



Age Friendly

THUNDER BAY

A Great Community for Seniors

agefriendlythunderbay.ca



Newsletter

Spring 2024

Welcome Spring!

This season we are featuring Spring Quotes written by local community member, Lee Stones:

In late September in memory of my beloved husband I planted 30 daffodils. No winter lasts forever, so at all costs bring on the spring. Days filled with promise, spring lifts our spirits, rejuvenates our optimism, coaches winter-weary thoughts to abandon our minds, while we begin to plan for better days - days when we will walk & bike & hike & push strollers & plant flowers with renewed vigor, indeed with excitement.

Be gone icy sidewalks and road ways. Instead we'll watch new buds forming on trees and bushes. We'll feel the warm sun on our faces and hands after months of chilly cheeks and covered ears. I am excited to welcome April and May.

I walk twice daily with my dog. She is part Shiba with a slight dab of husky called Sam. I tell by passers - who almost always want to pat her, that she's bilingual as she does a husky howl plus a garbled cat like chatter.

To quote Charles Dickens. "It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in light and winter in the shade."

HAPPY EASTER!!!



Check out our new website! www.agefriendlythunderbay.ca



New Health 811 services:

- Find a health service (doctor or health service near you)
- Check your symptoms (symptom assessment)
- Get health advice from a Registered Nurse
- Search the medical library (learn more about medical terms or conditions)
- Resources from your local community

**If you are looking for a family doctor or nurse practitioner, and do not currently have one, 811 can help over the phone with completing application form*



health811.ontario.ca

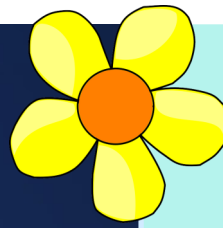


Call 811



Other helpful numbers





You are invited!

**Flag Raising Ceremony
to celebrate
June Senior's Month
&
Presentation of 2023 and
2024 Rebecca Johnson
Senior Awards**

**Join Age Friendly Thunder Bay
for some refreshments!**

**Monday, June 3
10:00am
at City Hall**

**Start by doing 1 push up.
Start by drinking 1 cup of water.
Start by paying toward 1 debt. Start
by reading 1 page. Start by making
1 sale. Start by deleting 1 old
contact. Start by walking 1 lap. Start
by attending 1 event. Start by writing
1 paragraph. Start today.
Repeat tomorrow.**



**Falls Prevention
Working Group**

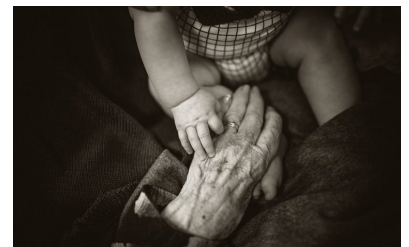


**Age Friendly is
seeking volunteers for
our Working Groups!**

If you would like to learn more
about these Working Groups,
visit our Committees page at:

[www.agefriendlythunderbay.ca/
committees](http://www.agefriendlythunderbay.ca/committees)

**Elder Abuse Prevention
Committee**



**Aging at Home & Isolated
Adults Working Group**



If you are interested in
joining an Age Friendly
Working Group, contact us at:
seniors@agefriendlythunderbay.ca
or (807) 633-7723

**Transportation
Working Group**



Trespass to Property Act

Information from the Ontario North Family Council Network (ONFCN)

The members of the Ontario North Family Council Network (ONFCN) have been made aware of instances when residents in long term care facilities have been denied visitors, especially during the Covid crisis.

Thanks to the work of Maria Sardalis with the Access to Seniors and Disabled group and Thunder Bay Superior North NDP MPP Lise Vaugeois, the Trespass to Property Act as it relates to occupants of retirement homes, long-term care homes, and other congregated-care accommodations has been clarified.

Below is information provided by Maria Sardalis on the issue. We hope that residents and family members of residents mentioned in the residences above use this information if they find that they are being denied visiting rights.

If you require further information you can contact Marie Sardalis at (613) 222-5798 or at accesstoseniorsanddisabled@gmail.com.

Trespass to Property Act (TPA).

The TPA is well written, well interpreted and administered by our courts.

However, police enforcement is in opposition to the limited scope and intent of the TPA and not in accordance with our TPA courts' rulings.

The Act enumerates two grounds for trespass:

A person is not the invited guest of the 'occupier', or


The person does not have legally conferred authority to enter the home of the occupier such as persons with legally conferred authority including Power of Attorney (POA), Substitute Decision Maker (SDM) or Legal Guardian.

The first paragraph of the TPA provides the framework for the Act and defines the 'occupier' as the person in physical possession of the property (i.e. the room that the resident is paying for).

Our courts have been clear, the occupier (resident) has the sole authority to issue trespass.

Nowhere in the Act is deed possession or facility operator an authority to issue trespass, and our courts' rulings concur.

