

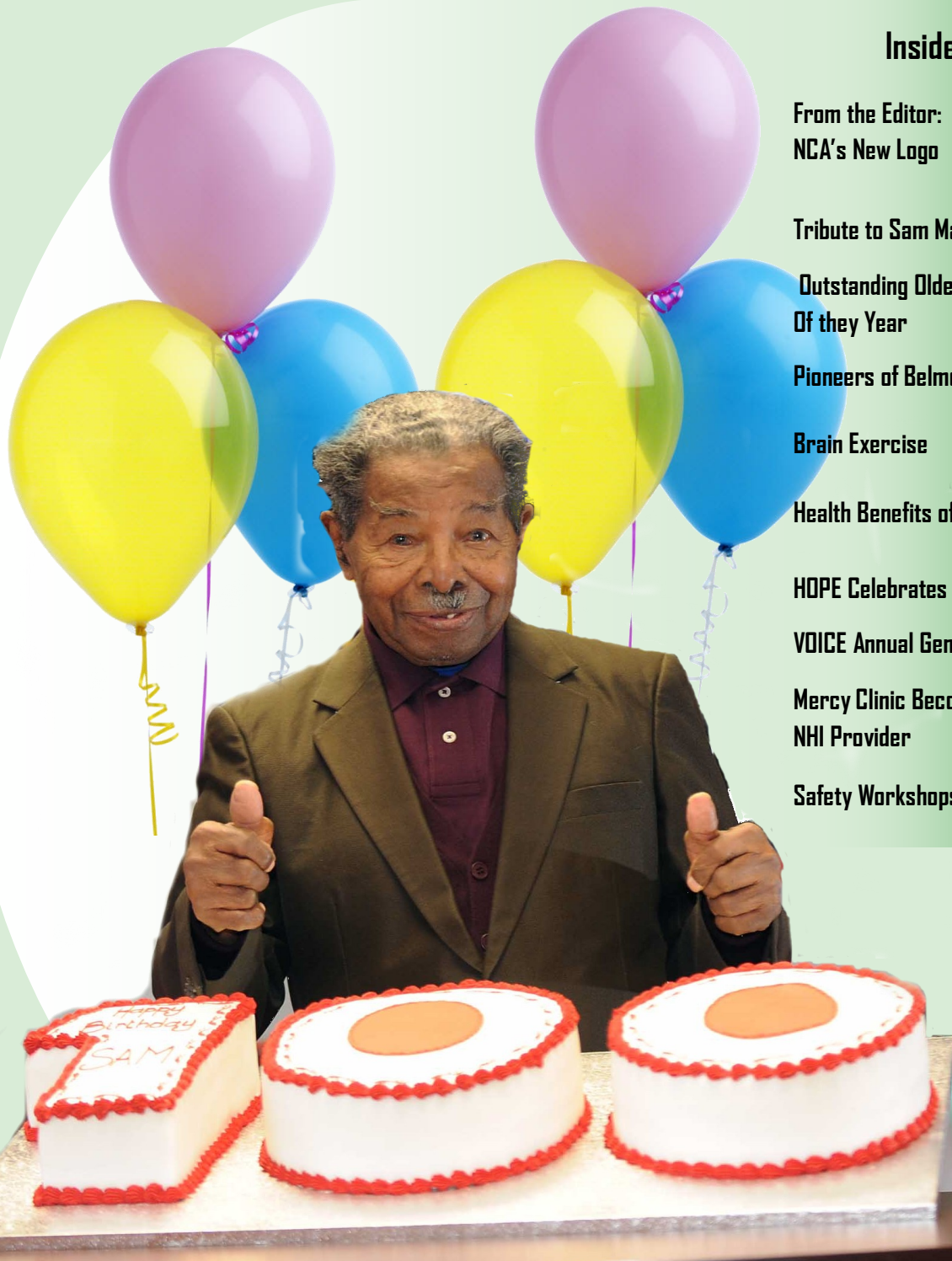
“WORKING TO PLACE OLDER PERSONS’ CONCERN ON THE BELIZE NATIONAL AGENDA”

The National Council on Ageing Quarterly Newsletter



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From the Editor

Greetings readers and welcome to the first issue of the NCA newsletter for 2010. This issue features a tribute to Mr. Sam Martinez who celebrated his 100th birthday this February. We are also catching up on the Christmas celebrations by highlighting the activities held by HOPE, Punta Gorda. However the NCA has a new look for 2010, as we unveil our new logo.



