

## Resource & Support List (Available in the R.M. of Lorne)

### Diabetec Education Resource

Roberta Moore . . . . . 836-2132

### Dietician Services

Offered once per week at the Lorne Memorial Hospital. Call for an appointment . . . . . 836-2533

### Home Care

Referral Service call. . . . . 248-2121

### Janice Richmond Message Therapy Rem.M.T.

Offered at the Somerset Clinic. Call for an appointment. . . . . 723-2611

### Lorne Community Support Services

A non-profit organization that provides services for seniors and the disable to the residents of the R.M. of Lorne and the Village of Somerset.

Debbie Rondeau . . . . . 836-2585

### Lifeline

For further information on lifeline and cost contact the Lorne Community Support Services Office.

Debbie Rondeau . . . . . 836-2585

### Lorne Handivan

Robert Delichte . . . . . 836-2583

### Lorne Family Resource Connections

Provides education and support services to enhance the quality of life for area residents. Offers various supports for parents. Ang Grenier . . . . 242-4390

### Lorne Palliative Care Services

Provides support, education & consultation for people living with a terminal illness & their families as well as those who are bereaved.

Ang Grenier . . . . . 744-2738 or

Lorne Memorial Hospital . . . . 836-2132

### Lorne Recreation District

Strives to provide public recreation programs to meet the recreation needs of the communities, as well as serve as both a support and a resource of available government programs and services.

Janet Rondeau . . . . . 744-2360 or Cell . . . . . 526-7052

### Pembina Valley Physiotherapy

Offered at the Somerset Clinic. Call for an appointment . . . . . 325-8555

### Phenomenal Foot Care

Pat Van Woensel . . . . . 836-2253

### Somerset Medical Clinic . . . 744-2265

### Somerset Public Health Office

. . . . . 744-2073

### Somerset Dental Clinic . . . . 744-2230

### Stevenson's Pharmacy . . . . 836-2866

### Swan Lake Medical Clinic . . 836-2533

## Extra Resources

### AA (Alcoholics Anonymous)

Operates as a self-help group which works with individuals with alcohol abuse problems who would like to deal with their addiction. . . . . 857-5734

### Al-Anon

Is a self-help group for families & friends of alcohol abusers, which holds meetings in various parts of the province. . . . . 943-6051

### Addictions' Foundation of Manitoba

Provides clients with the information, skills, & opportunities to successfully address their concerns about alcohol & drug use or gambling involvement. . . . . 857-8353

### Consumers Bureau

The Consumers' Bureau hears, mediates and investigates consumer related complaints . . . . 1-800-782-0067

### Eyeglasses Program

Provides limited financial assistance toward the purchase of eyeglasses for Manitoba residents 65 years of age and older. . . . . 1-800-392-1207 Ext 7365

### Gambling Help Line

A free service that provides information & referrals to counselling for people who feel they or someone they know have a gambling problem . . . . 1-800-463-1554

### 55 Plus Supplement

You may be eligible for an income supplement if you have a low income and are 55 and over . . 1-800-563-8793

### Handicap Parking Pass

If you or a friend or family member has difficulty walking more than 50 meters, you can apply for a Parking Permit. . . . . 975-3257

### Health Links . . . . . 1-888-315-9257

### Learning Disabilities Association of Manitoba

Provides support & information to those with learning disabilities, their families & educators. . . . . 239-3072

### Manitoba Government Inquiry

. . . . . 1-866-626-4862

### Manitoba Farm & Rural Stress Line

Offers confidential information, support, counselling & referrals for farm & rural families . . . . . 1-866-367-3276

### Mental Health Crisis Line 24

Provides in person or over the phone support . . . . . 1-866-588-1697

### OAS/GIS/ CPP Information

Canada's public pension system provides seniors with a secure, modest base of retirement income. Benefits offered by these programs do not start automatically - you must apply for them. . . . . 1-800-277-9914

### Pharmacare Drug Program

Is a drug benefit program for all Manitobans whose income is seriously affected by high prescription drug cost. Applications are available from all Manitoba pharmacies . 1-800-297-8099

### Seniors Abuse Line

Is a confidential information service aimed at providing seniors, family member, professionals, and other with a one-stop information resource on elder abuse. . . . . 1-888-896-7183

### Seniors Information Lines

Is an information and referral line for seniors, and their families. . . . . 1-800-665-6565

### Smokers Helpline

Provides information, advice and support to smokers who want to quit. . . . . 1-877-513-5333

### Suicide Prevention Line

. . . . . 1-877-435-7170

### Tax Assistance Office

You may be eligible for an income supplement if you have a low income and are 55 and over. Conditions apply. . . . . 1-800-782-0071

### Teen Touch

Operates a confidential, non-judgmental 24-hour distress line for teenagers & their families. . . . . 1-800-563-8336

### Veterans Affairs Canada

Offers a wide range of services and benefits to qualified Veterans. . . . . 1-866-522-2122

