

The Well being Party

TOOLKIT

..Supporting Active Ageing for women!



ENGLISH	YORUBA
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<p>ABOUT THE PROJECT</p> <p>Center for Gender Economics (CGE Africa) Commences the Implementation of a social inclusion project for elderly women.</p> <p>As part of efforts to promote and protect the rights of Women and Girls in Nigeria, CGE Africa, with support from ActionAid Nigeria through the Women’s Voice and Leadership Nigeria Project, we are implementing a 5-Year Project in Lagos State with focus on Promoting Socio- economic welfare of Elderly Women through Well-being Parties with a view of achieving increased productive aging for elderly women and their participation in leadership at all levels. This project is funded by Global Affairs Canada.</p> <p>Wellbeing Parties-4-Social Inclusion project team will strive to create possibilities for well-being reinvigoration activities and innovative voluntary work for elderly women through creating new, low threshold possibilities for participation. The project aims at supporting general well-being and social inclusion of elderly women for economic security. Project will be implemented by developing innovative voluntary work options for elderly women.</p> <p>It will be actively marketed to and by elderly women and the aim is to recruit enthusiastic elderly women to organize and host well-being parties. These parties will be around different well-being related themes.</p>	<p>NIPA IṢẸ AGBESE</p> <p>Ile-iṣẹ fun Iṣowo Ẹto (CGE Africa) ti idawọle ifisipọ si awujọ fun awon obinrin agbalagba.</p> <p>Gegebi apakan awon igbiyanju lati se igbega ati aabo awon eto ti Awon Obirin ati Awon omobirin ni Ilu Naijiria, CGE Africa, pelu atileyin lati odo ActionAid Nigeria nipase Voice of Women ati Leadership Nigeria Project, a n se agbekale Eto Odun-marun kan ni Ipinle Eko pelu idojuko gbigbe laruge oro iranlowo ti eto-oru fun awon Obinrin agbalagba nipase awon egbe ti o ni ife si alafia pelu wiwo ti iyorisi alekun ti iselopotoposi fun awon obinrin arugbo ati ikopa won ninu itosona ni gbogbo awon ipele. Ise yii je agbateru nipase Global Affairs Canada.</p> <p>Egbe akanse “Wellbeing-4-Social Inclusion” yoo tiraka lati sda awon aaye fun awon ise imularada daradara ati ise iyoda imotuntun fun awon obinrin arugbo nipase sda awon aaye tuntun ati awon aaye ni iwonba fun ikopa. Ise agbese na ni ero ni atileyin ilera gbogbogbo ati ifisipọ ti awon obinrin agbalagba fun aabo eto-oru. A yoo se idawole nipa dida idagbasoke awon asayan, ise iyoda tuntun fun awon obinrin agbalagba.</p> <p>Eto yi yoo se amulo awon Obinri agabalagba. A ti wipe erongba ni lati gba awon obinrin agbalagba ti o ni itara lati seto ati gbalejo awon egbe alafia. Awon egbe wonyi yoo wa ni ayika awon orisirisi awon akori ti o jomodo daradara.</p>

INTRODUCTION

Well-Being Parties do not involve money or goods, but knowledge, skill as well doing things together. Parties bring people together to share their thoughts on the well-being of different themes, taking advantage of this and encouraging thought and action from volunteers is very key.

The wellness themes covered in the parties are nutrition, exercise, sleep and rest, social relations and inclusion, music and nature. An important idea with parties is that being together is nice and relaxed. With parties, everyone is free to share thoughts.

Participants to the parties are invited by a host who anchors the monthly party. Snowball effect is generated and participants at the parties are encouraged to host own parties or even become registered volunteers by themselves.

In parties, it is important for everyone to feel equal to others, everyone's thoughts and actions should be appreciated. Each participant should be given fair participation and expression of ideas. It would be good to have a participant feel free to give something reflective, action or move to leave or experience a pleasant togetherness with a well-being theme.

This handbook was produced only to provide tips and ideas for parties.

Good luck!

AKOSO

Egbe Well-Being kiise egbe alajeseku abi ile ifowopamo abi ile itaja Sugbon o je egbe ti o duro fun imo, imo-ise bii sise awon nkan papo. Awon egbe ko awon eniyan jo lati so awon ero won lori ilera ni orisirisi one, ni anfani eyi ati iwuri ero ati ise lati odo awon oluyoda je pataki.

Awon akori igbe aye alafia ti o wa ninu awon egbe yi ni eko lori onunje ase ara loore, ere idaraya, oorun ati isinmi, awon ibatan awujo ati ifisi, orin ati iseda. Imoran pataki si awon omo egbe ni pe ibasepo ati ibagbepo dara o si n fi eniyan lokanbale. Pelu awon egbe, gbogbo eniyan ni ominira lati so erongba okan re.

Awon olukopa ma je awon ti a pe nipase Olugbalejo/Oluyoda ti o tun je atuko ipade naa ni eekan ni Oshu. Nipa ona yii, eto yi yoo tan kale. Ati wipe Olukopa yoo ni anfaani lati di Olugbalejo/Oluyoda ti a ti yonda nipa fiforukosile lati gba alejo tire ni ojo iwaju lai si wahala.