*Ix-Chel Poot
Editor*

The original logo featured two older persons in the center of the dollar coin being symbolic of the need of financial security and stability for older persons. While the concept of the logo captures our aim here at the NCA the faces of the two older persons didn't seem to do justice to principle of active ageing we are promoting at the NCA.

The new logo now features an elderly couple smiling in the center of the dollar coin. The smiling faces symbolizing a contented state as we age. We began using the new logo in January 2010



Old Logo



New Logo

I hope that you enjoy this issue that we have put together and I invite you to send your questions, comments and ideas to be included in our upcoming issues! Our contact information can be found on the back of our newsletter.

Ix-Chel Poot

Tribute to Sam Martinez

On February 18, 2010 Mr. Sam Martinez celebrated his 100th birthday. He hails from Barranco in the Toledo District and was born in Punta Gorda Town in 1910.

The Belize High Commission in the UK is very pleased to share with Mr. Sam's family in Belize, and indeed with all Belizeans, the achievements of this very gentle gentleman.

Mr. Martinez joined a number of men from British Honduras, in answer to a request from the Colonial Government, for men to work in the forests of Scotland during World War II. Among the group were Mr. Amos Ford, and Mr. Phillips.

Mr. Martinez and his fellow travelers arrived in Scotland in November 1942 and were deployed to forestry camps all over Scotland to feel trees for the war efforts. He described them as "matchsticks" compared to the mahoganies of Belize.

Mr. Martinez is featured in a documentary called "The Tree Fellers" and his story, as well as that of other noteworthy Belizeans, such as Ms. Nadia Cattouse, are featured at the Imperial War Museum, London and can be accessed on www.iwm.org.uk

The Tree Fellers (24 mins) tells the story of the 900 Belizean lumberjacks who in 1942 left the tropical rainforests of British Honduras to fell trees in Scotland. Sam, Eric and Amos were among those who stayed on after the war



*The Tree Fellers Reunion:
Sam Martinez, Eric Phillips and Amos Ford*

to make new lives in a country where, for better or worse, the colour of their skin marked them out. This newly discovered archive film of the last reunion of the Tree Fellers is a lyrical and moving documentary testament to all the men that left Belize to contribute to the war effort.

Outstanding Older Woman of the Year

On March 31st, 2010 the Women's Department hosted its annual Outstanding Women's Award at the Bliss Center, Belize City. This year the NCA chose to honor Mrs. Maria Magaña.

Maria Angelita Magaña is a proud resident of San Joaquin Village, Corozal District. She has been involved in community work from a young age and still works tirelessly to improve the lives of Belizeans around the country. She married Gilberto Magaña 47 years ago and their union produced five children.

Mrs. Magaña began her years of service as a teacher at the San Joaquin Roman Catholic Primary School and later received her Trained Teacher's Certificate at the Belize Teacher's College. During her time as a teacher Mrs. Magaña also established several community based projects, such as the San Joaquin Fiesta in 1967 and various youth groups in her village.



Mrs. Maria Magana and her family at the 2010 Outstanding Women's Awards

In 1987, Mrs. Magana left her post as principal to become a Curriculum Development Officer. She later served in the Ministry of Home Affairs as the first National Coordinator for the Drug Abuse Prevention Education Project. During these years Mrs. Magaña traveled extensively throughout Belize, the Caribbean and Central America, conducting workshops and facilitating presentations.

