



Regional Home Care Newsletter

A MESSAGE FROM OUR DIRECTOR: AMANDA MONTEFUSCO



Hello to our Home Care clients and families! I hope that everyone had a nice winter, and I also hope that soon we will have some warmer weather coming our way as Spring begins.

Over the winter we were working to get the remaining Adult Day Programs not yet running again up and running. We also re-opened our Respite in PCH beds in two communities; Selkirk and Fisher Branch. The ADP and respite options for Home Care clients benefit caregivers and clients alike. If you are interested in either of these services please speak to your Case Coordinator.

This Spring and Summer we look forward to continuing to provide services and programs that meet the needs of our clients, families and caregivers. We also look forward to continuing partnerships with community agencies and services in order to provide as comprehensive care as possible.

We are starting an exciting initiative in Home Care by establishing client and caregiver advisory councils. If you are interested in being part of a council for collaborative program and service development please reach out to me at amontefusco@ierha.ca.



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[InterlakeEasternRHA](#)



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INSIDE THIS ISSUE

Wellbeing Tips.....	2
Foot Care.....	3
Scheduling.....	4
Resources.....	5
Services to Seniors..	6
Adult Day Program.	7
Telephone Listing...	8

For more information
about Home Care,
please contact:

**INTERLAKE EASTERN
REGIONAL HEALTH
AUTHORITY**

204-268-6746

If you are interested in being contacted in the future to assist with Home Care initiatives as a client/family representative, please provide your contact information to Rhonda Waito at 204-268-6746

Tips n' Tricks for Daily Life & Wellbeing

Gentle Exercises to Improve Mobility, Posture and Flexibility

Benefits of movement breaks may include the development and maintenance of flexibility, strength, posture and increased circulation. It also may reduce the risk of injury and provide a greater quality of life.

Plenty of regular exercises can be done while using a chair as a mobility device. This chair should be stable with four legs, and no wheels or rollers. Here are 5 exercises that can be completed in a seated position:

Please note: Before starting any new physical activity, check with your primary care provider to ensure these are right for you. When starting a new exercise, you should start with a low number of repetitions and slowly increase as the movement becomes easier.

1. Sit to Stand



Scoot forward in chair. Lean forward
Knees over toes



Rise up to standing

2. Trunk Rotation



Sit on a chair with good posture



Twist to look behind you

3. Knee Extension



Sit in a chair with good posture



Straighten knee

4. Trunk Sideflexion Stretch



Sitting on a sturdy chair, lean to the side. If able to, reach with one hand overhead

5. Hamstring Stretch



Eyes and head forward, hands resting on thigh, toes toward the ceiling



Hinge at hips to feel stretch in the back of the thigh

Images from SimpleSet™. (n.d). [Computer Software]. Retrieved from <https://simpleset.app/>

Foot Care



- Did you know that being a Diabetic, regular foot care and assessments is part of overall general well-being?!
- Prevention of Diabetic Foot Ulcers is KEY to healthy feet and is cost effective as well as time effective!
- The following tips can help you to maintain healthy feet and overall general well-being:
 - ✓ Keep your feet clean and dry – change your socks if they are damp;
 - ✓ Check your feet daily – ask a friend, use a mirror or take a photo on a cell phone; watch for redness, cuts, calluses, ingrown toenails and thickened nails;
 - ✓ See a foot care specialist for issues that you are having a hard time addressing on your own;
 - ✓ Regulate your blood sugars.
- For more tips on healthy feet, see the *WOUNDS CANADA* website and click on the HEALTHY FEET section (<https://www.woundscanada.ca/for-patients-public>) or the *DIABETES CANADA* website FOOT CARE section (<https://guidelines.diabetes.ca/docs/patient-resources/foot-care.pdf>)

Foot Care Nurses within the IERHA:

<https://mafcn.ca/find-a-nurse/#interlake>

Podiatrists within the IERHA:

- Dr. Y.Yacob: 204-485-4222 – Lockport
- Dr. L. Canvin: 204-482-3158 – Selkirk

Specialty Footwear:

- Canadian Footwear: 204-944-7466 - Multiple locations in Winnipeg

Please Note: Above may not be exhaustive lists and are not necessarily endorsed by IERHA or the IERHA Home Care Program.



Ingredients:

- 1 Cucumber
- 1 Large Tomato
- 1 Red Onion
- 1 Bell Pepper (Optional)
- Italian Dressing
- Feta Cheese
- Salt and Pepper to Taste

Instructions:

- Chop and mix the vegetables
- Drizzle and mix the dressing
- Add salt and pepper to taste
- Top with feta cheese

