

# SENIORS ADVOCACY GROUP NEWSLETTER

Compliments of the MSC Client  
& Family Council  
Winter Issue

Call: 519-842-9008

Online: [www.multiservicecentre.com](http://www.multiservicecentre.com)

Facebook: @MSCtillsonburg

Many seniors have seen their mental and physical abilities decline during the pandemic because of inactivity, malnutrition and social isolation. Geriatric health experts are worried about the long-term effect on seniors and society overall.

Falls remain the leading cause of injury-related hospitalizations among seniors, which is often due to inactivity, while social isolation can often lead to depression, anxiety and cognitive decline.

#### Tips to Strengthen the Body:

- Eat nutritious food
- Partake in daily physical activity
- Drink plenty of water
- Get a good night's sleep

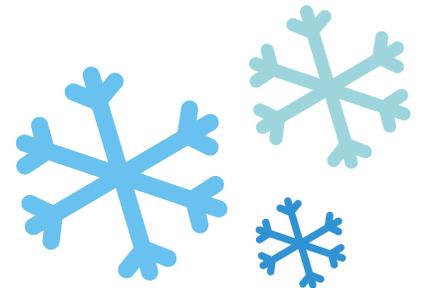
#### Tips to Strengthen the Mind:

- Play games to stimulate thinking and problem solving
- Stay connected with friends and family through phone, e-mail, facetime chats, and visits when allowed
- Learn a new hobby
- Bring in a therapy animal
- Consider talking to a counselor

#### Resources available to you:

- CardioBlast Live on Facebook - Tues & Thurs at 10am: <https://www.facebook.com/StonebridgeCommunityServices/>
- Strength & Balance class every Mon, Wed, Fri at 9:30am: <https://us02web.zoom.us/j/85098569024>

- Stonebridge YouTube channel: [https://www.youtube.com/channel/UC2MMUPAzgN5YJI780t\\_N1KQ](https://www.youtube.com/channel/UC2MMUPAzgN5YJI780t_N1KQ)
- Fitness: <https://www.facebook.com/functionalfitnessmatters/>
- Meals on Wheels - Healthy hot & frozen meals delivered right to your door. To order, call: 519-842-9008 ext205
- Oxford CMHA Crisis & Outreach Services: 1-866-933-2023 or [www.reachout24/7.ca](http://www.reachout24/7.ca)



Interested in joining our Client and Family Council? The Council will be regrouping in the new year to enhance the quality of life, well-being & independence of clients receiving home care services from both MSC & Stonebridge by promoting care, respect & trust among clients, families, & staff. The Council will advise on opportunities to enhance the quality of program delivery to clients receiving services. We would love to hear from you! Please contact Diana Handsaeme at 519-842-9008 ext. 227 or [dhandsaeme@multiservicecentre.com](mailto:dhandsaeme@multiservicecentre.com)