



FALL ISSUE 2

Resources from October 22nd Virtual Fall Public Presentation Session

Dear Attendees of Dialogue on Aging's Virtual Public Presentation Series,

Thank you for joining us for our second fall virtual presentation on October 22nd.

This newsletter issue has the links and files containing valuable resources that were shared during the October 22nd session. We hope you join us for our next session on November 18th at 1PM with Dr. Glenn Landry.

Here is the recorded version of our October 22nd Webinar:

<https://www.youtube.com/watch?v=LyDf1jil2CE>

Stay safe,

The Dialogue on Aging Team



How you want to be treated.

<http://publicpresentations.providencehealthcare.org/>



@DialogueonA

Resources



Alzheimer Society of B.C. Research Links and Resources:

Learn more about dementia-friendly communities:

Explore our website: <https://alzheimer.ca/bc/en/take-action/dementia-friendly-communities/learn-about-dementia-friendly-communities>

Learn more about dementia-friendly municipalities: <https://alzheimer.ca/bc/en/take-action/dementia-friendly-communities/dementia-friendly-municipalities>

Workplace guides for becoming dementia-friendly: <https://alzheimer.ca/bc/en/take-action/dementia-friendly-communities/dementia-friendly-businesses>

Webinars on dementia-friendly communities: <https://alzheimer.ca/bc/en/help-support/programs-services/webinars/recorded-videos>

Find support and information about dementia:

Call our First Link Dementia Helpline for information and support (toll-free):

- **English:** 1-800-936-6033 (Monday to Friday, 9 a.m. to 8 p.m.)
- **Cantonese and Mandarin:** 1-833-674-5007 (Monday to Friday, 9 a.m. to 4 p.m.)
- **Punjabi:** 1-833-674-5003 (Monday to Friday, 9 a.m. to 4 p.m.)

For COVID-19 information, including tips for visiting someone in long-term care, visit the information section on our website: <https://alzheimer.ca/en/bc/Living-with-dementia/covid-19-and-dementia>

The following pages have the resources provided by Dr. Blackburn, from Fountain of Health:

Take Home Goal Sheet

Did you know that your family genes account for only 25% of your longevity?
Lifestyle changes can have a much bigger impact!

Jumpstart your health today by setting one small goal in one key area:



Physical Activity: Simply moving and being active will benefit your health. Light physical activity for 15 mins a day can increase life expectancy by 3 years. Talk with your healthcare provider to be sure the activity you choose is safe for you to do. Examples: Walk indoors/outdoors, take the stairs, use weights or bands, garden, hike, run or try out an exercise class.

OR



Social Connection: Being socially active improves health and well-being; loneliness can be as bad for your health as smoking. Examples: Call a family member, meet a friend for coffee, attend church, a lecture or concert, join a group or volunteer.

OR



Brain Challenge: Combined lifestyle factors, including challenging your brain with new learning, reduces dementia risk by up to 35% Examples: Explore library programs, listen to music, attend a lecture or audit a class, try a new language or instrument, play cards.

OR



Positive Thinking: People who live longest tend to have a positive outlook on life. Examples: Keep a daily gratitude journal for a week, write down 3 of your strengths and apply one in a new way, think of 3 good things from your day before going to sleep.

OR



Taking Care of Mental Health: A wide range of positive lifestyle behaviours can improve physical health and mental well-being. Examples: Reduce meal portion sizes, try a yoga or meditation class, use a sleep routine, limit alcohol. If you think you need mental healthcare, reach out & ask for help.

Date: (MM/DD/YY): _____

GOAL: Write one S.M.A.R.T. goal below. (e.g. walk 15 mins, 2x/week for 4 weeks):

My goal is:

What if I do not achieve the goal I set? This is normal.

You might want to switch it up completely or set an even smaller goal.

No goal is too small. Small changes can lead to big health benefits over time.

What are S.M.A.R.T. Goals?