The Trespass to Property Act does not permit the facility operator to issue trespass notices to exclude substitute decision-makers and guests of the occupants of retirement homes, long-term care homes, and other congregated-care accommodations when they raise concerns about their loved ones' living conditions.



Check out [this article](#) to read about how families in Cornwall are being affected by this and how Maria Sardelis, founder of an advocacy group called Access to Seniors and Disabled, is trying to help.

Thunder Bay's "Connected Community"

Powered by Cyber-Seniors

If you are an older adult and want help with technology call Cyber-Seniors at 807-699-6020 or visit their [website](#).

- Book a one-on-one tech-support session
- Sign up for daily webinars
- Watch recorded webinars
- View Thunder Bay community partners





Spring Dates:

April 7, 14, 21

May 5, 12, 26

Facebook
page:

[https://
www.facebook.com/
DementiaCafeThun-
derBay](https://www.facebook.com/DementiaCafeThunderBay)



The perfect setting to meet new people, make new friends, and make lifelong connections.

- Live music, art and games
- Great conversation
- Delicious coffee and pastries



**COME JOIN US 3 SUNDAYS PER MONTH
AT THE URBAN ABBEY FROM 2 PM - 4 PM**

The North West Dementia Working Group and the Centre for Education and Research on Aging & Health (CERAH) are so excited to announce our newest project-**Dementia Gardens: A Place to Grow!** This initiative will focus on outdoor native plant gardening for people living with dementia and their families, including the incorporation of an outdoor day program or Green Care Farm for people living with dementia. If you'd like to help support us in getting this project started, we are currently fundraising. Every little bit helps to build our infrastructure! We need to develop the site, put in a fence, develop accessible pathways, and build accessible furniture.

Thank you in advance for your support!

[Click here](#) to donate now!



Disrupting Death

A New Podcast about Medical Assistance in Dying

With Hosts, Kathy Kortess-Miller and Keri-Lyn Durant



Kathy and Keri-Lyn lead with curiosity as they interview a wide range of guests who know M.A.i.D intimately.



Visit our website
disruptingdeath.ca

Listen wherever you get your podcasts.



IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S

Alzheimer Society

Join on us **Saturday May 25th** for our annual walk for Alzheimer's. This year we are doing something different—we are having our walk at a different venue. Our walk will be held at St. Ignatius Highschool Track. Walk Starts at 11:00 am, Lunch at 12:00pm provided by Boston Pizza. Come out and enjoy local entertainment, face painting for the kids and a beautiful afternoon to support The Alzheimer Society of Thunder Bay.

Sponsored by:



Roots Community Food Centre Spring Highlights:

- **Free Tax Clinics:** Pre-qualify and book your appointment for simple tax filing in March or April: 807-707-4906 or katie@rootscfc.org
- **Seniors + Elders Meals:** Great food in great company at our free, accessible meals at 450 Fort William Rd. on Wednesdays 5:00-6:30 and Fridays 11:00-12:30
- **Community Food Markets:** Fresh produce at affordable prices at 450 Fort William Rd. on Wednesdays 4:00-7:00, Thursdays 2:00-6:00 and Fridays 10:00-1:00; 420 Vale Ave. on Tuesdays 1:00-3:00; Whitesand and KZA First Nations on Wednesdays at various times
- **Volunteer Gardening:** Dig in to help us tend our backyard garden at 450 Fort William Rd. starting in April: 807-285-0189 or volunteer@rootscfc.org



ROOTS
community food centre

Have you or someone you know been diagnosed with a life changing condition?

Compassionate Communities Thunder Bay invites you to a

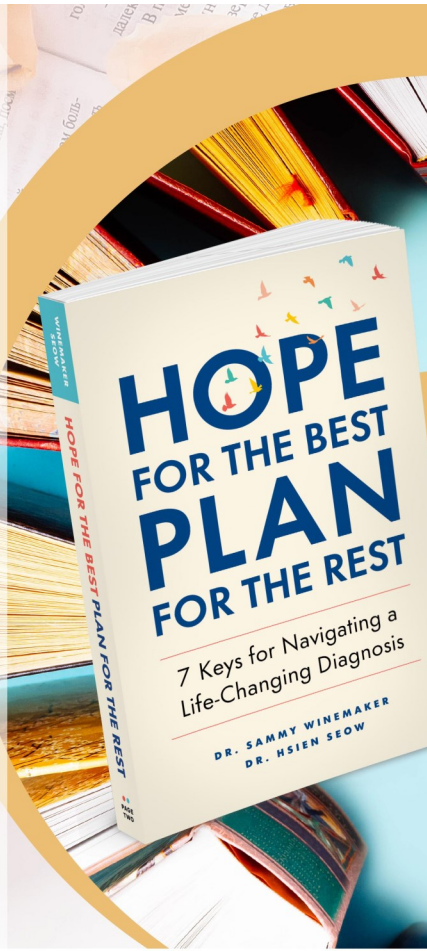
BOOK STUDY

on *Hope for the Best, Plan for the Rest*
7 Keys for Navigating a Life-Changing Diagnosis

MAY 6, 2024, from 5:30 - 7:30
at the Waverley Resource Library
Light dinner will be served

To register, please call
807-626-5570

Books can be borrowed from the Waverley & Mary J. L. Black Libraries prior to the event



Join Age Friendly
Thunder Bay at
the
Thunder Pride
Street Festival on
June 15th!