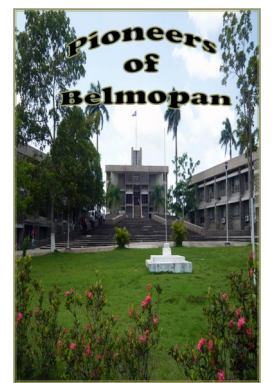
In the 1950's Mrs. Magaña became a junior link of the British Red Cross and has continued to be involved with this organization up to the present day. She now travels the country with the Red Cross team conducting workshops and training sessions in disaster preparedness in the rural parts of the country. Mrs. Magaña is undoubtedly a role model and the NCA has been proud to honour her as a 2010 Outstanding Older Woman of the Year!

Pioneers of Belmopan

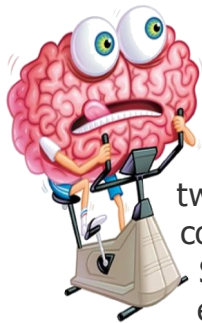
The National Council on Ageing launched its new booklet "Pioneers of Belmopan" on Wednesday February 17th, 2010, at the George Price Center for Peace and Development.

The booklet was compiled by Ms. Tiffany Taylor, a student of the University of Belize, and highlights the life of ten Belmopan residents who migrated to make a contribution to the development of the Capital City. Residents such as Mr. Justo Castillo, Mrs. Patricia Robinson, Ms. Juanita Ireland, Mrs. Justa Arzu, Mrs. Myrtle Gill and Mr. Edred and Mrs. Alma Dakers arrived in the early 70's while Mrs. Gwendolyn Zetina, Lady Leonie Cain and Mr. Orlando Orio made their mark a little later.

The Mayor of Belmopan was present for the launching of the booklet and addressed the Pioneers, reminding them that he also worked



to develop Belmopan in the early 70's. After the official presentation of the booklets some the Pioneers shared their memories on their early life in Belmopan. Copies of the booklet are available at the NCA Office in Belmopan.



Exercise your Brain!

Do you know where words are stored in your brain...? In your temporal lobe! Your brain has two sides (two hemispheres) connected by the corpus callosum.

So you have one temporal lobe on each side of the brain.

If you are right-handed your language is stored mostly in your left temporal lobe and if you are left-handed, your language is stored a bit on both sides of your brain.

Research has shown that words that are often heard together (such as salt and pepper) or words that share some meaning (such as nurse and doctor) are connected or associated in the brain. Once you hear one, the other is activated.

Here is a brain exercise that aims to stimulate the connections or associations. In the left column you have a pair of words. Your goal is to find a third word that is connected or associated with both of these two words.

The first pair is PIANO and LOCK. The answer is KEY as there are KEYS on a piano and you use a KEY to lock doors....

Ready to stimulate connections in your temporal lobe (s)? Enjoy!

1. LOCK – PIANO _____ KEYS _____
2. SHIP – CARD _____
3. TREE – CAR _____
4. SCHOOL – EYE _____
5. PILLOW – COURT _____
6. RIVER – MONEY _____
7. BED – PAPER _____

8. ARMY – WATER _____

9. TENNIS – NOISE _____

10. EGYPTIAN – MOTHER _____

Answers on the back page GOOD LUCK!

www.sharpbrains.com

Health Benefits of Papaya

The Papaya has been regarded as one of the most valuable tropical fruits. It is cylindrical or pear-shaped with a central cavity that is surrounded by hundreds of small seeds, though sometimes seedless varieties of the fruit are also found.



The fruit has a thin smooth skin. It is dark green in color at first, but as the papaya ripens, it changes to bright yellowish or orange. Inside, the thick juicy flesh has a soft melting quality with a delicate aroma and delicious taste

Health Benefits of Papaya :

- Papaya contains the digestive enzyme papain that is why it is valuable for aiding digestion.
- The ripe fruit is easily digestible and prevents constipation.
- It is shown in a study that this fruit when taken alone for 3 days has a beneficial tonic effect in the stomach and intestines.
- Papaya juice helps in relieving infections of the colon and can help break down pus and mucus.
- May help prevent cancer in organs and glands with epithelial tissue (ripe papaya).
- Prevents nausea (includes morning sickness and motion sickness). Taken 230cc. Of papaya juice or pineapple juice.
- Slices of green fruits rubbed over meat and

boiled with tough meat, make the meat more tender.

