

NORTHEASTERN MANITOULIN & THE ISLANDS PUBLIC LIBRARY

SENIOR COMPASS

Creating Opportunities for More Patrons to Access and Support Services

Book Lover's Day

August 9 is National Book Lovers Day, a day for those who can't live without books and reading. People love books because of their immense potential. They can transport you to new and fantastical worlds, or back in time in history. They offer escapism and can make you feel many emotions at once. They are a never-ending source of education. They carry memories from the past, seeing an old book will always transport you back to the time in your life that you read it. In short, books are magical. So spend today getting lost in a book!

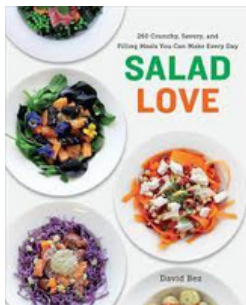
Why Reading is Important

Reading is obviously important because it helps us develop language and thinking skills and it also broadens our knowledge.

However, there are many other benefits to picking up a book.

For one, books can help reduce stress, as they offer comfort and a place to escape to if you're feeling down. They also help us understand other people better, making us feel less alone and studies have shown that this causes us to be more empathic.

Reading also helps in improving our focus and concentration abilities, as well as being a great tool to enhance memory, as books force you to remember information from the narrative you are focusing on.



Title: Salad Love
Author: David Bez
Genre: Cookbooks

260 hearty, flavourful recipes for Summer, Fall and Winter

Broccoli, Strawberries & Blueberries



For the salad, assemble:

- 3 1.2 ounces mixed baby salad greens
- 1 ounce broccoli, chopped
- Handful of strawberries, hulled and quartered
- Handful of blueberries
- Handful of hazelnuts, chopped

For the dressing, mix:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon lemon juice
- Pinch of salt and pepper



Senior COMPASS Project Announces . .

Book Buddy Program

The Book Buddy Program is a program for Homebound Senior Residents of NEMI as part of the Senior COMPASS Program at NEMI Public Library.

This program will allow those individuals that are housebound to access books, and educational kits from the Library with the help from a volunteer.

If you are interested in having books delivered to your home or know someone who could benefit from this program you can contact:

Suzanne at: nemilibcompass@vianet.ca

If you are interested in volunteering delivering books as part of the program contact:

Suzanne at: nemilibcompass@vianet.ca



Community Mindfulness Meditation Taster Sessions with *Mindfulness on the Rocks*

These monthly sessions are for all members of the community who wish to experience mindfulness practice in a supportive environment. Mindfulness on the Rocks provides a safe and comfortable opportunity for this unfolding. These sessions open with a brief exploration of mindfulness underpinnings followed by 45 minutes of guided formal mindfulness meditation practice. These sessions are led by Gary Petingola, MSW, RSW and Sheila Damore-Petingola, MSW, RSW both qualified to teach Mindfulness-Based Stress Reduction programming and professionally trained at the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School.

Upcoming Dates are: September 1, October 6, November 3, and December 1, 2022.
Sessions are from 7:00 - 8:00 PM.



Interested participants can register through their website mindfulnessontherocks.ca or connect with them directly through email at hello@mindfulnessontherocks.ca



Financial Abuse: 5 Common Signs

1. Missing Valuables: It may be easy to assume misplaced jewelry or cash is just the result of an aging mind, but experts say this is one of the most common signs of possible abuse

2. Unusual Banking Activity: Red Flags can include a sudden change in activity such as unfamiliar 3rd party bill payments, requests to make payments on someone else's credit card, or an increase in bank withdrawals

3. Sudden New Companion: This is a grey area in spotting abuse - the sudden appearance of a new friend or romantic interest, and whether it suggests potential abuse or is a legitimate relationship

4. Unexplained Property Transfers: Transferring property or bank account ownership should be seen as a major red flag

5. Unexplained Changes to a Will or Power of Attorney: Financial power of attorney allows a designated person to act on behalf of the client in legal and financial affairs. It's a very significant designation and any changes to it, particularly when the transfer is not to a family member or a long-standing friend, could be a sign someone may be trying to take advantage.



Information written by: Elaine Blades, senior manager, Professional Practice Group at RBC Wealth Management's Royal Trust, points to five common signs that abuse could be happening.

REMINDER!!!

All of our Educational Videos from last year's programming are available on YouTube !!!

Go to ... YouTube, type in "NEMI Public Library", in the heading click on "Playlists". All the educational videos are in 3 parts !

NEMI Public Library's Senior COMPASS Project presents a WEBINAR on

"The Importance of Keeping The Mind Active"

with *Jessica Bertuzzi*
from
The Alzheimer's Society

The project is funded by the Government of Canada.

