



## WILLIAMSBURG NON-PROFIT HOUSING CORPORATION

### *J.W. MacIntosh Seniors' Support Centre*

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[www.wnphc.ca](http://www.wnphc.ca)

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## CLIENT AND FAMILY NEWSLETTER FALL 2017

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*Mission Statement: To deliver safe and affordable housing and innovative, timely and high quality community support services to seniors and adults with disabilities in Dundas County and surrounding areas.*

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### *Focus On Meals On Wheels*

Do you have difficulty getting out to shop for food or preparing meals for yourself or your loved one? Consider joining our Meals on Wheels Program! You will enjoy nutritious and delicious hot or frozen meals delivered right to your door by our dedicated volunteers. You will receive soup or salad, meat, potatoes/pasta, vegetables and a dessert—all for only \$5! If you have a special diet, we may be able to accommodate your needs as well.

*Call us for more information  
and to sign up! 613 535-2924*

*We serve all of South Dundas!*

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J.W. MacIntosh Seniors' Support Centre invites you to join our **new** Client and Family Council. The main purposes of a Client and Family Council are to promote communication and partnerships with the staff at J.W. MacIntosh Seniors' Support Centre.

We are excited to share the great things that are happening in our organization, and want you to have a voice in our efforts to advance the quality of care and services we provide. This will be a great forum to discuss opportunities and challenges, and provide support and education. Please call me at 613 535-2924 for more information or to confirm your interest in joining the Client and Family Council.

Thanks!  
Tracy

## November is Falls Prevention Month!



### The Facts

Falls are the leading cause of injury among older adults in Canada:

- 20-30% of seniors experience at least one fall each year\*
- 95% of all hip fractures are due to a fall\*
- 50% of all falls causing hospitalization happen at home\*

Falls can result in chronic pain, reduced mobility, loss of independence and even death.

\*Public Health Agency of Canada (2014) Seniors' Falls in Canada: Second Report

**Falls can be a serious risk to your health and safety.**

**\*Here are some tips on how to avoid falls:**

- Stop and smell the roses: **take your time**, don't rush when walking or getting up
- Keep **stairs** and **walkways** free of clutter, ice or snow
- **Use hand rails and grab bars** to keep you steady on your feet
- **Balance your body** through good nutrition, hydration, and gentle stretching exercises
- **Keep an eye on your vision** and get your sight checked regularly
- **Know what you are taking:** talk to your pharmacist or doctor as some medications may make you prone to dizziness and falling
- **Put your best foot forward** in well-fitting, sturdy shoes
- **Light up your life...**and your hallways, stairs, and walkways!
- **Check your home for slipping and tripping hazards**
- **Ask for help** if you are worried about falling

\*from Government of Canada Publications-Healthy Living

<https://www.canada.ca/en/public-health/services/publications/healthy-living/how-lower-your-fall-risk.html>

**\*If you fall...**

- Try to land on your buttocks to prevent more serious injuries.
- Don't rush to get up. Make sure you are not injured before trying to get up or letting others help you get up.
- Don't let the fear of falling again prevent you from being active. Inactivity creates an even greater risk of falling.
- Report falls to your health care provider to determine the cause and to help prevent another fall.

\*Excerpt from Ministry of Seniors Affairs-You Can Prevent Falls Publication

<http://fallpreventionmonth.ca/toolkit/resources/you-can-prevent-falls>

**Fall Prevention Exercise Programs are available locally.**

**Call us for more information.**