

## Celebrate Seniors' Month @ your library

Every June the province celebrates Seniors' Month and at the Brockville Public Library we would like to take this occasion to recognize the contributions made by seniors every day. Currently, seniors account for approximately 13% of Ontario's population.

This year's theme is **Discover the Possibilities**. We would like to take this opportunity to talk a little about our services and collections that we have available to help promote healthy aging as well as helping seniors to live life to the fullest.

Every year more Brockville community members experience vision loss which can lead to exclusion and isolation. We believe that bridging the information gap has a positive impact on the senior population in our community. By providing a community space, information in an accessible format, both print and electronic, isolated seniors and retirees in our community can regain a sense of control, and more fully participate in their community.

Our Talking Books and Large Print titles are two of our most helpful collections, in terms of continued access to information, but are also unfortunately our most least known collections.

We currently have almost 2500 large print books. This collection includes fiction and non-fiction and span all genres and subjects. We also have 380 talking books on CD and over 600 in cassette format. Like the large print, we have both fiction and non-fiction titles. We have a great collection of standup comedy CD's as well as language learning CD's. We are currently expanding the Talking Book on CD collection and welcome any donations in this format. These collections are crucial for those with vision loss or illness, but are also very useful to others. We have many patrons who use our talking books in their cars while commuting to work or on long trips. Talking books can also be downloaded onto mp3 players and used on walks, runs or even while relaxing on the beach or in a hammock down south!! If you have difficulty reading, but still wish to enjoy relaxing with a good story, talking books are worth considering.

### Did you know?

For the hard of hearing, you can select ENGLISH subtitles on almost all movies in DVD format.

Brockville seniors are a diverse group whose culture, language, health status, interests and income levels vary dramatically. We do our best to anticipate the needs of this varied group. We have recently compiled a subject guide entitled "Aging Gracefully" that is available at our website at [www.brockvillelibrary.ca/subject-guides.htm](http://www.brockvillelibrary.ca/subject-guides.htm). This is a selective guide to resources available at the Brockville Public Library and include books on beauty & skin care, "brain-care", sexuality/relationships, travel, nutrition, retirement guides, and physical health. Below are some of the titles that can be found on this list:

- *The better brain book: the best tools for improving memory and sharpness and for preventing aging of the brain* by David Perlmutter
- *The new yoga for healthy aging: living longer, living stronger and loving every day* by Suza Francina
- *Dating after 50: negotiating the minefields of midlife romance* by Sharon Romm.
- *Unbelievably good deals and great adventures that you absolutely can't get unless you're over 50* by Joan Rattner Heilman.

- *Take your money and run!* by Alex Doulis

We also have a number of adaptive technologies available at the library. Adaptive technology is any piece of equipment that eliminates or diminishes barriers to information, and maximizes independence. We have a number of products, software and hardware, designed specifically for the purpose of providing enhanced access to our many services and collections.

#### **ZoomText Software**

If you have difficulties with the small print on computers and the Internet, please ask about our ZoomText Internet Stations. Currently two of our sit-down stations and two of our Express Stations are equipped with this software. The Internet stations equipped with ZoomText are also equipped with 22" large screen monitors. Additionally one of our sit-down stations is equipped with a ZoomText keyboard sporting yellow keys with large black letters.

#### **Video Magnifier**

This unit, a gift from one of our patrons, is a low vision solution for those living with macular degeneration, glaucoma, diabetic retinopathy, and other eye conditions. It can help patrons continue important everyday tasks such as reading magazines, books, newspapers, as well as aid in the writing of checks, letters or other documents (government forms, etc). The machine will magnify, highlight, change the contrast of the document, etc. Please ask at the Information Desk for more details.

Another service that is underutilized is our Shut-In Service. Coordinated by library staff and delivered by volunteers, this service is geared toward those who are home-bound and unable to visit us. It is designed for patrons who are confined to their homes for more than three months due to age, disability or illness. The library will deliver regular and large print books, talking books on cassette or CD as well as music CD's and cassettes. This service is not available to people living in retirement or nursing homes. If you or anyone you know is in need of this service, please contact us at 613-342-3936.

Visit us in June and help us celebrate Seniors' month. On Saturday June 21<sup>st</sup>, from 10:30 am to 11:30 am, *Exit Stage Left Quartet*, part of Brockville's *Melodymen Barbershop Chorus*, will perform at the Brockville Public Library. Enjoy this talented group of entertainers and learn what it means to sing in close harmony.

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