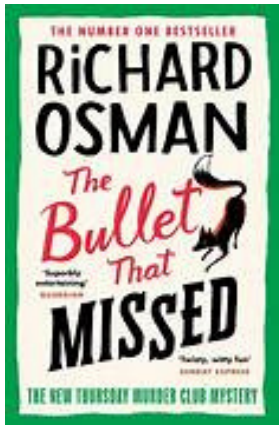


NORTHEASTERN MANITOULIN & THE ISLANDS PUBLIC LIBRARY

# SENIOR COMPASS NEWS

Creating Opportunities for More Patrons to Access and Support Services

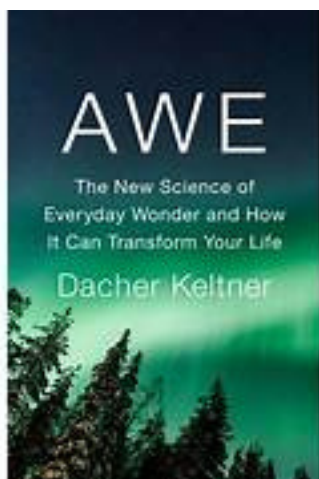
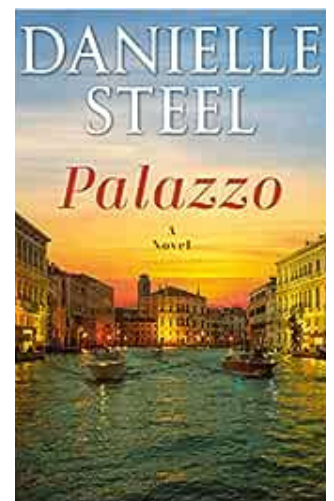
## New Books on our Shelves



Catch up on a "Thursday Murder Club Mystery" before the next one comes out !!

### Summer Read in LARGE PRINT!!

Danielle Steel's newest novel Palazzo explores the life of Cosima Saverio as she assumes leadership of her family's haute couture Italian leather brand while she maintains a 400 year old plazzo in Venice and care for her younger sisters.



AWE is mysterious! How do we begin to quantify the goose bumps we feel when we see the Grand Canyon, or the utter amazement when we watch a child walk for the first time? Up until 14 years ago, there was no science of awe. Dacher Keltner present a radical investigation and deeply personal inquiry into this elusive emotion.

# Seniors in Canada



Do you have a plan in place in case you get ill or have an accident? Here's a checklist to help you come up with one that will work for you. For more, head to <https://ow.ly/lkfl50Pfyal>

## 4 THINGS TO DO to be prepared for a loss of independence

- 

1 Store your emergency contact's information in your wallet.
- 

2 Have a clear plan and tell someone you trust where it can be found.
- 

3 Decide who will make decisions on your behalf by doing things like having a joint bank account and/or a power of attorney.
- 

4 Tell someone where your important documents, such as wills and power of attorney, can be found.



# Countering Ageism: Are You Using Age-inclusive Language?

## KEY TAKEAWAYS

- Ageism includes stereotypes, prejudice, or discrimination related to a person's age.
- Using respectful and inclusive language as an aging population is necessary to counter ageism.
- Terms matter in how people view themselves and relate to one another; inclusive terms are building blocks to better outcomes for older people.
- Better approaches to conversations around age and aging begin with paying attention to how we think about it.



## TIPS FOR GETTING IT RIGHT



### TIPS

- Use unifying language
- Describe people age 65 and older with relevant terms
- Be specific about an age range
- Put the person first when speaking about an individual's condition
- Avoid terms that suggest the helplessness of people with diseases
- Avoid fatalistic phrases that suggest aging is an impending disaster

### EXAMPLE

- We or us, instead of they and them
- Older adult, older persons, or older
- American women 75 years of age and older
- A person with a disability rather than a disabled person
- Diagnosed with arthritis; instead of suffering with arthritis
- The significant increase in the number of older adults rather than "silver tsunami"



# SENIOR COMPASS PROGRAMMING

## BOOK WISH LIST !!

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

## COMPASS EVENTS



### SPRING WREATH WORKSHOP



### FIT STICKS



# UPCOMING COMPASS EVENTS



## FIT STICKS CONTINUED ...

On Thursday, July 20th, we had the pleasure of enjoying a full hour of Fit Sticks presented by Libby Norris, Manager of Fitness for the City of Mississauga. Libby has been part of the fitness industry for over 30 years. Her passion for what she does showed in her energy during the Fit Sticks workshop.

Libby encouraged everyone to join the "Sauga Connections for Older Adults."

Beginning this fall, Senior COMPASS will host Sauga Connections online Fit Sticks from 10:30 a.m. to 11:15 a.m. Date to be determined.

Join us and stay active with a group. Exercise balls and drum sticks will be provided!!

More information to follow!!

In the meantime, follow the link below and join in any activity!



## 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!!



→ September 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/>



## Come Paint with Lamar Hyatt



Wednesday, September 27th  
1:00 - 4:30 p.m.

all skills level welcome  
all supplies provided

Call 705-368-2444 to sign up



# SENIOR COMPASS PROGRAMMING

## UPCOMING COMPASS EVENTS

### ESTATE PLANNING SERIES



with

Barbara Baker

and

Louise Duke, TD Financial Specialist

Wednesdays in October

1:00 - 3:00 p.m.

An information package will be provided.

This is a 4 part series, when signing up you will need to commit to all 4 dates. (October 4, 11, 18, 25, 2023)

Sign up priority will be given to NEMI Library Residents/Users

Call: 705-368-2444 to Sign Up!!



## Winter Wreath Making

Join Anastasia

Saturday, November 25th

1:30-4:00 p.m.

Call NEMI Library at:

705-368-2444 to sign up



# LIBRARY NEWS

## Centre for Equitable Library Access



Accessible  
Library  
Materials



NEMI Public Library offers access to a collection of over 700,000 books, magazines, newspapers in a choice of accessible formats for people with a print disability through the Centre for Equitable Library Access.

- Enjoy a full range of subjects, genres, classics and award winners
- Stay up to date with 50 newspapers and 150 magazines
- Choose your preferred format: audio, e-text or braille.

## Eligibility

Access to the CELA collection is available to people who are unable to read conventional print due to a disability, which includes:

- **Learning disability:** an impairment relating to comprehension of print
- **Physical disability:** the inability to hold or manipulate a book
- **Visual disability:** severe or total impairment of sight or the inability to focus or move one's eyes.

**For more information on CELA's services, contact NEMI Public Library or visit their website: [www.celalibrary.ca](http://www.celalibrary.ca).**



**Volunteers  
needed**

If you wish to volunteer for any of our events  
Contact the Library @ 705-368-2444



## Canva Workshop Series

Canva is a graphic design platform that is used to create social media graphics, presentations, posters, documents and other visual content.

### Canva Basics

**September 13, 5:30-7pm**

Learn the basic tools of Canva to create a poster or flyer.

### Photo and Text Editing

**September 20, 5:30-7pm**

Learn how to edit photos and text on Canva.

### Creating Videos

**September 27, 5:30-7pm**

Learn how to combine images, audio and video clips to create a video using Canva.

**FOR TECHNICAL SKILLS DEVELOPMENT PROGRAM PARTICIPANTS**

For more information or to sign-up please contact Robin:

[skills@nemilibrary.ca](mailto:skills@nemilibrary.ca)

705-368-2444

**Children's Programs Available during Workshops  
(Pre-registration required)**



**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**