



Nikkei Seniors
Health Care &
Housing Society

**Japanese Canadian Survivors
Health & Wellness Fund**

Brainstorming Ideas

This is a list of ideas that were discussed at our Brainstorming Sessions on Zoom. This list is what we heard from community members. This is not an exhaustive list. This list does not mean that these ideas will be approved by the JCShWF Selection Committee as a successful application.

Underserved Individual Ideas

E.g. Health - respite care, mobility aids including walkers, scooters etc., transportation to get around the community (e.g. to the doctor), household chores and minor repairs, adult diapers, handrails, raised seats, hearing aid or batteries, dental work, eyeglasses, footcare, other safety/medical equipment, readers for visually impaired, medical alert systems, social activities to address social isolation, personal trainer or kinesiologist, massage therapy, etc.

E.g. Wellness – joining a group, organization, club, class, activity such as joining a gym to exercise, getting culturally appropriate foods, etc.

EXAMPLES OF PROJECTS

Projects - finding survivors and delivering bento, meals on wheels, purchase or rental of a special bus for transporting wheelchairs and walkers, making facilities accessible and safe (for wheelchairs), oral history partnerships. Ikebana demo once a month in a care homes, history book of the people involved with the temple and/or other organizations. etc.

Events - dementia friendly workshops, reconnecting keiro-kai, health & resilience workshops, obon, a reunion of those who were interned, community JC celebration (e.g. Greenwood 125th same year as 80th of Internment = 2022), Internment bus tour, Southern Alberta sugar beet tour, mochizuki, organized casino nights or visits, religious conferences, etc.

Products - technology, echo devices, equipment upgrades for seniors' group activities, safety and health equipment (e.g. air conditioner, shandrills, ramps), I pads to learn Zoom and stay in touch with family, special food products or supplements that are for healthy immune, portable religious shrine for homebound. etc.

Services - peer to peer support, wellness clinics, reminiscing, visitations, nikkei groups, securing a bowling alley, speakers about seniors issues (POA, Advance Directives, etc), odori, medical treatments and transport, iki iki, karaoke, podiatry, dance troupe, personal trainer or kinesiologist, massage therapy, physiotherapy, etc. long term care collaboration, lessons (e.g. Zoom and other activities), activities (e.g. Ping pong, other exercise), tech support, Manju program, Zoom variety show, telephone program - dialpad.com, intergenerational letter program, newsletter connection befunky.com, etc.

Supports - transportation to events or meetings, rent sharing the momiji van, etc.

Other - reflective storytelling, oral histories, zoom video projects, genealogy research to assist the senior to write memoirs, Intergenerational (trauma) activity with seniors and families, virtual tour guide live stream that can video your trip to others <http://www.arapro.ca/tours/remote>