



# SENIORS ADVOCACY GROUP NEWSLETTER

Compliments of the MSC and SbCS Client & Family Council - February 2023 Issue



Call: 519-842-9008

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

Facebook: @MSCtillsonburg

## MEALS ON WHEELS UPDATES

Thanks to the subsidy provided by the Ontario Community Support Association, our meals are only \$6 each until March 31st, 2023, making our Meals on Wheels program more popular than ever.

A new 'Red Route' has been added due to the increase of individuals accessing this service. There are now 5 routes delivering hot meals every weekday during lunchtime. This would not be possible without the help of our volunteers as well as a generous donation from Tillson Pizza of 4 new thermal bags. The addition of this route will allow the program to deliver an extra 3,900 meals per year!

## FEBRUARY'S CFC MEETING AGENDA TOPICS:

- Accreditation Canada
- Social Visit Activity Survey
- Soft launch of Family Portal

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

The next online CFC Meeting: **February 28, 2023: 5pm - 6pm**

**WE ARE CURRENTLY LOOKING FOR NEW MEMBERS TO JOIN THE CLIENT AND FAMILY COUNCIL!**  
If you are interested in donating your time and input, or know someone who might be, please contact Diana Handsaeme at 519-842-9008 ext. 227 or send an email to [dhandsaeme@multiservicecentre.com](mailto:dhandsaeme@multiservicecentre.com)



## SPOTLIGHT ON FITNESS

A winter walk sounds lovely, but can result in unexpected falls due to ice & snow. Simple exercises done every day, can keep you steady on your feet by improving your strength, balance, & coordination and reduce your risk of falling.



**Seat Walks:** March on the spot either seated or standing. If you normally use a cane or walker to assist with mobility, be sure to use them for this exercise too, or hold on to a sturdy object such as your kitchen counter. Seat walks strengthen your legs, hips, stomach and back muscles.

**Toe taps:** Tap your toes to the beat of a good song. If you're standing, be sure to hold on to a sturdy object. Toe taps will strength the muscles on the front of your lower legs ensuring a stronger step when you walk and reducing your risk of tripping on your own feet.



**Standing Stretch:** Take a big step back from a wall with one foot and place that heel on the ground. Lean forward until you feel a gentle stretch in the back of you lower leg. Hold for 15 seconds then switch legs. Stretching these muscles will improve your standing balance. as well as your ankle and hip mobility.

If you are interested in having weekly exercise visits added to your Care Plan, please reach out to your Home Support Coordinator at the office.