



MSC AND SBCS CLIENT AND FAMILY COUNCIL
 Working together to enhance the well-being and independence of our clients

SENIORS ADVOCACY GROUP NEWSLETTER

Compliments of the MSC and SbCS Client & Family Council - April 2022 Issue

Call: 519-842-9008 Online: www.multiservicecentre.com Facebook: @MSCtillsonburg

Hello Spring!

With the winter chill finally leaving our bones and warm spring air already well on it's way, it's time to get outdoors!

GARDENING FOR YOUR HEALTH -Whether in small containers or a large plot, there are many Surprising Health Benefits of Gardening:

- **Heart Health** - Digging, planting and weeding burns calories and strengthens your heart.
- **Reduces stress** - Gardening is a great way to insert peace, focus, creativity, and a sense of accomplishment into your life. Gardening has been associated with mental clarity and can help reduce symptoms of depression and anxiety.
- **Improves hand strength** - What a great way to keep your hands and fingers as strong as possible for as long as possible by pulling weeds, tilling the soil and sowing your seeds!
- **Good for the whole family** - Gardening is a great opportunity for bonding with family and friends as it's an activity for all ages. It gives you a chance to dial back on screen time and be present together while learning a valuable skill.
- **Vitamin boost** - Gardening gives a boost of vitamin D increasing your calcium levels, which benefits your bones and immune system. Just don't forget your sunscreen!
- **Better sleep** - All that beneficial fresh air and hard work has been proven to contribute to a deeper, more restorative sleep.
- **Eat healthier** - Growing a vegetable, herb, or fruit garden, you're getting fresh produce that you know hasn't been treated with pesticides.

GARDENING NOT YOUR THING?

Other outdoor activities with similar health benefits include:

- Take a trip to the Zoo
- Go Bird watching
- Visit a Farmer's Market
- Play Mini Golf
- Go Fishing
- Visit a zoo
- Try Apple or Berry Picking

HOW CAN WE HELP YOU?

- Grocery Program** - Order groceries through MSC and together with Metro, have everything delivered right to your doorstep!
- Foot Care** - Proper assessment and good foot care provided by certified Personal Support Workers ensures a more active lifestyle and reduces the risk of injuries and infections.
- Hot & Frozen Meals** - MSC provides both hot and frozen meals from local restaurants that are convenient, delicious, and nutritious.
- Transportation** - Trusted volunteers will drive you where you need to go and back. We can accommodate canes, walkers and wheelchairs.
- Housekeeping** - Qualified and screened housekeepers provide tasks such as cleaning, laundry, food prep, general errands and more.

IMPORTANT DATES:



APRIL 24 - 30 NATIONAL VOLUNTEER WEEK!
 We would like to recognize all of our busy bees; our amazing volunteers! Our programs could not run without their compassion and dedication.
 THANK YOU! #NVW2022 #EmpathyInAction

APRIL 26 - 5:00PM to 6:00PM
 Client and Family Council will meet virtually via Zoom. Meetings are held on the last Tuesday of the month, every other month.



WHAT EXACTLY IS THE CLIENT & FAMILY COUNCIL?

Our purpose is 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 advises on opportunities to enhance the quality of program delivery to clients receiving services. If you would like to join the Council, please contact Diana Handsaeme at 519-842-9008 ext. 227 or dhandsaeme@multiservicecentre.com