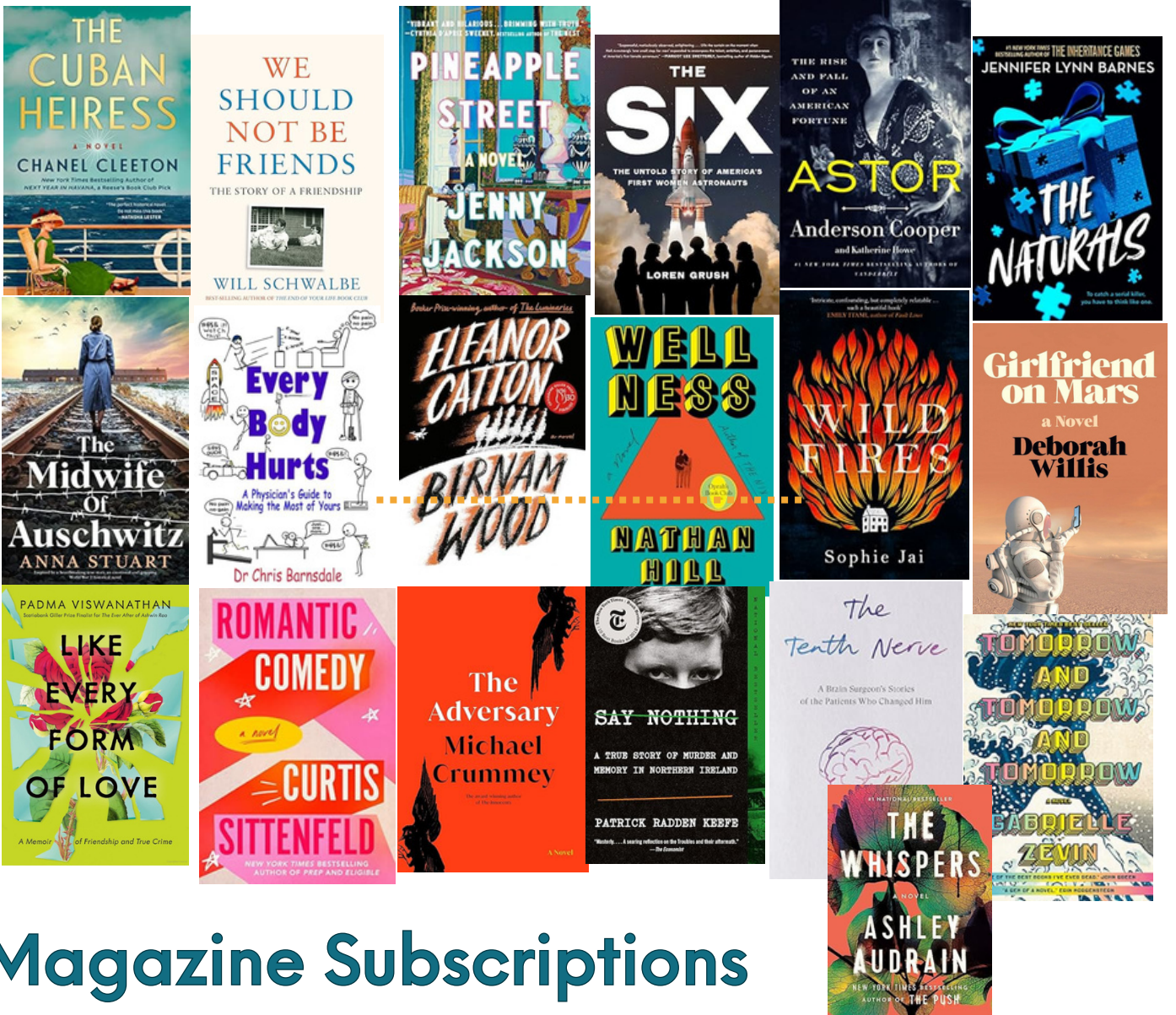


NORTHEASTERN MANITOULIN & THE ISLANDS PUBLIC LIBRARY

SENIOR COMPASS NEWS

Creating Opportunities for More Patrons to Access and Support Services

Lots of New Books . . . purchased by Senior COMPASS Program



Magazine Subscriptions





October is Women's History Month in Canada, a time to celebrate the women and girls from our past, and our present, who are contributing to a better, more inclusive Canada. This year's theme, Through Her Lens: Celebrating the Diversity of Women, emphasizes the importance of recognizing the achievements and contributions of women from diverse backgrounds. It focuses on the unique perspectives, experiences, and challenges faced by women, including Indigenous women; women from 2SLGBTQI+ communities; women with disabilities; and newcomer, racialized, and migrant women.

Let's continue to honour women who don't accept the status quo and fight hard to improve the lives of all women in the country.

This information was copied from:

<https://women-gender-equality.canada.ca/en/commemorations-celebrations/womens-history-month/2023-theme.html>

1921



The idea for the Remembrance Poppy was imagined by Madame Anna Guérin of France. She was inspired by John McCrae's poem "In Flanders Fields." Anna had originally founded a charity to help rebuild regions of France after the First World War, and created poppies made of fabric to raise funds.

Today

The Poppy is worn each year during the Remembrance period to honour Canada's Fallen.

<https://www.legion.ca/remembrance/the-poppy>

November 2023



<https://women-gender-equality.canada.ca/en/commemorations-celebrations/16-days/16-days-2023.html>

Canadian Anti-Fraud Centre

Visit Canadian Anti-Fraud Centre regularly to stay up to date on the latest scams.

For more tips on protecting yourself, visit:

<https://www.antifraudcentre-centreantifraude.ca/protect-protegez-eng.htm>