- The seeds are antihelmintic, for expelling worms and they are given with honey. Chew and swallow two teaspoonful of seeds after each principal meal (three times a day).

HOPE Celebrates Christmas

On December 16th 2009 HOPE gathered together over 150 older people from the Punta Gorda community to celebrate its Annual Christmas party at the Parish Hall.



The Parish Hall looked very festive thanks to the very committed group of HOPE volunteers that decorated the large room the previous evening with a Xmas tree, balloons, streamers and whatever they could find to make the room attractive, including very special table decorations.

The party began with live mouth organ music by Mr. James Benguche (Jimmy Lux) and songs from Minister Eden Martinez, accompanied by his son Lacle and Mr. Adolphus. All were welcomed by Sister Consuela and Matron Shirley Mahung thanked the Board members and volunteers for their work over the past year. Ms. Lindy Jeffery,



representing the NCA, provided a few remarks about the importance of HOPE in providing facilities and social activities for older people and the need to increase respect in the community to older people because they are the ones that have contributed for many years to the development of the Town and District.

All the older people gave thanks for the Xmas meal led by Sister Josefina. Following the meal the party began to swing when the members got off their chairs and danced to the rhythms of the music provided by the small group of musicians.

Before making their way home, each partygoer was given a goody bag with fruit and a small Christmas present. By the amount of smiles, hugs and expressions of gratitude, it was clear that the older people in Punta Gorda were very happy that day and would be looking forward to the next activity that would bring them together.

VOICE AGM

The Second VOICE Annual General Meeting was held at the Hazel Hutchinson Center, Belmopan City on February 24th, 2010. Representatives from all district branches met to review the past years activities and elect the new National Executive. There were energetic reports from the district branches highlighting the activities that have been carried out across the country.



VOICE Annual General Meeting, 24th February, 2010

The new VOICE National Executive for 2010/11 was elected as follows:

- President: Dollis Reynolds, Orange Walk
Vice President: Paul McCord, Belmopan
Secretary: Jennifer Dunn, Belmopan
Treasurer: Rudolf Serano, Dangriga
Ass. Treasurer: Lucio Navaro, Corozal
Trusties: Sharane Palley, Punta Gorda
Norma Sutherland, Belize City
Linda Moran, Benque Viejo



VOICE National Executive Committee 2010

We look forward to a very productive year for VOICE and if you are interested in becoming a part of the VOICE organization contact the NCA office in Belmopan of more information.

The main address for this year's meeting was delivered by Mr. Jeffery James, Caribbean Regional Director of HelpAge International, who presented on the importance of a **"Universal Old Age Pension in Belize."** The issue of pensions is one that is increasing in importance for, as the Belizean population continues to age, many older persons find themselves financially vulnerable.



Mr. Jeffery James
Mr. Jeffery James, arrived in Belize on February 21, 2010 and during his week here he met with Minister Eden Martinez and CEO Judith Alpuche at the Ministry of

Human Development and Social Transformation, NCA Board Members and members of HelpAge Belize, as well as speaking at the VOICE AGM.

Mr. James's visit focused upon discussing the possibility of providing a Universal Pension Scheme in Belize as a means of providing social protection to older persons. This pension should not viewed as a hand out but a right to financial security that can be accessed by every older Belizean person. A Universal Pension for an older person would provide them with the ability to contribute to the financial state of their household, greater opportunity to maintain an acceptable quality of life and a greater sense of dignity and self worth.

The need for financial stability among older persons in the country was highlighted in the findings of the Belize Country Poverty Assessment (CPA), carried out in 2009. The CPA revealed that approximately 41% of older persons in Belize are considered poor. This data only takes into consideration persons 65 years and older, however if we are to consider older persons as anyone 60 years and older, the rate of poverty among older people becomes higher than the national average rate of poverty.

As the ageing population grows steadily in Belize so does the incidents of poverty among older persons rises. Therefore, this issue must be addressed in a constructive way that provides greater financial stability to older persons in the future.