Ninu awon egbe, o se pataki fun gbogbo eniyan lati se deede si ara won ni eyi ti o tumo si wipe aparo kan o ga ju ara won lo, awon erongba ati ise gbogbo omo egbe ni ki a fun ni iwuri ti o ye. Olukopa kookan ni o ni anfaani lati fun ni ikopa tooto ati isafihan awon imoran. O dara lati je ki olukopa ni ominira lati fun nkan ni afihan, ise tabi gbe lati lo kuro tabi ni iriri idapo idunnu pelu akori ilera.

Eyi ni iwe amudani ti a se nikan lati pese awon imoran ati iitoni fun awon omo egbe.

Orire daada!

THE ROLE OF A PARTY HOSTESS/VOLUNTEER

Wellbeing Party *hostess*

The role of the hostess is to stimulate discussion. Starting a conversation to promote the fact that things are made sufficiently concrete by means of examples. At a party there may also be something common to the theme that can awaken new ideas on the theme.

A party hostess has a wide range of tasks to perform in order to 'make things easier' for participants:

- The first task of hostess is to ensure well-being party attendees understands what was taught in each event.
- The hostess will support mutual relationships among party attendees.
- The party hostess must make sure discussions move very smoothly and everyone is included.
- Ensure that the parties becomes a safe space for party attendees to share their experiences and get psychosocial support.

A Party Hostess:

- Should not discuss about police matters or religious issues except when it's unavoidable.
- Should not allow any form of gossip.
- Should not speak evil of anyone.
- Should not make promises on behalf of the organizers.

IPA TI OLUGBALEJO/OLUYOODA NKO

Wellbeing Party *hostess*

Iṣe ti agbalejo ni lati mu ijiroro ru. Bibere ibaraenisoro nipa sise agbega otito lori koko ijiroro to nipon nipase awon apeere. Ninu ipade miran, a le ri ohun ti o wopo si akori ti o le ji awon imoran tuntun lori akori naa.

Olugbalejo ni opolopo awon ise sise lati se lati 'mu ki awon nkan rorun' fun awon olukopa:

- * Ise-sise akoko ti agbalejo ni ni lati rii daju pe awon olukopa egbe alafia loye ohun ti a ko ni isele abi ipade kookan.
- * Olugbalejo yoo se atileyin fun awon ibatan abi ibasepo laarin awon olukopa egbe.
- * Olugbalejo egbe gbodo rii daju pe awon ijiroro nlo ni irorun ati pe gbogbo eniyan ti o wa ni o ko ipa ninu ijiroro.
- * Rii daju pe awon olukopa wa ni aaye ailewu lati so awon iriri won ati lati gba atileyin to peye.

Olugbalejo:

- * Ko gbodo jiroro nipa awon oro olopa tabi oro esin ayafi ti ko ba se se lai mu enu ba.
- * Ko gbodo gba olofofo ni aaye.
- * Ko gbodo soro buburu nipa eniken.
- * Ko gbodo ki o se awon ileri ni ipo awon ti o gbe eto yii kale.

WELL- BEING PARTY THEMES

1. Exercise



Exercise is suitable for everyone, regardless of age. Physical ability, muscle strength and balance can still be developed well advanced age. With regular exercise, you stay healthy and active and coping with everyday chores.

In addition to physical fitness, exercise also has a beneficial effect on mood, memory and endurance. It is important to find a form of movement from which you enjoy. Moving around in a group provides peer support and new one's acquaintances.

As you age, it is important to exercise regularly and exercise endurance, muscle condition, balance and mobility. Sports equipment suitable for the elderly forms include walking, Nordic walking, gym training, balance training, gymnastics, dancing, swimming, running, Tai Chi, Pilates, cycling and skiing.

Good balance is the basis for safe movement. Balance- training and muscle building can be reduced crashes. Balance can be practiced even in daily activities while resting, for example, brushing your teeth while standing on one leg.

AKORI IGBE AYE TI O DARA

1. Ere idaraya



Ere idaraya dara fun gbogbo eniyan, laibikita oṣo-ori. Agbara ti ara, agbara iṣan ati iwontunwonsi tun le ni okun si bi o ti le je wipe oṣo-orin le si. Pelu ere idaraya deede, a o wa ni ilera ati deede ati lati mu ojuto awon iṣe ojoojumọ.

Ni afikun si amọdaju ti ara, ere idaraya tun ni ipa ti o ni anfani lori iṣesi, iranti ati ifarada. O ṣe pataki lati wa iru ara gbigbe ti a gbadun. Ara gbigbe bi irinṣe ni eḡbe ma n pese atilẹyin fun eḡbe ati awon ojulumo tuntun.

Bi o ṣe n di agba si, o ṣe pataki lati ṣe ere idaraya ati idaraya ifarada deede, ipo iṣan, iwontunwonsi ati ara gbigbe. Awon ohun elo ere idaraya ti o ye fun awon arugbo wa pelu irinṣe, irinṣe pelu opa, ikeko ere idaraya, ikeko iwontunwonsi, ere idaraya, ijo, wiwe, ere sisa, daraya ati asaro (Tai Chi), Apapo ere idaraya (Pilates), gigan keke ati ere idaraya inu yinyin (sikiing).

