

Lorne Community Support Services

Submitted by Debbie Rondeau
Resource Coordinator 836-2585

A four week Introduction to Computers Course will be offered at the Lorne Handivan Office beginning Tuesday October 21st 1:00 - 3:00. This course is designed for the Beginners and is open to anyone 55 years and older free of charge. We have 4 lap top computers available for the course. Please call the office at 836-2585 to pre-register and for further information.

Be Active Be Healthy

Most Canadians nod their heads automatically when we hear that an active lifestyle is good for us. But when we hear that an inactive lifestyle is just as unhealthy as smoking a pack of cigarettes every day, according to a recent report by the US Surgeon General. The benefits of staying active in middle age and beyond are surprising. Research shows that physical activity can extend our lives, reduce disability and chronic illness, and improve the quality of life for everyone. Physical activity can reduce the risk for many diseases including adult-onset diabetes, osteoporosis, arthritis, heart attacks, strokes and even colon and breast cancer. Health problems like obesity, depression and back pain can all be decreased. Many older people who are active find that they have more energy and feel better about themselves. Physical activity is the best way for older people to avoid falls and their consequences. The number one reason for hospitalization among seniors is injuries caused by falls. Studies show that 40% of all nursing home admissions can be directly related to an elderly person having a fall. Most of us get motivated when we hear someone's story of

Are you tired of having your dinners interrupted by telemarketers? You can now register your telephone and cell phone numbers with a Do Not Call List by calling 1-866-580-3625 or you can go to www.LNNTE-DNCL.gc.ca The National Do Not Call List is a list compiled by the Federal Trade Commission - (FTC) comprising of telephone numbers of consumers who have registered not to be called by telemarketers. Telemarketers covered by the National Do Not Call List have up to 31 days from the date that the number was added to the registry to stop call such number. Consumers who continue to receive calls after 31 days can file a complaint online with FT. Many companies are except from the new regulations', including charities, newspapers, political parties and polling and market research firms.

overcoming a challenge. The Active Living Coalition for Older Adults in Manitoba (ALCOA MB) runs a speakers bureau made up of active older adults all over the province. Volunteer speakers give presentations about active living, fall presentations and healthy living habits. If you or your group is interested in having a speaker come out, please call the office and I would be happy to set up an evening or afternoon speaker.

Copies of Manitoba Seniors Guide 2008/2009 have arrived and are available free of charge. The booklet provides information on a wide range of resources for older Manitobans. This is an excellent resource that contains valuable information on the eyeglass program, 55 Plus Supplement, OAS/GIS/ CPP Information, Pharamacare Drug Program/Health Links etc. just to name a few.

We are pleased to provide you with information on a new initiative by the Manitoba Institute for Patient Safety- the **It's Safe to Ask Medication Card**. This card is designed to fit in the E.R.I.K. or Emergency Response Information Kits. If you do not have an E.R.I.K kit, please call the office for your free kit and it's Safe to Ask Medication Card.

Medications errors can cause patient harm and death. A personal, up to date Medication

Card of over-the -counter and prescriptions medications will help.

Providers to know current medications and assess if medications are started and stopped correctly.

Provide critical information for emergency responders and emergency departments personnel in times of emergency
Provide information to increase patients' understanding of their medication and their health condition
Reduce medication errors and contribute to improving patient safety.

The Manitoba Securities Commission is an independent agency of the Government of Manitoba that protects investors and promotes fair and efficient business practices throughout the province. They have put together information packages free of charge. Protect your money: Avoiding frauds and scams- provides helpful tips on recognizing the red flags of frauds and scams and how to protect your savings. Fact or Fraud: the truth about scams and fraud in Manitoba. The industry produced DVD covers important information on identity theft, investment scams, vehicle scams and door-to-door scams and how you can avoid being a victim. Call the office 836-2585 for your free copy.

Ideas for Healthy School Lunches and Snacks

Submitted by Erin Sullivan,
Dietetic Intern
Diane Unruh, Registered Dietitian
with RHA Central Manitoba

It is that time of year again—students have headed back to school. Last week, as I was picking up some groceries, I saw an exasperated mother who was muttering under her breath about having to make school lunches.

Many of us have felt the same frustration.

Here are some tips to keep in mind for healthy lunches and snacks for your family—these tips work for adults as well!

✓ Plan ahead – take time in the evening to plan and prepare lunches for the following day. This will save you from scrambling in the morning.

PRENATAL CLASSES

The fall session for prenatal classes will be held on SATURDAY, NOVEMBER 8, 2008 and on SATURDAY, NOVEMBER 15, 2008 from 10:00 a.m. to 2:00 p.m. in the Boardroom of the Lorne Memorial Hospital, Swan Lake. *Please bring your own lunch.*

All expectant parents interested in attending prenatal classes are urged to register immediately. There is no registration fee for the classes.

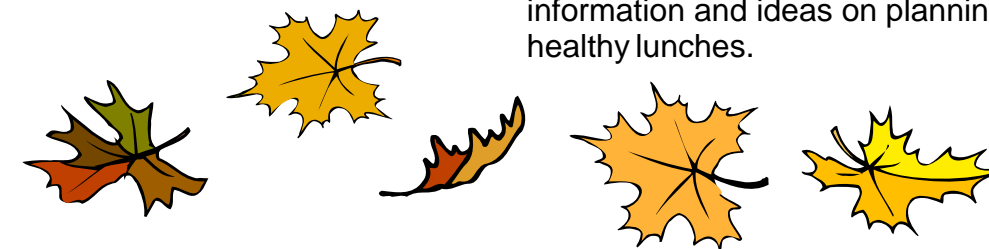
For registration and further information, please call Jacqueline Badiou, Public Health Nurse, at the Somerset Public Health Unit at 744-2073.

✓ Ask – sit down with your student and ask them what they would like in their lunches. If they complain of their lunches are boring ask them what other students bring that they would like to try.

✓ Team effort – get your student to help you make their lunch. Their involvement will give them a sense of responsibility for their lunch and they are more likely to enjoy it.

✓ Be a role model – it is a well know fact that when parents eat healthy they are encouraging their children to eat healthy as well.

✓ Avoid – high salt items such as pre-packaged noodles and high fat items such as chips. High sugar items should be a treat that are added to lunches only once in a while.



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

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

✓ Safety – remember to keeps hot foods hot in a good thermos and cold foods cold with an ice pack.

✓ Healthy snacks – when kids come home from school and are hungry avoid sweets and high fat foods. Try cheese and crackers, vegetables and dip, a piece of fruit or a small bowl of whole wheat cereal served dry.

An example of a healthy lunch could be 1 cup of vegetable soup, ½ a turkey sandwich on whole wheat with cheese slices and a banana. For an after school snack the student could have carrot, celery and cucumber sticks.

Dietitians of Canada “Cool Lunch Guide” and “Making Great Lunches for My Kids” at www.dietitians.ca/eatwell is a great website to check for further information and ideas on planning healthy lunches.

INTERNATIONAL TRAVEL

International travel (including tourist resorts) expose Canadians to many infectious diseases. Travel immunizations and health precautions provide valuable protection to those who wish to travel in good health. Some countries, by law, require vaccinations for entry. RHA-Central Manitoba Inc. is a member of the Manitoba Travel Health Network and its team of travel health nurses has professional training and in-depth knowledge on the health risks of people travelling. Contact a Travel Health Clinic (by appointment only) at Boundary Trails Health Centre, 331-8959, or Portage la Prairie Public Health, 239-3387. Remember to book your appointment at least 2-3 months prior to departure as some immunizations require boosters to be given over several weeks to be effective.