Mercy Clinic is now an NHI provider

Mercy Care Center is a collaboration of Mercy Kitchen, established 1986, and Mercy Clinic, established 1959. The center is a sponsored ministry of the Religious Order of the Sisters of Mercy. The center responds to the needs of Belize City's poor elderly. The kitchen provides for the nutritional needs and the clinic provides for the health needs of the patrons.

The center is a non-profit organization and relies heavily on benefactors and is funded

primarily through grants and donations. Mercy Kitchen serves breakfast and lunch five days a week and delivers meals to an ever growing number of homebound members. The average number of meals served each day is 95.

Mercy Clinic provides medical attention to registered patients and the programs offered to the elderly poor include out-patient services, medical care to homebound members and counseling through the Health Education Department. The clinic was recently registered as an NHI provider for south side residents in Belize City.



The new Mercy Clinic Treatment Room

Becoming an NHI provider means that the clinic now offers the services of a full time doctor, Dr. Miriam Alavardo and a full time nurse. The clinic is open from 8am-12pm and the doctor carries out home visits in the afternoon.

Although as a Primary Health Provider under the NHI has enabled Mercy Clinic to extend its services to more older persons, unfortunately certain medications and specialized tests and treatments are not currently covered by the Scheme. Since Mercy Clinic has established a very good relationship with KMHM, many of the diagnostic procedures can be carried out at this facility

The dynamic team at the center strives daily to ensure that all the older persons at the center have their needs met. The patrons at the center look forward to the hours they spend there as they meet with friends who also serve as family. Mercy Clinic is the only clinic that exclusively serves older persons. For more information about the services offered by the Mercy Care Center / Clinic call: 223-0344

Community Safety Workshops

As a part of the Women's Month activities held in March, the NCA along with the Community Police Unit and the Women's Department held safety workshops for older women in each district across the country.

The workshops were facilitated by four community Police officers: Corporal Hortence Hernandez, WPC Sheryl Lanza, WPC Stacey Smith and WPC Tanisha Davis. The workshops featured two skits written by Sergeant Diahne Williams entitled *Better Safe Than Sorry* and *Proud Prudence*. The workshops focused on personal safety at home, on the street and at night. The older women were encouraged to ask questions, voice concerns and make comments. Tips included safe ways to carry money, actions to take if you suspect you are being followed or if you suspect there is an intruder in your home.

An estimated total of 180 older women and men were able to attend and participate in the workshops.

The NCA extends its sincerest thanks to the community Policing Unit; HelpAge District groups; VOICE District groups; The Women's Department and HOPE in Punta Gorda for their support and participation in this project. (Pictures of workshops on the Back sheet)



Left to Right: Ix-Chel Poot, Cpl. Hortence Hernandez, WPC Stacey Smith, WPC Sheryl Lanza,

COMMUNITY SAFETY WORKSHOPS MARCH 2010



DANGRIGA WORKSHOP
HELPAge CENTER, MARCH 4, 2010



PUNTA GORDA WORKSHOP
HELPAge CENTER, MARCH 3, 2010



ORANGE WALK WORKSHOP
MULTI-COMPLEX CENTER, MARCH 12, 2010



COROZAL WORKSHOP
HELPAge CENTER, MARCH 11, 2010



BELIZE CITY WORKSHOP
HELPAge CENTER, MARCH 22, 2010



BELMOPAN WORKSHOP
HAZEL HUTCHINSON CENTER, MARCH 23, 2010

Brain Game Solutions

- | | |
|---------------------------------|------------------------------------|
| 1. LOCK – PIANO <u>KEY</u> | 2. SHIP – CARD <u>Deck</u> |
| 3. TREE – CAR <u>Trunk</u> | 4. SCHOOL – EYE <u>Pupil</u> |
| 5. PILLOW – COURT <u>Case</u> | 6. RIVER – MONEY <u>Bank/Flow</u> |
| 7. BED – PAPER <u>Sheet</u> | 8. ARMY – WATER <u>Tank</u> |
| 9. TENNIS – NOISE <u>Racket</u> | 10. EGYPTIAN – MOTHER <u>Mummy</u> |

Where to find the N.C.A.

For further information about the NCA

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