Iwontunwonsi to dara ni ipile fun ara gbigbe ni ailewu. Iwontunwonsi ninu - idanileko ati ile iṣan le dinku awon ijamba. Iwontunwonsi ere idaraya le je adase paapaa ni awon iṣe ojoojumọ lakoko isinmi, fun apeere, fifo awon eyin wa lakoko ti a duro lori ese kan.

Many forms of exercise, such as cross-country skiing, skiing or Dancing develop balance.

Sample Group Activities

About exercise

- Tell us your first name and what form of exercise you like the most
- Ask participants what form of exercise they like
- Discuss the topic
- The importance of exercise in old age
- Imagination exercise:
“Pick up apples from a tree, gather mushrooms from the ground, step over a big rock, step over a river, climb stairs, stomp your feet, clap your hands, hug yourself, etc.”
- Make sure no one has a restriction or obstruction
- Everyday exercise as a fitness maintainer – discussing

Chair Exercise

- Discuss the topic
- The importance of exercise in old age
- Start a chair exercise together
- Playing music in addition to a chair exercise
- Exercise pie - chatting

You can get started with less

It is good to divide the movement over several days per week. Already ten minutes of brisk exercise moments promote health as long as they accumulate enough over the course of a week. Even slight movement is good for functioning and health as long as it is regular. If there has been a break in movement, moderate starting is in place. Walking is for everyone, And particularly effective daily exercise is walking up and down the stairs.

Exercise is intentional physical activity, whose purpose is, for example, decent raising, improving health or the joy and pleasure produced by exercise.

Ọpọlọpọ awọn ọna ere idaraya, gẹgẹbi ere idaraya inu yinyin (sikiing) olona jinjin, ere idaraya inu yinyin (sikiing) tabi ijo nse idagbasoke iwontunwonsi.

Asayan ayewo fun akojopo omo egbe

Nipa idaraya

- Sọ orukọ akọkọ rẹ fun wa ati iru ere idaraya ti o fẹ julọ
- Beere lẹwọ awọn olukopa iru ere idaraya ti wọn fẹ
- Ẹ ijiroro lori koko naa
- Pataki ere idaraya ni ojo ogbó
- Idaraya alasaro
“Gbe awọn apulu lati ori igi kan, ẹjọ awọn olu lati inu ilẹ, gun ori apata nla kan, da omi odo kan koja, gun pẹtẹsì, tẹ ẹsẹ rẹ, pàtẹ ọwọ rẹ, fa ara rẹ mora, ati be be lo.”
- Rii daju pe ko si ẹnikan ti o ni ihamọ tabi idiwo
- Idaraya lojoojumọ gẹgẹbi olutoju amọdaju - ijiroro

Idaraya Alaga

- Ẹ ijiroro lori koko naa
- Pataki ere idaraya ni ojo ogbó
- Bẹrẹ ere idaraya peluaga ijoko papọ pelu akojo egbe
- Gbigbo orin ni afikun si ere idaraya peluaga ijoko
- Idaraya paii - iwiregbe

O le bẹrẹ pẹlu perese

O dara lati pin ara gbigbe lori ọpọlọpọ awọn ojo fun oṣẹ kan. Tẹlẹ iṣẹju mewa fun irinse kiakia ẹ igbelaruge ilera niwọn igba ti wọn ba kojọpọ to ni oṣẹ kan. Paapaa igbera diẹ dara fun iṣẹ ati ilera niwọn igba ti o ba jẹ deede.

Ti isinmi ninu ara gbigbe ba yaju nitori idi kan abi ominrin, ibẹrẹ ti o wa ni ipo wa ni ipo. Irinse wa fun gbogbo eniyan,

Ati paapaa ere idaraya ojoojumọ ti o munadoko ni irin si oke ati isalẹ awọn pẹtẹsì.

Idaraya jẹ iṣe iṣe ti ara, ti idi rẹ jẹ, fun apẹẹrẹ, igbega ti o bojumu, imudarasi ilera tabi ayo ati igbadun ti idaraya ẹ.

2. Nature



Nature offers experiences and inspires. Nature works for well-being as a source by motivating to leave mobilizing and offering things to do but on the other hand, it also provides an opportunity experience peace and tranquillity. Nature perceived as meaningful and enjoyable productive. It gives freedom and peace to be herself.

Utilization of nature

Natural products have long been used as food. Many herbs and other plants are used as medicines. Nature has inspired, for example visual artists, poets, writers and musicians. Nature is very strong. New business can be developed from nature, such as tourism services. In addition, nature is an integral part of energy production.

Nature affects well-being

When moving in and out of nature for example, around plants, oceans, even viewing natural landscapes visible from the window, your well-being will be improved. When you stay at least 5 minutes in nature your mood will improve, if you stay up to 15-20 minutes your vitality increases and blood pressure decreases.

Sample Group Activities

Group Discussion

- Ask each participant to state their first name and a brief description of their relationship with nature. Awakening questions can even be "What does nature mean to you?"