One of the best ways to look after your health is by setting small, doable health goals that matter to you—*meaningful* goals are more likely to be completed. S.M.A.R.T. Goals are:

Specific: How can you achieve this goal? What concrete steps will you need to take?

Measurable: How can you measure progress? How often? For how long?

Action-Oriented: Is the goal dependent on actions? What will those actions be?

Realistic: Is this goal realistic? Can this be achieved in the next few weeks? Are there obstacles to overcome, or supports that could help?

Time-Limited: What times of day or days of the week are best to work on this goal?

Choose one key area you want to change. Decide where you will do this activity, at what time of day, for how long and how often. It helps to think how you will overcome possible barriers, and who/what can help you reach your goal. You might also consider how to track your progress. **The Wellness App** is a way to track your goal, and to receive support.

TIPS: To make your goal “S.M.A.R.T.” answer all questions above. Then reduce your goal by 50% so it is realistic and achievable. Keep in mind that no goal is too small.

Examples of S.M.A.R.T. Goals:



I will walk to the mailbox three times a week for one month.



I will call a friend or family member once a week for one month.



I will read the newspaper three mornings a week for four weeks.



I will reduce dinner portion size twice a week for one month.



I will write in a gratitude journal once a week for a month.

How to Register for The Wellness App

The Wellness App is free on any device. It allows you to keep track of your goal, and gives you encouragement along the way. To register, complete the following steps:

1. **GO TO** wellnessapp.ca and click on **REGISTER** and fill in the information requested to create a new account.
2. Click on **GET STARTED HERE**.
3. Complete the **Health and Resilience Pre-Questionnaire** and press **SUBMIT**.
4. Choose **ONE** domain icon and fill in your own **S.M.A.R.T. goal**, press **SAVE**.
Note: Talk to your clinician to be sure the activity you choose is safe for you.
5. Each day, complete your **goal**, log-on to wellnessapp.ca, go to the Daily Check-in Calendar and click on the calendar provided to record your progress.
6. In 4 weeks, complete the **Health and Resilience Post-Questionnaire**. Save or print a copy of your 4-week “check out” report to share with your care provider.

Self-Care Tips at Home in Stressful Times

The Fountain of Health (www.fountainofhealth.ca) promotes brain health and well-being through *Physical Activity, Social Connection, Brain Challenge, Taking Care of Mental Health* and *Positive Thinking*. These Fountain of Health pillars help you to take care of yourself in stressful times while staying at home.

Below are examples of self-care activities to promote well-being while at home. For best results, set a health goal that is realistic and specific—what you will do, at what time of day, and for how long? Check with your healthcare provider to ensure the activity is safe for you to do. Register to use **The Wellness App** at <https://wellnessapp.ca> on any device receive support and encouragement for your goal.



Physical Activity: Just moving and being active will benefit your health. Regular physical activity can help to improve your mood, sleep and memory, and lower stress.

- Move your body at home by doing your daily chores.
- Try yoga or other online programs that are safe for you (YouTube, TV, or DVDs).
- Do something you enjoy - garden, or dance to music.
- Take a walk around your neighbourhood, while keeping social distance.



Social Connection: Having trusted relationships with a friend, partner, or family members is protective for mental and physical health.

- Stay connected – Although you may be physically distant from friends and family, call to connect with others regularly.
- If you have access to meet online, meet for a chat, a cup of tea or meal, or share an interest or activity.



Brain Challenge: Learning new things throughout life can improve brain health and well-being.

- Learn something new – Use time at home to learn a new skill like how to use a computer, or try out a new craft.
- Reach out to your local library – Many libraries have online services where you can check out electronic books and audiobooks.
- Explore your thoughts in writing – Write a short story, a poem or in a journal.



Positive Thinking: Your thoughts play an important role in overall health and even how you cope with or bounce back in times of stress.

- To lower your stress, focus only on what is in your control. Try not to dwell on things outside of your control.
- Focus on what you feel grateful for. Take a minute to write down 1-3 things you are grateful for, keep a gratitude journal, or use an online gratitude resource.
- Notice what you are doing well to keep healthy and give yourself credit – Your efforts to physically distance and stay at home deserve to be appreciated.



