

Elderfit NEWS

Pooling Together for Good Health



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Elderfit current Board of Directors, minus dear Martha of course (Eileen Ross absent). There are vacancies for directors at this time, so please consider accepting a nomination to join! The Board usually meets every 2 months at the LCLC; meetings usually last about one hour.

At the Annual General Meeting at the LCLC on March 15th at 1:30 in the Multi Purpose Room (next to the Library) Board members will be determined for the upcoming year. The AGM usually lasts about an hour.

All members are welcome to attend the AGM and offer input on the activities of the previous year, as well as plans for the upcoming one. Reports from the President, Secretary/Treasurer, Outreach Committee and the 20th Anniversary Committee will be presented. One topic for discussion and ratification will be a revision of the Bylaws that govern Elderfit.

Snacks and drinks will be available.

***Message from the President of the Board,
Sue Rushton***



2018 was a year of great changes for Elderfit.

We celebrated twenty years of fun and fitness, made the hard decision to close one of our venues...made harder because it was the pool where it all started that twenty years ago and said goodbye to a woman who embodied Elderfit at its best.

I would like to take this opportunity to thank all of the board for stepping up this past year. It's been a steep learning curve for all of us but we've risen to the occasion. And I'd like to thank our members for bearing with us and supporting us during this time of transition.

During this past year, we've formed committees to look after Outreach; to handle special events; and, to look after instructor training. We're looking to increase our membership...to get the word out about Elderfit in more innovative ways...our website has been updated and we now have a Facebook page! Thanks to our Outreach committee, we now have snazzy new advertising cards that we're placing in various health professionals' offices, hospitals, and hotels around the county. We hope to speak to various church groups, weight loss groups, etc.

We've honed our by-laws to make them more tailored to Elderfit.

We're hoping to apply for more grants so that we can continue to grow and improve. I'm happy to report that we've already successfully obtained a grant in order to purchase a new laptop with related software...a portable office so that we'll easily be able to move our files from person to person as new folks take on different board functions...a necessary purchase made very clear from our Martha's unexpected passing.

As in past years, we've participated in parades, health fairs and instructor workshops. We've partnered with the United Way to help those less fortunate be able to participate in our program. We held some very special events to celebrate our 20th anniversary as well as celebrate the woman who was an integral part of Elderfit almost from the very beginning.

We're sharing the load that Martha took on by herself, for the most part. I don't know how she did it but I'm sure Martha is looking down at us, pleased as punch that we've been able to accomplish all that we have!

I look forward to continuing to work with this wonderful group of women in the coming year. And I ask that if any of our members have suggestions as to how we can improve to please talk to any of us on the board. Here's to 2019 and beyond!

ELDERFIT NEWS

News Heard Around the Pool

Drips & Drops



Elderfit Pool Pass

1 Pool Pass with 10 squares \$60

2 Pool Passes purchased together \$115

3 Pool Passes purchased together \$165

Pool passes can be used for any class at any pool, and do not expire. Passes are required to be marked by the instructor at each class. Passes will be available at each pool for purchase at any time, but **MUST** be presented for each class. Members who do not have their pass available will be required to pay the single class fee of \$7.

• There will be no classes at Oak Island or Best Western during the week of
• Spring Break: Monday, March 18th through Friday the 22nd. These hotels are
• so busy at that time! Regular classes will be held at LCLC, so please join us!
• * Oak Island and LCLC will be closed on Apr. 19th for Good Friday, both open
• on Easter Monday.

• The next Instructor Training Workshop is being
• planned by the Oak Island instructors and will be held
• in April... please watch for further details by email. If
• you are interested in becoming a "certified by Elderfit"
• Instructor, please contact Sue R at
• elderfitlunenburg@gmail.com



Wendy, celebrating St. Paddy's day in 2018! She's always a ring leader for having fun!