2. Iseda



Iseda nfun awon iriri ati awon iwuri. Iseda sişe fun ilera bi orisun nipasę iwuri lati fi koriya silę ati yiyonda lati se awon nkan kookan şugbon ni apa keji, o tun pese iriri aye ni alaafia ati ifokanbale. Iseda ti fiyesi bi o nilari ati igbadun igbadun. O funni ni ominira ati alaafia fun ara eni.

Işamulo ti iseda

Awon oja abi ohun elo adayeba ni a ti lo bi ounje. Qpqlpql awon ewe ati awon eweko miiran ni a lo bi awon oogun. Iseda ti ni atileyin, fun apeşere awon oşere wiwo, awon ewi, awon onkwe ati awon akorin. Iseda ni agbara pupo. Işowo tuntun le ni idagbasoke lati iseda, gege bi awon işe irinajo. Ni afikun, iseda je apakan ti işelopo agbara.

Iseda ni ipa lori ilera

Nigbati o ba nwole abi jade kuro ninu iseda fun apeşere, ni ayika awon ohun oşbin, awon okun, paapaa wiwo awon agbegbe lati oju ferese, ilera re yoo ni ilosiwaju. Nigbati o ba duro ni o kere ju işeju maarun ni iseda işesi re yoo dara si, ti o ba duro to işeju meedogun si ogun, agbara re po si ati eje ruru dinku.

Asayan ayewo fun akojopo omo egbe

Ijiroro Ege

- Beere olukopa kookan lati so oruko akoko won ati apejuwe şoki ti ibatan won pelu iseda. Awon ibeere ijidide paapaa le je "Kini itumo iseda si o?"

Do you move in nature? What kind of feelings does nature stir up in you?"

- Nature quiz on fruits, flowers or birds. Whether to take pictures or phone ring tones using bird sounds
- Discuss further possibilities for moving in nature: What could be done in nature in the future, could I experience bringing nature through plants or pictures, for example?
- Does the group have an interest in doing something essential in the future, for example trips together?
- Tell a nature-related story, poem, song, or sound.

My nature pictures

- Ask each participant to state their first name, draw and present their own nature picture.
- Why did you choose this particular image? Where is the picture taken? What story does it tell? What kind of memories does the picture evoke?
- Things to note in remembrance: try to stay positive in the spirit of the parties
If very hard memories emerge, suggest, for example, provide a general discussion transition back to more positive things.

Raining Season Monitoring

- Discuss issues related to rain and rainfall nature.
- What have you already noticed in nature? Are you waiting for the rains? What good things Do raining season bring? What is the best thing about rainfalls?

Şe o gbe ninu iseda? Iru awon imolara wo ni iseda n ru sinu re? "

- Adebaye idanwo ranpe lori awon eso, awon ododo tabi awon eiyẹ. Boya lati ya awon aworan tabi awon ohun orin lori ero ilewo (handset) nipa lilo awon ohun eye
- Şe ijiroro lori igbe aye siwaju sii fun gbigbe ninu iseda: Kini o le şele ni iseda ni ojo iwaju, şe Mo le ni iriri kiko eđa nipase awon ohun ogbin tabi awon aworan, fun apeere?
- Şe akojopo egbe naa ni anfani lati şe nkan pataki ni ojo iwaju, fun apeere irin ajo papo?
- Şo itan ti o jomọ iseda, ewi, orin, tabi ohun.

Awon aworan iseda mi

- Beere olukopa kọkọkan lati şo oruko akoko won, ya ati gbekale aworan ti ara won.
- Kini idi ti o fi yan aworan pataki yii? Ibo ni aworan ya? Itan wo ni o şo? Iru awon iranti wo ni aworan naa fa?
- Awon nkan lati şe akiyesi ni iranti: gbiyanju lati wa ni rere ninu emi awon egbe
Ti awon iranti lile pupo ba farahan, daba, fun apeere, pese iyipada ijiroro gbogbogbo pada si awon ohun ti o ni rere siwaju sii.

Abojuto Igba Akoko ojo

- Şe ijiroro awon oran ti o jomọ ojo ati iseda ojo.
- Kini o ti şe akiyesi tele ninu iseda? Şe o n duro de ojo? Ohun ti o wo ni akoko ojo n mu wa? Kini ohun ti o dara julọ nipa ojo riro?

3. Music



Everyone has an individual relationship with music and experiences music in its own way. Music affects human physiological, emotional, mental, therapeutic and profound levels.

The most common reason adults listen to music is the effect of music on emotions. Music evokes memories, produces movement and calms, helps to relieve emotions, improve mood and eliminate stress.

Music can provide resources by awakening positive emotions such as joy and hope. Music through it is also safe to face and deal with grief as well as feelings of disappointment.

According to a study of people over 60, music deepens self-understanding, provides ways to discover social contacts and maintain well-being. Music- activities help to avoid feelings of loneliness.

Many forms of music

Community music moments will reduce loneliness and isolation. Music reinforces a sense of togetherness, a relaxed atmosphere and offers opportunities for joint action.

Music is at the heart of a comfortable party. The program can be a group song, a journey of imagination, a rhythm or just a conversation about music.

