



- An integrated network of community support agencies and seniors groups to disseminate knowledge and promotion of wellness through innovative activities
- Weekly group settings within the community
- Catchment area: Central LHIN (Markham, Vaughan, Richmond Hill and/or North York West)
- Selected under "Aging at Home Innovation funding stream" in Central LHIN
- Selected as an Innovative program in Health Care Expo and Innovation Exchange April, 2008

## Integrating Communities

- Program was started by Human Endeavour (HE) with its own funding in 2005 for South Asian seniors in Vaughan
- In 2006 Community Home Assistance to Seniors (CHATS) partnered with HE with funding from United Way of York Region (UWYR)
- In 2007 CHATS & HE expanded the partnership and started a program in Markham
- In 2008 Human Endeavour in partnership with CHATS requested expansion of the program with funding from Central LHIN



## A partnership between Human Endeavour and CHATS

- Today's presentation is divided into two sections
1. How "Integrating Communities; Wellness and Prevention Program" is promoting an active and healthy life style in South Asian seniors to address issues like Isolation, Depression that can lead to Alzheimer's and Dementia
  2. Few latest research pointers about South Asian community & family structure and herbs that offers a strong hope to fight against Alzheimer's

## Presentation Structure

## Integrating Communities (IC); Wellness and Prevention Program details

- Realization, detection, severity and impact of these are not understood in South Asian / immigrant community
- Isolation is the most serious issue for immigrant seniors that leads to depression, physical and mental health issues
- "Depression may increase the risk of developing Alzheimer" - "The Daily Telegraph-2008"
- "People over age 75 who participated in leisure activities such as playing board games, reading, dancing and playing musical instruments were less likely to have dementia after 5 years than others their age" "2003 study in the New England Journal of Medicine"

## Isolation, Depression, Alzheimer's & Dementia

- Caters to issues like isolation, depression, language and mobility for newcomer seniors
- Focus on physical, psychological and social needs
- Volunteer and supplementary income opportunities for caregivers who are newcomers / immigrants

### IC Program focus

- **South Asian seniors Vaughan**
  - Started March, 2005. 100 Members, 80% women, 4 distinct communities, 6 languages, age 55-80.
  - units 2800/YR Twice a week socialization at a local community centre. Attendance 55/week, Transportation
- **Tamil seniors in Markham**
  - Started May, 2007. 130 Members, 70% women, age group 55-85. One community.
  - Once a week socialization at a local public school. Attendance 60/week, Transportation units 4800+/YR
- **Expanding to Maple, Thornhill ...with Central LHIN funding**

### Programs



Addresses needs of diverse newcomer South Asian seniors



Culturally appropriate social environment in their neighborhood



Caters to issues like isolation and language and mobility

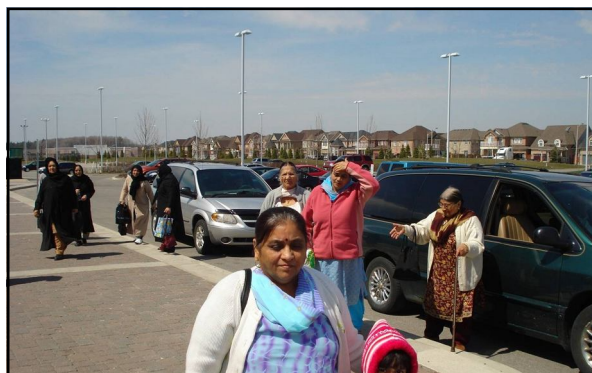
Community Home Assistance to Seniors	Human Endeavour	Punjabi Community Health Centre
COSTI - Settlement	Vaughan Public Libraries	Immigrant Women Health Centre
Public Health	Seniors Association of Vaughan Initiative	Senior Service Providers Network of York Region
Computer Literacy	Non profit sector	Fire, Police, Safety & Culture departments
York Region District School Board	City of Vaughan	York Region Catholic District School Board

Financial Support: United Way of York Region, New Horizon – Govt. Of Canada, Central LHIN

Creative contents through non-traditional partnerships



**South Asian and Canadian events with other communities**



**Free transportation through a community supported model**

**Innovative Program Contents**



**Health, wellness and prevention presentations**



**Low impact exercise and Yoga**



**Learning crafts and new skills**





**Socialization, games and outings**



**Nutritious meals and snacks**



**Language specific mobile library visits**



**Mobile health unit visits**



**English conversation classes**



**Computer/Internet literacy**



### Addressing intergenerational gap

- Physical and psychological wellness of seniors has improved as a result of being mobilized, active and able to enjoy the company of people of their own age group by sharing things of common interest.
- Significantly improved quality of life outcomes such as:
  - Reduced isolation [and depression]
  - Reduced stress
  - Maintain or improve stamina
  - Improved quality of life
  - Improved overall sense of well being
  - Reduced burden of caregivers
- 90% or higher results achieved during last three years

### Performance indicators

### Few latest research pointers

- Community and family structure in South Asia reduces Isolation & Depression
- South Asian spices and natural medicines offer encouraging results to fight against Alzheimer's
- "The prevalence of Alzheimer's among adults aged 70-79 in India, is 4.4 times less than the rate in the United States"
- "The new UCLA-Veterans Affairs study involving genetically altered mice suggests that curcumin (turmeric), the yellow pigment in curry spice, inhibits the accumulation of destructive beta amyloids in the brains of Alzheimer's patients and also breaks up existing plaques"

( <http://alzheimerdiseasesinindia.blogspot.com/2007/04/indian-curry-may-be-next-alzheimers.html> )



### South Asia offers hope

- 256 Curcumin papers were published in 2004 according to a search of the U.S. National Library of Medicine and the U.S. National Institute of Health has four clinical trials underway to study Curcumin treatment for pancreatic cancer, multiple myeloma, Alzheimer's, and colorectal cancer  
<http://en.wikipedia.org/wiki/Turmeric>
- "Scientists in the UK and India are examining the ancient Indian ayurvedic medicine for possible use in drugs to treat Alzheimer's disease. Ayurvedic medicine uses herbs and spices like basil, turmeric, garlic, ginger and aloe vera, as well as yoga exercises, to treat physical and psychological problems"  
([http://news.bbc.co.uk/2/hi/south\\_asia/5314826.stm](http://news.bbc.co.uk/2/hi/south_asia/5314826.stm))
- Turmeric is very inexpensive and readily available in any South Asian groceries store. In South Asian language it is called HALDI. It is an essential ingredient of cooking and used on daily basis in every South Asian home

### South Asia offers hope

## Q & A

**To become a partner in Integrating communities program, please contact:**

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