

SENIORS ADVOCACY GROUP NEWSLETTER

Compliments of the MSC Client & Family Council
Winter Issue



Slips, Trips & Falls

Each year too many seniors are admitted to hospitals due to a slip, trip and resulting fall. Here are some simple ways to reduce your risk:

- Stay active and eat healthy to keep your muscles, bones, and brain strong
- Avoid dehydration which causes dizziness, decreased cognitive function and increased pain.
- Wear well-fitting footwear with anti-slip soles
- Keep walkways clear by removing loose rugs, cords and any other clutter, and ensure sufficient lighting
- Use a cane, walker or walking poles and always use handrails on stairs
- Review medications with your doctor or pharmacist and ask about side effects like dizziness, drowsiness, changes in blood pressure and loss of balance.

Interested in joining our Client & Family Council?

We would love to hear from you!

The Client & Family Council is always looking for members to share their input and help us grow. Contact Diana Handsaeme at 519-842-9008 ext 227 or dhandsaeme@multiservicecentre.com

Loneliness & COVID-19

COVID-19 has made us rethink how we interact with others and how important social interactions are. Remember that social distancing should not equate to social disconnection. Make sure to:

- Spend time with family and friends using face masks along with physical distancing
- Maintain connections through your phone, Facebook and video chats
- Ensure food, medication and masks are available and take time every day for both physical and mental activities.

Most importantly, reach out!

The pandemic is stressful and can create anxiety and sleep disturbances. Let your loved ones know how your are feeling, or contact your local crisis line to get the help you need.

Jack Frost

*Jack Frost was in the garden,
I saw him there at dawn.
Dancing round the bushes,
and prancing on the lawn.*

*He wore a cloak of silver,
a hat all shimmering white.
A wand of glittering stardust,
and shoes of moonbeam light.*

- John P Smeeton



Resources Available:

FUNctional Fitness by Stonebridge Community Services on Rogers Cable weekdays at 10:30am

Strength & Balance on Zoom every Mon, Wed & Fri: email amalott@stonebridgecs.com for details

Oxford CMHA Crisis & Outreach Services: 1-866-933-2023 or www.reachout24/7.ca