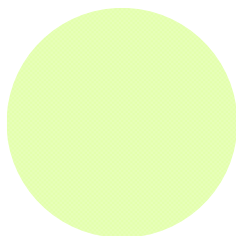


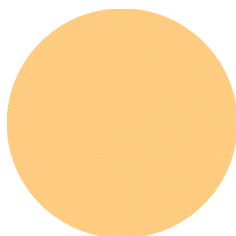
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Seniors Housing News

Department of Community Services and Seniors

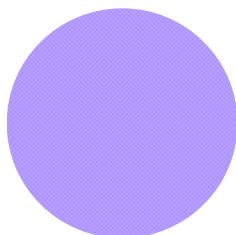


*Goodbye winter
So long snow
It's time to watch the flowers grow!*



Welcome Spring!

As we welcome spring back to Prince Edward Island our thoughts turn to warmer weather, getting outside more often to enjoy nature and moving around the community with greater ease.



In celebration of the change of seasons, this issue of Seniors Housing News features timely ideas for ways to reconnect with family, neighbours and friends. Maintaining social connections with other people, involvement in the community and feeling comfortable in your home are increasingly being recognized as important factors for good physical and mental health.

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Why not try the Crustless Quiche recipe and surprise a neighbour or friend with an invitation to enjoy a meal with you?

This issue also contains tips on how to preserve the environment through smart composting. Urban wildlife enjoy a clean, safe environment as much as we do. You'll find an article in this issue about the importance of helping wildlife maintain their natural hunting patterns as experts encourage us to avoid feeding them. We close the issue with some information on how to ensure that your apartment building remains secure for the safety and comfort of all.

Enjoy the season!



Staying Connected

It's a Saturday afternoon and you have some free time. What would you like to do? Who might you invite to join you in this activity?

Social connections with family, friends and neighbours of all ages can help you to maintain your mental and physical health longer. But this can be challenging over time as people move, and changes in health affect our ability to get around. The opposite of feeling socially connected is social isolation. Social isolation, or less social contact than an individual wishes, is now recognized as an important health and wellness issue and also a risk factor for elder abuse.

Who is at risk?

Anyone can feel socially isolated at any point in life, but for older adults multiple life changes close together can increase the risk of social isolation. These life changes may include changes in health, loss of a partner or good friend, retirement from work or volunteer activities, moving to a new home or retirement from driving or caregiving. As a result of these changes it may be more difficult to participate in activities that you once attended, find someone to talk to about problems or find help.



Social Isolation:

less social contact than a person wishes.

Reducing the Risk

It's natural that your social connections will change over time. The good news is that we can take steps to remain connected with family, friends and neighbours in the community. Here are some ideas:

- **Enjoy a variety of activities with others** – seek balance by participating in a variety of hobbies and interests, some that can be enjoyed alone and some that offer an opportunity to meet other people, to build a healthy social network.
- **Be a joiner** – try a new class, join a club or volunteer your time to increase ways to meet new people. Remember, you're not alone; people of all ages are interested in meeting new people.
- **Establish friendships with more people and people of all ages** – to ensure that you maintain a strong social network.
- **Reconnect** – make a list of friends and relatives that you could re-establish contact with in order to strengthen your social network. This might include a great niece or nephew, a cousin or a neighbour



who has moved away. For the price of a stamp, a phone call or a brief email you can take the first step to reconnect.

- **Put technology to work for you** – many people use Skype and Facetime to stay in touch with friends and relatives. Social networking sites (such as Facebook, Twitter, Tumblr) are also options to help connect with other people. Social networking sites can be used to meet new people who share your interests, share photos, music video or writing.

Points to Ponder:

- How do you stay connected with your friends, family and community?
- Do you plan regular activities with others and try a variety of things?
- Should you make more of an effort to stay socially connected?
- Where might you find people with similar interests?



Quiz: Do you know where it goes?

Waste, recyclable or compost....do you know how to dispose of these items?

- A postcard
- Tea bags
- Grease and cooking oil
- A shoe box
- Wooden strawberry box
- Wax paper
- Turn to page 5 to check your answers!





Crustless Quiche

Serves 1

½ tsp butter or margarine	2 mL
1 tbsp onion, sliced	15 mL
1 egg	
1/3 cup milk	75 mL
1 tsp flour	5 mL
1 tbsp skim milk powder	15 mL
Dash of cayenne pepper (optional)	
1/8 tsp salt	0.5 mL
¼ cup cheddar cheese, shredded	50 mL



Cook onion in melted butter or margarine until soft .

Oil an individual casserole dish or the bottom of an individual pie dish.

Place onion in casserole dish.

Beat together, until just blended, the egg, milk, flour, powdered milk, salt and cayenne.

Pour over onion. Sprinkle cheese on top.

Bake at 300°F (150°C) for 30 to 35 minutes until centre is set and top is golden.

Change it up!

Add 1/8 cup (30 mL) of one of the following: cooked bacon, cubed ham, sliced sautéed mushrooms, canned salmon or tuna.

Complete your meal: Add a slice of whole grain toast and a cooked vegetable or salad.



Do you know where it goes?

Quiz answers: All of these items are disposed in compost.

Islanders lead the way across Canada with the highest household rates of composting waste. This is good news for the environment and demonstrates our ability to divert waste from landfill to be reused or recycled. Composting is a great example of how to reuse waste materials but we need to compost correctly in order to produce high quality compost.

