

THE WCR LEARNING COMMUNITY

This project is made possible through funding from the Government of Canada and the Province of British Columbia.

Canada



WelcomeBC



Shu-Wing Mak looks good at 99-years-old.
Photo: Jason Payne, *The Vancouver Sun*

Thousands of Canadians live to be 100 years old

Level 3

Almost 6000 Canadians are 100 years old.
Most of them are women.

Three people tell us their secrets.

Shu-Wing Mak volunteers in Chinatown. He says his active life keeps him healthy. He visits seniors at a retirement home regularly. He listens to Chinese opera and writes for the newspaper. He received the Queen Elizabeth Jubilee medal this year.

Claire Aldelberg is 98. She goes to tai chi and aerobics classes. She makes the effort

to keep fit and eat right. Years ago she gave up sweets and fried foods. She started eating mostly vegetables and fruits. Claire has many “young friends”.

Lillian Gabert is 100 years old. She lived in the country as a young woman. They had no electricity or running water. She hauled water, grew a garden and preserved food. There were no prepared foods to eat.

Lillian says, “You worked and work was hard. You didn’t need more exercise. Faith is important and the friends you have...”



This trio of residents from Parkwood Manor in Coquitlam has been alive for a combined 311 years.

From left are: Lillian Gabert, 100, Alice Okerstrom, 105, and Ivy McComb, 106.
Photo: Jason Payne, *The Vancouver Sun*

(. . . continued on page 2)

(... continued from page 1)

What are the secrets to living to be 100 years old?

1. Eat right
Eat lots of legumes, whole grains, fibre, fruits, vegetables, olive oil, fish and nuts.
2. Get regular vigorous exercise
Never stop moving.
3. Cherish friends and family
Stay involved in life. Stay connected to your family, friends and community.
4. Keep slim, but not too slim
5. Avoid smoking
6. Drink a little red wine
One to three glasses of red wine a day are recommended. Too much alcohol is not good.
7. Have a positive attitude

Links:

Watch this video of Claire in her aerobics class.

<http://www.vancouversun.com/health/Living+within+sight+thousands+Canadians/8685043/story.html>

Video: Jason Payne, *The Vancouver Sun*

Exercise:

Answer these questions in a short sentence.

1. What does Shu-Wing do to stay healthy?

2. What does Claire do to stay healthy?

3. How old is Lillian?

4. What are 3 things you could do to live longer?

(Answers are on the next page.)

Answers:

There are many correct answers to these questions. Here are some samples.

1. Shu-Wing visits seniors at a retirement home regularly.
Shu-Wing keeps active to stay healthy.
Shu-Wing is active.
2. Claire goes to tai chi and aerobics classes to stay healthy.
Claire keeps fit and eats right.
Claire eats mostly vegetables and fruits.
3. Lillian is 100 years old.
4. Stop smoking to live longer.
Cherish your friends and family.
Eat lots of fruits and vegetables to live longer.