Update From Nancy (Secretary/Treasurer):

- * There are still Elderfit Tax Receipts to be picked up at the pools. Please contact me at nmacd3@icloud.com if you have any questions.
- * Our Membership List shows 160 active members at this time; 54 memberships were suspended for people who did not buy a pool card in 2018, or did not notify me about their intentions. 46 new members were registered since Jan., 2018 at LCLC and Oak Island.
- * Elderfit is in a good financial situation currently, mostly due to generous donations received in 2018. Regular attendance at each pool is necessary for our continued financial stability. The Elderfit financial records are open for viewing to all members, if prearranged.
- * In December/18, Elderfit donated the Portable Aquatic Lift to the LCLC (had been on loan to them for the past 4+ years); we also donated a Storage Cage (last used at Day's Inn!) to the Riverport and District Lions Club. Now, Elderfit's only asset is our cash on hand.
- * Discussion on the above items will be part of my report at the AGM on March 15th.



Under renovation since December, the lovely, sunny pool at Atlantica, Oak Island was finally ready for Elderfit classes to resume on February 25th! We are sure our members there will enjoy the clean, new surroundings! Special thanks to Susan Swallow for weekly updates on the progress of this lengthy project!

We always enjoy having the Oak Island members join our other classes when their pool is closed - maybe we will come check out their new digs!

The Canadian Arthritis Patient Alliance (arthritispatient.ca)

summary from the website

our belief

The Canadian Arthritis Patient Alliance (CAPA) is a grass-roots, patient-driven, independent, national not for profit organization with members from across the country. CAPA's fundamental belief is that the first expert on arthritis is the individual who lives with the disease, and who provides a unique perspective that is all too often absent.

what is the issue?

People living with arthritis in Canada are prescribed many different types of medications, all of which are approved by Health Canada for use to treat the symptoms of their disease. All medications have the potential for serious side effects, including putting patients at risk for long-term dependency. It is well documented that accessing treatment for severe long term chronic pain can be a significant challenge for patients as insufficient resources have been allocated within the Canadian health care system.

Health Canada states "the courts have required reasonable access to a legal source of marijuana for medical purposes when authorized by a healthcare practitioner". Medical cannabis is an additional treatment option for patients who live with arthritis, however the process to access this treatment may be unclear for patients. Many physicians are unfamiliar with medical cannabis as a treatment option and may be reluctant to recommend it to their patients as a treatment and help them obtain it. They may also cite a lack of evidence on the safety and effectiveness of medical cannabis as a treatment option. Healthcare practitioners may prescribe medical cannabis for a variety of disorders and symptoms which have not responded to conventional medical treatments, symptoms that primarily affect those living with arthritis including chronic non-cancer pain, insomnia and depressed mood associated with living with a chronic, incurable disease. This is not an exhaustive list of symptoms or conditions for which medical cannabis may be prescribed. There is an abundance of anecdotal evidence from patients who report that they have experienced relief from their symptoms with the use of medical cannabis as well. The lack of research aside, medical cannabis is no different than any of the other drugs patients take to control symptoms of arthritis in that its benefits and risks require consideration.

what is medical cannabis?

The active ingredients in medical cannabis are molecules called cannabinoids. The two major cannabinoids are Tetrahydrocannabinol (THC) and Cannabidiol (CBD). THC has pain-relieving properties with psychoactive properties that produce euphoric effects. CBD reduces pain and inflammation without psychoactive effects.

our position

1. There is a process in place for patients to access medical cannabis in Canada under Health Canada's Marijuana for Medical Purposes Regulations. Patients need access to credible resources that can help them navigate this process if they have made an informed decision that medical cannabis is a treatment option they wish to pursue. Patients must be able to access medical cannabis without stigma if this is a treatment they have chosen to help alleviate their arthritis symptoms and control their arthritis in attempts to achieve a better quality of life. Often medical cannabis is only considered as a potential option after patients have failed other conventional treatments.
2. More research is required to better understand the safety and effectiveness of using medical cannabis for the treatment of arthritis. Patients and their physicians must be able to make an informed decision about whether or not medical cannabis is a treatment option. Research needs to include the patient voice through engaging patients as research partners and collaborators, which will allow for the measurement of patient-reported outcomes.
3. As with any medication, there are both benefits and risks of using medical cannabis as a treatment for arthritis. Weighing these benefits and risks is an individual decision to be made based on an informed conversation between a patient and their healthcare provider. Healthcare providers should have access to the training they require to be able to effectively prescribe medical cannabis as a treatment for their patient(s).

Summary of Canada's New Food Guide (food-guide.canada.ca)

Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

Be mindful of your eating habits

- * Take time to eat
- * Notice when you are hungry and when you are full

Cook more often

- * Plan what you eat
- * Involve others in planning and preparing meals

Enjoy your food

- * Culture and food traditions can be a part of healthy eating. Eat meals with others

Make it a habit to eat a variety of healthy foods each day

Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.

