

# THE SAVVY SENIOR

*A newsletter from Community Aid*

*Sometimes it takes  
more courage to ask  
for help than to act  
alone.*

KEN PETTI



The best way to *find* yourself  
is to *lose* yourself  
in the *service* of others.

Gandhi

## OUR SERVICES

- ◆ Meals-on-Wheels
- ◆ Escort/Transport
- ◆ Pedicare clinic
- ◆ Friendly visits
- ◆ Blood pressure clinic
- ◆ OPALS
- ◆ Services for caregivers
- ◆ Community meals
- ◆ Fall prevention program
- ◆ Men's Group
- ◆ Walking group

### Reminder

Please keep stairways & walkways clear of snow and ice for our volunteers

## A WORD FROM YOUR TEAM

Dear readers,

On November 4<sup>th</sup>, we held our Annual General and Public Meeting and the slate of officers for the new year were elected. We welcomed two new members to our Board of Directors – Maureen Quigg and Sandra Williams. The executive committee was also named and here are the members; Michael Rochette - president; Claude Charpentier - vice-president; Tim Goddard - treasurer, and Doug Beattie - secretary.

We wish to thank Gladys Bruun and Heather Grant for their collaboration, dedication and support to our mission. You will be missed!

On behalf of the team at Community Aid - may this holiday season be full of surprises and cheers, simply because you deserve the best!



## CALL FOR VOLUNTEERS

Volunteers play an essential role in a number of our services, and we are always looking for new volunteers to join our team.

Please spread the word with family members and friends about how they can become involved and make a difference in their community!

### Till next walking season!



This newsletter is free, courtesy of Community Aid. It will be produced four times a year! To **UNSUBSCRIBE, or to receive it by email**, call us at the number below. Next edition out in March 2020.

Pour recevoir l'infolettre en français, pour vous désabonner ou pour la recevoir par courriel, appelez-nous au numéro ci-bas.

## CONTACT US



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info@communityaid.ca

*Also available  
online!*

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

## ACTIVITY CALENDAR



### DECEMBER

- (3) Blood Pressure clinic Waterville, 10:00 am, Town Hall
- (6) Blood Pressure clinic North Hatley, 10:00 am, North Hatley Library
- (10) Blood Pressure clinic Lennoxville, 1:30 pm, Community Aid common room

(25-26) Office is closed



**\*\*Every Thursday:** OPALS, 1:30pm, Amédée-Beaudoin Comm. Centre \* **no OPALS December 26**

**(TBA)** Men's group, community meals, caregivers group, PIED program: call for details



### JANUARY

(1-2) Office is closed



- (3) Blood Pressure clinic North Hatley, 10:00 am, North Hatley Library
- (7) Blood Pressure clinic Waterville, 10:00 am, Town Hall
- (14) Blood Pressure clinic Lennoxville, 1:30 pm, Community Aid common room

**\*\*Every Thursday:** OPALS, 1:30pm, Amédée-Beaudoin Comm. Centre \***no OPALS January 2**

**(TBA)** Men's group, community meals, caregivers group, PIED program: call for details



### FEBRUARY

- (4) Blood Pressure clinic Waterville, 10:00 am, Town Hall
- (6) Presentation by DIRA-Estrie. "Its Not Right" 1:30-3:00 p.m. at the Amédée-Beaudoin Community Centre
- (7) Blood Pressure clinic North Hatley, 10: am, North Hatley Library
- (11) Blood Pressure clinic Lennoxville 1:30 pm, Community Aid common room

**\*\*Every Thursday:** OPALS, 1:30pm, Amédée-Beaudoin Comm. Centre

**(TBA)** Men's group, community meals, caregivers group, PIED program: call for details.

## DID YOU KNOW...?



**Don't forget to visit your local library or visit their website to consult for activities!**

### **Lennoxville Library**

101 Queen  
Sherbrooke, QC J1M 1J7  
819 562-4949

#### Hours

Tuesday 10 a.m. to 5 p.m.  
Wednesday 10 a.m. to 5 p.m.  
Thursday 12p.m. to 7:45 p.m.  
Friday 12 p.m. to 7:45.p.m.  
Saturday 9 a.m. to 1p.m.  
Sunday and Monday Closed  
<http://bibliolennoxvillelibrary.ca/>

### **Waterville Library**

150 Compton Est  
Waterville (Quebec) J0B 3H0  
819 837-0557

#### Hours:

Mon., Tues.& Wed: 6:30 p.m. to 8:00 p.m.  
Thursday : 2:30 p.m.to 4:00 p.m.  
Saturday (closed in summer):  
10:00 a.m. to 11:30 a.m.

