



CLIENT AND
FAMILY COUNCIL

SENIORS ADVOCACY GROUP NEWSLETTER

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



IT'S FARMERS MARKET SEASON

Fresh fruits, vegetables and products from farmers markets that are direct from local farmers offer many benefits -- Here are just a few reasons why you should consider a visit to your local farmers market this season.

A Boost In Nutrition - Fruits and veggies pack a healthy punch of vitamins, nutrients and minerals, but, with time (shipping and storage), produce loses nutritional value. Purchasing freshly picked fruits and vegetables from farmers markets means you are getting produce at the peak of freshness with all of the valuable nutrients.

Supporting the Local Community - When you shop at a farmers market, you are helping to support local growers and their families. The dollars you spend directly impacts your community and allows farmers to continue to provide fresh produce directly from their farm to your family.

Variety of Options - A trip to the farmers market will open your eyes to a plethora of seasonal fruits and vegetables that never find their way to your local grocery store. You often find foods native to your area and more varieties of the produce you love.

Environmentally Friendly - Food items travel an average of 1,500 miles to get to from farm to your table. From the fossil fuels, to the extra packaging required for shipping; food delivery has a big environmental impact. When you choose to shop locally for produce and food items, you are doing your part to help the environment.

Save Money - Without the added overhead of rent, executive salaries and shipping costs, farmers can often charge much lower prices for the fresher and often organic produce you love.

Learn New Recipes and Tips - Farmers you'll meet at a local market are not only proud of the items they offer, they are also a wealth of knowledge when it comes to how to deliciously cook, sauté, roast, and enjoy your seasonal favorites.

Get Outside and Into Nature - While it's still warm, get outside and get into nature. Many local markets, farms and orchards offer activities you can enjoy outside with the whole family; from corn mazes to apple picking, you could spend the whole day exploring the outdoors and come home with a bushel full of fresh produce.

THE DANGERS OF DEHYDRATION

Summer heat exposure combined with a lack of fluid intake is one of the largest causes of dehydration in adults which can cause severe health problems including dizziness, heart problems, fever, headaches and other serious issues.



Signs of dehydration include:

- Thirst or dry/sticky mouth
- Headaches and muscle cramps
- Not peeing or having very dark yellow pee
- Feeling dizzy or fainting
- Rapid heartbeat or breathing
- Sleepiness, low energy, confusion or irritability



How to stay hydrated and healthy:

- Drink water! Most health experts recommend a minimum of approximately 2 liters per day
- Don't love the taste of water? Try adding fresh fruit for natural flavor.
- Eat your water: Cucumbers, watermelon, lettuce, celery and many other produce items have a high percentage of water content.
- Avoid excess intake of dehydrating items such as alcohol, salty foods, coffee, etc.
- Wear lightweight clothing to avoid moisture loss from sweating

PORT ROWAN'S BAYFEST IS BACK!

On Sept 3, join the Stonebridge Health & Wellness team for Pickleball on the courts! Our friendly staff and volunteers will be onsite from 10:30am - 2pm giving demonstrations and free lessons. All equipment will be provided.

WE HAVE MOVED!

We are no longer in the mall as we have joined our colleagues at the Livingston Centre! Come visit us at 96 Tillson Avenue in Tillsonburg!



Did you know we deliver approximately 330 hot & frozen foods per week, all through our volunteers? We could not do our programs without them and we are in immediate need of more volunteers to help out! Whether you have an hour a week or an hour a month to give, your time can make a difference in the lives of our community members.

Check us out on MSC's volunteer page at www.multiservicecentre.com/volunteer
Registration is now online and easier than ever!

If you would like to join the Client and Family Council, or have any questions, please contact Diana Handsaeme at 519-842-9008 ext. 227 or dhandsaeme@multiservicecentre.com

Next CFC Meeting: Online ~ August 30, 2022 from 5pm - 6pm