Presented by:



ST. JOSEPH'S CARE GROUP
NORTH WEST REGIONAL
PALLIATIVE CARE PROGRAM



Centre for
Education and Research
on Aging & Health



I Should Water This Plant Every...



SUCCULENTS
10-15 days



RUBBER PLANT
5-10 days



PEACE LILY
5-10 days



ORCHID
5-10 days



PARLOR PALM
5-10 days



FIDDLE LEAF FIG
5-10 days



PEPEROMIA
5-10 days



FICUS
5-10 days



SPIDER PLANT
5-10 days



CALATHEA
5-10 days



SNAKE PLANT
10-15 days



ALOE
10-15 days



CITRUS TREE
5-10 days



PHILODENDRON
5-10 days



AFRICAN VIOLE
5-10 days

Age Friendly Thunder Bay is conducting a survey to identify senior needs in the City of Thunder Bay!

We invite you to complete our survey by any of the following options:

1. Complete the following two pages, then:

Mail to:

Age Friendly Thunder Bay
Box 28045, Centennial Square
Thunder Bay, ON
P7E 6R5

...or scan and email to:

seniors@agefriendlythunderbay.ca

2. Visit any Thunder Bay Public Library location and ask the front desk for the survey.

3. Complete the survey online at:

<https://forms.gle/BXKP7i4RVK1zPJ0G9>

The deadline for survey responses is June 30th, 2024.



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AGE FRIENDLY SURVEY

Age Friendly Thunder Bay is conducting this survey to identify senior needs in the City of Thunder Bay.

1. What concerns you about senior living conditions in Thunder Bay?

Please select the top three that are most important to you:

- | | |
|---|---|
| <input type="radio"/> Ability to live in your own home | <input type="radio"/> Home care |
| <input type="radio"/> Civic engagement | <input type="radio"/> Housing |
| <input type="radio"/> Cost of living | <input type="radio"/> Long-Term Care |
| <input type="radio"/> Education | <input type="radio"/> Safety and security |
| <input type="radio"/> Health (i.e., falls, doctor access, health concern needs) | <input type="radio"/> Transportation |
| | <input type="radio"/> Other (please specify): _____ |

Please explain: _____

2. What is one thing you like about living in Thunder Bay?

3. What services/programs for seniors do you feel are missing or needed in Thunder Bay?

4. Are you aware of Age Friendly Thunder Bay?

- Yes No

5. Would you like more information about Age Friendly Thunder Bay?

- Yes No

6. Are you aware of the Age Friendly Community Resource Book?

- Yes No

7. Are you aware of the Age Friendly website (www.agefriendlythunderbay.ca)?

- Yes No

8. Are you aware of the Age Friendly newsletter?

- Yes No

9. Do you live independently in your own house/apartment, with family, in a retirement residence, or in long-term care?

- | | |
|---|--|
| <input type="radio"/> Independently (own house/apartment) | <input type="radio"/> Retirement residence |
| <input type="radio"/> Family | <input type="radio"/> Long-term care |

10. Have you heard about shared housing programs?

- Yes No

11. Do you leave your home regularly for social outings?

- Yes No

12. What social outings or groups/organizations do you attend or are involved in (e.g., church, community center, theater, exercise groups, 55 Plus Centre)?

13. What method of transportation do you most regularly use?

- Cab Family
 Uber City Transit
 Driving Miss Daisy Other (please specify): _____
 Lift + _____
 Own vehicle (I drive)

14. Do you use a computer or have access to one?

- Yes No

15. Do you need help with your computer or would you like to learn more about using your computer?

- Yes No

16. Do you watch the Rogers Age Friendly TV Show (formerly SHAW Spotlight)?

- Yes No

17. What is your age group?

- <20 40-49 70-79
 20-29 50-59 80-89
 30-39 60-69 >90

18. Do you live within the Thunder Bay City limits?

- Yes No

If not, which township or municipality do you reside in? _____

19. Would you like more information on the following Age Friendly committees and/or programs (please select which ones interest you)?

- Aging & Isolated Working Group Speaker's Bureau
 Cyber Seniors Transportation Committee
 Elder Abuse Prevention Committee Volunteers
 Falls Prevention Working Group

20. Do you want to be on the Age Friendly Thunder Bay contact list?

- Yes No

If interested, please leave your contact information:

Name: _____ Email Address: _____
Phone: _____ Address: _____

Thank you for completing our survey to help us determine the needs for seniors in our City!