
- District of Kitimat
- Village of Telkwa
- Village of Granisle
- City of Vancouver
- District of Kent
- District of Vanderhoof
- Cobble Hill (Cowichan Valley Regional District)



The Province and BC Healthy Communities provide Age-friendly BC Recognition awards to local governments that have made a commitment and taken basic steps to make their communities more age-friendly—including engaging local seniors and completing an age-friendly community assessment and action plan. Since 2012, 25 local governments in B.C. have received age-friendly recognition awards consisting of an age-friendly recognition poster and \$1,000 for a legacy project or celebration.

Each community takes a unique approach to the age-friendly concept. In Telkwa, the Village Council oversees age-friendly initiatives directly. Vancouver’s action plan includes supports for people living with dementia. Kent identified the need to reach out to isolated seniors. While Anmore and Vanderhoof have relatively young populations, both are planning ahead to meet the needs of residents as they age. Cobble Hill’s age-friendly work has expanded to include the broader South Cowichan area. Kitimat’s work has included an “aging-in-place” community analysis. Granisle is focusing on accessibility, as a high proportion of its senior population has mobility challenges.

Visit the BC Healthy Communities website at bchealthycommunities.ca/agefriendly to view a gallery highlighting the work of these eight communities. For more information on Age-friendly BC, visit www.gov.bc.ca/agefriendly.

Women's History Month: Profiles of BC Community Achievers

Each October is Women's History Month in Canada, a time to celebrate and promote awareness of the valuable contributions that girls and women of all ages have made throughout our country's history—and continue to make today. In honour of Women's History Month, SeniorsBC is featuring three of the many outstanding women whose significant work in their communities has been recognized with a 2014 British Columbia Community Achievement Award.

Nominations for the 2015 British Columbia Community Achievement Awards close on November 15, 2014. For more information, or to nominate an extraordinary community achiever, visit www.bcachievement.com/community/info.php.

Each award recipient is pictured between Honourable Coralee Oakes, Minister of Community, Sport and Cultural Development (left) and Her Honour, the Honourable Judith Guichon, OBC, Lieutenant Governor of British Columbia (right).



Helen Clifton (Hartley Bay) is the Matriarch of the Blackfish Clan, Gitga'at Nation. She is a teacher, a communicator, a protector of the environment, an advisor, a map maker, social worker, midwife, preserver of language and a bridge between communities. She is revered for her teachings of traditional and sustainable practices of food gathering and preservation. She believes that these must continue to be a living activity. Importantly, Helen has shared her knowledge with academics and students from across BC and Canada. Helen is an extraordinary elder and leader, a keystone in the arch of her community, who injects positive energy into all community projects, keeps an eye on everyone's welfare and ensures that traditions are alive and passed along.



Carol Hunt (North Cowichan) has made a tremendous difference in the Cowichan Valley with her positive attitude, her outstanding ability to communicate, to mobilize, to unite and to connect with people. She has been a strong advocate for seniors, launching initiatives in supportive housing and transportation. She served as executive director of Cowichan Seniors Community Foundation and the Valley's Hospice Society. As well, Carol has contributed to the wider community through her board membership in organizations such as the Duncan Chamber of Commerce, Community Futures Cowichan and the Cowichan Community Health Network. She is recognized as a trusted advisor and a catalyst who makes positive things happen in the Cowichan Valley.



Bessie Lee (Vancouver) became an activist in the 1960s when her neighbourhood was threatened by demolition, urban renewal and freeway development. Bessie was a tireless campaigner to save Strathcona, home to Chinatown and a predominance of non-English speaking residents. Bessie helped with founding and organizing the Strathcona Property Owners and Tenants Association, the citizen's movement that successfully stopped the City of Vancouver from changing the face of the neighbourhood. Bessie is a soft spoken, respectful but determined force who is clearly effective and persuasive. Because of Bessie's leadership role in her community organization, Vancouver's first neighbourhood is a thriving and livable one today.

Accessibility 2024

On June 16, 2014, Government released Accessibility 2024: Making B.C. the most progressive province in Canada for people with disabilities by 2024. Accessibility 2024 is a 10-year action plan, designed around the following 12 building blocks: inclusive government, accessible service delivery, accessible internet, accessible built environment, accessible housing, accessible transportation, income support, employment, financial security, inclusive communities, emergency preparedness, and consumer experience.

To read the Accessibility 2024 action plan, which is available in a number of accessible formats, visit <http://engage.gov.bc.ca/disabilitywhitepaper/accessibility-2024>.



Elder and Youth Legacy Program

Through the Elder and Youth Legacy Program, Aboriginal arts organizations may apply for funding for projects that give Aboriginal (First Nations, Métis, or Inuit) Elders opportunities to work with youth and pass on their legacy of artistic practice to the next generation.

The next application deadline is November 17, 2014. For more information, please visit <http://canadacouncil.ca/council/grants/find-a-grant/grants/elder-and-youth-legacy-program> or call the Canada Council for the Arts—Aboriginal Arts Office at 1-800-263-5588 (toll-free).



Canada Council
for the Arts

Conseil des arts
du Canada

Seniors' Fall Prevention Awareness Week, November 3-9, 2014

The Province of B.C. proclaims the first week of November each year as Seniors' Fall Prevention Awareness Week to raise awareness of the importance of preventing falls and fall-related injuries among older adults. The risk of falls increases with age, and falls are the main reason why older adults lose their independence.

We encourage you and your community to join the Province in observing Seniors' Fall Prevention Awareness Week this year. For more information, visit www.gov.bc.ca/fallprevention.



Cabbage Rolls Deconstructed

by Kenton Delisle

I LOVE cabbage rolls! I grew up eating my grandma's cabbage rolls. She would make them with pickled cabbage or fresh cabbage. Both work for me. In fact, it's the cooked cabbage that is my favourite part—the tomato-ey goodness soaking into the cabbage with the heartiness of the beef*, rice and pepper infusing from the inside—what's not to like? I've eaten cabbage rolls most of my life, but have yet to make them myself. That has to change. Maybe I'll start with **Mary Gale Smith's Lazy Cabbage Rolls** recipe. It's quick, easy, affordable and tasty. Grandma would be proud.

Serves 8

Per serving

- Calories: 265
- Fat: 10 g
- Sodium: 68 mg
- Saturated fat: 4 g
- Protein: 18 g
- Carbohydrate: 25 g
- Dietary fibre: 2 g



Ingredients

- 1/2 medium cabbage**, shredded
- 1 lb (481 g) ground beef*
- 2 onions, chopped fine
- 2 tins (10 oz/284 mL x 2) tomato soup—low sodium
- 3/4 cup (about 200 mL) water
- 1/4 tsp garlic powder
- 1 tsp unsalted butter
- 1/2 tsp pepper
- 3 cups (750 mL) cooked rice

Instructions

1. Place 1/2 cabbage (shredded) in a buttered 9 x 13" ovenproof dish
2. Combine soup with 3/4 cup water, and pour about a fourth on the cabbage
3. Sauté onions in butter & brown the ground beef*
4. Mix beef*, onions, spices, rice and another fourth of the soup mixture and place on the cabbage
5. Top with the rest of the cabbage, and then add the rest of the soup mixture
6. Bake at 350 degrees F for one hour

Tips:

*For a vegetarian version, omit the beef or try a ground beef soy alternative.

**Cabbage heads can be made into cabbage rolls and frozen, or stored in cold rooms for future use.

Recipe adapted from Mary Gale Smith. For more recipes like this one, visit the Healthy Families BC website at www.healthyfamiliesbc.ca/communities/recipes.