

# Seniors In Action.....



## Asking questions is good for your health!

Interlake Regional Health Authority staff are committed to working with you to ensure you or your family member receives the care and services that you need. The best way to do that is to talk about your health with your doctor, your nurse and other health care providers. All across Manitoba, a new program called "It's Safe to Ask" has begun, to encourage us to talk together, about you and your health care.

"It's Safe to Ask" encourages you to ask three simple but important questions:

1. What is my health problem?
2. What do I need to do?
3. Why do I need to do this?

You and your family can play an important role in your health care by becoming informed, active participants in your care.

"It's Safe to Ask" brochures are available at all Interlake RHA hospitals, personal care homes and community health offices. The brochure provides you with the opportunity to keep track of information received from your health providers.

For more information on "It's Safe to Ask" and to download materials go to [www.safetoask.ca](http://www.safetoask.ca). Interlake RHA staff are ready to assist you or your family with your health care needs and would be pleased to answer questions related to your care or services that may be available to you. Remember: It's Safe to Ask!

For more information regarding Interlake RHA programs or services, please contact us at 467-4742 or toll free at 1-888-488-2299.

## The Healthy Living Resource Clearinghouse

The Healthy Living Resource Clearinghouse (Manitoba Ministry of Healthy Living) is in operation to enhance the capacity of communities and organizations to develop, implement and sustain community-based healthy living programs through the provision of a wide range of consultative support, referral services, resources, training and best practice information. The Healthy Living Resource Clearinghouse (HLRC) provides online and telephone support to health practitioners, organizations, groups and communities in their pursuit of good health and well-being.

For more information, please contact the Healthy Living Resource Clearinghouse at 946-1888 or toll free at 1-866-408-6999 or email [contact@mhlrc.ca](mailto:contact@mhlrc.ca). Website: [www.mhlrc.ca](http://www.mhlrc.ca)

## Proper use of medications

If improper use of medication was a disease, it could be termed an epidemic.

Medication non-adherence is responsible for:

- 10% of older adult hospital admissions.
- 25% of nursing home admissions.
- 20% of preventable adverse drug events among older persons in the ambulatory setting.
- 125,000 deaths annually.
- \$100 billion per year in healthcare costs in the U.S.

**[www.adultmedication.com](http://www.adultmedication.com)** is a new website containing:

- Information on factors that influence medication adherence and strategies to improve adherence.
- Tools to identify older adults at risk for medication non-adherence.
- Materials to educate older adults about the importance of medication adherence.
- Links to other useful web resources.

Another resource is the **Medication Information Line for the Elderly (MILE)** at the University of Manitoba  
**1-800-432-1960 ext. 6493.**

## Ashern L.I.F.E. Office Update

The LIFE Office in Ashern has certainly been busy with current programs and creating many new programs and offering upcoming services and sessions to the community.

### What's New ??

S.T.E.P. (Seniors Together Exercise Program) - In Motion

FLEX IT UP & Let's Have Some Fun ! This is a 30-minute stretching exercise program from a Sitting Position to help promote and increase flexibility & health. We started on January 15<sup>th</sup> and have had as many as 10 participants. We welcome all Seniors to come out and participate at the Pioneer Manor on Mondays, Wednesdays and Fridays at 9:30 am. For more info call Sandra at 768-2187.

Community Volunteer Income Tax Program is Back! We will prepare your 2006 Income Tax Return for Free. All returns must be a basic return only. Seniors, Low Income returns welcome. Call the LIFE office to see if you are eligible at 768-2187.

Mature Driver Workshop - (TBA in the Spring) is being offered to experienced drivers who wish to brush up on their skills and enhance their driving performance. This workshop is offered at no cost to you and all mature drivers are welcome to participate. The Mature Driver Workshop will:

- Teach you defensive driving techniques
- Show you how to enhance your driving skills
- Update your knowledge of current traffic laws & regulations
- Show you how to compensate for any changes that may occur in hearing, vision, flexibility, and reaction time

Please note there is NO TESTING involved and this workshop will not affect your license in anyway. To register contact the LIFE Office at 768-2187 (we need 10 registered to offer the workshop).

The **Ashern Adult Day Program** is also looking for a volunteer to help on Tuesdays and Thursdays. If you would like to help call the LIFE Office at 768-2187.

## Gimli Seniors Resource Program

The Seniors Resource Program in Gimli is available to assist seniors by supplying services to fit your needs. What services you ask?? Here are a few of the services that we have to offer to our seniors.

For nutritional benefits, come and join in with the Congregate Meal Program where you can tweak and fine-tune your cooking skills by helping in the kitchen and enjoying one of the scrumptious, homemade meals. Where can you get a meal that consists of a beverage, soup, salad or juice, an entrée, vegetables and dessert for just \$5.00? During the past year (2006) the Gimli Congregate Meal Program supplied meals to 302 different seniors. Can you image cooking 4,544 meals for the year, remembering that we serve only one meal a day? Well that is what the Meal Coordinator has done in Gimli. We can't forget to mention that she did have a lot of help from her wonderful volunteers to make this possible. In 2005 the meal program served 3,587 meals, an increase of 957 more meals in 2006.

Life is a journey, arriving safely to your point of destination is the key. Where ever it may be. Well, if you are unsure of your driving skills whether it is around town or to Winnipeg for Doctors appointments, call the Gimli Seniors Resource Program at 642-7297 for your transportation needs. Sit back and enjoy the ride, company and view. But just a quick reminder, fees are based on travel distance.

## Lifeline in Gimli

Lifeline makes it safe to be at home. One push of the Personal Help Button activates a hands free 2-way Communicator system in your home. You are immediately connected with a Response Center, who promptly arranges assistance and follow up to ensure you receive proper care. With Lifeline you are never alone, prompt expert help is available around the clock at the push of a button. If you know of someone who would benefit from a Lifeline just pick up the phone and give us a call. Established in the Gimli since 1989, there are presently 71 communicators available to seniors within the community. The number of communicators has grown in utilization by more than 50% in the past few years.