



News Release

January 18, 2018

New program supports in-community healthy aging

January 18, 2018 - Grand Falls-Windsor, NL – The Town of Grand Falls-Windsor and Central Health have partnered on another age-friendly initiative.

With a grant from the Town of Grand Falls-Windsor, Central Health's Dr. Krista Barney (Ph.D.) and Chelsea Quinlan (Psychology Ph.D. Resident) have been trained in *Learning the Ropes*. This program focuses on optimizing cognitive health for seniors through lifestyle changes, memory training, and psychosocial support.

The World Health Organization and Health Canada define healthy aging as “a lifelong process of opportunities for improving and preserving health and physical, social and mental wellness, independence, quality of life, and enhancing successful life-course transitions”. Healthy aging is about the overall, life-long health journey. It includes physical, emotional, spiritual, and mental health needs. Healthy aging can prevent, delay, or help better manage chronic disease. Supportive communities are key in healthy aging. Through its Age-Friendly Steering Committee, the Town of Grand Falls-Windsor has positioned itself as a leader in age-friendly communities.

After piloting this training and support in Grand Falls-Windsor, staff throughout the Central Health region will be trained in *Learning the Ropes*, to help support individuals and families experiencing Mild Cognitive Impairment (MCI) in the 177 communities served by the health region.

“The importance of educating seniors and their caregivers about the resources available in the community to seniors’ family members or friends cannot be understated. The Town of Grand Falls-Windsor is very proud to be able to partner with, and support, experts living in our community from Central Health. We are always looking for innovative ways to support community-based healthcare. The result is seniors able to enjoy the benefits of dignity, self-fulfillment, social inclusion, independence, safety, security, and fairness.”

- His Worship Barry Manuel, Mayor, Town of Grand Falls-Windsor

“This community partnership supports the provincial All Party Committee recommendation to provide specialized training for people who work one-on-one with seniors, and to encourage community leaders to form coalitions to promote mental wellness. Supportive communities for healthy aging start with community partnerships like this one.”

- Rosemarie Goodyear, President and CEO, Central Health

Links:

[Learning the Ropes for Living with MCI™](#)

[Healthy Aging](#)

[The Way Forward – Towards Recovery: The Mental Health and Addictions Action Plan for Newfoundland and Labrador](#)

Media contacts:

Stanley Singh
Executive Director, EXCITE Corporation
709.489.4628
ssingh@excitecorp.nf.ca

Gaïtane Villeneuve
Director of Communications, Central Health
709.293.0542
gaitane.villeneuve@centralhealth.nl.ca