Romance, investment and grandparent scams are everywhere.

Continue to:

- Stay aware
- Stay informed
- Protect your personal information
- Do the research



Canada

10 PRIORITIES FOR DEMENTIA RESEARCH IN CANADA

WHAT WAS THE AIM OF THIS STUDY?

This study asks Canadians affected by dementia about what they believe are the important research questions related to living with dementia as well as dementia prevention, treatment and diagnosis. This study followed the methods of the James Lind Alliance, a non-profit organization based in England.

WHAT DID THIS STUDY FIND?

PRIORITY 1: ADDRESSING STIGMA

PRIORITY 2: EMOTIONAL WELL-BEING

PRIORITY 3: IMPACT OF EARLY TREATMENT

PRIORITY 4: HEALTH SYSTEM CAPACITY

PRIORITY 5: CAREGIVER SUPPORT

PRIORITY 6: ACCESS TO INFORMATION AND SERVICES POST-DIAGNOSIS

PRIORITY 7: CARE PROVIDER EDUCATION

PRIORITY 8: DEMENTIA-FRIENDLY COMMUNITIES

PRIORITY 9: IMPLEMENTATION OF BEST PRACTICES FOR CARE

PRIORITY 10: NON-DRUG APPROACHES TO MANAGING SYMPTOMS

for more information: alzheimer.ca/en/research

We are still looking for suggestions!!

Adding to the Library's book collection is included in the Senior COMPASS Program budget for this year.

New Fiction/Non Fiction within the last 1.5 years

Classics

Kids/Young Adults

Large Print (where available)

Send your ideas to

[Suzanne at: nemilibcompass@vianet.ca](mailto:Suzanne.at.nemilibcompass@vianet.ca)

Sauga Connections for Older

Adults

Based in Mississauga, everyone is invited to join VIRTUALLY for a variety of activities through your computer, tablet, or phone.

Each activity and fitness class are offered on a weekly basis including: Yarn Crafters, Hot Topics Fit Breaks and Technical Support!!



→ November Calendar is now available on Sauga Connections !! ←

<https://www.mississauga.ca/recreation-and-sports/stay-home-stay-active/stay-home-stay-active-virtual-activities-for-older-adults/>