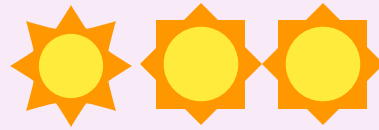


Age Friendly Newsletter



June/July
2023

You are invited!

Flag Raising Ceremony to celebrate Senior's Month

Join Age Friendly Thunder Bay
for some refreshments and
see our new logo!

**Monday, June 5
10:00 am
at City Hall**

For more info, visit
www.agefriendlythunderbay.ca



WEBSITES

with information to
enjoy the summer!

[Hot Weather Safety
Tips for Seniors](#)

Click here 

[Coping with Heat and
Humidity as you age](#)

Click here 

[Light and easy
summer cooking](#)

Click here 

[Summertime
Activities for Seniors](#)

Click here 

Are you interested in joining the Age Friendly Thunder Bay Steering Committee?
Do you work at an organization for seniors or with seniors?
We would love to have you join us! Meetings are held quarterly and we focus on
aging well in Thunder Bay.

You can find more great information on our website at

www.agefriendlythunderbay.com.

Email agefriendlythunderbay@outlook.com

or call us at [807-633-7723](tel:807-633-7723).

Bill 70 2023 has been introduced...

An Act to proclaim the month of June as Seniors Month

By proclaiming the month of June as Seniors Month, the Province of Ontario formally recognizes and celebrates the work seniors have done and are doing in our communities. Seniors Month will place a greater significance on the health and well-being of our seniors and will serve as a catalyst to keep our older adults socially connected and engaged in their respective communities. It will also encourage inclusion and promote age-friendly communities.

Therefore, His Majesty, by and with the advice and consent of the Legislative Assembly of the Province of Ontario, enacts as follows:

Seniors Month

The month of June in each year is proclaimed as Seniors Month.

COMMUNITY MEALS

Home cooked meals are available twice a week for seniors and Elders. Come for the great food, great company, spin some records and sit fireside with our community in our fully accessible dining room. All seniors and Elders are welcome. Vegetarian options always available.
450 Fort William Rd
Wednesdays, 5 - 6:30pm
Fridays, 11 am - 12:30pm



COMMUNITY MEALS

Roots Community Food Centre

450 FORT WILLIAM RD

WED 5-6:30

FRI 11-1

TRADITIONAL MEAL LAST
FRIDAY OF EVERY MONTH

*No Cost

 **ROOTS**
community food centre

Age Friendly Thunder Bay is pleased to introduce our new logo!

Join Age Friendly Thunder Bay at City Hall on Monday, June 5 at 10:00 am for a Flag Raising to celebrate Senior's Month. We will also be introducing our new logo! Come and enjoy some refreshments and conversation! See you there!

Life Hacks - Things that make life easier...

Life Hack # 34

Use a rubber glove to open that jar lid. You'll be able to get a good grip!

Life Hack # 63

Raised stickers work great for those who have vision problems or have trouble feeling the small buttons on a remote control device or phone. In addition - if it makes sense you can paint these stickers with a bright coloured nail polish

Life Hack # 91

Want to keep your glasses clean and bright? You can easily clean them by rubbing toothpaste on them and then buffing it off.



June is Seniors Month

Working for Seniors

ontario.ca/SeniorsMonth



Why did the teacher wear sunglasses to school?

His class was very bright!

"I always knew I'd get old...how quickly it happened came as quite a surprise though!"

How is the moon like dentures?

They both come out at night.

"Now that I've gotten older, everything's finally starting to click for me. My knees, my back, my neck..."

Retirement is wonderful. It's doing nothing without worrying about getting caught.



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



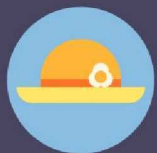
This is the perfect time to recycle your old wooden frames by turning them into attractive living pictures by using shallow rooted hens and chicks (*Sempervivum tectorum*) succulents. This rosette forming plant is plentiful and hardy in Thunder Bay. They are practically indestructible, easy to grow, and spread quickly. They will grow in full sun to part shade, but if you want interesting coloration, give them plenty of light. They are also drought resistant and actually thrive in poor sandy quick draining soil.

Fill your boxed frame with very porous, easy to drain cactus soil and start planting hens and chicks, tucking in larger ones first followed by smaller ones. Keep the box flat and out of direct sunlight for two weeks. Water only when soil is dry, ensuring the leaves don't get wet. Once rooted, you can hang and display your living pictures on a wall outdoors. It can be over wintered by living them flat in the garden where they can have lots of snow coverage for insulation.

You can find instruction on how to make the boxed frame on Thunder Bay Age Friendly website!

SUN SAFETY

SUMMER SKIN PROTECTION



WEAR BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE CLOTHING



AVOID SUN BETWEEN 11 AM AND 3 PM



USE SUNSCREEN



DRINK MORE WATER



REFLECTION CAUTION



SEEK SHADE



AVOID DIRECT SUNLIGHT

Sun safety is important at every age. As warmer days approach and time spent outside increases, it is key to recognize the importance of sun safety. Here are a few sun safety tips:

Cover up – wear a wide brimmed hat and long sleeved shirt and pants, and use sunscreen (SPF of 30 or more that protects against UVA and UVB) on any exposed skin

Seek shade – avoid going outside between 11am and 5pm, and keep within shady areas whenever possible

Wear sunglasses – choose glasses that offer 100% UV protection