

seniors first BC

1. STORIES ABOUT SENIORS

[B.C. seniors beat quarantine boredom by recreating famous paintings featuring themselves](#)

(May 2, 2020)

Residents at the Amenida Seniors Community in Surrey, BC are having great fun with the Getty Museum's art challenge that has been spreading around the world. The Getty Museum challenge is to recreate a famous work of art with 3 things lying around your home, and share photos of the artwork and your personal re-creation. See other re-recreations from around the world:

Via [Getty Challenge 30 re-creations](#)

[80 Laps for 80 Years](#) (May 3, 2020)

Every year, Brian Porter participates in the Fund Run to raise money for the Ridge Meadows Hospital Foundation, but this year the Run was cancelled due to Covid-19. Inspired by the story of "Captain Tom in England," Mr. Porter celebrated his 80th birthday by walking 80 laps around his neighbourhood and collecting donations to raise over \$3,000. Via [CTV news](#)

[101-year-old Oak Bay veteran surpasses \\$101K fundraising goal](#) (May 9, 2020)

Another fundraising effort inspired by "Captain Tom" is being undertaken by 101-year-old World War II veteran John Hillman, who lives in Oak Bay, Victoria, BC. Mr. Hillman has been walking laps around the courtyard of his retirement home aiming to raise \$101,000 for Canada's Save the Children charity. Via [CTV news](#)

[France's oldest doctor is still treating patients at age 98 during coronavirus pandemic](#) (April 29, 2020) Dr. Christian Chenay, a doctor for 70 years, continues his mission of helping people in the "forgotten" suburbs of Paris. Via [Global News](#)

2. FUN ACTIVITIES FOR SENIORS

[Sing Along from Home with West Coast Reach](#)

Enjoy a *free, BC-wide, live, virtual singalong on Monday evenings, April 27-May 25.*

A great way to connect with others and lift your spirits during isolation. Sing along or sit back and listen. To participate in REACH WITH SONG virtual singing sessions (using either your phone or computer), please *email: westcoastreach@gmail.com* to find out when and how. Via [Global News](#)

Online Sing-In Events with the [Gettin' Higher Choir](#)

Based in Victoria, BC, the choir now has Online Sing-In events *open to all, in any place!*

Singing starts *every Wednesday at 7:30pm Pacific Time.* This event uses the Zoom app, so you need a computer, tablet, or smartphone. Click here to [Register for Cathy & Dick's weekly Wednesday Evening Sing-In](#) on Zoom. You will receive an email with instructions on connecting to the event, and an updated link and password just before each Sing-In. Via [Getting Higher Choir website](#)

Creative Collaborative Dance for Older Adults (55+) (Free) (online - using Zoom)

Participants collaborate with professional artists who are trained to work with older populations. Classes run on Fridays from 12:30-1:30pm until June 26, 2020. Via [Global News](#)

Libraries online: E-books, audio-books, online magazines and newspapers

- Vancouver Public Library: <https://www.vpl.ca/digitallibrary>,
Via [Vancouver Public website](#)
- British Columbia Libraries Cooperative: <https://bcpl.overdrive.com/>
Via [BC Libraries Cooperative](#)

Virtual Entertainment:

- **Museums / Art Galleries - Virtual Tours**
Visit the Louvre in Paris, the Metropolitan Museum of Art in New York, or even NASA's Research Centers, plus many others. Click on the [underlined red links](#) to access your own virtual tours, free admission and without the crowds!
Via [Good housekeeping](#)
- **Vancouver Symphony Orchestra - Digital Concerts**
Via [Vancouver Symphony Orchestra website](#)
- **Tiny Desk Concerts - https://www.npr.org/series/tiny-desk-concerts**
Via [NPR News](#)
- **Films:**
 - [Documentaries - Hot Docs free streaming/viewing on CBC GEM](#)
Via [CBC Gem](#)
 - The Dignity Project - [Film vignettes](#) - issues for LGBTQI2S older adults
Via [LGBTQI2S Dignity Project Website](#)
- **Animals - Live cameras:**
 - [Vancouver Aquarium](#) Via [Vancouver Aquarium Website](#)
 - [San Diego Zoo](#) Via [San Diego Zoo Website](#)
 - [Others](#) Via [Good housekeeping](#)

