

HEALTHY

aging

education series

A COLLABORATION BETWEEN



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Resources from Healthy Aging Presentations

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Thank you for your ongoing interest in the Healthy Aging Series. The Healthy Aging Series is a free, virtual health education webinar series that was created in collaboration with Peel Senior Link to bring together experts on topics that address the everyday challenges we encounter as we age. The webinars are held the first Wednesday of each month from 10 – 11 a.m. and are open to anyone: patients, their families, friends, caregivers, and the public. Topics and registration links can be found here: [Program Details \(summervillefht.com\)](#). And, when permission was granted, presentations from past webinars have been posted to the Summerville Family Health Team Website ([Healthy Aging Series Presentations & Resources \(summervillefht.com\)](#)).

These presentations often include valuable resources. These resources have been listed here to create a user-friendly source of credible information on a variety of health and lifestyle topics.

The resources below are provided for informational purposes only and should not be taken as professional medical advice.

Topics	Resources/Websites
Digital Literacy	FREE Training Tools. Visit https://techcoaches.ca/toolbox
Cybersecurity	Statistics Canada – Seniors Online https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2019024-eng.htm Seniors and technology during Covid-19: the latest insights https://www.ericsson.com/en/blog/2021/1/seniors-and-technology-during-covid How can older adults safely use social media https://www.homecareassistancewinnipeg.ca/how-can-seniors-use-social-media-safely

	<p>The FBI Says You Need to Use an Ad Blocker on Google and Bing (gizmodo.com)</p> <p>Password Managers For PC Passhub - https://passhub.net/login.php? KeyPass – https://keepass.info/news/n160611_2.34.html</p> <p>Mobile Device Apps Dashlane LastPass</p> <p>Adblockers for Smartphones For Androids: uBlock Origin For iOS devices: Adblock Plus</p> <p>A website that checks to see where your email has been exposed to a security breach https://haveibeenpwned.com/</p>
Falls Prevention	<p>Various recommended home exercises are included on the presentation that is available at: Healthy Aging Series Presentations & Resources (summervillefht.com)</p> <p>Summerville FHT website https://www.summervillefht.com</p> <p>Peel Senior Link: https://peelseniorlink.com</p> <p>Regina Qu’ Appelle Health Region: Positive steps Falls Prevention and Exercise Program including easy exercise for maintain strength, balance and mobility CEAC 3023 Cover&TP.pub (rqhealth.ca)</p> <p>National Falls Prevention Resource Center: National Falls Prevention Resource Center for Professionals (ncoa.org)</p>
Social Isolation	Volunteer MBC - Home
Mississauga/Halton Health and Social Services	www.thehealthline.ca
Caregiver Support	<p>COVID-19: Caregiver Starter Kit - Ontario Caregiver Organization</p> <p>OCO Learning Library (ontariocaregiver.ca)</p> <p>Peer Support - Peer Support (ontariocaregiver.ca)</p> <p>Supporting Caregivers During COVID-19 - Ontario Caregiver Organization</p> <p>SCALE Program - Ontario Caregiver Organization</p> <p>Weekly Podcasts: https://ontariocaregiver.ca/tim</p> <p>COVID-19 - Ontario Caregiver Organization</p> <p>http://youngcaregiversconnect.ca</p> <p>Working Caregivers - Ontario Caregiver Organization</p>
Bone Health	Osteoporosis Canada

<p>Power of Attorney and Wills</p>	<p>https://advancecareplanning.hospicewaterloo.ca/resources/</p> <p>https://www.cleo.on.ca/en/resources-and-publications/resources-and-publications</p> <p>https://www.ontario.ca/page/make-power-attorney</p> <p>Wills - Steps to Justice</p> <p>Office of the Public Guardian and Trustee ontario.ca</p>
<p>Sleep</p>	<p>Managing Insomnia and Sleep - Program Details (summervillefht.com)</p> <p>APPs for Sleep</p> <ul style="list-style-type: none"> Insight Timer The Calm Sleep: Sleep & Meditation App Sleep Sounds - Relax & Sleep, Relaxing Sounds Tide - Sleep Sounds, Focus Timer, Relax Meditate
<p>Nutrition</p>	<p>Nutrition & Immunity</p> <p>https://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity/</p> <p>Nutrition and immune function - Mayo Clinic Health System</p> <p>https://jeanlamantia.com/cancer-bites-diet-blog/immune-health-basics/</p> <p>How Vitamin C Supports a Healthy Immune System (eatright.org)</p> <p>https://nutrition</p> <p>Nutrients & Foods</p> <p>www.unlockfood.ca</p> <p>https://cronometer.com</p> <p>Recipes & Meal Planning</p> <p>Mediterranean Diet Oldways (oldwayspt.org)</p> <p>www.pulsescanada.com</p> <p>www.ontariobeans.ca</p> <p>www.halfyourplate.ca</p> <p>https://itdoesnttastelikechicken.com/recipe-index/</p> <p>https://ohsheglows.com/2019/03/07/meal-prep-week-long-power-bowls/</p> <p>https://tasty.co/</p> <p>https://whisk.com</p>

