

NORTHEASTERN MANITOULIN & THE ISLANDS PUBLIC LIBRARY

SENIOR COMPASS

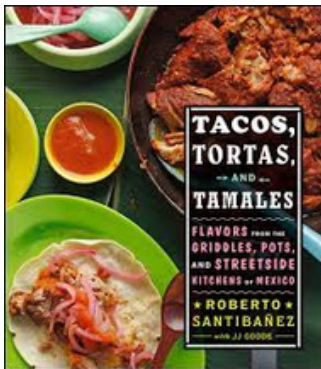
Creating Opportunities for More Patrons to Access and Support Services

Another Year for Senior COMPASS Program !!!



We are excited to share with you that we have been successful in securing funding for the Senior COMPASS Program for another year!!! This will allow us to continue with our focus of helping more seniors access services within our community. We will also be focusing our efforts on educational, recreational and intergenerational programming as well as continuing our Newsletter publications!!

If you are interested in being part of our Senior COMPASS Club, please reach out to us at 705-368-2444 or email nemilibcompass@vianet.ca



Title: Tacos, Tortas, and Tamales

Author: Roberto Santibanez

Genre: Cookbook

Join us for **National Salsa Month**. There is a whole section of salsa recipes in this book.

Have fun creating "new to you" salsa!!

"... In Mexico, Salsa is not one thing, but many...rather than a dip for chips, salsa is primarily an assertively seasoned condiment meant to add spark to whatever it touches"

Pico de Gallo with Lemon Zest



1 1/2 cups diced seeded tomatoes

1/3 cup finely chopped red onion

heaping 1/4 cup chopped cilantro

2 TSP finely grated lemon zest



2 TBLS plus 1 teaspoon freshly squeezed lemon juice, or more to taste

1 1/2 TBLS finely chopped fresh serrano or jalapeno chilies

1 1/2 TSP kosher salt

Combine all ingredients in a large bowl and stir thoroughly. Season to taste with more chile, lemon juice, and salt. Let salsa sit for at least 30 minutes before serving.



Makes about 2 cups

VOLUNTEER OPPORTUNITIES

The Library strives to continuously improve services by making it more comfortable, relevant and user friendly.

The **COMPASS** Initiative is the library's way to reach out to the community for guidance to make our services better and to make new programs possible.

The most direct way to support library services is to **VOLUNTEER**.



For those interested in volunteering, please complete a volunteer application found in the Library or on our Website.
<https://nemi.olsn.ca/compass/>

IN-LIBRARY PROGRAMMING IS BACK!!!

Wednesday-Bridge
1pm

Thursday-Knitting
10:30am

Friday-Creation Station
11am

Some times had to be adjusted.
Please see Kathy if a different time would work better for regular members.



GAMES

As part of the Senior COMPASS Program last year, the Library acquired several games that are available for **In-Library Use**. Come and explore and let us know what game is your favourite to play!!!

AGEISM

What is Ageism?

Ageism refers to the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age.

Who Does Ageism Affect?

Ageism affects everyone. Children as young as 4 years old become aware of their culture's age stereotypes. From that age onwards they internalize and use these stereotypes to guide their feelings and behavior towards people of different ages. They also draw on culture's age stereotypes to perceive and understand themselves, which can result in self-directed ageism at any age. Ageism intersects and exacerbates other forms of disadvantage including those related to sex, race and disability.

Can we combat Ageism?

Three strategies work in reducing or eliminating ageism: **policy and law, educational activities and intergenerational interventions.**

Policy and law can address discrimination and inequality on the basis of age and protect the human rights of everyone, everywhere. Educational activities can enhance empathy, dispel misconceptions about different age groups and reduce prejudice. Intergenerational interventions, which bring together people of different generations, can help reduce intergroup prejudice and stereotypes.

