

NORTHEASTERN MANITOULIN & THE ISLANDS PUBLIC LIBRARY

SENIOR COMPASS NEWS

Creating Opportunities for More Patrons to Access and Support Services

Senior COMPASS News 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.

JAMIE OLIVER - ONE

In ONE, Jamie Oliver will guide you through over 120 recipes for tasty, fuss-free and satisfying dishes cooked in just one pan. Each recipe has just eight ingredients or fewer, meaning minimal prep and offering maximum convenience. Packed with budget-friendly dishes you can rustle up any time, ONE has everything from delicious work from home lunches to quick dinners the whole family will love; from meat-free options to meals that will get novice cooks started.



SPARE

For the first time, Prince Harry tells his own story, chronicling his journey with raw, unflinching honesty. A landmark publication, Spare is full of insight, revelation, self-examination, and hard-won wisdom about the eternal power of love over grief. heading



TRAVELLEING CAT CHRONICLES

The Travelling Cat Chronicles has charmed readers around the world. With simple yet descriptive prose, this novel gives voice to Nana the cat and his owner, Satoru, as they take to the road on a journey with no other purpose than to visit three of Satoru's longtime friends. Or so Nana is led to believe... As they travel in a silver van across Japan, with its ever-changing scenery and seasons, they will learn the true meaning of courage and gratitude, of loyalty and love.



Another Year of Senior COMPASS!!!

As the Senior COMPASS Project nears the end of its 2022-23 funding year, NEMI Public Library is excited to announce that we have received another year of funding !!!!

The Senior COMPASS Program relies on the input of older adults in our community to make the library better for everyone.

Here's how you've made the library better for everyone in the last 2 years:

- contributed hundreds of books, magazines, and board games
- designed and delivered Senior and Intergenerational Programs
- volunteered at and supported most library events
- created the Book Buddy Club to deliver materials to seniors in the community who have difficulty coming to the library
- contributed carts stocked with art supplies
- virtual reality programs beginning soon

Contact Suzanne to find out how you can participate and make a difference too.

Call 705-368-2444 or email nemilibcompass@vianet.ca

MARCH IS . . .

March 8 is **International Women's Day**. It's a global day to recognize and celebrate women's and girls' social, economic, cultural, and political achievements. It's also a time to raise awareness of the progress made towards achieving gender equality and the work remaining to be done.



Where the Shamrock Came From

According to folklore, St. Patrick used the shamrock, the familiar three-leafed clover, to explain the Christian Holy Trinity. The word "shamrock" comes from the Irish word "seamróg," meaning "little clover." It is the symbol of Ireland, and wearing and displaying shamrocks has become a widespread practice on St. Patrick's Day.

WINTER SAFETY TIPS

Ice Safety and Preventing Hypothermia

The change of seasons bring warmer weather, it's important to keep in mind the hazards associated with ice and water. Did you know that water can take heat away from the body 25 times faster than air? It may be tempting to go out on a seemingly frozen lake or river, but even ice that seems thick can be surprisingly fragile with the right conditions. If you are going out on the ice, check its quality and thickness to make sure it can support your weight.



SENIOR COMPASS PROGRAMMING

Our Virtual Reality System is here!

We are hosting 2 sessions where participants can explore new experiences in virtual reality. These events will be intergenerational where each person will have the chance to "travel, play, and work" together.

**First Session is:
Saturday, March 18, 2023
1-4 p.m.**



**Second Session is:
Saturday, March 25, 2023
1-4 p.m.**

**You must sign up to reserve your spot!
Call 705-368-2444
or email nemilibcompasse@vianet.**

**Participants must be 13 years of age or older OR be accompanied by an adult 18 years or older.
Consent and Waiver forms will be presented at the event for participants/guardians to sign.**



LIBRARY NEWS & PROGRAMMING



Bridge is Back!

The Bridge Club is always happy to welcome new players, no matter your level of experience!
Join them on
Wednesdays at 1PM

REMINDER

**NEMI PUBLIC LIBRARY
WRITER'S RING**
2ND AND 4TH TUESDAY
OF EACH MONTH AT 2:00 PM
FACILITATED BY MARGERY FRISCH
March 14 & 28

DON'T FORGET

Drop in programs are a great way to get a little social time!



Thursdays 10:30 to 12:30
Knitting: Knit and visit with
other knitters

Try these popular drop in programs:

Fridays 11-1



Creation Station: Visit and share
inspiration with others while
working on a creative project



**NEMI Public
Library**

Call Us: 705-368-2444

Email Us: nemilibcompass@vianet.ca

Find us online:

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

Funded in part by the
Government of Canada's
New Horizons for Seniors Program

Canada

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