Fresh Cucumber Salad

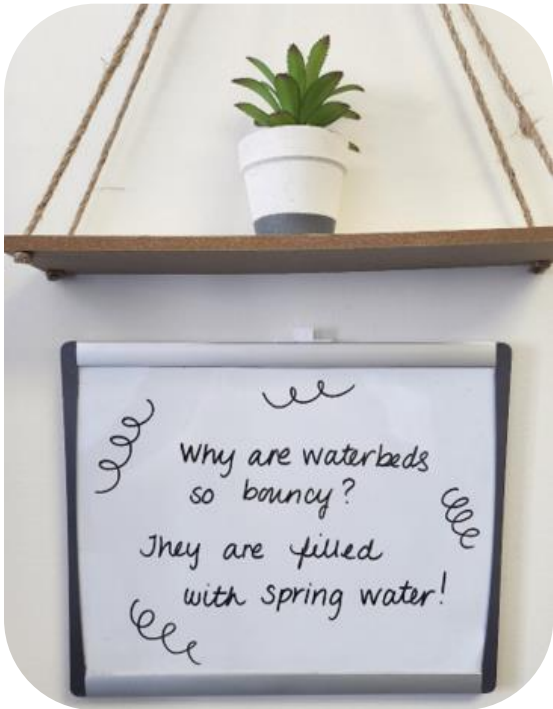


Spruce up your Spring with a Salad!

Did you know that you don't need a referral to see a registered dietitian in Manitoba? You can call to arrange an appointment. There is no cost.

<https://www.ierha.ca/programs-services/primary-health-care/dietitians/>

Get to Know Your Schedulers



Spring has sprung and Home Care Scheduling is in full swing!

Did you know that Home Care has an After-Hours scheduling team? In the heart of the Home Care office of Selkirk is our team of eight that operate from 6 AM to 10 PM, seven days a week. You've likely conversed with us over the phone and wondered who we might be.

We are dedicated to providing excellent service and collaborating with respect, kindness and integrity to achieve this. We also believe in enjoying a good laugh at the expense of our weekly "Dad-Joke" white board in our office. Our resident joke maker, Melissa has created this one just to showcase in the newsletter.

Our lightheartedness and joy come from sharing small things like a joke. We always hope that there is room in your life for a giggle. On behalf of our team, we wish you a happy, safe and lovely Spring!

(702)

Family Doctor Finder

Connecting me to my primary care

For a connection with a family doctor in your area:

Phone: 204-786-7111
Toll-free: 1-866-690-8260

Register Online:
www.manitoba.ca/familydoctorfinder

Manitoba 



Tobacco Quit Card and Counselling Program

- \$300 in nicotine patches and aids
- Professional counselling sessions

See if you qualify!



We Are Hiring!

Do you know someone who would be a great addition to the home care team?

We are hiring! Visit www.ierha.ca/careers to view job postings and apply today!

Looking for post-secondary education close to home?

Consider a career in health care



Visit www.ierha.ca/careers/educationalopportunities for information on post-secondary health care programs.



Interlake-Eastern
Regional Health Authority

Resources Available to You

IERHA's Mental Health Services provide assessments and treatment recommendations for older adults. Contact if you have mental health concerns, and/or are experiencing cognitive difficulties:

Toll Free: 1-866-757-6205
Selkirk & area: 204-785-7752

The Nutritional Supplement Program works with health professionals in the community to provide supplements for anyone in need. Protein powder, thickener, Ensure, Boost, and Resource are all available for purchase. The order deadline is the 15th of each month at 4:00 pm.

To find out more information, email wellness@ierha.ca or call 1-877-979-9355

Get Better Together is an online workshop designed to help those who are living with chronic conditions. Healthy eating, physical activity, communication, and pain management are some of the topics discussed.



To find out more information, email wellness@ierha.ca or call 1-877-979-9355

Services to Seniors

What is Services to Seniors?

Services to Seniors is a variety of programs and supports available to assist older adults to continue living independently in their own homes and communities for as long as possible. Some of these supports are free and some are on a fee for service basis. Services to Seniors has five specific programs and supports available. These are, Community Resource Coordinators, Supports to Seniors in Group Living (SSGL), Congregate Meal Programs, Senior Centres, and Adult Day Programs. Please check with your local services to senior's provider for more information on your area (see list on page 7).

What can a Community Resource Coordinator help me with?

- **Information and referrals** - assistance with accessing other health and community services, and Emergency Response Information Kits (ERIK)
- **Assistance with daily activities** - grocery shopping and delivery, form completion, telephone calls, scheduling appointments, prescription pickup and delivery, and reading and writing
- **Home and yard maintenance** - yard care, snow removal, general and heavy housekeeping, laundry, and home repair
- **Friendly visiting or phone a friend** - telephone wellness checks and one to one visits
- **Transportation and mobility** - volunteer drivers and escorts, transportation, rental of mobility aids
- **Electronic surveillance systems** such as Victoria or Phillips Lifeline.
- **Group programs and activities** - Health promotion, health fairs, support groups, fitness classes, education classes, lectures, workshops, and social and recreational programs
- **Clinics and groups provided by independent professionals** - foot care, hair care, mobility aids and equipment, hearing clinics, blood pressure clinics, and many more.

What can a Congregate Meal Program do for me?

A congregate meal provides a nutritionally balanced meal for either lunch or supper at an affordable price. It allows older adults to socialize and come together to enjoy a good meal.

