

Age Friendly Information Newsletter

Autumn 2022



agefriendly
Thunder Bay



WEBSITES
for you to check out

The Rebecca Johnson Senior Service Award

sponsored by:  **Nurse Next Door®**
home care services

Do you know someone over 65 that has contributed to the community in the areas of arts, leadership, community service, healthy living or humanitarian activities? If so, nominate them for **The Rebecca Johnson Senior Service Award.**

Please visit the website at www.agefriendlythunderbay.ca to fill out a nomination form.

Nomination Deadline: Friday, September 23, 2022

www.agefriendlythunderbay.ca

[211 Ontario North](#)

Click here

[Older Adults Guidebook](#)

Click here

[Thunder Bay 55+ Centre](#)

Click here

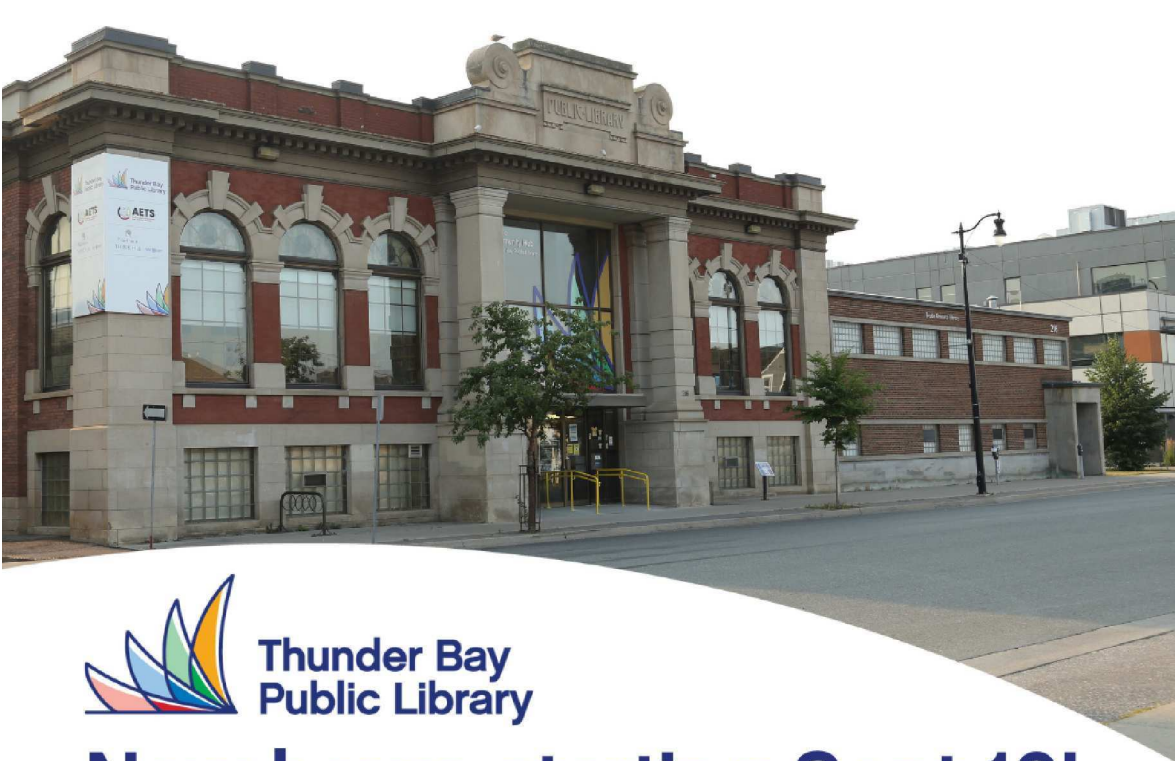
[Thunder Bay District Health Unit](#)

Click here

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

Email agefriendlythunderbay@outlook.com or call us at **807-633-7723**.





New hours starting Sept 19!