Unfortunately when materials that can't be composted are added to the mix, a load of compost becomes contaminated. This is expensive for all Islanders. Seniors' housing developments pay more than \$20,000 each year to correct these errors. Carefully disposing of waste correctly helps to save both money and the environment.

Here are some other items that can be composted:

- Single layer boxes (cereal, cracker, chocolate boxes)
- Paper towel and toilet paper tubes
- Scratch lottery tickets
- Greeting cards, paper gift wrap
- Paper cups
- Tissue paper
- Paper coffee filters
- Coffee grounds
- Food scraps and peelings
- Hair and nail clippings
- Cigarette boxes (foil removed)
- Paper potato bags (plastic mesh removed)
- Microwave popcorn bags

Do you have a question about composting?

Call: 1-888-280-8111 or visit www.iwmc.pe.ca



Compost: Because a rind is a terrible thing to waste!

Author unknown

Keep Your Home and Vehicle Safe and Secure

Buildings and vehicles that are easy to enter are attractive targets for criminals. Here are some tips to discourage criminals and make your home and vehicle safer:



Always roll up the windows and lock your doors as you leave your vehicle. It only takes a minute but criminals that are checking car doors may pass by a locked door and look for an easier target.



Keep valuables out of sight. Avoid keeping loose change and bills in plain view. Store purchases in your trunk and out of sight of criminals to lessen the temptation to break into your car.



Be alert and prepared. As you approach your apartment building have your keys in hand and avoid carrying too many packages so you can enter the building easily. Unfortunately thieves sometimes wait by the entrances to apartment buildings and gain access by following tenants who are struggling to manage packages.



Never allow strangers into the building when you are entering or exiting. It's also important not to open secured doors for someone that you don't know. A criminal may randomly offer the name of a tenant listed on the building directory just to gain entry. Stay safe. Suggest the visitor to contact the person they are visiting.



Regardless of how long you plan to be away from your apartment **always lock your doors.** Though it's tempting to leave doors and patios open as the weather gets warmer this also opens the door to theft. Your patio door can be secured by adding a broom handle or piece of wood in the track of the sliding glass door to prevent opening from the outside.



Criminals can hide in poorly lit areas and overgrown shrubs. If you notice poorly lit areas in the building, overgrown shrubbery or other safety concerns **talk with your Housing Officer – they're here to help!**

Part of being a good neighbour is looking out for the safety and security of yourself and the other people in your building so take steps to discourage criminal activity in your area.



You're Invited!

Thinking About Aging in Place

May 24, 10:00 am to 2:00 pm
St. Peter's Hall, Charlottetown
Rochford Square

Have you thought about what your life might be like five years from now? What about 10 years from now?

There's no time like the present to begin your plan.

Join us to learn more about planning for the future.

Call Jane at 370-5112 to save a seat.

Everyone is welcome!

Keep wildlife safe and healthy: Don't feed them!

In the spring it's easy to notice the variety of wildlife that live in our neighbourhoods. Wildlife like red foxes prefer semi-open woodlots, fields and wet lands but as neighbourhoods expand we are moving into their habitat. Though it may be tempting to offer food there are three good reasons not to feed wildlife:

1. **Feeding results in wild animals losing their fear of humans.**

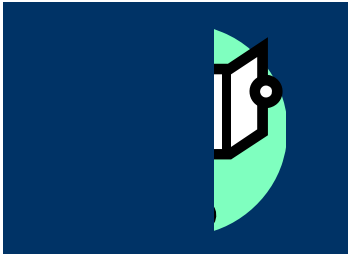
For example, foxes with a healthy fear of humans run when approached and pose little danger to humans. If they lose their fear foxes can become bold pests, entering patio and garden areas. Feeding can also increase the risk of injury to wildlife that may approach vehicles.

2. **Feeding causes loss of valuable skills.** Once the habit of obtaining easy food is established it is very difficult to break. Young animals may be at highest risk when they do not develop the hunting skills that they need to remain healthy.

3. **Human food is not healthy for wildlife.** Wild animals play an important role in maintaining nature's balance. For example, skunks feast on June bug larvae and prevent June bugs from destroying grass. Leaving food outside your apartment for wildlife may attract skunks, racoons or other wildlife that you were not intending to feed!



Honest, I'm cute, not hungry!



**Regional Housing
Offices:**
Charlottetown:
368-5770

Montague:
838-0796

O'Leary:
859-8837

Souris :
687-7098

Summerside:
888-8436

*We're on the Web!
See us at:*

www.gov.pe.ca/ss

Where does it go? Non-recyclable plastics

Plastic containers that are marked with a recycling symbol and a #1 to #5 can be placed in transparent blue bag #2 for disposal. But what about other plastic containers?

Non-recyclable plastics, may be marked with a recycling symbol and a # 6 or #7 or may not be marked with any number at all. These items should be placed in waste for proper disposal. Bags (bread, freezer), plastic drinking straws, plastic cutlery (knives, forks, spoons), k-cups, small plastic appliances (toasters, kettles, hand mixers, irons), wrap (cling wrap, bubble wrap), plastic lids, plastic stir sticks, cd and dvd cases, tapes and styrofoam egg trays....all go in waste.



Do you have a question about sorting household waste?

Call: 1-888-280-8111 or visit www.iwmc.pe.ca

Seniors Housing News

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