**English READER'S CLUB once a month**

<https://www.facebook.com/bibliothequeWaterville>

### **North Hatley Library**

165 Main  
North Hatley, QC J0B 2C0  
819 842-2110

#### Hours:

Tuesday to Friday 10:00 - 12:30  
Wed. Evening 6:30—8:30  
Saturday 10:00 - 15:00

<https://www.nhlibrary.qc.ca/>

## BEATING THE WINTER BLUES

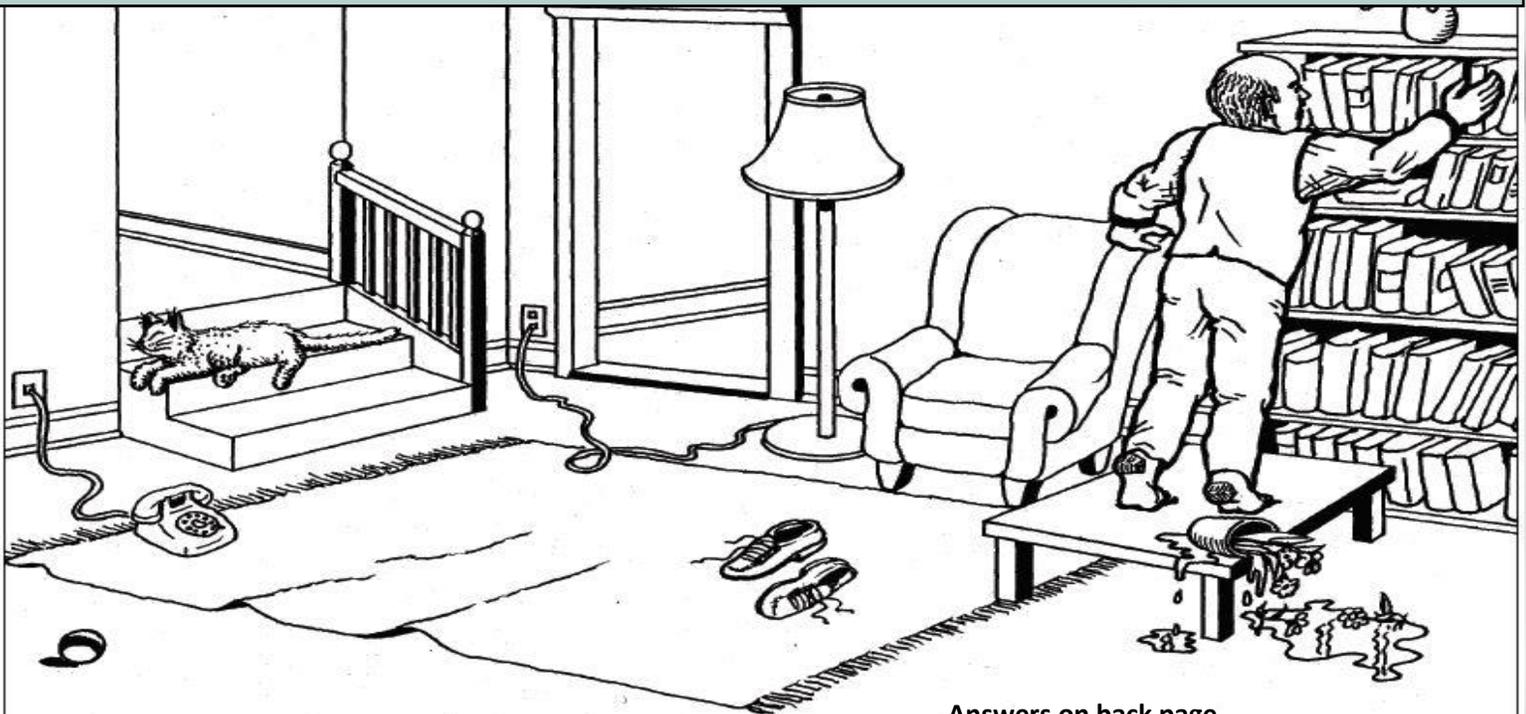
We often focus on the physical risks of winter, but winter can also have an effect on our moods and on how we feel. The winter blues is a real condition that can be very serious for many seniors. The difficulty and dangers of navigating on snow and ice, along with the cold temperatures, can lead many seniors to become isolated in their homes, leading to loneliness and social isolation. This isolation, combined with the shorter, darker days, can lead many to feel down throughout the winter.

