

Elderfit NEWS

Pooling Together for Good Health



2019 Elderfit Board of Directors

Two new members were added to the Board at the Annual General Meeting at the LCLC on March 15th. Welcome to Nancy Allin, who instructs at the BW pool, and Lynne Barkhouse, who attends at the OI pool.

Thanks to the members from all pools who attended the AGM - your questions and comments are always appreciated!

A special resolution and vote was taken to approve the amendments to the Elderfit Bylaws.

Many thanks to Wendy McKinnon for her years of service on the Board and her work on many special projects!

Board members (left to right, standing): Susan Swallow, Susan McDormand, Shirley Creaser, Lynne Barkhouse, Nancy Allin, Brenda Fancey, Sue Nichols (sitting) Nancy MacDonald, Sue Rushton, Marilyn Branson, Rosalie Studley

(missing): Eileen Ross

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Here are our beautiful, dedicated Elderfit Instructors attending a workshop on May 11th at Oak Island; (missing Nancy Allin, Sylvia Brown and Ellie Burt)

Heather Wood, in training, took the photo.

There is now a committee to oversee all the good work done by these committed volunteers. The Committee has a member at each pool: Nancy Allin at BW, Lynne McDormand at LCLC, and Susan Swallow at OI. These ladies have already done a lot of work updating Elderfit guidelines for Instructor Roles and Responsibilities. They will also oversee schedule issues, training and evaluating new instructors and helping to plan the semiannual workshops (all instructors must attend at least one per year)!

Thanks, ladies - we are in good hands!!

Reminder to those members attending the Summer Lunch on June 6th that we have added a “reception” hour before lunch, to enable that important “visiting time”, so please try to arrive for 11:30 am! We want to “celebrate us” this year, and what better way than to spend time with our friends from all the pools. Looking forward to the excellent company, good food, lovely views, and some wonderful laughs together! We hope anyone with dietary restrictions noted them on the order sheet so everyone is happy with their food choice!

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.

• • • • • Summer Pool Changes: • • • • •

- Oak Island's last day of classes will be Friday, June 28th; returning Wednesday, September 4th.
- Best Western will close for the month of August.
- LCLC will close for scheduled maintenance from Monday, June 17th through to Tuesday, July 2nd. Regular classes will run for the rest of the summer.
- * All members are welcome to attend classes at any of our 3 pools at any time, but especially during summer closures; just bring your pool card and you'll be welcomed!

• • • • • Elderfit has a new mailing address: • • • • •

• PO Box 22014

• RPO Bridgewater Mall

• Bridgewater, NS

• B4V 3W6

• Everything else is the same!

It is with sadness that we lost one of our long term Elderfit members on Apr. 17th. Helga Conrad, active member since 1999, passed away suddenly, surrounded by her family. Helga will be fondly remembered by many members who exercised with her over the years at emOcean, BW and the LCLC. Our sympathies to all of her friends and family.

Update From Nancy (Secretary/Treasurer):

- * Our current Membership List has about 180 members; most new members hear about Elderfit from friends - so keep sharing!
- * 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.
- * Elderfit is proud to share that thanks to a New Horizons Grant from the Federal Government, we were able to purchase a new laptop with updated software. Currently this laptop is used for Quickbooks, the accounting program that keeps track of all Elderfit business! We will gradually collect all important Elderfit files on this computer for safe storage and easy accessibility. Thanks to Sue Rushton for pursuing this grant money!

At the 2019 MODL Volunteer Recognition Reception on April 11th in Newcombville, Elderfit volunteers Sue Rushton (right) and Nancy MacDonald were recognized for their efforts to keep Elderfit running smoothly after the sudden passing of our leader and the heart of Elderfit, Martha Saunders.

Sue assumed the position of President of the Board of Directors and chairs their regular meetings. She also has become an Elderfit Certified Instructor and leads classes at the LCLC.

Nancy became the Secretary/Treasurer of the Board. She maintains all membership information and communication. She writes the quarterly Newsletter. She also looks after the financial book keeping for Elderfit.

The informal reception was hosted by the Mayor, Deputy-Mayor and Director of Recreation with other staff and councillors present.

Sue and Nancy thank the Board members for the nominations.



Easy Container Gardening (comfortkeepers.com)

Fresh air and a bit of sunshine are perhaps two things we all take for granted, not realizing the impact both can have on our health. The benefits of spending time in the great outdoors are bountiful - sharper mental states, happier moods, overall improved physical health and a sense of wellbeing. For these reasons, alone, it is important for seniors to be encouraged to enjoy a bit of time every day outside when possible.

A brisk walk around the neighbourhood may be sufficient for many seniors. But, consider another outdoor activity which can also boost levels of health and wellbeing: gardening. Gardening has long been declared by healthcare professionals as an activity that can lower blood pressure, reduce stress and alleviate depression. The physical aspects of gardening promote greater mobility as well as fine motor coordination, which is important for seniors as they grow older.

Many people think of gardens in terms of large, dirt-filled plots of land, which may be inappropriate for most seniors. However, over the past decade, gardening in containers of various shapes and sizes has become quite the trend. People of all ages grow shrubs, flowers, trees and even herbs and vegetables in containers rather than planting them in the ground. Container gardens are more manageable for those who have limited time and space, but who enjoy the aspects of gardening. Container gardening is perfect for seniors, as it requires less strenuous work, while offering the health benefits of spending time outside as well as the visual colourful fruits of one's labor.

