



MULTI-SERVICE CENTRE

# SENIORS ADVOCACY GROUP NEWSLETTER



Compliments of the MSC Client & Family Council - Spring Issue

www.multiservicecentre.com Facebook: @MSCtillsonburg

## The Impact of Isolation

The World Health Organization cites a close relationship between both physical and mental health and the negative impact on both due to isolation. In this current lockdown we have been unable to join in many of our favorite activities such as religious ceremonies, cultural events and recreational activities. Social interaction is an important part of our health and has been associated with a better quality of life.

There are many recommendations related to dealing with social isolation. Strengthening social connections through use of video chats, telephone support lines or support groups can help you feel less alone. Changes in lifestyle such as regular sleep, good nutritional habits, and physical activity also help boost our mood.

In the past several years social isolation has been a growing concern and has now been further enhanced due to this pandemic. There are opportunities within our own communities to support the physical and mental wellbeing of our seniors and those with disabilities. There are live online exercise classes. There are programs that support seniors in the use of the internet through a multigenerational approach in using technology. Meals on Wheels prices are subsidized to support meeting the nutritional needs of our older adults in our community and there is a new telephone reassurance program. We must work together to mitigate the effects of this pandemic with resources and supports available.

## Volunteers Needed!

The MSC has so many valuable programs for our community members; many of which rely on volunteers. Since the start of the pandemic, we have had a drop in volunteer sign-up, but a dramatic increase in program need! If you or someone you know would be interested in helping your community, please contact us today!

### TOP REASONS TO VOLUNTEER

- MAKE A DIFFERENCE IN SOMEONE'S LIFE
- MEET PEOPLE IN YOUR COMMUNITY
- LEARN NEW SKILLS
- FEEL GOOD AND HAVE FUN!

## Online Exercise and Tech Support

Physical activity is an integral part in combatting seniors' social isolation. With our partner Stonebridge Community Services, we are proud to offer the Stronger at Home mobile tech initiative which helps anyone needing assistance accessing online exercise or wellness classes. We have several iPads (with internet included) ready to be leant out, and our team of student volunteers are always ready to support seniors with any technological support needed. Connecting student volunteers with seniors has been a delight and an extremely rewarding experience for both.

[Live Cardio Blast on the Stonebridge Community Services Facebook page](#)

Tuesdays and Thursdays at 10am

[Live Strength & Balance on Zoom](#)

Monday, Wednesdays & Fridays at 10am

[FUNctional Fitness on local Rogers TV, channel 13 in Tillsonburg \(Everyday!\)](#)

There is also a wide variety of health and fitness videos and information available at any time on the [Stonebridge Youtube Channel](#) or at

[www.stonebridgecs.com/preventative-health/wellness-library](http://www.stonebridgecs.com/preventative-health/wellness-library)

## Programs Spotlight

### Grocery Program

Order your groceries through the MSC and together with our partner METRO, have everything delivered right to your doorstep every Wednesday. There is no fee for this service and you don't even have to step outside your door!

### Telephone Reassurance Program

Our volunteers will connect with clients on a weekly basis. This service provides free in-home checks on seniors or adults with disabilities who may be isolated or without access to social programs. Peace of mind is at your fingertips!

To join our volunteer program, sign up for the Telephone Reassurance Program, or order hot or frozen meals (currently on sale for only \$5 per meal!) call Tracy at 519-842-9008 ext 357 For more information on the exercise classes available or the mobile tech initiative, call Abby at 519-842-3200 ext 209

