

## Older and Wiser: Test your mind with this seniors' quiz

Take this true or false quiz from North Shore News columnist Margaret Coates to challenge your noggin on issues affecting seniors

Margaret Coates

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Seniors columnist Margaret Coates is ready to put you to the test with her annual quiz. | Metro Creative Photo

Last year was a challenging one for many of us, especially given everything happening around the world.

Once again, seniors on the North Shore are feeling the strain of rising costs while living on fixed incomes. Lately, it seems the news isn't always in our favour.

So, how about we brighten things up with a little fun? I've put together a light-hearted quiz to lift our spirits. Some of you may find the questions easy — and that's perfectly fine. They're not meant to be rocket science; they're simply a playful way to test how well you remember the topics I've covered in my Older and Wiser columns over the past few years.

If you need a hint, you can revisit those columns in the North Shore News or on the Lionsview website. All the questions are true or false, and you'll find the answer key at the end of the column. Enjoy yourself, and if you think it's too easy, try timing yourself for an extra challenge

1. Falling is not an inevitable or natural part of aging. True or false?
2. Seniors are often unwilling or unable to adapt to change. True or false?

3. There are very few programs and services available to seniors on the North Shore. True or false?
4. It's natural for some cognitive abilities to shift gradually as we grow older, but the changes linked to normal aging do not interfere with a person's capacity to live and function independently. True or false?
5. As a demographic, seniors rarely use the internet or email. True or false?
6. While fraud can affect people of any age, older adults are targeted more frequently than others. True or false?
7. Untreated hearing loss only affects our ability to hear well. True or false?
8. During extreme weather events, seniors face higher risk factors than other age groups. True or false?
9. Older adults cannot learn new skills. True or false?
10. Ageism does not exist in Canada. True or false?
11. All older adults become less physically active over time. True or false?
12. Accessible transportation is not recognized as an important determinant of health for older adults in B.C. True or false?
13. Seniors make up one of the smallest groups of volunteers. True or false?
14. Seniors make up the largest group of unpaid caregivers. Replacing the support they provide could cost the federal government an estimated \$35 billion each year. True or false?
15. Seniors should prepare to live a long life, most of it independently at home. True or false?
16. COVID-19 no longer negatively impacts seniors. True or false?
17. Older adults are frequently stereotyped as frail, dependent, or a burden to society. True or false?
18. Older adults are often viewed as a single, uniform group. True or false?
19. Getting around North Vancouver is not a challenge for seniors. True or false?
20. Seniors who engage regularly in social meals don't feel happier than those who eat alone.

Happy New Year!

*Margaret Coates is the co-ordinator of Lionsview Seniors' Planning Society. She has lived on the North Shore for 54 years and has worked for and with seniors for twenty-seven of those years. Ideas for future columns are welcome. Email [lions\\_view@telus.net](mailto:lions_view@telus.net).*

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*Answer Key: Statements 1, 4, 6, 8, 14, 15, 17, 18 are true, and all the rest are false*