

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

A WORD FROM YOUR TEAM

Dear readers,

April 19th to the 25th is **Volunteer Week**. We wish to thank all of our volunteers specifically during this week, but also every day of the year.

Each year, the team at Community Aid likes to take this opportunity to **THANK** each one of our volunteers for your gift of time that you offer to seniors of our community. You truly make a difference in their daily lives and have an incredible impact in the communities we serve.

Your passion, dedication and commitment are motivating, your smiles and kind gestures are contagious! You have the ability to change the lives of our seniors, making life more enjoyable and secure. We are so privileged to count you as active members of our team!

On behalf of all our clients and staff, **thanks a million for being who you are!**

Also, please allow me to welcome Jennifer, who is joining our team replacing Patricia. We also say goodbye to Anne Marie who is leaving to pursue her career as a pastry cook. We wish her well in her new adventure and thank her for everything!

CALL FOR VOLUNTEERS

We are looking for volunteers to help with the following services in Lennoxville and Waterville:

◆ Meals-on-Wheels: delivery in Lennoxville & Waterville

◆ Kitchen help: Waterville

◆ Escort/Transport: Drive people to/from legal, medical or banking appointments

◆ Grocery shopping accompaniment: either or all of the following: transportation, assist with shopping and help carrying bags.

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 June 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

ACTIVITY CALENDAR



March

- (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
- **Every Thursday:** OPALS, 1:30 pm, Amédée-Beaudoin Community Centre
- (TBA)** Men's group, community meals, caregivers group, PIED program: call for details



April

- (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
- (13)** Office is closed 🥚
- **Every Thursday:** OPALS, 1:30 pm, Amédée-Beaudoin Community Centre
- *OPALS is at Community Aid April 16th**
- (TBA)** Men's group, community meals, caregivers group, PIED program: call for details



May

- (1)** Blood Pressure clinic North Hatley, 10: am, North Hatley Library
- (5)** Blood Pressure clinic Waterville, 10:00 am, Town Hall
- (12)** Blood Pressure clinic Lennoxville 1:30 pm, Community Aid common room
- (18)** Office is closed 👑
- **Every Thursday:** OPALS, 1:30 pm, Amédée-Beaudoin Community Centre
- (TBA)** Men's group, community meals, caregivers group, PIED program, walking group: call for details.

DID YOU KNOW...?



Fifty years ago on April 22nd, Earth Day was started to create awareness and spark conversations about environmental issues.

The city of Sherbrooke will commemorate this anniversary with the introduction of a **plastic bag ban**. It has been about a decade since many stores began charging a 5¢ fee and Maxi & Co. stores stopped providing plastic bags altogether in 2008. This newest measure will affect the majority of plastic shopping bags, with only a few exceptions. For now, the Publi-Sac will continue to be in a plastic bag, dry cleaning and tires will continue to be wrapped in plastic, and bulk items such as produce may still be sold in plastic bags. Paper bags and reusable bags are expected to fill the void.

This means that as of Wednesday, April 22, 2020 consumers will be required to change their habits, think ahead, and find creative ways to get their purchases from the store to their homes.

VOLUNTEER WEEK: A PORTRAIT OF OUR VOLUNTEERS

In honour of volunteer week, held from April 19th to 25th, we would like to express to our many volunteers how grateful we are for their service to our organization and its clients! Most of our services rely on the hard work and dedication of our volunteers, including for Meals-on-Wheels, Escort-Transport, Friendly Visits, social groups, and administrative tasks (including in preparing this newsletter to be mailed out!).

Our volunteers are a special group of people who give of themselves to support seniors living in the community. In November 2019, two psychology students from Bishop's University, Danika Lambert and Pier-Olivier Paradis, set out to determine our current volunteer needs and interests, and to understand why they volunteer. They held a focus group with some of our volunteers to answer these questions.

The focus group unveiled some interesting findings that we wanted to share. We learned that volunteers gain a sense of community through their volunteer work at Community Aid. Volunteers are aware of, and sensitized to, the needs of older adults in their community, and they are passionate about protecting seniors' well-being. Volunteers feel that their roles at Community Aid go beyond their job descriptions; they feel like they are the eyes and ears of Community Aid, with a goal of ensuring the well-being of their clients. Volunteers did not anticipate how passionate they would feel about their volunteer work, how attached they would get to their clients, and how involved they would be within the organization. Their volunteer work has allowed for the development of special bonds with clients, and it evokes a sense of purpose in them, as they witness the wonderful impact of their work on their community. Most importantly, what seems to foster volunteers' motivations to keep volunteering at Community Aid is the reciprocal relationship between the volunteers and their clients. While Community Aid's clients benefit from the organization's services, volunteers have noted that their work is truly meaningful to them, because helping and witnessing their community thrive is the most rewarding experience of them all.

Thank you to all who volunteer at Community Aid, for the dedication you have shown us through the years.

Thank you, also, to Danika and Pier-Olivier, for your work with us, and for sharing your findings!

CROSSWALK SAFETY TIPS

For Pedestrians

- ♦ Walk on the sidewalk if there is one, otherwise walk on the side of the road facing oncoming traffic
- ♦ Cross the road at the nearest crosswalk or intersection
- ♦ Respect the walk signs and signals
- ♦ Avoid crossing between two parked vehicles
- ♦ Establish visual contact with drivers. If this is not possible assume that they have not seen you

For Drivers

- ♦ Respect the priority of pedestrians at intersections and crosswalks
- ♦ Bring your vehicle to a stop at crosswalks in order to let pedestrians cross
- ♦ Bring your vehicle to a complete stop before the stop line
- ♦ Make a hand gesture to signal to pedestrians that it is safe for them to cross

For more information: www.sherbrooke.ca/bonpiedbonoeil

RADON: REDUCING THE RISK OF EXPOSURE

Radon is a naturally occurring radioactive gas that is odorless, tasteless, and invisible. It causes no problems when released from the ground and into the outside air, but it can become trapped in our homes, where it can accumulate to unhealthy levels. In the Estrie, 9% of homes have levels higher than recommended, increasing to 24% in Sherbrooke. Since radon exposure is the leading cause of lung cancer in non-smokers, determining the level in your home could be very beneficial to your long-term health.

It is best to test radon levels during the winter, when homes are more tightly sealed and when warm air can pull the gas inside. Radon can be tested by a professional or by purchasing a do-it-yourself kit, which costs between \$30 and \$60. The kit contains a measuring instrument that must be installed in your home for 91 days and is then mailed to a lab for analysis. If the levels are higher than recommended, a certified mitigation professional from the Canadian National Radon Proficiency Program (C-NRPP) can help you choose the best solution for your home. Radon reduction costs may range from \$1,500-\$4,000.

For more information: 1-866-225-0709, TTY 1-800-465-7735, www.canada.ca/radon

For a certified mitigator: 1-855-722-6777; www.c-nrpp.ca

To measure radon levels:

- ◇ Call AccuStar Canada at 1-855-85 RADON (7-2366)
- ◇ Visit www.takeactiononradon.ca
- ◇ Visit the Quebec chapter of The Lung Association's website at www.pg.lung.ca/produit/radon-detector
- ◇ Visit CAA Quebec's website www.caaquebec.com under the "At Home" section

COMMUNITY RESOURCES

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
- 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 (French website only)
- CAVAC (Crime Victims Assistance Center): 1-866-LE-CAVAC (1-866-532-2822) or cavac.qc.ca/en

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 resort

If you are worried about elder abuse

1 888 489-2287

If you are worried about your physical or mental health

Dial 8-1-1 (info-sociale)

If you or someone you know is having suicidal thoughts

1 866 277-3553