THIS INFORMATION IS TAKEN FROM THE WORLD HEALTH ORGANIZATION WEBSITE



1-866-299-1011


-  24/7, 365 days of the year
-  live counsellors, over 200 languages
-  awhl.org/seniors




**Elder Abuse
Prevention
Ontario**

TIPS FOR HEALTHY AGING

- Take charge of your health
- Live an active life
- Get enough sleep
- Reduce stress
- Eat healthy foods
- Maintain your brain
- Express your feelings
- Create healthy relationships
- See your doctor often
- I don't like when...

 @aloveforseniors

 ALOVE FOR SENIORS

Top 5 Safety Tips to Preventing Falls at Home



- ✓ Remove all extraneous clutter in your house.
- ✓ Keep telephone and electrical cords out of pathways.
- ✓ Tack rugs and glue vinyl flooring so they lie flat.
- ✓ Remove or replace rugs or runners that tend to slip, or attach non slip backing.
- ✓ Ensure that carpets are firmly attached to the stairs.
- ✓ Do not stand on a chair to reach things. Store frequently used objects where you can reach them easily.



SENIOR TECH SAFETY TIPS



SMART PHONE:

There should always be an automatic lock setting in use to secure the phone whenever it is left unattended.



COMPUTERS:

Be sure to have a security suite installed. It is essential to have security software on the computer to prevent computer infections, like viruses and malware.



EMAIL:

Do not communicate with people that you do not know. Some people may pretend not to be a threat, but are waiting to take advantage.



SCAMS:

Do not access links, clickable texts, and attachments that you are unsure about.



FRAUD:

Never send money to anyone over the internet (or by phone) unless they are close to you or your loved one. This includes entering credit card information or any financial transactions through websites, emails, etc.

OTHER SAFETY TIPS FOR TECHNOLOGY AND SENIORS

The internet hosts many entry points to worldwide access. No matter the device or platform, it is essential to be educated on how to "surf the web" safely.

MAY IS

CMHA Mental Health Week
#GetReal May 2-8
2022

Crisis Support

Mnidoo Mnising Mental Wellness and Crisis Response Team 705-348-1937
Health Sciences North Crisis Intervention: 1 (877) 841-1101
Manitoulin Family Resources Crisis Support Line: 1 (800) 465-6788
Talk4Healing (Aboriginal Women): 1 (855) 554-4325
Kids Help Phone: 1 (800) 668-6868

Counselling

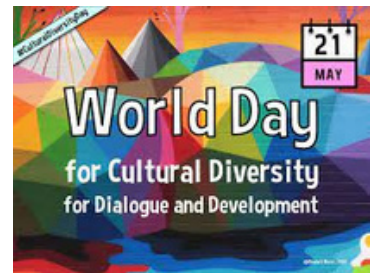
Health Science's North's Little Current mental health and addictions program, 705-368-0756;
Compass – Child and Youth Mental Health Services, 1-800-815-7126,
Noojmowin Teg Health Centre or Mnaamodzawin Health Services, 705-368-2182;
Manitoulin Family Resources, 705-368-3400

Why does cultural diversity matter?

Three-quarters of the world's major conflicts have a cultural dimension. Bridging the gap between cultures is urgent and necessary for peace, stability and development.

Cultural diversity is a driving force of development, not only with respect to economic growth, but also as a means of leading a more fulfilling intellectual, emotional, moral and spiritual life. This is captured in the culture conventions, which provide a solid basis for the promotion of cultural diversity. Cultural diversity is thus an asset that is indispensable for poverty reduction and the achievement of sustainable development.

At the same time, acceptance and recognition of cultural diversity – in particular through innovative use of media and Information and Communications Technologies (ICTs) – are conducive to dialogue among civilizations and cultures, respect and mutual understanding.



***this information was taken from United Nations website page ***



**NEMI Public
Library**

Call Us: 705-368-2444

Email Us: nemilibcompass@vianet.ca

Find us online:

<https://nemi.olsn.ca/seniorcompass>