When helping seniors shop for container gardening supplies it is important to choose items conducive to the senior's outdoor space and appropriate for their physical abilities. Be sure to choose plants that require low light for shady spaces, or if the spot is sunny, pick plants appropriate for full-sun. Choose a watering can that is easy for the senior to manage when filled. Plastic pots may be easier to relocate during winter months, but glazed terra cotta pots can add a burst of colour if desired. A good pair of pruners and a pair of gardening gloves are essential in maintaining any garden.

Container gardening is a perfect activity for family members or caregivers of seniors to become involved in doing. The responsibility of caring for something gives seniors a sense of purpose. The interaction while gardening together can cultivate a greater sense of self-worth for the senior and reduces the sense of isolation many seniors experience. The rewards can be two-fold - providing the satisfaction of caring for and watching your gardens grow and a sense of togetherness which grows in tandem.

** Nancy's note: Because of my arthritis I have used containers for all of my planting for many years; one of my tips to help keep moisture in the container is to put a good layer of bark mulch on top after planting and using a slow release fertilizer - mulch should cover all of the soil. I usually only have to water every 2-3 days, even in the heat of summer! In the Autumn, I just stir the mulch into the soil below and I'm ready for the next year.*

Radon and Human Health (summarized from novascotia.ca)

Radon is a radioactive gas that is formed naturally by the breakdown of uranium. Recent scientific studies have linked an increased risk of developing lung cancer to exposure to radon at levels found inside some homes. Radon cannot be detected by the senses. It has no colour, odour or taste. However, it can be detected with special instruments. The only way to know if you have a radon problem is to test your home.

Background:

Radon gas is slowly released from soil, rock and water, and also some building materials that contain small amounts of uranium, such as concrete, bricks, tiles, and gyproc. You cannot see, smell or taste radon. When radon gas escapes from the ground outdoors it mixes with fresh air and gets diluted to low concentrations that do not pose a health risk. However, in some confined spaces, like homes, radon can accumulate to relatively high levels and become a health hazard.

Radon concentrations in the home fluctuate seasonally, but are usually higher in winter than in summer, and are usually higher at night than during the day. This is because the sealing of buildings (to conserve energy) and the closing of windows and doors.

Radon in Nova Scotia:

Testing is the only way to find out how much radon is in your home, so it is important to test no matter where you live. Some areas of Nova Scotia have a higher risk of radon because of the local geology. The [radon risk map for Nova Scotia](#) from Department of Natural Resources website shows areas with high, medium and low risk.

Test results have shown that 40% of buildings in the high risk areas exceed the radon guideline. In the medium risk areas, 14% of buildings exceed the guideline and in the low risk areas 5% exceed the guideline. These results tell us that even homes in low risk areas should be tested.

Measuring Radon Levels in the Home:

Testing a home for radon is easy. There are two options: Buy do-it-yourself radon test kits from a home improvement store, over the phone or on the internet (to get an accurate measure, a few kits should be placed in your home at various spots – in the basement and where you spend most of your time), or hire a professional radon measurement service provider (make sure they are certified and will conduct a long-term test). Do-it-yourself radon testing kits can be ordered on-line from the [Lung Association of Nova Scotia](#). If you would like to hire a professional to test your home for radon, a list of certified radon measurement professionals in Canada can be found here: <http://c-nrpp.ca/find-a-professional>

The current Canadian guideline for radon in indoor air for dwellings is 200 Becquerels per cubic metre (200 Bq/m³). The Becquerel is a unit that describes one radioactive disintegration per second. Individual dwelling owners may wish to reduce radon levels as much as they reasonably can, using methods they find affordable and practical. However, the level in a dwelling should not be above the Canadian guideline of 200 Bq/m³.

**** I have checked out the Radon Risk Map for NS and most of our members live in higher risk areas - worth checking it out yourself! Also, radon testing kits can be signed out by members at most local libraries.***
Nancy

All Elderfit members are encouraged to offer suggestions and/or ask questions from the 12 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.

Our Instructors~

The Committee that coordinates Elderfit Instructors (Susan Swallow, Lynne McDormand, Nancy Allin) 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 the committee members through elderfitlunenburg@gmail.com or talk to the committee member at your pool!

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 902 527-1877

PO Box 22014
RPO Bridgewater Mall
Bridgewater, NS B4V 3W6
elderfitlunenburg@gmail.com



Elderfit 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 Fall Picnic! The Social Committee (Lynne Barkhouse, Eileen Ross and Rosalie Studley) are planning to host the potluck picnic at Graves Island Day Use Area again! They have chosen Thursday, September 5th, with a rain date if needed on the 6th. It was a perfect setting last September - hope to see you all there! Watch for more details as they become available.

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!

Elderfit Board of Directors

President: Sue Rushton

Vice President: Susan Swallow

Secretary/Treasurer: Nancy MacDonald

Sue Nichols

Marilyn Branson

Rosalie Studley

Susan McDormand

Lynne Barkhouse

Eileen Ross

Shirley Creaser

Brenda Fancey

Nancy Allin

For more information, contact: Sue Rushton (902 527-1887)

email: elderfitlunenburg@gmail.com

Facebook: Elderfit Lunenburg

web: www.elderfitlunenburg.ca