- * Choose foods with healthy fats instead of saturated fat

Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.

- * Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- * Choose healthier menu options when eating out

Make water your drink of choice

- * Replace sugary drinks with water

Use food labels

Be aware that food marketing can influence your choices

Apple Pie Oatmeal (canada.ca/recipes)

- 2 1/2 c skim milk
- 1 c water
- 1 1/3 c large flake oats
- 1/3 c wheat germ
- 2 tbsp packed brown sugar
- 1/2 tsp cinnamon
- 1 apple, cored and diced
- 2 tbsp dried cranberries

In a large saucepan, bring milk and water to a gentle boil over medium-high heat. Stir in oats and wheat germ. Reduce heat to medium-low; stir in sugar and cinnamon. Cook, stirring for about 12 minutes or until almost thickened. Remove from heat and stir in apple and cranberries. Cover and let stand for 5 minutes before serving.

All Elderfit members are encouraged to offer suggestions and/or ask questions from the 11 members on the Elderfit Board of Directors. The Directors do their best to represent the interests of all of us, and appreciate all input! They work hard to ensure that Elderfit is a program we can all enjoy and be proud of! For a list of their names, see the bottom of Page 8. You can address questions or comments to the Elderfit email address (elderfitlunenburg@gmail.com), and it will be passed on to the Directors at their regular bimonthly meetings.

OurInstructors~

The Coordinator of Instructors works along with these Elderfit Certified and dedicated volunteer instructors who, together, lead the classes that Elderfit offers. The instructors attend semiannual workshops to remain current in techniques and to improve the quality of their instructions. Anyone wishing to become an Elderfit Certified Instructor is invited to contact Sue R at elderfitlunenburg@gmail.com for additional information on how to become an Elderfit Aquacize leader.

Instructors

Nancy Allin	Lynne McDormand
Sylvia Brown	Susan McDormand
Ellie Burt	Barbara Proux
Shirley Creaser	Ella Rafuse
Brenda Fancey	Sue Rushton
Liz Hubley	Susan Swallow

Best Western Hotel, Bridgewater

Hwy.10, at Exit 12 off Hwy 103
Tuesdays and Thursdays
Classes begin at 9:30 am



Oak Island Resort and Conference Centre

36 Treasure Drive, Western Shore
Mondays, Wednesdays and Fridays
Classes begin at 10:30am



Lunenburg County Lifestyle Centre, Bridgewater

135 North Park Street
All weekdays
Classes begin at 10:00am



Elderfit

21 Feindel Street
Wileville, NS B4V 5K6
902 527-1887
elderfitlunenburg@gmail.com



Elderfit Spring Pool Schedule

Best Western Hotel, Bridgewater: Tuesdays and Thursdays 9:30am

Oak Island Resort, Western Shore: Mondays, Wednesdays, Fridays 10:30am

Lunenburg County Lifestyle Center, Bridgewater: Mondays to Fridays 10:00am

The next social gathering for Elderfit members and guests will be the annual Summer Luncheon! Stay tuned for details. The Social Planners do try to host Elderfit functions in different areas of the Municipality so that members share the travelling; they search for suitable facilities that offer good service for reasonable costs. If you have any ideas to share, please email them to Nancy at nmacd3@icloud.com and they will be passed on to the social committee!

Members, please be aware that when we take Elderfit photos at events/pools they could be posted on our Website or on Facebook. If you do not want your image online, please inform the photographer! We have added this consent to our waiver forms.

Photos for our Newsletter and Display Boards are used for local Elderfit purposes, but it is always your choice to be included or not, so please let the photographer know your choice!

Volunteer Board of Directors

President
Sue Rushton

Sue Nichols

Eileen Ross

Vice President
Susan Swallow

Marilyn Branson

Shirley Creaser

Secretary/Treasurer
Nancy MacDonald

Brenda Fancey

Rosalie Studley

Susan McDormand

For More Information:

Contact: Sue Rushton

Email: elderfitlunenburg@gmail.com

Web: www.elderfitlunenburg.ca

Facebook: Elderfit Lunenburg

Phone: 902 527-1887