To combat the winter blues:

- \* *Connect with others.* Find ways to connect with existing friends, and develop some new ones. Contact Community Aid if you would be interested in participating in our social activities or in receiving friendly visits.
- \* *Expose yourself to light.* Turn on lights and open blinds and curtains to keep your house light and bright. Sit near the window during the day, and if you are able to, go outside during the day to get some sunshine or daylight.
- \* *Exercise.* The release of endorphins in your brain can improve your mood. Consider doing exercises with a group, walk in the hallways of your apartment building or at a mall, or do chair exercises at home (ex.: leg lifts, squats, trunk rotations, and side bends). Call Community Aid for information on our group exercises.
- \* *Establish a good sleep routine.* The lack of light affects our sleep-wake cycle. Get up and go to bed at regular times.
- \* *Plan enjoyable activities.* Set aside some time each day to bring yourself a few positive moments.

Speak with your doctor if you feel down for days at a time, if you lose motivation to do things you normally enjoy, or if your sleep patterns and appetite have changed. And know that whatever weather this winter brings your way, spring will arrive!

## Can you find the 11 hazards that could cause you to fall?



Answers on back page.

## SAFELY WALKING IN THE WINTER

### Before you walk:

- Check the weather report and dress appropriately. Wear layers, and stay warm with a hat, gloves, a scarf, and insulated boots
- Wear bright colours and/or reflective gear to increase your visibility
- Let someone know where you are going and when you plan to be back
- Bring your cellphone in case anything goes wrong

### While you walk:

- Give your eyes time to adjust to the outdoors
- Keep your hands free of your pockets to help keep your balance
- Pay attention to possible hazards along your route
- Be especially cautious on stairs, use a handrail if possible

### After you walk:

- Take stock of how you feel. Assess whether you should shorten or lengthen your walk
- Have a glass of water to stay hydrated
- Hang boots and gloves to dry for next time
- Warn your neighbours and friends about any hazards you encountered

## COOKING FOR ONE

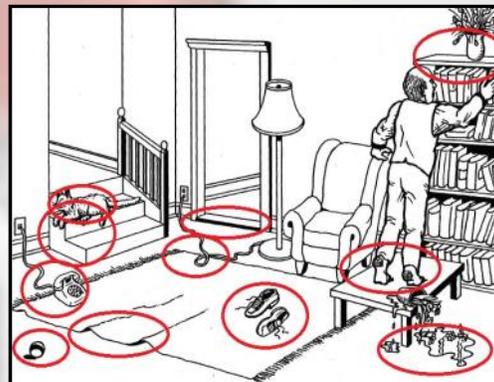
### A Single Serve Pancake Recipe

#### Ingredients:

- ¼ cup flour
- 1 tsp baking powder
- 1 tbsp sugar
- 1 tbsp vegetable oil
- ¼ cup milk
- 1 egg
- Pinch of salt

#### Instructions:

- Mix dry ingredients in a small bowl or glass measuring cup
- In a separate bowl or mug, whisk together the egg, milk, and oil
- Add wet ingredients to dry and stir until well combined
- Lightly grease a non-stick frying pan and heat to a medium temperature
- Pour 1/3 of the batter into the pan
- Cook until bubbles form on surface, flip and cook other side until lightly browned



## WHO DO I CALL?

### **EMERGENCY: 911**

Sherbrooke Police:  
**819-821-5555**

Sureté du Québec:  
Estrie: **819-564-1212**  
Coaticook: **819-849-4813**

### **If you are ill**

Dial **8-1-1** (info-santé)

Your pharmacist

Drop-in clinic

Family physician

*Emergency room as last*

### **If you are worried about elder abuse**

**1 888 489-2287**

### **If you are worried about physical or mental health**

Dial **8-1-1** (info-sociale)

### **If you or someone you know is having suicidal thoughts**

**1 866 277-3553**

## COMMUNITY RESSOURCES

**If you or a senior you know is a victim of abuse there are a number of organizations that can offer you support:**

- Elder Abuse Line: 1-888-489-2287 or [www.aideabusaines.ca/en](http://www.aideabusaines.ca/en)
- The CIUSSS de l'Estrie-CHUS (Accueil psychosocial) : 819-780-2220
- The Sherbrooke Police: 819-821-5555 or local Sureté du Québec
- DIRA-Estrie: 819-346-0679 or [www.dira-estrie.org](http://www.dira-estrie.org) (French website only)
- CAVAC (Crime Victims Assistance Center): 1-866-LE-CAVAC (1-866-532-2822) or [cavac.qc.ca/en](http://cavac.qc.ca/en)