The purpose of the party is to provide a comfortable togetherness, to inspire, to awaken a conversations and give those at the party an idea of how music affects well-being.

3. Orin



Gbogbo eniyan ni ibatan ti ara ẹni pẹlu orin ati awọn iriri orin ni ọna tire. Orin ni ipa lori iṣe-ara eniyan, imolara, oḡbọn, itoju ati awọn ipele ijinle.

Idi ti o wọpọ julọ ti awọn agbalagba fi tẹtisi orin ni ipa ti orin lori awọn ẹdun okan. Orin n fa awọn iranti, ẹ agbejade ara gbigbe ati idakejẹ, ẹ iranlọwọ fun adinku ẹdun okan, mu iṣesi dara si ati imukuro wahala.

Orin le pese awọn ohun elo nipasẹ jiji awọn ẹdun rere bi ayọ ati ireti. Orin nipasẹ rẹ tun jẹ ailewu lati dojuko oun ti o ni ẹ pẹlu ibinuḡe bii awọn ikunsinu ti ibanuḡe mu wa.

Geḡebi iwadi ti awọn eniyan ti o ju ogota lọ se, orin jin oye ara ẹni jinle, pese awọn ọna lati ẹ awari awọn ore l'awujọ ati ẹtoju ilera. Orin- n ẹ iranlọwọ lati yago fun awọn ikunsinu ti idanikanwa mu wa.

Orisiris orin

Awọn akoko orin agbegbe yoo dinku idaniknwas ati ipinya. Orin n fi idi mule pe a wa ni apapọ, ibaramu ihuwasi ati awọn aye fun awọn iṣe apapọ.

Orin wa ni ọkan ninu ayeyẹ igbadun. Eto naa le jẹ orin akojopo egbe kan, irin-ajo ti oju inu, ilu tabi ibaraenisọrọ nipa orin.

Idi akojopo egbe naa ni lati pese itura lapapọ, lati fun ni ni iwuri, lati ji awọn ibaraenisọrọ dide ki o fun awọn ti o wa ni apejọ ni imọran bi orin ẹ kan ilera.

Parties can focus on the theme of any music, such as childhood music, dance music, or singing together. The presenter can choose the most natural or suitable theme.

Sample Group Activities

A start-up round where everyone tells their name and their own relationship to the music.

The purpose of the introductory round is to give everyone a floor and lead theme. The program number includes listening to or singing music that you can remember that you easily connect to. The program is also suitable for a group song or listening to wishes (record). The goal of is to inspire music and discuss together the possibilities of music for the future. Participants will learn what can be done with music.

Childhood music

- Tell us your first name and your relationship to music
- Favourite music, when listening to music, what music means
- Childhood music - listening to a song from childhood
- Share memorable school memories and stories
- Today's children's songs for comparison
- When ending the party sing a childhood song, clap and dance.

Record album and vocals

- Everyone is allowed to tell their favourite song
- Select a familiar song and sing it together
- Pass the song to next person to sing the next line or verse until the song ends.

Awon egbe le ni idojuko lori akori ti eyikeyi orin, gegbebi orin omode, orin jijo, tabi korin papo. Olutoju le yan orin to sunmo iseda julọ tabi akori ti o ba baamu.

Asayan ayewo fun akojopo omo egbe

Akoko naa, nibiti gbogbo eniyan n so oruko won ati ibatan tiwon ni si orin.

Idi ti iyipo isafihan ni lati fun gbogbo eniyan ni aaye ati akole itosona. Nomba eto naa pelu gbigbo si tabi ko orin ti o rorun lati ranti. Eto naa tun dara fun orin ti egbe joko tabi tetisi awon ife (igbasile). Aseyori si ni lati fun orin ni iyanju ati jiroro papo awon aaye ti orin wa ni ojo iwaju. Awon olukopa yoo ko eko kini a le ko pelu orin.

Orin ewe

- So fun wa oruko akoko re ati ibatan re si orin
- Orin ayanfe, nigbati o ba ngbo orin, kini orin tumo si
- Orin omode - gbigbo orin kan lati igba ewe
- So awon oun ti o ranti nipa ile-iwe ti ati awon itan ti o ro mo
- Awon orin omode ti ode-oni fun afiwe
- Nigbati o ba pari ipade egbe naa ko orin igba ewe, pipa atewo ati ijó.

Gba awo awon ohun orin silẹ

- Gbogbo eniyan ni a gba laaye lati so orin ayanfe won
- Yan orin ti o faramo ki won si korin papo
- Fi aye fun elomiran lati ko ese abi ila ti o tele ninu orin naa titi orin yoo fi pari.

4. Nutrition



Tasty and nutritious food is included to the good life of the elderly. At this stage eating should be at its best, refreshing and pleasurable. Promote adequate food intake and the need to maintain good nutritional status to prevent diseases, even when they arise and will help recover from them.

The importance of the dining situation

- Social significance - Eating together with others
- Disability as an appetite killer
- Regular meal times - Maintaining sugar balance and alertness
- Food rest – good for the guts to rest.

