

Age Friendly Newsletter



April/May 2023



agefriendly
Thunder Bay

I would like to take a moment to recognize one of our own. **Joan Duke** is one of this year's recipients of the **City Of Thunder Bay Annual Citizens Of Exceptional Achievement Award**. Her years of service with Age Friendly Thunder Bay is just the tip of the iceberg when it comes to the volunteer service done by Joan. Whether it be volunteering at the hospital, her work with the Red Cross and VON, the 55 Plus Center, Magnus Theater, or her many years working with the public libraries, Joan has endlessly given her time, wisdom and compassion.

Thank you Joan for all you do. Please help me in congratulating Joan for...well...for being Joan.

Congratulations and thank you Joan!

Randy Moore
Chair - Age Friendly Thunder Bay



WEBSITES

with information that will help to prevent isolation among seniors

[Understand Isolation Among Seniors](#)

Click here



[World Health Organization and Isolated Seniors](#)

Click here



[Help Age Canada Website](#)

Click here



[Avoiding Hazards in the Home](#)

Click here



Are you interested in joining an Age Friendly Thunder Bay Working Group? If you are interested in transportation, aging at home and preventing isolation among older adults, please join us for our monthly online conversations.

Email agefriendlythunderbay@outlook.com

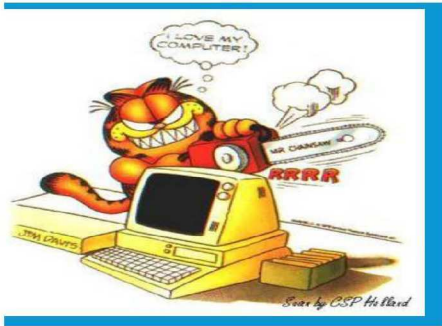
or call us at **807-633-7723**.





NorWest Community
Health Centres
Centres de santé
communautaire NorWest

Need help with computers
or your device? Our
students can help you.



Starting March 23rd
Drop in weekly on Thursdays
1:00 to 3:00 pm
Upstairs in the Talbot room (2nd floor off the elevator)

@NorWestCHC
facebook.com/NorWestCHC

NorWest Community Health Centres
525 Simpson Street
Thunder Bay, ON P7C3J6

www.norwestchc.org

Is it time to BOOST your COVID-19 protection?

WHO should get a spring booster

- Adults 65 +
- Adults (18+) living in congregate care settings
- Indigenous adults 55+ and their non-Indigenous household members 55+
- Adults (18+) who are moderately to severely immunocompromised
- People who are pregnant
- Anyone who has **NOT** received a COVID-19 booster since **September 1, 2022**

If you do not belong to any of these groups, your fall booster will continue to protect you during the Spring.

WHEN to get a spring booster

6 months (168 days) after your last dose or COVID-19 infection.

WHERE to get a spring booster

Scan the QR code, visit [TBDHU.COM/vaxclinics](https://www.tbdhu.com/vaxclinics) or call 807-625-5900 to learn where you can get a spring COVID-19 booster.

If you are unable to leave your residence, call 807-625-5900 to arrange a home visit.



Thunder Bay District
Health Unit



FREE WEBINAR

Cyber-Seniors, Age-Friendly
Thunder Bay & NorWest
Community Health Centres

Join Eco Superior in the
conversation about the hazards of
our waste.



Wednesday, April 26
at 2:00pm



ecosuperior
ENVIRONMENTAL PROGRAMS



NorWest Community
Health Centres
Centres de santé
communautaire NorWest

Register Now

REGISTER AT:
www.cyberseniors.org

Life Hacks - Things that make life easier...

Life Hack # 42

To reach items in the back of the refrigerator, add a lazy susan (turntable) on top of a shelf so you can rotate it to bring what you need to the front.

Life Hack # 51

To stop soap from falling in the shower or tub, get a pair of old pantyhose and cut it at the top of one leg. Put the bar of soap into the foot and tie the top end of the leg to the shower head or a handy grab bar.

Life Hack # 67

If holding a glass is difficult you can place rubber bands around the glass to make it less slippery. Such an easy and simple life hack!

Be sure to check out the *Age Friendly TV Show* on Shaw Spotlight, hosted by *Rebecca Johnson*. The show can be viewed on SHAW cable 10 at 5:30 am, 12:30 pm and 5:30 pm. You can find all of the past shows on the Age Friendly website here: [Age Friendly TV Show](https://www.agefriendlytv.com)

File your taxes now!

- File your taxes before the deadline of April 30, 2023.
- You may be eligible for the Free Income Tax Clinic depending on your income.
- Don't wait to file, or you won't receive your benefits on time.
- **Please call 211 to find a location to have your taxes filed.**



Victoriaville Centre

Age Friendly Steering Committee Meeting

Join the interactive Age Friendly Thunder Bay Steering Committee meeting held via ZOOM **Tuesday, May 9 at 12:00 pm.**

[Click here to join the meeting.](#)



Thank you to everyone that came out to the 55 Plus Health and Wellness Fair. We enjoyed seeing and chatting with everyone at our booth! We look forward to seeing you again soon!



What was the radioactive older adult's superpower?
Gamma rays.

I'm going to open a nightclub for senior citizens...
The Soft Rock Cafe.

What do lawyers wear to court?
Lawsuits.

Why did the man get fired from the orange juice factory?
Lack of concentration.

What did the football coach say to the broken vending machine?
Give me my quarterback.

"The older I get, the earlier it gets late."



When you don't know where to turn.™

211 provides free, confidential, multilingual access to information & referrals to the full range of community, social, health and government services. **211's** Certified Community Resource Specialists assess each person's needs and connect them to the best available resources. Click [here](#) to watch a video to find out more about how 211 helps individuals and families.

Welcome Spring with Wheatgrass



Lynda Lahteenmaa
Master Gardener, Horticultural Therapist

Planting wheat kernel or seed is a popular spring activity not only because of its familiarity and ease of growing but because the young shoots of wheat grass is packed with essential vitamins and nutrients that may provide healthy

benefits. It can be harvested early in its development, typically 7 to 10 days after planting. Please refer to AFTB website for detailed instructions on how to plant wheat grass. A tray filled with growing wheat grass resembles a fresh spring lawn, its vibrant green colour is truly a refreshing treat after a long winter season, and can be used as a decoration to celebrate spring and Easter. Everyone from adult to young children will have fun sprouting wheat in plastic Easter eggs or regular pots.



Celebrate Earth Month in April - Try this Quiz!

On what day is Earth Day celebrated every year?

22nd April

What is the name of the famous English wildlife conservationist who founded an Institute to protect chimpanzees and their habitats?

Jane Goodall

What is the name of the process by which trees absorb carbon dioxide from the atmosphere and release oxygen?

Photosynthesis

Which animal is the largest land mammal in the world?

Elephant

The Earth's oceans cover 71% of its surface, True or False?

True

What is the name for the largest species of cat in the world?

Tiger

Which sea creature is known for its ability to change color and texture to blend in with its surroundings?

Octopus

Which of the following materials cannot be recycled: glass, paper, or plastic bags?

Plastic bags cannot be recycled in regular recycling programs