



# SENIORS ADVOCACY GROUP NEWSLETTER

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

Call: 519-842-9008 Online: [www.multiservicecentre.com](http://www.multiservicecentre.com) Facebook: @MSCtillsonburg

## PROPER LIGHTING FOR SAFETY



With the change of the season, it's gotten much darker earlier in the day and it's time to consider the lighting in and around your home. Inside the house, adequate lighting can prevent dangerous falls and reduce the chance of slipping or injury. It also helps you perform important tasks like taking proper doses of medication. Outside the house, security lights can keep homes safe from intruders, and proper lighting on doorsteps and driveways can also prevent dangerous falls. Proper lighting contributes to overall safety, quality of life, and accessibility. It can help you lead the independent, yet safe, lifestyle that everyone wants.



### Tips for Lighting

- The more lighting the better. Overhead lights with accessible, adjustable switches along with smaller area lighting such as lamps and flashlights creates the optimal lighting situation.
- Ensure ample lighting around typically dangerous areas like staircases or narrow hallways
- Keep lighting as uniform as possible; eyes can have a hard time adjusting to changing contrast levels.
- Lit pathways to the bathroom at night can avoid tripping in the dark
- Extra lighting in areas where medication is being taken helps ensure proper dosage
- If you read in bed at night, a light within a safe reachable distance will allow you to do so without having to get up, turn off the overhead light, and potentially fall in the dark trying to get back to bed



Remember, proper lighting can help everyone live comfortable, safe, independent lives.

## THE MSC HAS A NEW PROGRAM - LEGHO (LET'S GO HOME)

### What is it?

- LEGHO is a free, time-limited (4-6 weeks) bundle of Community Support Services that are targeted to meet the needs of clients that are discharged from hospital to home to avoid readmission to hospital.

### Who is eligible?

- Clients must be 65+, live in Oxford County and must be returning to their own home

### What services are provided?

- Home at Last (HAL)
- Meals on Wheels Frozen Meals
- Transportation for 2 Medical Drives
- 3 Hours of Housekeeping
- Caregiver Support
- Wellness Checks and After Hours Support (provided through Community Paramedicine)

### How do you apply?

- Before discharge from hospital occurs, ask for this program after requesting to speak with the Home and Community Care hospital discharge planner



For more information, contact Diana Handsaeme, Director of Home Support Services at: 519-842-9008, ext. 227.

## THE FLU AND YOU

Over the past 2 years due to COVID -19 and the infection control measures in place, flu activity has remained low, but with the lifting of these measures there is the potential for increased activity. According to Canada's National Advisory Committee, it is estimated there are 12,000 flu-related hospitalizations and 3,500 deaths related to flu on average in Canada each year. The flu vaccine is made to protect against the flu viruses that will likely be most common during the upcoming flu season as recommended by the World Health Organization (WHO).

It is best to be vaccinated before flu begins to spread in our community. Although best practice is the earlier the better, vaccination is still recommended at any time as flu most commonly peaks in February and significant activity can continue well into May. Remember, it is safe to receive the COVID-19 vaccine at the same time as the flu vaccine. Stay informed of where and when flu shots will be available through Southwest Public Health Clinics and local pharmacies, and stay healthy this flu season!



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](mailto:dhandsaeme@multiservicecentre.com)

**Next CFC Meeting: October 25, 2022 from 5pm - 6pm**



**We are also looking for new Board of Directors to join our team. The MSC relies on our Board community members to voice their experience, input, and invaluable expertise. Meetings are held online once per month.**