Protein

Protein is needed to maintain muscle function, defences, recovery as well as for healing. Vegetable protein is found in nuts, seeds, beans, in peas, cereal products and soybeans. Animal protein sources are low in fat dairy products, egg, fish, chicken and lean meat.

The Nutrition Recommended for the Elderly

- A protein-rich diet: Fish is recommended as a main course 2-3 times a week. Thus ensuring an intake of fats important to the heart. Meat and chicken fit into main meals.
- Liquid milk products, low-fat or high-fat milk and yoghurt are part of the daily diet.
- Vegetables, namely roots, vegetables, fruits and form a good basis for eating.

4. Onjẹ ase ara loore



Ounjẹ adun ati onjẹ ase ara loore ni o wa ninu igbesi aye to dara fun awọn agbalagba. Ni ipele yii onjẹ jijẹ gbudo je eyi ti o dara julọ, ti o kun fun itura ati igbadun. Şe igbega gbigbe onjẹ to pe ati iwulo lati şetoju ipo onjẹ ase ara loore lati yago fun awọn aisan, paapaa nigbati wọn ba dide ati pe yoo şe iranlọwọ lati bọsipọ lati owo aisan ki aisan.

Pataki ti ipo onjẹ jije je

- * Pataki lawujọ - Ounjẹ jijẹ lapapọ pelu awọn omiiran
- * Ailera bi apani to n pa ebi ninu eniyan
- * Awọn akoko onjẹ deede - Mimu iwontunwonsi suga ati titaniiji
- * Isinmi onjẹ - o dara fun awọn ikun lati sinmi.

Amuaradagba

A nilo onjẹ amuaradagba lati şetoju işe işan, awọn aabo, imupadabosipo bakanna fun imularada. A rii amuaradagba ẹfọ ni awọn eso, awọn irugbin, awọn ewa, ni awọn Ewa, awọn oja iru onjẹ ati awọn soybeans. Awọn orisun amuaradagba ẹranko je kekere ninu awọn oja ifunwara ọra, ẹyin, eja, adie ati eran alara.

Iyanju lori onjẹ ase ara loore fun Agbalagba

- * Onjẹ ọlọrọ amuaradagba: Eja ni a şe işeduro bi akọkọ papa igba meji si meta ni aarin oşẹ kan. Nitorinaa ni idaniloju jije awọn onjẹ afunni ni ọra pataki si ọkan. Eran ati adie se ibaamu awọn onjẹ akọkọ.
- * Awọn onjẹ bi wara olomi, ọra-kekere tabi wara ọra ti o ga ati yoghurt je apakan ti onjẹ ojoojumọ.
- * Awọn ẹfọ, eyun awọn gbongbo, ẹfọ, awọn eso ati felefele ipile ti o dara fun jije.

- The plate should always have three colours.
- Moderate salt use.
- It is recommended to use Good quality, vegetable fat.
- Vitamin D all year round to prevent bone fragility.
- 1 to 1.5 litres (5 to 8 cups) of fluid a day – please drink less water at night.

Sample Group Activities

Group Discussion

- Tell us your first name and what your favourite food is.
- What is a good breakfast like? What does it contain?
- What is a good lunch like? What does it contain?
- The importance of nutrition in old age – lets discuss!
- One-day dining ideas

Let's do it together

- Tell us your first name and what your favourite food is
- The importance of nutrition in old age
- Cooking food / secretly with a group
- Now, everyone brings pre-agreed ingredients and food is made together
- Dining and socializing together
- Exchange experiences of working together and eating together

Favourite flavours

- Tell us your first name and what your favourite food is
- Likes – tell your memories when talking
- The importance of nutrition in old age
- Recipe change - a memory or story related to a favourite recipe and the food in it.

- * Awo ye ki o ni awon awo meta nigbagbogbo
- * Lilo iyọ ni idiwon
- * A gba niyanju lati lo daradara, ọra Ewebe
- * Vitamin D ni gbogbo odun yika lati se idiwo egungun nwo ni
- * Ookan is ookan abo litta (agolo maarun si mejo) omi mimu ti ito ni ojo kan - jowo mu omi diẹ ni aḗ.

Asayan ayewo fun akojopo omo egbe

Ijiroro Egbe

- So oruko akoko re fun wa ati kini ounje ayanfe re je.
- Kini ounje aro ti o dara dabi? Kini iru ounje be ni ninu?
- Kini ounje osan to dara dabi? Kini iru ounje be ni ninu?
- Pataki ti ounje ase ara lore ni ojo ogbo - je ki a jiroro!
- Awon imoran lori irufe ounje ni ojo kan

Je ki a se papo

- So oruko akoko re fun wa ati kini ounje ayanfe re je
- Pataki ti ounje ni ojo ogbo
- Sise ounje / ni ikoko pelu akojopo egbe kan
- Bayi, gbogbo eniyan mu awon ohun elo ti a ti gbimo tele lati muwa wa ati pe a o se ounje papo
- Ounje ati sise ajosepo papo
- Se pasipaaro awon iriri ti sise po ati jije papo

Awon eroja ounje ti a yan laayo

- So oruko akoko re fun wa ati kini ounje ti o yan laayo je
- Awon aayo re - so awon iranti re nigbati o ba n soro
- Pataki ti ounje je ni ojo ogbo
- Iyipada ohunelo - iranti kan tabi itan ti o jomo ohunelo ti o yan laayo ati ounje ninu re

5. Social Relationships



Social relationship is one of the basic human needs.

