



Walpole Island Home & Community Care

ENDAAWAAD MNISHE'ING NOWENDMINDWAA

"THEIR HOME ON THE ISLAND WHERE THEY ARE CARED FOR"



Springtime is in motion

BY THE SENIORS ACTIVITY PROGRAM

Our days are getting longer, birds and animals are emerging and flower blooms have begun. Just a few of the many good things about Mnookmi.

There's even some science to the happiness of spring. Research suggests that for many people, the extended daylight boosts mood, well-being and energy.

We're pleased to share our seniors programming will offer additional outdoor activities to coincide with the warmer months ahead.

We look forward to good social times together!

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Administrative Professionals Day

Wednesday, April 24, 2024

Recognizing Nancy Oliver - HCC Clerk



Chi-Miigwech for being our organizer and go to person,
The utmost professional,
Genuinely kind and helpful with a friendly smile.
Your contribution to the team is tremendous and greatly
appreciated!

Thank You Nancy

Every year, on the Wednesday of the last full week in April, we recognize the immense contributions made by administrative professionals.

According to the latest Canadian census, there are more than 1.8 million office and administrative professionals working in Canada. Their roles are incredibly diverse and are found throughout the private and public sectors.

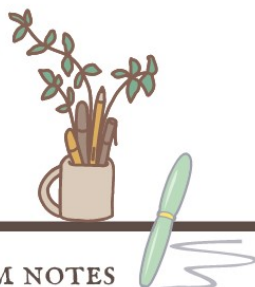
source: Career Professionals of Canada

Words of Wisdom....

World Health Day- April 7th
Total Solar Eclipse April 8th
World Art Day - April 15th
Earth Day -April 22nd

**Everything on the earth has a purpose,
every disease an herb to cure it, and every
person a mission.
This is the Indian theory of existence.**

-MOURNING DOVE
(CHRISTINE QUINTASKET), SALISH
1888-1936





Gardening

Gardening can offer physical benefits of improved strength, mobility, and general fitness.

Being outdoors in a garden space, in all weathers and seasons helps to orientate us to time.

During this season, we will begin venturing out to our charming HCC Outdoor Garden Space and Pavilion for activities surrounded by nature.

Some highlights include:

A serene, spacious relaxing atmosphere

Optimum level raised garden boxes

Accessible walkway and ramp

Social Connection

What does social connection mean?

There are three important parts to social connection:

- how often and who you connect with
- the support you get from your connections (e.g., for physical or emotional support or for learning new information)
- how you feel about our connections (e.g., feeling lonely or a sense of belonging).

Social connection is when you connect with other people, either in person or from afar. For example, you can connect with friends, family, neighbours, pen pals or even grocery store workers. You can also support your well-being with other types of connection, such as connecting with animals, with nature or through your faith.

Why do meaningful connections in later life matter?

Meaningful connections are important for your physical health, mental health and quality of life.

What connections are meaningful to you might be different from connections that are meaningful to your friends or family. Consider speaking with your healthcare provider about what this means to you. Together, you can build a plan for making meaningful connections.

source: CAMH.ca



Participating in social activities is fun, and can help maintain your communication and cognitive skills

Aambe Baamsedaa

“Let’s go for a walk”



Being outdoors and connecting with nature is known as “green exercise”



Walking in nature can improve your sense of wellbeing



A walk in nature provides sensory stimulation from all the things you see and do, and an opportunity for reminiscing.



Seniors Walking Group begins Tues. April 30th.



April is Dental Health Month

Good oral health is important throughout life for overall health and well being

dentalhygeinecanada.ca

HOW TO CREATE GOOD SLEEP HABITS



- Set up a bedtime routine to relax and wind down before going to bed. For example, going to bed at a consistent time, limiting screen time to one hour before bed, listening to relaxing music, taking a warm bath, watching television or reading a book.
- Avoid caffeine, alcohol, nicotine and other stimulants for at least an hour before bedtime. It is also a good idea to limit the number of liquids consumed before bed to prevent visiting the bathroom during the nighttime.
- Exercise during the day. Try to avoid any rigorous exercising at night as this will prevent the body from relaxing before bedtime.
- Maintain a healthy diet. It is also important to avoid eating large meals at night.
- Spend time outdoors during the day. Exposure to bright, natural light allows our bodies to distinguish nighttime and the necessity to sleep when it gets dark.
- Limit naps which can interfere with nighttime sleep. Aim to limit naps to 40 minutes at the most per day



PARKINSONS AWARENESS MONTH

Around the world, April is Parkinson's Awareness Month – a time dedicated to raising awareness and to show our support for Canadians who live with Parkinson's disease and their families and caregivers.