Tips for Older Adults to Avoid Social Isolation

- [Adults with technology](#) . Via [Canadian Frailty Network](#)
- [Adults without technology](#) Other ideas: write a letter, send a card, create art for people passing by your window (such as a rainbow and hopeful message). Via Canadian Frailty Network. Via [Canadian Frailty Network](#)

3. TIPS FOR HEALTHY AGING

Healthy Aging: Participating in physical activity, maintaining mental and emotional health, challenging the brain, eating a balanced diet, getting enough sleep, quit smoking, limit alcohol intake, maintain social connections. See more at <https://www.healthlinkbc.ca/health-topics/tn9719>
Via [HealthLinkBC](#)

SPECIAL DAYS AND EVENTS IN MAY



Victoria Day: Monday, May 18th
[The Story of Victoria Day](#)

Via [Canada's History](#)

4. RECIPES

Vegetable, Cheese & Egg Muffins

Breakfast, snack, lunch, or dinner!

Prep time 15 minutes *Cook time* 20 minutes

Yield: about 12 regular muffins or 24 mini muffins



Ingredients:

1/2 cup small diced bell peppers*

1/2 cup frozen peas*

1/2 cup frozen corn*

8 large eggs

salt and pepper, to taste

12 tablespoons shredded cheese, divided; use mozzarella, cheddar or a blend

[note: 12 tablespoons = ¾ cup]

Optional: fresh, chopped parsley or cilantro (to sprinkle on top)

*Other ideas for filling: ½ cup cooked chopped spinach (excess water removed); diced tomatoes; chopped mushrooms; diced cooked zucchini; chopped cooked ham, bacon or sausage

Instructions:

1. Preheat oven to 375F.

2. Grease a non-stick 12-cup regular muffin pan extremely well, making sure to coat the bottoms and sides of the pan so that every inch is liberally coated with spray or you will be chiseling off stuck food; set pan aside. OR, line the pan with paper/parchment paper cups). To make bite-sized muffins, use a mini-muffin (tart) pan.

3. In a large bowl add peppers, peas, and corn (or mix and match with your favorite vegetables) and toss to combine.
4. Loosely pile about 3 tablespoons of vegetable mixture to each muffin cavity, or enough so that each is filled to about 2/3 to 3/4 full; equally distribute filling mixture among cavities until gone; set pan aside.
5. In a 2-cup glass measuring cup (the measuring cup makes for easy pouring), crack the eggs and lightly beat with a whisk. Add the salt and pepper, to taste, and whisk to combine.
6. Pour about 2-3 tablespoons of egg into each cavity, equally distributing among the cavities. They will be about 3/4 full after being topped off with egg.
7. Top each cup with a generous pinch of cheese, about 1 tablespoon each. Sprinkle with parsley or cilantro if using.
8. Bake for about 18 to 20 minutes, or until muffins are set, cooked through, and are lightly golden. They will puff in the oven, but sink upon cooling.
9. Allow muffins to cool in pan on top of a wire rack for about 10 minutes before removing. You will likely need to rim each cavity with a small knife to help dislodge muffins. It's easiest to rim with a knife and then 'pop' the muffin out using a small spoon.

Note: You can make a whole batch of these healthy egg muffins in advance and keep them for up to about a week in the fridge and then just reheat them. Makes a quick on-the-go snack.

Adapted from a recipe by Averie Sunshine: <https://www.averiecooks.com/100-calorie-cheese-vegetable-and-egg-muffins/>

Via [Averiecooks website](#)

Build your own Bowl!

Adapted from Cookie & Kate: <https://cookieandkate.com/buddha-bowl-recipe/>

Via [COOKIE Website](#)

CONTRIBUTOR: Thank you to our volunteer Linda Yauk for contributing to these articles!