

# JANUARY IS ELDERS IN MOTION MONTH

Application for Community Participation

RPAN's new pilot program to support the health and wellbeing of our Elders.

Dawn



## ELDERS IN MOTION MONTH

### COMMUNITY PARTICIPATION APPLICATION

For the first time ever, elders and seniors make up a greater share of Canada's population than children!

The Recreation & Parks Association of Nunavut is pleased to announce a **NEW pilot** program called **ELDERS IN MOTION MONTH**, which will provide support for Elders in Nunavut to become more active!

#### **OLDER ADULTS WHO ARE PHYSICALLY ACTIVE HAVE:**

1. **LOWER RATES** of heart disease, high blood pressure, stroke and type 2 diabetes
2. **LOWER RATES** of colon and breast cancers
3. **IMPROVED** self-esteem, mood and the ability to handle stress.
4. **LOWER RISK** of falling, and better cognitive function
5. **IMPROVED** strength, balance, flexibility and mobility

#### **Why is activity for elders important?**

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps muscles grow stronger so they can keep doing day-to-day activities without becoming dependent on others.

#### **Purpose and Objectives**

The purpose of this project is to provide support to communities in the Nunavut for the successful implementation of an ELDERS IN MOTION program. This includes providing resources and equipment to communities. In implementing the pilot Elders in Motion Month, RPN will support communities to provide month long activities, which can easily be continued beyond the pilot.

Our objective is simple...provide our Elders with activities that encourage getting active and having FUN! This can be done in many ways...host aerobic/exercise classes meant for seniors/elders? Have a walking program? Play shuffle board? Indoor bocce? Indoor bowling? Twister? Chair yoga? Chair aerobics? Chair Zumba?

These programs can be done at the community hall, elders centre, or anywhere you have space! Host an activity twice a week, listen to the Elders having FUN and laughing! Not only will this provide an opportunity to get active, but it is also a social activity. Too often, our elders are at home with nothing to do...this will enable them to spend more time with friends!

#### **Priority Areas**

1. Quality program delivery for elders.
2. Ensure equipment is provided for programs

#### **Project Outcomes**

1. Communities will host weekly ELDERS IN MOTION activities during the month of January 2024.
2. Provide communities with supplies needed to deliver program including
  - a. Elder specific exercise DVD's
  - b. Pedometers
  - c. Floor Games
3. Host an introduction zoom session for communities on the implementing the program.
4. Improve health, well-being and physical activity of our elders.
5. Provide a social environment for elders to come together to get active, laugh and have FUN!



### **RPAN WILL...**

- ✓ Provide communities with DVD's with various programs
- ✓ Provide communities with pedometers
- ✓ Provide communities with equipment for various activities
- ✓ Host Introduction zoom meeting (November 2023)

### **HAMLETS WILL...**

- ✓ Confirm space is available a minimum of two times a week (it could be the community hall, elders centre, etc)
- ✓ Participate in the November zoom meeting
- ✓ Identify who will oversee the community program
- ✓ Provide storage for equipment

**Hamlet MUST be in good standing with RPAN...any Hamlets owing fees or other monies will not be considered for participation until paid in full.**

**Deadline to apply is September 08<sup>th</sup>.**