- Provides a well-balanced meal. Extra meals can be purchased for take-out to be eaten at a later time.
- Promotes healthy eating
- Opportunities to socialize with old and new friends

What can Supports to Seniors in Group Living (SSGL) help me with?

Supports to Seniors in Group Living (SSGL) is available to eligible older adults who live in an elderly persons housing building that has an SSGL program. Not all elderly persons housing has SSGL programs. Supports to Seniors in Group Living (SSGL) provides assistance with life management skills such as:

- laundry, changing bedding, telephone calls, menu planning, assistance with opening jars, bottles etc., grocery shopping, form completion, scheduling appointments, basic home maintenance, escort to meal programs in building, accessing other services, reading and writing, and one to one visits.
- They also provide some group activities such as exercise, discussion groups, intergenerational programs, etc.

What can a Senior Centre do for me?

Senior Centres promote a healthy lifestyle and provide a safe environment for older adults to:

- Exercise, participate in social activities, learn new skills
- Participate in support groups such as Alzheimer's, grief support, and Parkinson's etc.
- Socialize with old and new friends
- Participate in outings and entertainment



Site & Contact Info	Community Resource	Supports to Seniors in Group Living	Congregate Meal Program	Senior Centre
ARBORG	(204) 376-3494	(204) 376-3494	(204) 376-5014	
ASHERN	(204) 768-2187	(204) 768-2187	(204) 768-2187	
BEAUSEJOUR	(204) 268-2334	(204) 268-8355	MOW (204) 268-2334	
BIFROST/RIVERTON	(204) 378-3103	(204) 378-3103	(204) 378-2087	
ERIKSDALE	(204) 739-2697	(204) 739-2697	(204)739-5552	
FISHER BRANCH	(204) 372-6861		(204) 372-6861	
GIMLI	(204) 642-7297	(204) 642-7297	(204) 642-7297	(204) 642-7909
INWOOD		(204)-278-3534	(204)-278-3534	
LAC DU BONNET	(204) 345-1227		(204) 345-1227	
LUNDAR	(204) 762-5378	(204) 762-5378	(204) 762-5378	
OAKBANK	(204) 444-3139		(204) 444-3132 Ext 3	
PINE FALLS	(204) 367-9128		(204) 367-4620	
PINAWA	(204) 753-2962		(204) 753-2962	
SELKIRK	(204) 785-2737	(204) 785-2737	Knights (204) 785-2092 Lions (204) 482-3949	(204) 785-2092
ST. LAURENT	(204) 646-2504 Ext 4			
STONEWALL	(204) 467-2719	(204) 467-2719	Lions (204-467-8531 Ext 2)	(204) 467-2582
STONY MOUNTAIN			(204) 470-1776	
TEULON	(204) 886-2570	(204) 886-2570	(204) 886-3053	
VICTORIA BEACH	(204) 756-6471			(204) 756-6468
WHITEMOUTH	(204) 348-4610			
WOODLANDS			(204) 383-5903	

Adult Day Program

Adult Day Program promotes healthy ageing and provides a wide variety of therapeutic recreation for older adults. Referrals to Adult Day Program are through the Home Care Program although you do not need to be receiving home care to attend. For more information on the Adult Day Program in your area, please contact your local Home Care office and speak to a Case Coordinator. Participants of Adult Day Program can enjoy a nutritious lunch and healthy snacks while socializing with their peers. All activities, lunch and transportation to and from the program is included in the nominal daily fee. Additional fees may be applied for certain activities.

Adult Day Program provides:

- Therapeutic recreation encompassing social, physical, emotional, cognitive and spiritual activities
- Peer support
- Opportunities to learn new skills and adaptations to maintain independence
- Healthy ageing activities to keep the mind sharp and the body strong
- Opportunities to participate in outings and entertainment
- Respite resource for caregivers



Home Care Office Listings

LOCATION	CALL FOR CONCERNS ABOUT YOUR CARE	CALL FOR CANCELLING OR RESCHEDULING SERVICES
ARBORG/RIVERTON	204-376-5559 ext. 1 or 7	204-376-5559 ext. 8
ASHERN	204-768-5225	204-768-5228
BEAUSEJOUR	204-268-6747 204-268-6721 204-268-6720	204-268-6731
FISHER BRANCH	204-372-7306	204-372-7302
GIMLI	204-642-4596 204-642-1607	204-642-4580
LAC DU BONNET	204-345-1235 204-345-1217	204-345-1209
LUNDAR/ERIKSDALE	204-762-6504	204-762-6503
OAKBANK	204-444-6139 204-444-6119	204-444-6136
PINEFALLS	204-367-5403	204-367-5404
ST. LAURENT	204-762-6504	204-646-2504 ext. 1
SELKIRK	HC ADMIN - 204-268-4876	204-785-7721
STONEWALL	204-467-4413 204-467-4414 204-467-4769	204-467-4785
TEULON	204-467-4769 204-886-4066	204-886-4070
WHITEMOUTH	204-348-4609	204-268-6731

Please Note: All material provided in this IERHA Regional Home Care Newsletter is for information purposes only. It does not replace the advice of a healthcare professional.