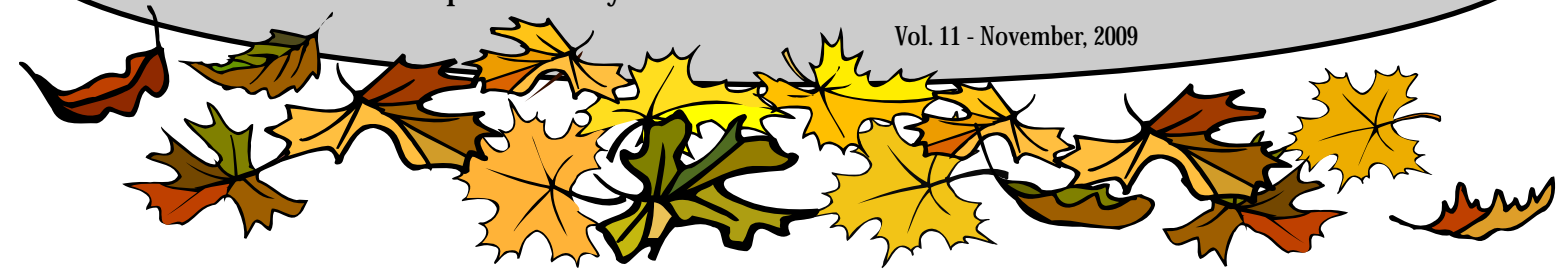
### Vital Statistics

You may obtain a copy of birth, marriage or death certificates by notifying the Vital Statistics office in the province that you where born . 1-800-282-8069 Ext 3701

# Lorne Services Newsletter

Sponsored by Lorne Memorial Health Foundation

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**Contact Health Links-Info Sante for answers to questions about common health concerns. This telephone is staffed 24 hours a day, seven days a week by knowledgeable, experienced nurses and is free of charge everywhere in Manitoba. 1-888-315-9257**

## Lorne Family Resource Connections

Submitted by Ang Grenier Ph: 242-4390 Fax: 744-2477

Growing with Mom program runs the 2nd Tuesday of each month from 10:30 a.m. to 12 noon at the Swan Lake Curling Rink. This program is for expectant mothers and all mothers with a child under a year old. Door prizes \* Free Milk \* Nutritious Snack

Daycare is provided by the Small Endeavors Daycare for any older children and spots must be reserved before hand by calling them directly.

Mom's Morning Out is an opportunity for Moms to get together for a coffee and share parenting ideas and support while at the same time allowing the children to get together for a play time. This informal program will be starting on October 28th at 10 a.m. at the Mariapolis Friendship Centre and is open to anyone with a young child. For additional dates please call Ang Grenier @ 242-4390.

## Lorne Palliative Care Program

Submitted by Ang Grenier Ph: 836-2132

Lorne Palliative Care's Annual Christmas Candlelight Service will be held on Monday, November 30th at 7:30 p.m. at the Swan Lake Hall. All are welcome to attend. Anyone wishing to purchase an angel for their tree can contact Ang Grenier @ 744-2738 or Louise Goderis @ 836-2407. Angels will also be available at the service by asking any one of the volunteers.

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**Designz 'N' More**  
822-9594

## Could it be the flu?

### What you should know. What you should do.

H1N1 and seasonal flu are expected in Manitoba this fall and winter.

If you feel ill, use the guidelines below to help you decide what to do.

### It's probably not the flu...

If you have not had a fever – even if you have one or more of these symptoms:

- sore throat
- runny nose
- stuffy nose

Whether or not it is the flu, you should always pay attention to your symptoms in case they get worse and need medical care.

### It could be the flu...

If you have a fever over 38°C (100.4°F) that came on suddenly, a cough and one or more of these symptoms:

- sore throat
- muscle aches
- joint pain
- tiredness or fatigue

Children may also feel sick to their stomach, vomit or have diarrhea. Elderly people and people with lowered immunity may not have a fever.

If your symptoms are mild and you don't have risks for severe illness (see below), stay home, treat your fever and other symptoms, drink fluids and rest until you feel well enough to return to work or school. Most people recover from the flu without any problems.

## Contact your health care provider...

• If you have flu symptoms and risks for severe illness (eg. chronic illness, weakened immune system, obesity, alcoholism, substance abuse, smoking, pregnancy, Aboriginal ancestry). Children under five and adults under 65 have been at greater risk for severe H1N1 illness.

• If your flu symptoms get worse (even if you don't have risks for severe illness) or if you are concerned about your health – even if you have already seen your doctor about this illness.

• Early treatment (within 24 to 48 hours) may be very important. If you are not able to contact your health care provider for advice or care, you can call Health Links-Info Santé at 788-8200 or 1-888-315-9257.

## Go for emergency medical help...

If you or a loved one has any of the following symptoms, go directly to an emergency room, nursing station, or health care provider, or call 911:

- shortness of breath or difficulty breathing
- severe weakness
- dehydration or no urination for 12 hours
- drowsiness or confusion
- fever in an infant under three months old

## Preparing a home flu kit...

Make sure you have the following items in your home:

- thermometer
- facial tissues
- soap and water
- ibuprofen (eg. Advil®) or acetaminophen (eg. Tylenol® or Tempra®) — do not give ASA (eg. Aspirin®) to children and teens

Plan for someone to look after you or your children if you are ill and offer to provide them with the same support. You should also identify family members, friends or neighbours who may be living alone and call them regularly to see if they need help dealing with the flu.