ABOUT PARKINSON'S

Parkinson's disease is the fastest growing neurodegenerative disorder which affects both motor and non-motor functioning.

Parkinson's is a progressive neurological disorder resulting from the loss of dopamine in a part of the brain called substantia nigra.

Dopamine acts as a chemical messenger, allowing nerve impulses to travel smoothly from one nerve cell to another. This enables the transmission of messages to muscles in the body to begin voluntary movement.

As dopamine continues to decrease, muscle movements become slower and more rigid, tremors can develop and reflexes become more impaired contributing to a loss of balance. Some of the primary symptoms that are associated with Parkinson's include tremor, rigidity, akinesia or bradykinesia, postural instability, soft speech, writing problems and sleep disturbances. Non-motor symptoms can include depression, anxiety, psychosis, dementia, memory problems and difficulty with communication.

While symptoms typically begin to appear at age 55 to 60 years, 10% of all people diagnosed with Parkinson's will be under the age of 40. Both men and women are affected by this disease, and race and ethnicity do not predetermine risk factors for this disorder.

resource:

Parkinson SOCIETY
SOUTHWESTERN
ONTARIO

Information provided is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care.

Contact a qualified healthcare practitioner if you have any questions concerning your care.

TYPES OF PARKINSONISM

Parkinsonism



An umbrella term for several conditions including Parkinson's Disease with similar symptoms such as multiple system atrophy.

Types of Parkinsonism are based on their cause. Parkinsonism is treatable, can go away without treatment, is age-related, and is more common in males than females. 3 types: idiopathic, vascular (arteriosclerotic), and drug-induced.

Parkinson's Disease



Makes 80% of all Parkinsonism cases
Second most common age-related degenerative brain disease and most common motor brain disease.



Diagnosing Parkinsonism



1. Blood test helps identify other causes of Parkinsonism
2. Genetic testing helps identify a family history of Parkinsonism which is common in 10-15% of all cases
3. DaTscan checks the dopamine levels in one's brain
4. Magnetic Resonance Imaging (MRI) helps identify brain tumours and vascular Parkinsonism

Idiopathic Parkinsonism



The cause of this kind of Parkinsonism is unknown. It makes up 85% of the cases. On average, onsets between those who are 55 to 65 years old but not often before 50 years of age. Responds well to medications
Symptoms: tremor, rigidity, bradykinesia (slow movements).

Vascular Parkinsonism



Caused by the restricted blood supply to the brain due to minor strokes in important brain regions. Responds poorly to medications.
Symptoms: problems with memory, sleep, mood, posture, and gait.

Drug-induced Parkinsonism



Caused by neuroleptic drugs which are used to treat some psychotic disorders which blocks dopamine in the brain. Second most common type of parkinsonism. Usually recovers within days, weeks, or months of stopping the drug which induced the behaviour. Symptoms are similar to Parkinson's Disease symptoms.

resource info page provided by:

Parkinson

SOCIETY
SOUTHWESTERN
ONTARIO

Toll Free: 1-888-851-7376
Local Phone: (519) 652-9437

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Holiday (offices closed) Easter Monday	2	3 Springtime Bingo 10-11:30am HCC Registration	4	5 1 st Friday Seniors Soup 12 - 1pm & Detroit Tigers Home Opener Party 1-3pm Anglican Hall	6
7 Seniors Coffee & Tea 9-10am HCC Solar Eclipse	8	9	10 Earth Day Garden crafts & seed planting 10am -12pm HCC	11	12 Seniors Coffee & Tea Drop-in 9-10am HCC	13
14 Seniors Coffee & Tea 9-10am HCC	15 Seniors Coffee & Tea 9-10am HCC	16 Seniors Health Promotion Lunch-n-Learn 12-1pm Anglican Hall *Registration with Margo	17 Canada Film Day 130-3pm HCC	18	19 Seniors Luncheon 12-1pm Thunderbird Plaza CKCHC Walpole Site	20
21 Seniors Coffee & Tea 9-10am HCC Earth Day	22 Seniors Coffee & Tea 9-10am HCC Earth Day	23	24 Painted Garden Ceramics 130pm - 3pm HCC Registration	25	26	27
28 Seniors Coffee & Tea 9-10am HCC	29 Seniors Coffee & Tea 9-10am HCC	30 Seniors Walking Group 10-10:30am Meet at Algonkin Sr's parking lot	 <h1>April 2024</h1> <p>Walpole Island Home & Community Care</p> <p>519-627-8421 ¹¹⁵ Tahgahoning Rd. Walpole Island First Nation, On N8A 4K9</p> <p>https://www.facebook.com/WIFNHCCP/</p>			

SENIORS ACTIVITY PROGRAM - Brandie: ext. 242 blucier@wifn.org Lisa: ext. 334 lisa.soney@wifn.org

SENIORS HEALTH PROMOTION PROGRAM- Margo: ext. 347 margo.smith@wifn.org

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<p>April 3rd</p>		<p>Springtime Bingo *Registration max. 15 participants</p>	<p>Join in for a good game of baaknaage! Light snacks and refreshments provided</p>
<p>April 5th</p>		<p>First Friday Seniors Soup & Sandwich</p>	<p>Chili, hot dogs, fresh fruit cups, cucumber slices and beverages</p>
<p>April 5th</p>		<p>MLB Detroit Tigers Home Opener Party Gameday radio broadcast vs. Oakland A's</p>	<p>Let's celebrate baseball season with the first pitch at 1:10pm Complimentary concession stand with ballpark themed snacks/beverages while we listen to the game - retro style!</p>
<p>April 9th</p>		<p>Earth Day Crafts & Seed Plantings</p>	<p>We're repurposing and making garden crafts from recycled materials. Light snacks & refreshments provided</p>
<p>April 8, 12, 15, 22, 29</p>		<p>Seniors Coffee & Tea *new series</p>	<p>Drop-in for a friendly visit and let's start the week with a good cup of your favourite</p>
<p>April 16th</p>		<p>Seniors Health Promotion Lunch & Learn *Registration with Margo</p>	<p>Guest presentation provided by: Adrianna Rytter, Certified Dietician from CKCHC Topic: Healthy Snacks</p>
<p>April 17th</p>		<p>Canada Film Day</p>	<p>Movie style snacks and treats provided</p>
<p>April 19th</p>		<p>Monthly Seniors Luncheon</p>	<p>Corn soup, turkey club sandwich and dessert Transportation available for HCC clients (limited seating)</p>
<p>April 23rd</p>		<p>Painted Garden Ceramics *Registration -max. 8 participants</p>	<p>A variety of springtime themed pieces ready for a relaxing afternoon of painting. Light snacks and refreshments provided.</p>
<p>April 30th</p>		<p>Seniors Walking Group *new season</p>	<p>Try our leisurely route along the riverfront for the health benefits of time spent outdoors. All abilities welcome</p>



Chatham-Kent
Community Health Centres
Centres de santé communautaire
de Chatham-Kent