1-866-299-1011

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

Elder Abuse Prevention Ontario

NEMI Public Library's Senior COMPASS Project presents a WEBINAR on

ELDER ABUSE Prevention and Resources

with *Sheila Schuehle*
Elder Abuse Prevention Ontario

1-866-299-1011

The project is funded by the Government of Canada.

NEMI Public Library's Senior COMPASS Project presents a WEBINAR on

THE VALUE OF SOCIAL CONNECTIONS

with *Heather HawPELLuk-Sirois*
of Behavioral Supports Ontario

BEHAVIORAL SUPPORTS ONTARIO

The project is funded by the Government of Canada.

IN LIBRARY PROGRAMMING

AUTHORS NIGHT PRESENTED BY



international best selling author

Mary Lawson

and

island poet

Michael Caesar



August 4th
7pm



Let the Games Begin!!!

The Senior COMPASS Intergenerational Game Day was a success and the Library will be continuing with the program. Game Day is now:

Thursdays from 4 - 6 pm!!

All ages welcome!!



AUGUST TENT SALE

**ALL BOOKS \$1.00 or
6 for \$5.00**

The Book Tent will be located in the back corner of the Library Parking Lot. This book sale is part of our on-going Fundraising initiative !!




Drop In:
Wednesdays - Bridge
1:00 pm
Thursdays - Knitting
10:30 am
Friday - Creation Station
11:00 am
(bring your project)


Tech Help Drop In
 Wednesdays in July & August
 2 to 3 pm

Let's figure it out together.

Staff will be available to help you with a variety of devices, apps and programs. Bring in the device you are having the issue with or learn to use our computers or tablets.



NEMI Public Library
 50 Meredith St. W. Little Current
 705-368-2444 • nemilib@vianet.ca
 nemi.olsn.ca



SUMMER FUN



AT NEMI PUBLIC LIBRARY

50 Meredith St. W. Little Current

705-368-2444 nemi.olsn.ca

July 9: Bugging Out!

Check out bugs under a microscope, with a magnifying glass, find them in our bug identification book or draw what you find! How many different types can we find?

July 16: Sidewalk Chalk Stencil Making & Art

Create your own stencil and add your art to the sidewalks.

July 23: Paper Airplane Making and Flying Contest

Think you have what it takes to make a paper airplane that flies further than anyone else's? We will be set up to measure to see whose flies the furthest!

July 30: Giant Bubbles

The magic of bubbles, but giant!

DROP IN FOR FAMILY FUN!

NEMI Library will be hosting a different activity every **Saturday from 1 to 3 pm** throughout July and August. Families - kids, parents, grandparents and the young at heart - are invited to stop by and take part.

August 6: Water Play

Let's build a water course! Stop by and add to our water course, building with recyclables and found treasures. Let the water flow!

August 13: Obstacle Course

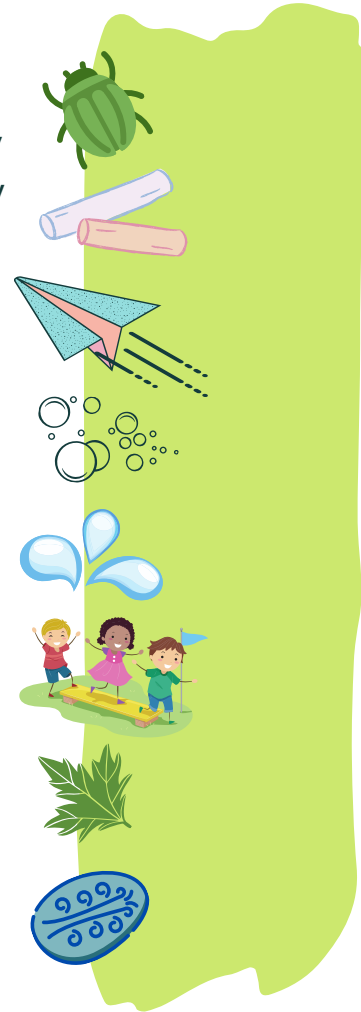
Help us build and refine our obstacle course and then see how fast you can do it!

August 20: Leaf Pressing & Art

Let your creativity fly, before the leaves do! We will have a variety of craft supplies available, you collect the leaves that inspire you.

August 27: Rock Painting/Kindness Rocks

Where will you leave your rock? Spread some joy with brightly coloured rocks, made by you!



NEMI Public Library

Call Us: 705-368-2444

Email Us: nemilibcompass@vianet.ca

Find us online:

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

The Library is for Everyone

Senior COMPASS Project

NEMI Public Library is seeking
the valuable guidance and insight of
community seniors and older adults to make
the library better for everyone.

The Community is its COMPASS