For up-to-date information about H1N1 and the Manitoba government's pandemic plan, visit the flu website at: manitoba.ca.

For personal health advice call your health care provider or call Health Links-Info Santé at 788-8200 or 1-888-315-9257 (toll-free).

## Nutritional Care of the Patient with Influenza

*Submitted by Kim Knott, Dietician RHA Central*

Promote bed rest, adequate hydration and calorie intake. Increase fluids from salty broths (like chicken soup), tea, and other fluids. Small meals and snacks may be better tolerated than three large meals. Ensure adequate amounts of Vitamin C and A. Citrus juices, carrot or broccoli soup, or fruit milk shakes all supply many nutrients in an easily tolerated form. If vomiting is a problem, take 1 tbsp of fluid (like weak tea or ginger ale) every 30 minutes to ensure hydration.

People over 65 might consider a low-dose of zinc and selenium 2-3 weeks before taking any flu vaccine because it provides significant improvement in the immune response after flu vaccination.

## Fortifying Your Defences

*Submitted by Kim Knott, Dietician, RHA-Central*

What are the ways that nutrition affects our immune system?

There are many nutritional factors that can either weaken or strengthen your immune system. Your total energy intake is one such factor. A "crash diet" (under 1200 kcal) can weaken your immune system. If you are obese that too weakens your immune system. (Your body is less responsive to the chemicals that stimulate an immune response during infection)

Vitamin and mineral intake is also a factor. Vitamin A strengthens the mucosal surfaces that block viral and bacterial invaders, it also helps build T cells and is involved in cytokines (the chemical messengers of the immune system.) Foods that contain high levels of Vitamin A are: carrots, milk, broccoli, pumpkin, squash and meat.

Vitamin C also helps strengthen mucosal surfaces and is involved in the production of white blood cells, antibodies and interferon. It is especially important to have adequate amounts before the infection occurs. Taking large amounts after the illness starts does not appear to be beneficial. Smokers need more vitamin C than non-smokers and are more prone to lung-borne diseases. High levels of Vitamin C are found in: citrus fruits, broccoli, kiwi, strawberries and baked potatoes.

Vitamin E is involved with killer T cells, antibody production and lymphocyte responsiveness. It helps protect cell membranes and it is found in: red peppers, broccoli and vegetable oil.

Zinc helps produce leucocytes and in the development of T cells. Foods that are high in zinc are: beef, pumpkin seeds, salmon, pork and turkey.

Selenium is involved in the functioning of neutrophils, macrophages and T cells. It is found in: beef, turkey, brazil nuts, cod and eggs.

Other nutrients that are important in the immune system are: folic acid, Vitamin B6, omega-3 fatty acids, vitamin D and protein.

Finally, be aware that alcohol decreases lymphocytes, decreases antibodies and decreases T cell activity. This impairment is completely reversible when there is no alcohol ingestion.

To bolster your defenses; Drink 2 servings of milk each day; Eat 5-12 servings of fruits and vegetables each day; Eat meat, nuts and eggs frequently and remember alcohol impairs your immune system.

Good nutrition does not guarantee you will not get an infection but it will mean your immune system will have the building blocks it needs and will be ready to put up a good fight.

If you are interested in learning more about how the immune system works and what some of the terms used in this article mean watch the video on YouTube called: "Immune System, White Blood cells, T cells, Cancer cells"

**Watch for dates of  
upcoming H1N1  
Clinics to be held in  
November.  
Get the shot...  
not the flu!**

## Lorne Community Support Services (LCSS)

*Submitted by Debbie Rondeau  
836-2585*

LCSS will be offering Get Better Together. Get Better Together is a free six-week workshop designed to help Manitoban's with ongoing health conditions to take control of their health, learn to solve problems and set goals to live a better life in each of the 3 hour sessions. You'll receive a copy of the book Living a Healthy Life with Chronic Conditions and you are welcome to bring a support person. Get Better Together is for anyone living with a chronic disease or ongoing health concern, such as Arthritis, Asthma, Cancer, Chronic Fatigue Syndrome, Chronic Back Pain, Diabetes, Fibromyalgia, Health Disease, Stroke or other health problem or disability. Get Better Together helps you learn strategies to control pain, deal with fatigue and frustration, get more active, handle stress and eat well to live well. Discussion and goal setting will help you increase your energy level, use medications effectively and talk about your condition with health professionals, friends and family. We will be offering this program every Tuesday starting November 3rd to December 8th from 1:00-3:00 pm. at the Lorne Handivan Building in Swan Lake. Please pre-register with Debbie Rondeau, Resource Coordinator at the LCSS Office by calling 836-2585. A minimum of 10 participants is required to offer this program. If this is of interest to you or someone you know, but the time and dates do not work, please let me know if we should proceed with a different time schedule.