There are differences between people in terms of how much they want to be in touch with others. Social relationship is very important it is the cure to loneliness in old age.

Older people are often the most relevant family and family relationships, however also neighbours and friends can be important. Relationships created during our very active years can also be long-term and relevant.

What do you get from relationships?

- Relationships bring content, recreation and fun to life.
- They promote health more than any other factor.
- The feeling of security increases when there are people involved you can contact at any time of need.
- You can get concrete help and support from some loved ones.
- In relationships, you may feel valuable to others.
- You will feel useful if you can help.

Social inclusion is linked to social networks and means that that the person is involved in a community or activity. The elderly is involved, if she/he belongs to one of the associations and can work there with others. Involvement can take the form of, for example, hobbies, volunteering or association activities. Inclusion is also the fact that a person has the opportunity to make an impact, for example to their own

5. Awọn ibatan Awujo



Ibasepo awujo jẹ ọkan ninu awọn kosemani eniyan.

Awọn iyatọ wa laarin awọn eniyan lorisirisi ti o da lori bi won se fe ma se afeeri eniyan. Ibasepo awujo jẹ pataki pupọ o jẹ imularada si adagbeadaso ni ọjọ ogbó.

Awọn agbalagba ni opo igba jẹ ibatan ti o yẹ julọ ati ibatan idile, sibesibẹ awọn aladugbo ati awọn ọrẹ tun le ẹ pataki. Awọn ibatan ti a ẹda lakoko awọn ọdun ti a nṣiṣe lọwọ wa tun le jẹ igba pipe ati ibaramu.

Kini o gba lati awọn ibarepo?

- * Awọn ibarepo mu akoonu wa, ere idaraya ati igbadun si igbesi aye.
- * Wọn ẹ ibega ilera diẹ sii ju ifosiwewe miiran lọ.
- * Ifokanbale ti aabo pọ si nigbati awọn eniyan ba wa pẹlu e papa julo o le kan si enikenigbakugba ti o nilo.
- * O le gba iranlọwọ to munadoko ati atilẹyin nla lọwọ awọn ayanfẹ re.
- * Ninu awọn ibasepo, o le ni iwulo si awọn miiran.
- * Iwọ yoo lero pe o wulo ti o ba le ẹ iranlọwọ.

Ifisipọ ti eniyan ni asopo si awọn ibagbepo eda ni awujo ati pe o tumọ si pe eniyan naa kopa ninu agbegbe tabi işe. Arakunrin arugbo naa kopa, ti o ba jẹ pe o jẹ ti ọkan ninu awọn ẹgbẹ ati pe o le işişe nibẹ pẹlu awọn miiran. Ilowosi le gba ọna ti, fun apeere, awọn işe aşenọju, iyọda tabi awọn işe ẹgbẹ. Ifisipo tun jẹ otitọ pe eniyan wa ni aye lati ẹ ipa, fun apeere si awọn ọro ti ara wọn tabi si ẹgbẹ-ori ti wọn tika rare wa. Ni afikun

affairs or to the age group to which they themselves belong. In addition to active participation, a person is also involved in, for example, family, family or to the neighbourhood, even if you don't do anything special.

Sample Group Exercise

The joys and benefits of groups and communities

- Ask everyone to share their first name and an example of which group or community belongs (e.g. family, neighbourhood, associations).
- Discuss the joy and benefits these communities bring to themselves.
- The group comes up with ideas on how to rejoice in their own associations or communities.
- Share as many ideas as possible about what kind of associations you could join if you want more fun in life.
- Discuss the importance of belonging to a group or community as an elderly person

Meet new people

- Think about the ways in which you can express to others that you are happy with another person or group meeting (both verbal and non-verbal)
- Let's first think alone and all together what kind of conversations can be started goes with either a half-hearted or a familiar person
- Discuss the importance of belonging to a group or community as an elderly person

Finding new opportunities to do

- Ask everyone to share their first names and two things they are happy to do
- Discuss these favourite things to do with others and suggest to others ideas of what they can do.
- Lets all discuss together what kind of ideas you got for the future
- Tell about your genuine conclusion

si ikopa ti n̄siṣe l̄ow̄o, eniyan tun kopa ninu, fun apeṣere, ebi, ebi tabi si adugbo, paapaa ti o ko ba ṣe ohunkohun pataki.

