

NORTHEASTERN MANITOULIN & THE ISLANDS PUBLIC LIBRARY

SENIOR COMPASS

Creating Opportunities for More Patrons to Access and Support Services

OUR NEWSLETTER...

The Senior COMPASS Newsletter is a way that we share information to community seniors. We include such things as library information, community events and resources, ways to be safe, stay connected and healthy, mental health and dementia resources, as well as information on Elder Abuse. Sometimes this information might not apply to you. We ask that if you know a senior in our community that would benefit from receiving this newsletter, please reach out to them.

CANADIAN 24-HOUR MOVEMENT GUIDELINES

An Integration of Physical Activity, Sedentary Behaviour, and Sleep

A Healthy 24 hours includes:

PHYSICAL ACTIVITY

- moderate to vigorous aerobic physical activities - up to 150 minutes a week
- muscle strengthening activities using major muscle groups at least twice a week
- physical activities that challenge balance

- several hours of light physical activities, including standing



SLEEP

- Getting 7 to 8 hours of good-quality sleep on a regular basis, with consistent bed and wake up times



SEDENTARY BEHAVIOUR

Limiting sedentary time to 8 hours or less, which includes:

- No more than 3 hours of recreational screen time
- Breaking up long periods of sitting as often as possible



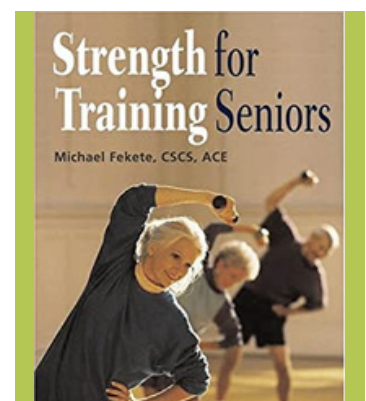
This information is provided by The Canadian Society of Exercise Physiology (CSEPE)

Title: Strength Training for Seniors

Author: Michael Fekete, CSCS, ACE

Genre: Reference

Comprehensive guide to strength training including program sheets for copying



Senior COMPASS Project Announces . . Book Buddy Program

Homebound Senior Residents of NEMI can access library materials with the help from a volunteer.

If you are a Homebound Senior interested in having books delivered to your home
OR



you would like to volunteer with the program
contact **Suzanne: nemilibcompass@vianet.ca**
705-368-2444




Volunteers must be able to pass a vulnerable sector police check and attend Book Buddy Volunteer Training.



SENIORS SAFETY LINE
1-866-299-1011
24/7, 365 days of the year
live counsellors, over 200 languages
awhl.org/seniors

NEMI Public Library's Senior COMPASS Project presents

FINANCIAL ELDER ABUSE Prevention and Resources

with *Sheila Schuehlein*  Elder Abuse Prevention Ontario

Saturday, November 5, 2022 at 11:00 a.m.

PRESENTATION WILL FOCUS ON:

- Elder Abuse Prevention Ontario (EAPO) and the context of the issue
- Recognizing warning signs, specifically as they pertain to financial exploitation
- Highlight of laws/legislation on reporting
- Where to report (learning to recognize barriers in the process)
- Tips for avoiding real estate fraud and the impacts of fraudulent uses of Powers of Attorney
- Resources for supports and referrals available in Ontario
- Question/Answer Period

To register email at:
nemilibcompass@vianet.ca
OR call the Library at 705-368-2444

Please join us for a light lunch afterwards !!

also available to watch via Zoom or at a later date on our Website, Facebook or YouTube

COMING SOON...

COMPASS CREATIVE CARTS

Another Senior COMPASS Project starting soon !!! A program where Seniors in our community will help teach creative projects to other Seniors and members of our community.

MANITOULIN TRIVIA

In March, the Senior COMPASS Project had a celebration for the culmination of its first year. Tooti Blake and Glen Lewis created 55 trivia questions on Manitoulin Island and surrounding area. You can ask for the Trivia questions next time you are visiting the Library. Here is a few sample questions:

What was the name of the ferry whose remains lay offshore at Low Island?

- Alexander
- Hiawatha
- Jacqueline

What does Sheshegwaning mean?

- "land of furs"
- "home of deers"
- "where there are rattlesnakes"

The Foodland Grocery in Little Current was once the site of a :

- Baptist Church
- General Store
- Small hotel

What railway company first service Manitoulin?

- AER
- CPR
- CNR

When did Farquhar's Dairy start making ice cream?

- 1947
- 1950
- 1953

**Senior COMPASS Club Meeting
Wednesday, September 7, 2022**

11:00 a.m.

Feel free to join us!!

