



Seniors In Action.....

Woodlands and Teulon ADP Share the Day!

The Woodlands Adult Day Program enjoyed having Teulon's group come for a visit on May 7th, 2007. After a very competitive game of tossing the rubber dice into a hoola-hoop, we went on to try out our bean bag game. That turned out to be a big hit as well. This was followed by a delicious buffet lunch and a look at our craft table. Congratulations to Lily, Ted, Alfred, Lynn and Agnes who were all door prize winners. Thanks for coming Teulon! We really had a lot of fun. Let's do it again soon!



There was a presentation by Ramona Kuhn, the new Emergency Measures coordinator, on the importance of properly marking personal driveways and homes in case of an emergency. Awards were handed out to long serving and now retired board members Emile and Marcelle Lavallee, Bill & Sophie Begal, Bob & Corky Hayden, Marlene Bruce, and Shirley Smith. These volunteers have meant a lot to both the Senior Resource program and the community as a whole. All in all it was a great day of fun, food, and friendship!

St. Laurent Seniors Resource Council News

Another great turnout at the Annual St. Laurent Senior Resource Barbecue! Over 200 people joined the Resource council for an afternoon of bingo, dancing, and great food.

There was barbecued chicken or steak, potato salad, macaroni salad, carrot salad, cottage cheese and dill salad, fresh buns, lettuce, and strawberry shortcake for dessert. We had 10 games of bingo with cards costing a dime a piece for each game played. There was local musical talent for dancing, and even a couple of games of musical chairs! Provincial MLA Ralph Eichler joined us for the afternoon, taking a turn at the grill, and saying a few words before supper.

The St. Laurent Senior Resource Council is hosting a free screening clinic for Peripheral Arterial Disease (PAD). PAD is a blood circulation condition that causes leg pain when walking (which disappears after rest), or tingling, numbness or coldness in your legs or feet. The clinic will be held on Friday, October 12, 2007 at the St. Laurent Community Health Center from 8:30 am to 4:30 pm. If you would like an appointment, please call Michelle Monkman at 646-2504 ext 2.

October is Seniors' and Elders' Month in Manitoba

This year we are celebrating "Older Manitobans: Pioneers of our Times". This is a time to celebrate the diversity of older Manitobans and to recognize the tremendous extent to which their contributions have shaped our province.

The Seniors' and Elders' committee is very excited to announce that a kick-off event will take place in Winnipeg on Monday, October 1, 2007 from 10:00 am to 2:00 pm at the MTS Centre, 300 Portage Ave. (Portage & Donald Entrance). The day will include entertainment, interactive activities, information booths and more! Lunch will be available for purchase.

In addition to attending the Seniors' and Elders' Month kick-off event please take this opportunity to join others across the province this Seniors' and Elders' Month by hosting an event to celebrate seniors and elders in your community. Register your event on the online calendar of events, www.seniors.cimnet.ca. Organizations registering events will receive a promotional package, including the official Seniors' and Elders' Month proclamation, as well as a generic poster for their event.

For more information about Seniors' and Elders' Month and the kick-off event at the MTS Centre, please call the Seniors Information Line at 1-800-665-6565 or in Winnipeg at 945-6565.

Interlake Flu Clinics.... Coming to a community near you!

Over the next few weeks, the Interlake RHA will be hosting Flu Clinics within your communities. Please watch for the dates and times of clinics in your local newspapers, on posters or call your local Community Health Office. You can get your flu shot at any of the community clinics or from your physician.

Fall Cost Statistics for Manitoba

Falls are the leading cause of injury hospitalization for all Manitobans, and the third leading cause of injury death. The following facts on falls highlight excerpts from the report "Preventing Falls and Fall-related Injuries in Manitoba: A Review of Best Practices" (IMPACT, September 2005). This report can be found at www.gov.mb.ca/healthyliving/injury_bestpractices.html.

When only unintentional injuries are included, falls are the second leading cause of injury death for Manitoba. When injuries are separated by age group, falls are the leading cause of hospitalization for children 0-14 years of age and all adults over 34 years of age. Between 1992 and 1999 there were 659 deaths due to falls in Manitoba and 51,446 fall-related hospitalizations (1992-2001).

Each year in Manitoba approximately 82 fall-related deaths occur and approximately 5,145 individuals are admitted to hospital due to a fall. Individuals 65 years of age and older accounted for 86% of deaths and 64% of hospitalizations due to falls. Compared with other injury types, falls consume the most hospital days with an average of 19.8 per patient. In 2001, falls accounted for 97,285 hospital days.

Between 1999 and 2002, the total cost of fall injury for Manitoba was \$335 million per year with \$256 million spent on direct costs. For those ages 65 and over, the annual direct treatment costs related to falls was estimated at \$164 million.

Save on Your Drug Dispensing Fees by Talking to Your Doctor

As reported in the MSOS Journal, seniors can save money with the cost of drug prescriptions. It is important to ask your doctor about the best way to fill your prescriptions. If you use a drug regularly, ask for a three month prescription so you can save on two months of the drug dispensing fee. This could equal hundreds of dollars each and every year.