Waverley Community Hub

Monday & Tuesday..... 9:30 am - 8 pm

Wednesday to Saturday..... 9:30 am - 5 pm

County Park Community Hub

Monday to Wednesday9:30 am - 5 pm

Thursday12:30 pm - 8 pm

Friday9:30 am - 5 pm

SaturdayClosed

Brodie Community Hub

Monday9:30 am - 5 pm

Tuesday & Wednesday9:30 am - 8 pm

Thursday & Friday9:30 am - 5 pm

Saturday.....Closed

Mary J.L. Black Community Hub

Monday & Tuesday9:30 am - 5 pm

Wednesday & Thursday9:30 am - 8 pm

Friday & Saturday.....9:30 am - 5 pm

Q: What happened to the guy who sued over his missing luggage?

A: He lost his case.

Q. What did one blade of grass say to another about the lack of rain?

A. I guess we'll just have to make dew

Q. What lies at the bottom of the ocean and twitches?

A. A nervous wreck.

Q. How much money does a pirate pay for corn?

A. A buccaneer.

Q: Why shouldn't you visit an expensive wig shop?

A: It's too high a price 'toupee.'

Therabands are available from Age Friendly Thunder Bay for individuals or organizations. Please contact Bonnie Kryswaty at agefriendlythunderbay@outlook.com or by calling 807-633-7723 if you would like a Theraband along with an infographic that showcases exercises that can be done with the Theraband.

Snow Angels

The Snow Angels Program will be managed by Thunder Bay 55+ Centre for the 2022-2023 winter season. Beginning October 1st, clients can call 211 to register and volunteers can contact Tessa Hettrick at Tessa.Hettrick@thunderbay.ca or by calling 684-3277.

Age Friendly TV Show on SHAW

Shaw Spotlight will host "Age Friendly" monthly with a senior program hosted by Rebecca Johnson. The half hour program will provide information relative to older adults and include a variety of subjects.

Viewers have an opportunity to provide input into the program by going onto the Age Friendly website, <http://agefriendlythunderbay.ca> and completing a survey. Viewers can also go to the Shaw TV Spotlight page to comment on the program as well as suggest ideas for future programs.

"Age Friendly" can be seen on Shaw Spotlight at 5 am, 12:30 pm and again at 5:30 pm



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.

Planting Succulents

1. Pick a healthy succulent – Look for succulents with full shapes, good color and with healthy foliage. Avoid plants with insects or signs of damage.
2. Choose the right soil – Succulents like to be dry and need a well-draining soil. Use fertilizer to keep plants healthy.
3. Select containers – Succulents can be planted in almost anything that allows for proper drainage. Make sure containers have a drainage hole for water to flow through.
4. Give enough water– Succulents with leaves that pucker aren't getting enough water and ones with soggy leaves are holding onto too much water. Get into a regular watering schedule to help plants thrive. Water succulents when the top inch of soil feels dry by pour water into the pot until it flows through the drainage hole. Remove all excess water.
5. Soak up the sun – Most succulents love light. Place them in spaces where they'll receive four to six hours of sun.
6. Feed them – Give succulents a boost by fertilizing as needed with succulent plant food.
7. Keep plants looking good – Remove dead or decaying leaves to keep plants looking nice and insects at bay.

COVID-19 Bivalent Vaccine Information

The Moderna bivalent vaccine is now available as a booster dose. It's called a bivalent because it protects against two strains of COVID-19, the original and the Omicron. You can get the vaccine as long as it's been at least 3 months since your last dose. You can get it as any of your booster doses; your first, your second or your third booster.

Clinics will be held across Thunder Bay as the CLE Coliseum clinic is closed for September. Find one near you at www.TBDHU.COM/covidclinics OR call 625-5900. You can also ask your pharmacy or health care provider if they are giving the bivalent vaccine.

If you have questions about the vaccine, you can call the Provincial Vaccine Centre at 1-833-943-3900.

Vaccines are safe and they protect us against severe illness and hospitalization from COVID-19. Stay up-to-date and get your next booster as soon as possible.

To contact Age Friendly Thunder Bay:

Visit us on the web at: agefriendlythunderbay.ca

email: agefriendlythunderbay@outlook.com

facebook: <https://www.facebook.com/agefriendlythunderbay> phone: (807) 633-7723