



SENIORS ADVOCACY GROUP NEWSLETTER

Compliments of the MSC and SbCS Client & Family Council - January 2024 Issue

CLIENT COMMENTS

"After dealing with a spinal stroke in 2018, I was confined to a wheelchair, and in the hospital, for 6 months. So my life was looking pretty desolate when I came home. I stayed with my son for a couple weeks and that was when I was introduced to the Multi-Service Centre. My family fell in love with you guys right away. I began as a client in 2019. This company has made it possible for me to live alone in my home. Without these services this would have never been possible. The knowledgeable staff provide excellent care in so many areas. This company is such an asset to the community as well as my life. My life is enriched. I feel like I am independent, I can live alone, it is just that, it is so much. I am so glad I can remain independent."

DID YOU KNOW?

Winter conditions can make it challenging for seniors to enjoy time outside. It's estimated that about 20-30% of Canadian seniors suffer a fall-related injury or hospitalization every year, with the majority of these happening in the winter. Here are some tips to help make the outdoors a safer place for everyone to enjoy:

Choose footwear carefully - Ensure boots or shoes fit properly and have good traction.

Use caution as you walk - Scan your path for hazards such as icy patches, uneven surfaces and debris.

Use handrails whenever possible - These help to stabilize your movements, especially on stairs and ramps. You can also use walking poles and sticks to help you along the way.

Remove snow from your porch, steps and walkways - Shovel whenever possible, and use sand or salt to not only melt the snow, but provide extra grit as well.

Stay Active - An active body is stronger and more stable. This will help you fall less, and recover faster if you do happen to fall.

OCTOBER'S CFC MEETING AGENDA TOPICS:

- Barriers to Communication
- Accreditation Update
- Client Incidents and Satisfaction
- Client Bill of Rights

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

The next online CFC Meeting:
February 27, 2024: 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

Did you know the Client and Family Council now has a website?

Check us out at:

<https://multiservicecentre.com/cfc/>
It includes everything you need to know about us including our Code of Conduct, previous meeting minutes, information on how you can get involved, and much more.

WE WANT TO HEAR FROM YOU!

Do you have any comments or suggestions you'd like to let us know about? Please take our 3 minute survey by visiting this link:

www.bit.ly/3X4xXBH

or scanning this QR Code:

