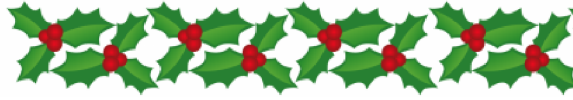


Age Friendly Newsletter



Holiday Edition 2022



agefriendly
Thunder Bay



Holiday Message from the Chair



As the Chair of Age Friendly Thunder Bay, I want to thank everyone who has been involved with this organization throughout the years. As we complete our 14th year in existence, I reflect on the many individuals and organizations that have partnered with us as we continue to improve the lives of older adults in this community. We have become a leader in the advocacy for seniors' independence and quality of life in Thunder Bay and we will continue down this path into the future.

I would like to thank each of our working groups for their valuable input and hard work in the fields of Transportation, Isolation and Ageing at Home. As we continue to expand our outreach, we also welcome the members of our new Elder Abuse Prevention working group into the fold. We also would like to welcome the members of the newly formed Falls Prevention working group. I know we can expect much needed and exciting older adult focused initiatives from all our members in the coming year.

I want to say thank you to all our community partners for their efforts throughout 2022. I would like to extend my gratitude to the City of Thunder Bay for providing the necessary supports, both physically and financially to ensure the success of this organization. I would also like to say thank you to those who put their names forward to be Directors for the 2022-23 Age Friendly Thunder Bay Board. I have never worked with such a group of dedicated and committed individuals in my life and I have complete faith that this group has the skills, dedication and compassion to continue to guide the work of Age Friendly.

As he leaves the board, I want to say a special thank you to Ian Thompson for his 14 years of valued input. You will be greatly missed. I also want to thank Kevin Penney whose tenure, although short, was greatly appreciated.

On behalf of Age Friendly Thunder Bay, I would like to wish everyone a happy, safe and joyous time during the upcoming holiday season. We look forward to hearing from everyone in the new year!



 **FREE WEBINAR**

Cyber-Seniors & Age-Friendly Thunder Bay Webinar TBPL Digital Services

Join the library as we provide you with a glimpse into what TBPL can offer digitally. From reading books and magazines on your tablet or computer to finding local newspaper articles about your loved ones, the library will guide you on an information journey.



**Wednesday, January 4
at 2:00pm**

Register Now

REGISTER AT:
www.cyberseniors.org



From reading books and magazines on your tablet or computer to find local newspaper articles about your loved ones, the Thunder Bay Public Library will guide you on an information journey. Join the session by registering at <https://us02web.zoom.us/j/84720754898>. The presentation will be archived on www.cyberseniors.org/age-friendly-thunder-bay.

Amazing Amaryllis

The colorful huge blooms of Amaryllis are always a welcome sight in the winter. They add some cheers to our life during the long cold season feeling like a little slice of springtime when you need it most. Growing Amaryllis is fairly simple. They are readily available in all garden centres and even grocery stores as loose bulbs or boxed kits. By following the step by step instructions provided, one can easily force this flowering bulb to bloom indoor in the cold winter months. Planting Amaryllis is a fun project that promotes a glow of anticipation and hope as we nurture the plants to produce large colourful winter blooms. When blooming period is over, keep watering the plant and keep it in a sunny spot until the foliage naturally starts to die back. Amaryllis bulbs need a dormancy period of about 6-10 weeks in the fall to get ready to bloom again. A cool, dark storage room is the perfect spot for storing dormant bulbs. In November repot amaryllis in fresh soil. Water sparingly and place in bright sunny window and your amaryllis will be ready to give you another season of flowers, once more to amaze you as you welcome splash of colours in the dreary cold of winter.



Lynda Lahtenmaa, Master Gardener, Horticultural Therapist

Be aware, if someone contacts you for any of these reasons and asks you for money, it is a scam!

- A family member is in trouble or has been arrested and they require money for bail. They may even tell you there is a gag order and not to tell anyone.
 - There has been an incorrect charge to your credit card, provide us with your banking information and we will refund it.
- That you have won a lottery and you have to pay the tax to receive the winnings.

If any of the above occurs, immediately hang up the phone and contact Police or a family member.

- There is something wrong with your computer and they can fix it for a fee. They will try and take control of your computer.

Turn off your computer immediately and call the Police or a family member.

Please keep in mind that if anyone contacts you by way of telephone, email, text message or internet and at any point asks you for money for any reason, they are likely trying to scam you.

DO NOT send money, provide any cash or banking information to anyone!

If you give money to someone, the Police cannot get it back!

Please hang up the phone and stop communicating with this person and call the police or a family member for advice.



SCAM ALERT!



Reports can also be submitted to:

www.antifraudcentre-centreantifraude.ca or by calling 1-888-495-8501

Why do seagulls fly over the sea?
If they flew over the bay, they would be bagels.

~~~~~

What do lawyers wear to court?  
Lawsuits.

~~~~~

How does the moon cut his hair?
Eclipse it.

~~~~~

I told my physical therapist I broke my arm in two places.  
He told me to stop going to those places.

~~~~~

Age Friendly Thunder Bay

Community Action Plan 2022



The Age Friendly Thunder Bay Community Action Plan highlights some of the history and accomplishments of Age Friendly Thunder Bay since it's inception in 2009 and describes who we are, what we do, and where we are heading as an organization. The plan identifies priorities, focuses on resources, and will serve as a guide for decision making moving forward. The Community Action Plan includes 28 strategic objectives which are organized under the World Health Organizations eight interconnected domains of community life.

We are very proud of the progress we have made in Thunder Bay over the past 13 years and are looking forward to the challenge of achieving the initiatives outlined within this plan. Click [here](#) to read the Community Action Plan online.

Snow Angels

The Snow Angels Program will be managed by Thunder Bay 55+ Centre for the 2022-2023 winter season.

Clients can call 211 to register and volunteers can contact Tessa Hettrick at Tessa.Hettrick@thunderbay.ca or by calling 684-3277.



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.

Wishing you warm Christmas blessings from our family to yours.

Merry Christmas!



THUNDER BAY CATHOLIC
DISTRICT SCHOOL BOARD

On behalf of Rainbow Collective of Thunder Bay, we want to wish all the 2SLGBTQIA+ seniors in Thunder Bay and Northwestern Ontario a happy and healthy holiday season.

We share in the wonderment of the season and wish you a Happy and prosperous 2023. Rainbow Collective is a social enterprise that works to build a brighter and more tolerant Thunder Bay through advocacy, education, and community building.

To get involved please visit our website at www.rainbowcollectiveofthunderbay.com or call Donna Nagy at (807) 627-7945



To contact Age Friendly Thunder Bay:

Visit us on the web at:

www.agefriendlythunderbay.ca

email:

agefriendlythunderbay@outlook.com

facebook: [click here](#)

phone: (807) 633-7723

Therabands are available from Age Friendly Thunder Bay for individuals or organizations. Please contact Bonnie Krysowaty 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.