LIBRARY NEWS & PROGRAMMING



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!!



Libby.

Libby is a free app where you can borrow and read ebooks, digital audiobooks, and magazines from your public library. It can be used on most devices connected to the internet: smartphones,

tablets and ipads, and desktop and laptop computers. Libby has a large collection of magazines that are always available to borrow. Books and audiobooks may require you to place a hold on them and Libby will let you know when the item is available for you to borrow.

How to get Libby on your device:

Go to your device's store: App Store (Apple), Google Play (Android), Windows Store (Microsoft). Or visit libbyapp.com on a web browser. Search for Libby and install it on your device.

How to set up Libby:

Open the Libby app. Follow the prompts to find your library. Your Library is N.E.M.I. Public Library (part of the Ontario Library Consortium). Use the 14-digit barcode on your library card to sign in.

Your Libby Menu:

Search: Search for authors, titles, subjects, etc. to find items matching those terms.

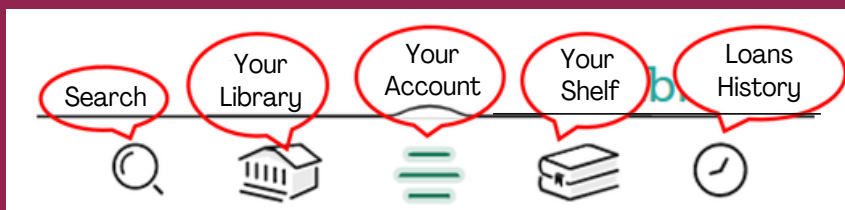
Your Library: Browse collections and titles available at your library.

Your Account: Your libraries and cards. Settings, including accessibility features, can be accessed at the bottom of this page.

Your Shelf: Manage your loans and holds. Access your borrowed items from here to read, return early, renew.

Timeline: View your loans history.

For help, bring your device to the library and we will help get you set up and ready to read.



Join us for our
**Technical Skills
Development
Open House**

Drop by NEMI Library to check out
our new technology in action!

**Thursday, September 15
3:00 pm - 7:00 pm**

50 Meredith Street W, Little Current

nemi.olsn.ca/skills



**Using Online Platforms to
Make Your Business a Success**



led by media consultant
Leslie McDermid of

the sociallaunch

To Register
705-368-2444
skills@nemilibrary.ca

**Wednesday,
September 21
6 pm - 8 pm**

Social media is an important part of a total marketing strategy. Leslie will guide you as you create an online presence for your business or future business venture.

Don't miss this amazing hands-on experience!

**TECHNICAL SKILLS
DEVELOPMENT**

*Hands-on experience to
start a new career or
advance in the one you have!!*

*The library provides resources and support.
You decide when and how you participate*

You will have access to:

- Support to set goals and overcome barriers you identify such as transportation, childcare, etc.
- Computers with a variety of programs including design and editing capabilities
- Makerspace to fabricate your designs
- Supplies and training materials
- Peer group opportunities
- Monthly information and resource support meetings
- A Lending Library offering equipment and training media so you can learn at home

**OPEN TO ANYONE WITH
A LIBRARY CARD!!**

**COMMUNITY
HAPPENINGS**

Little Current United Church offerings . . .

Good Food Box

This program is available to everyone. Fresh Fruit and Vegetable boxes available the 3rd Tuesday of each month.

\$15/small box (feeds 3 people)

\$25/large box (feeds up to 6 people)

Call Margot Bickell

@ 705-989-4209

for more information



Grief and Bereavement Resources

Manitoulin Island

Services available for anyone 18 years of age or older dealing with the loss of a loved one

- Early Grief Support
- One-on-One Grief Support
- Grief Peer Support Groups - 8 week sessions facilitated by VON Trained Facilitators

Call Julia at 1-800-561-6551 or 705-206-4537 or email julia.lewis@von.ca for more information

Victorian Order of Nurses are coming to the Island September 20th-22nd, to learn about programs and recruiting for volunteers, stay tuned for exact locations and times!!

Town of Northeastern Manitoulin and The Islands . . .

SENIORS DROP IN come to the NEMI Rec Centre for a visit
on Tuesdays
starting September 13th
from
10:30 to 1pm.

LOTS OF ACTIVITIES FOR SENIORS TO ENJOY!!

SENIORS *Drop-In*



NEMI Rec Centre

Every Tuesday starting September 13th

Drop in for a visit.

The coffee is on from 10:30am until 1pm.

There will be games, puzzles, cards and other activities available for you to enjoy.

Bring a friend or make some new friends.

For more information
lhallaert@townofnemi.on.ca



**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