	<p>Reducing Food Waste & Budget Friendly Meal Ideas</p> <p>https://www.budgetbytes.com/category/recipes/</p> <p>How Do I Store My Fruits And Veggies So They Last As Long As Possible? - Half Your Plate</p> <p>https://www.wellandgood.com/food-waste-apps/</p> <p>https://www.niagarahealth.on.ca/files/FoodBankFIRSTrecip ebook2010.pdf</p> <p>Meal Delivery Service</p> <p>https://www.apetito-hfs.ca/en-ca/</p> <p>Heart to Home Meals www.hearttohomemeals.ca</p> <p>Meals on Wheels www.mealsonwheels.ca</p> <p>Recipe Resources</p> <p>https://www.metabolicsyndromecanada.ca/change-program/resources/recipes</p> <p>https://oldwayspt.org/traditional-diets/mediterranean-diet</p> <p>https://rainbowplantlife.com/category/recipes/</p> <p>https://ontariobbeans.on.ca/</p> <p>https://pulses.org/recipes/recipes/cuisine/canada</p> <p>https://chefcynthialouise.com/recipes/</p> <p>https://dietitiandebbie.com/recipe-index</p>
Physical Activity	<p>ParticipACTION - Home - ParticipACTION</p> <p>24-Hour Movement Guidelines – Canadian 24-Hour Movement Guidelines (csepguidelines.ca)</p>
Decluttering with Ease	<p>Declutter in 10 Steps (wsimg.com)</p>
Hearing Loss	<p>HearingCareCounselling@chs.ca</p>
Osteoarthritis	<p>www.arthritis.ca/events</p> <p>www.arthritis.ca/support-education/online-learning</p>
Managing Chronic Pain	<p>Physical Activity</p> <p>https://www.youtube.com/@LEAPService</p> <p>https://www.youtube.com/@yogawithdriene</p> <p>https://beyond.ubc.ca/exercise-snacks/</p> <p>https://otn.ca/providers/ohts/fitness-health-solution-supports-chronic-pain-management/</p>

	<p>Education</p> <p>https://www.youtube.com/@DrAndreaFurlan</p> <p>https://tapmipain.ca/patient/managing-my-pain/pain-u-online/</p> <p>https://myhealth.alberta.ca/Alberta/Pages/About-osteoarthritis.aspx</p> <p>https://arthritis.ca</p> <p>Support groups:</p> <p>https://chronicpainanonymous.org/</p> <p>https://fibrocanada.ca/en/</p> <p>Self-management Programs</p> <p>https://selfmanagementontario.ca/</p> <p>http://livingwellseontario.ca/</p> <p>https://www.maximizeyourhealth.ca/</p> <p>Apps</p> <p>Insight Timer, Calm, Headspace, 10% Happier, Inscape, Simple Habit</p> <p>Books</p> <ul style="list-style-type: none"> • Living a Healthy Life with Chronic Pain (by Halsted Holman, Virginia Gonzalez, Marian Minor, et al.) • Living Beyond Your Pain (by Tobias Lundgren and JoAnne C. Dahl) • Unlearn Your Pain (by Howard Schubiner and Michael Betzold) • The Mind Body Prescription, Healing the Body, Healing the Pain (by John E. Sarno MD) • 8 Steps to Conquer Chronic Pain (Dr. Andrea Furlan) • The Way Out (by Alan Gordon and Alon Ziv)
Mental Health	<p>Home CANES Community Care</p> <p>Home - CMHA Peel Dufferin</p> <p>Intensive Seniors Community Team CANES Community Care</p> <p>Anxiety Relief Program Details (summervillefht.com)</p> <p>Comfort Keepers: Anxiety Disorders in Canada's Seniors https://www.comfortkeepers.ca/anxiety-disorders-in-Canadas</p> <p>Canadian seniors and mental health CIHI https://www.cihi.ca/en/canadian-seniors-and-mental-health</p>