



# SENIORS ADVOCACY GROUP NEWSLETTER

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



Call: 519-842-9008

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

Facebook: @MSCtillsonburg

## Slips, Trips & Falls

It's that time of year again, when sidewalks aren't as clear, pathways have ice, homes are a little more cluttered with holiday decorations and boxes. Each year too many seniors are admitted to hospitals due to a slip, trip and resulting fall. Here are some simple ways to reduce your risk:



- Stay active & eat healthy to keep your muscles, bones, & brain strong.
- Avoid dehydration which causes dizziness, decreased cognitive function & increased pain.
- Wear well-fitting footwear with anti-slip soles.
- Keep walkways clear by removing loose rugs, cords & any other clutter, & ensure sufficient lighting.
- Use a cane, walker or walking poles & always use handrails on stairs.
- Review medications with a doctor or pharmacist & ask about side effects like dizziness, drowsiness, changes in blood pressure & loss of balance.

*Whether you're new to exercising or a lifelong fitness nut, there's a class for everyone with Stonebridge online!*

- Mon/Wed/Fri: Strength & Balance classes live on Zoom
- Tues/Thurs: CardioBlast held on Facebook Live
- Anytime and day: A variety of classes from CardioBlast! to Pilates to Strength & Balance can be found on our YouTube channel.

Call Stonebridge at 519-842-3200 for details and links to these classes and more!  
Free Technology Tutoring and iPad Loans are also available.

## NOVEMBER'S CFC MEETING AGENDA TOPICS:

- Professional Boundaries
- Client and Family Portal
- Accreditation Canada
- LEGHO - Let's Go Home
- Ethical Dilemmas & Challenges
- Changes in the Workforce

If you have agenda items you would like brought to the Committee, please send them in to:  
[cfcouncil@multiservicecentre.com](mailto:cfcouncil@multiservicecentre.com)

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 online CFC Meeting:  
December 20, 2022: 5pm - 6pm

## Isolation

With flu season upon us, and more people isolating, it's time to remember how important social interactions are for good mental health. Remember that social distancing should not equate to social disconnection.

Make sure to:

- Spend time with family and friends using face masks along with physical distancing
- Maintain connections through your phone, Facebook and video chats
- Ensure food, medication & masks are available & take time every day for both physical & mental activities.
- **Most importantly, reach out!** Isolation is stressful and can create anxiety and sleep disturbances. Let your loved ones know how you are feeling, or contact your local crisis line to get the help you need.