Idaraya Egbe Ayewo

Awon ayọ ati awon anfani ti awon akojopo egbe ati awon agbegbe

- Beere gbogbo eniyan ni akojopo egbe lati so oruko akoko won ati apeṣere egbe tabi agbegbe ti o je (fun apeṣere ebi, adugbo, awon egbe).
- Ṣe ijiroro lori ayọ ati awon anfani ti awon agbegbe wonyi mu wa fun ara won.
- Egbe naa wa pelu awon imoran lori bi won se le yo ninu awon egbe tabi agbegbe tiwon.
- Pin oṣoṣo awon imoran bi o ti see se nipa iru awon egbe ti o le darapo mo ti o ba fe igbadun diẹ sii ni igbesi aye.
- Ṣe ijiroro lori pataki kikopa ninu egbe kan tabi agbegbe gegebi eni agbalagba

Pade awon eniyan tuntun

- Ronu nipa awon ona ninu eyiti o le so fun awon miiran pe o ni idunnu pelu eniyan miiran tabi ipade egbe (mejeeji oro ati aise-oro)
- Je ki a koko ronun nikan ati gbogbo papo iru awon ibaraenisoro ti o le bere ni lo pelu boya o je okan-idaji tabi eniyan ti o mo
- Ṣe ijiroro lori pataki kikopa ninu egbe kan tabi agbegbe gegebi agbalagba

Wiwa awon aye tuntun lati se

- Beere gbogbo eniyan lati so awon oruko akoko won ati awon nkan meji ti inu won dun lati se
- Ṣe ijiroro lori awon ohun aayo wonyi lati se pelu awon omiiran ati daba fun awon elomiran awon imoran ohun ti won le se.
- Je ki gbogbo wa jiroro papo iru awon imoran ti o ni fun ojo iwaju
- So otito nipa ipari lori iriri re

6. Sleep and rest



Lifestyles can contribute to insomnia. Drinking alcohol and coffee in old age affects sleep. Lack of activities may also affect sleep. Environmental factors have a major impact on many. If there is noise, if the bed is bad or the temperature inappropriate, sleep may be interrupted. Changed life situations often affect sleep: If there is loss of a loved one or if a loved one is ill, can be hard to get sleep. Mood, diseases and pains as well as various medications affect both the quality and quantity of sleep.

Sleep stages and sleep quality

As you age, sleep becomes shallow and irregular as well the duration of deep sleep is shortened. Also the number of night-time wake ups increases (toilet use, ambient sounds). Time of being awake lengthens and daytime naps become more common. You fall asleep earlier in the evenings and wake up earlier in the morning (evening and late morning naps).

Insomnia and its treatment

There are many ways to treat insomnia

- Adjust your sleep routines – healthy snacking, reading, bedroom ventilation, calming down
 - Outdoor activities and exercise
 - Regular meals
 - Regular day rhythm and going to bed
 - Social activities - attending events with friends and meeting people, hobbies sleeping pills.
- Talk to your doctor - drug interactions

6. Oorun sisun ati isinmi



Awon igbesi aye le se alabapin si airi oorun sun. Mimu oti ati kofi ni ojof ogbo yoo kan oorun. Aisi awon ishe le tun ni ipa lori oorun. Awon ifosiwewe ayika ni ipa nla lori ololopo. Ti ariwo ba wa, ti ibusun naa ba buru tabi iwon otutu ko ye, oorun le ni idilowo. Awon ipo igbesi aye ti a yipada nigbagbogbo ni ipa lori oorun: Ipadanu eni ti o sun mo tabi ti olufe kan ba shaisan, o le nira lati gba oorun. Iyesi, awon aisan ati awon irora bii ololopo awon oogun ni ipa lori didara ati opoie ti oorun ti a le sun.

Awon ipele oorun ati didara oorun

Bi o se di ojof ori, oorun di aijinile ati alaibamu bakan naa iye akoko oorun jinjin ti kuru. Iye igba abi akoko ti a nji looru/ale po si (lilo igbonse, awon ohun ibaramu). Akoko ti jiji gigun ati awon oorun osan di wopo. Iwo yoo sun ni isaaaju ni awon irufe ki o ji ni kutukutu owuro (irufe ati irufe owuro).

Airi oorun sun ati itoju re

Awon ona pupo lo wa lati toju airi oorun sun

- Satunse awon ilana oorun re - ipanu ti o ni ilera, kika iwe, afefe alaafia ninu yara, ifokanbale
 - Awon ishe ita gbangba ati adase
 - Awon ounjede
 - Ilu deede ati lilof si ibusun
 - Awon ishe sise lawujo - wiwa si awon ishe pelu awon ore ati ipade awon eniyan, awon ifunse awon ifunra ti oorun
- Soro pelu dokita re - awon oogun ti o ba wa lara mu

Sample Group Activities

- Tell us your name and what kind of sleeper you have been when you were younger
- What kind of sleep routines do you have now?
- How has sleep changed with age?
- Rest and sleep in old age - information section
- What do you do when sleep does not come in the evening or when you wake up at night? Develop ideas on paper

Awon iṣe Egbe Ayewo

- Sọ orukọ rẹ fun wa ati ilana oorun ti o ti wa nigbati o wa ni ọdọ
- Iru awọn ilana sisun wo ni o ni bayi?
- Bawo ni oorun ẹ yipada pẹlu ọjọ-ori?
- Sinmi ati sisun ni ọjọ ogbó - apakan alaye
- Kini o ẹ nigbati oorun ko ba wa ni irọlẹ tabi nigbati o ba ji ni alẹ? Ẹ agbekalẹ awọn imọran lori iwe



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