



North Simcoe Muskoka Integrated Regional Falls Program Christmas Newsletter 2011



Keeping you Updated

Did you know?

Older adults are more sensitive to the intoxicating effects of alcohol after the age of 60. At age 70, 1 drink is equal to 2 drinks and at age 80, 1 drink is equal to 3 drinks. The recommended weekly maximum intake for a senior is 7 drinks for men and 5 drinks for women. Enjoy the holidays but please **Remember to Drink Responsibly at any age!**

Upcoming Events

Work shops for Healthcare Professionals :
Medication Utilization and the Elderly.
ONLINE format, weekly topics, time is at your discretion.
Date: Tues. Jan 10-31, 2012 Cost: \$200
Contact: nina.carlton@utoronto.ca

Research News

In a recent research study recognized by the Alzheimer's Association, Susan Stark PhD states: "This is the first study to identify risk of increased falls related to a diagnosis of preclinical Alzheimer's disease." It suggests high rates of falls can occur very early in the disease. To access the complete press release http://www.alz.org/aaic/sun-day_12amCT_news_release_falls.asp

National Initiative for the Care of the Elderly

Living a Healthy Life with Chronic Conditions

This self-management training program is offered for adults of all ages who have Diabetes, Arthritis, Chronic Lung Disease, Asthma, Fibromyalgia and other chronic diseases. To register for this free 6 week workshop with the group closest to you, contact dsm@southgeorgianbaychc.ca or call 705 791 6209

Support Persons and Family Members Welcome!

Physio Corner

Keeping Your Patients Safe in the Winter

In Ontario over 60 people a day visit an Emergency department for injuries on the ice and snow, with the highest rates amongst older adults. There are several things we can do to help prevent our clients from falling this winter.

- Encourage your clients to wear snow boots with good treads.
- Encourage your clients to use an ice grip on their cane (these are fairly easy to find, e.g. Shopper's Drug Mart).
- Educate your clients regarding the positive effects of exercise. Research indicates that exercise improves mood by triggering the release of neuro-chemicals such as serotonin, in addition to improving strength and endurance as well as balance. This is particularly important in the cold and dark post-holiday season.

Contact us through Central Intake and Triage 1 877 665 6065
Orillia Soldiers Memorial Hospital 705 325 2201 ext 3851