ENDAAWAAD MNISHE'ING NOWENDMINDWAA



Walpole Island First Nation Home and Community Care

Lunch and Learn with the Dietitian for Seniors 55+

Topic: Choosing Healthy Snacks

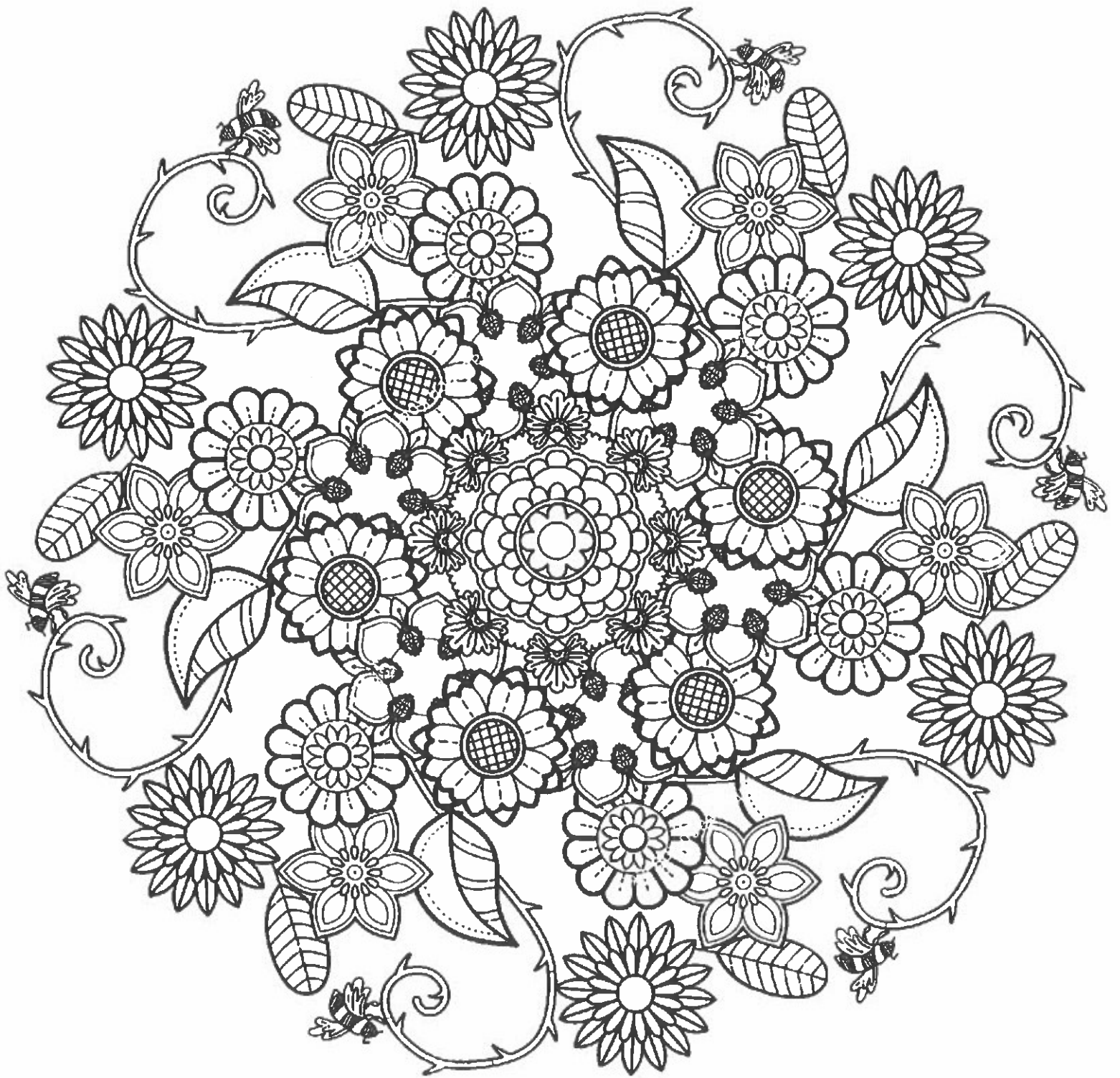
Date: Tuesday April 16, 2024

Time: 12:00pm-1:00pm

Location: Anglican Church Hall

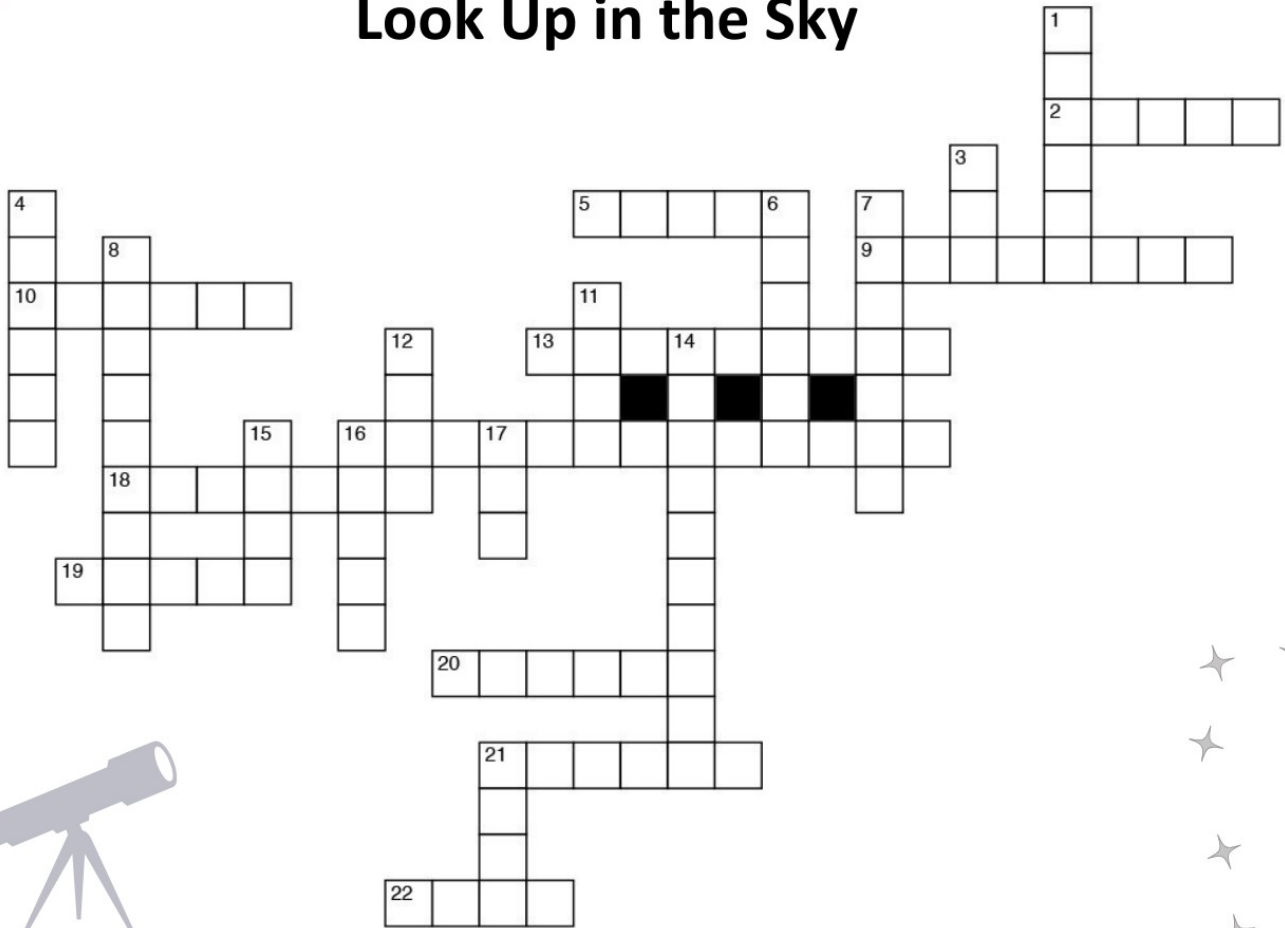
Hosted by: Adrianna Rytter, Registered Dietitian,
Chatham-Kent Community Health Centre

Contact Margo Smith, Seniors Health Promoter, H.C.C.P
519-627-8421 ext.347 to register/ Limited Seating





Look Up in the Sky



Use the clues to fill in the crossword.

ACROSS

- 2. Jet
- 5. Goodyear floater
- 9. Rocky space object
- 10. The Milky Way is one
- 13. Natural electric discharge
- 16. Aries or Orion
- 18. Sunset location
- 19. Puffy sky sight
- 20. NASA projectile
- 21. Ringed planet
- 22. The Red Planet

DOWN

- 1. Big or Little constellation
- 3. Nocturnal mammal
- 4. Aurora borealis; Northern _____
- 6. Venus or Earth
- 7. Showery day arch
- 8. Dark spot in space
- 11. Wind-borne toy
- 12. Earth orbiter
- 14. Aircraft that hovers
- 15. It's a _____, it's a plane, it's Superman
- 16. Halley's _____
- 17. Earth warmer
- 21. Sirius, for one



Ojibwe maker (1840), wood, deer hide, & pigment (Detroit Institute of Arts)