Take Care of Your Mental Health: Good mental health helps us cope with life's challenges and improves our lives. Having strategies to lower stress and challenge negative thoughts can help. Being willing to ask for help when needed is key.

- Take time each day to look after yourself in basic ways: Have a routine, get enough rest, eat healthy meals, and limit alcohol intake.
- Stay informed from reliable news sources only. Consider limiting your intake of daily news to 30 minutes, especially at times when the news is distressing.
- Seek out professional help if you are struggling to cope.

The Wellness App: wellnessapp.ca Email: info@fountainofhealth.ca

Clinicians are welcome to photocopy forms but may not modify them without permission.

Copyright © 2020 Fountain of Health Association for Optimal Aging www.fountainofhealth.ca

THE USE OF THIS DOCUMENT AND THE INFORMATION SET OUT IN IT IS SUBJECT TO THE TERMS, CONDITIONS AND RESTRICTIONS SET OUT IN THE END USER LICENSE AGREEMENT FOUND AT <https://fountainofhealth.ca/end-user-license-agreement>

Self-Care Online Resources

Please visit [Fountain of Health](#) for a range of online resources, tools and links including [The Wellness App](#). Other free online resources for each of the Fountain of Health domains are below. Check for local online programs in your area. See Public Health Agency of Canada resources: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-older-adults-caregivers.html#a3>



Physical Activity

Many physical activity centres are taking their programs online. In addition try:

- Walking at home: <https://www.youtube.com/user/walkathomemedia>
- ParticipACTION: <https://www.participaction.com/en-ca>
- YMCA Canada: <https://ymca.ca/>
- Yoga with Adrienne: <https://yogawithadriene.com/free-yoga-videos/>
- Regional Geriatric Program of Toronto at home activity: <https://bit.ly/2yQmZt2>



Social Connection

Many community agencies are offering help to those unable to leave their homes. Check out what is available in your area, whether you need support or can volunteer.

- Connect to community resources and services: Dial or text [2-1-1](tel:211) or visit 211.ca
- Conversations with youth: <https://www.chattingtowellness.ca/>
- Online social activity examples: [The Big Sing](#); [virtual book clubs](#)
- Volunteer Canada: <https://volunteer.ca/>



Brain Challenge

Learn something new and stimulating your brain in unique ways.

- Virtual classes: <https://www.skillshare.com/classes/free:https://www.coursera.org/>
- Painting: [Bob Ross - The Joy of Painting](#)
- University/professional education: <https://www.edx.org/>



Positive Thinking

Notice what is good in ourselves and around us and focus on what we can change when problems arise. Changing thinking habits is not easy but it is possible.

- Finding happiness resource: bit.ly/2WCc6mg
- Meditation/sleep/exercise tools: <https://www.headspace.com/covid-19>
- Get positive messages by email: <https://www.happify.com/public/happify-daily/>
- Positive thinking tools: [Positive thinking: Stop negative self-talk to reduce stress](#)
- Self-compassion tools: <https://self-compassion.org>



Mental Health

Visit trusted mental health services websites, including the Mental Health Commission of Canada's [Resource Hub](#) or your local health authority/ mental health services.

- Mindfulness online community: <https://openheartproject.com/>
- Sleeping resource: <https://mysleepwell.ca/>
- Healthy eating guide: <https://food-guide.canada.ca/en/>
- Mental Health and Substance Use support: [Wellness Together Canada](#)
- Anxiety support: [Strongest Families Institute](#) offer an anxiety program [ICAN](#)
- Stress reduction tips during COVID-19: <http://waterloocbt.ca/wp-content/uploads/2020/03/Tips-for-Coping-During-COVID-19.pdf>; [Doing What Matters in Times of Stress: An Illustrated Guide](#)
- Mental health support lines: <https://bit.ly/2TgbwZ>