

The Wire

Volume 2 Issue 5

March 2019

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Foot Care and Safe Footwear

Taking care of your feet and wearing safe footwear can help prevent falls.

Shoes with high heels and slippery soles, or wearing shoes that don't fit properly, and not tying laces securely, can cause you to lose your balance or trip and fall. Foot problems can also affect your balance and change the way you walk, which may put you at risk of falling.

To improve your foot care and footwear to reduce your risk of falling:

- **Look after your feet** – If you have any foot pain or foot problems, see your doctor or podiatrist. Have your nails cut and deal with corns, calluses, bunions and ulcers. Maintain good circulation in your feet, ankles and legs by doing foot exercises everyday. Examples of foot exercises are moving your toes up and down, and turning your ankles in a circle;



- **Wear safe footwear**– Proper footwear is important to prevent falls;
- **Wear footwear that fits snugly.** Laces or Velcro fasteners are good choices as they allow you to adjust the shoe to your feet. Avoid slippers and flip-flops since

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Cooking with Gwen

Gwen is the Meal Coordinator for both Sanford and Starbuck GEMS Meal programs. Her love of Seniors and cooking is apparent as everything she makes is fantastic!



If you have not yet been to a meal program, check out our calendar and give us a call. We would love to see you!

Ginger Chicken

2 Chicken Breasts, cut in half length-wise
Canola oil
Coat Chicken with corn starch and fry until browned on all sides
Green onions, chopped (optional)

Sauce:

1 cup Chicken Broth
1/4 cup Soya Sauce
1/2 cup honey
2 tbsp. Rice wine vinegar
1 tbsp. fresh grated ginger
Extra cornstarch to thicken sauce if needed

Instructions

1. Preheat oven to 350. F
2. Place browned chicken and sauce ingredients in roaster and put in oven
3. Cook for 1/2 hour
4. Serve over rice and sprinkle with green onions, if desired.



Upcoming Programs

**Finding your Balance, March 14 at Sanford Legion, 1pm –
Cancelled**

Medical Marijuana: Is it Right for me?

Friday, April 5, Oak Bluff Rec Centre, 1:00 p.m. – 2:30 p.m.

Cost: Free!

Please pre-register by calling Leanne at 204-735-3052 or MHRD office at 204-885-2444

Internet Safety

3 hours held over 2 Mondays: April 8 and 15

12:00 p.m.—1:30 at Caisse Community Centre, La Salle

Cost: \$25

Learn how to stay safe when using the internet.

Let No One Be Alone Community

Family Pancake Breakfast

Saturday, April 27, Starbuck Hall

9-11 a.m. Tickets will be out March 20

Watch for more details!



9 Quick Safety Tips to Manage Your Medications

1. **Track your meds.** It's up to you or your family to keep track of the drugs you are taking. Your medication list is unlikely to be available to all health professionals online! Electronic medical records systems often don't "talk" to one another.
2. **Keep a list.** For your safety, carry your own UPDATED list and keep one on the fridge. Make sure to include over-the-counter (OTC) drugs, vitamins and supplements you are taking.
3. **Stick to one pharmacy.** Try to fill prescriptions from one pharmacy so drug interactions are easily checked. Any pharmacy's list will only show what their pharmacy has dispensed to you and won't include everything you take.
4. **Don't start a new drug when you are alone.** It's rare, but if you have a severe allergic reaction you'll need immediate help. Never take a prescription drug prescribed to someone else.
5. **Check your prescription.** When you pick up your prescription order, check both your name and the drug name on the bottle. At times, people who have the same name have received the other person's drug.
6. **Be aware of side effects and adverse effects.** If you have a new symptom after taking a new drug, don't assume it's a "new condition" or "old age". Tell your doctor or pharmacist right away. It could be adverse effects from the drug itself or an interaction with another drug you already take.

7. **Be aware of the prescription cascade.** Sometimes new drugs might be prescribed to deal with symptoms caused by a drug you are already taking. This is called the “Prescription Cascade” - a common example is being prescribed a new drug for stomach upset which may be caused by a drug you are already taking. Ask your doctor to consider whether new symptoms could be the result of the drugs and whether you should consider stopping a medication or reducing the dose, also known as deprescribing.
8. **Look out for changes.** Tell your doctor how new drugs affect you and whether there has been a change for better or worse. Doctors may be depending on you to report and may not be actively monitoring the effects. If you SEE something (or feel something), SAY something. You do not have to be “right” in order to bring forward concerns about adverse reactions from a drug.
9. **Seniors are more sensitive to medications.** Older people are more sensitive to medications because of changes in their liver and kidney function as they age. In many cases, drugs for seniors should be prescribed at a reduced dose. The more medications used, the greater the chance of drug interactions. Drugs commonly prescribed to older adults can cause dizziness and loss of balance, leading to falls, fractures and hospitalization, as well as cognitive and memory problems. Adverse drug reactions can start even if you have been taking a drug for a long time.

[Learn more about managing medications by visiting
deprescribingnetwork.ca](http://deprescribingnetwork.ca)

Always consult your doctor before stopping, changing or starting a drug.

March in History Trivia

This trivia will stretch your long term memory muscles.

1457 This book became the first book ever printed, thanks to the Gutenberg printing press.

1857 This new fangled technology, invented by Elisha Otis, was first installed in a five-story building at 488 Broadway in New York City. _____

1876 "Mr Watson, come here. I want to see you" were the first words transmitted by telephone. Who said them? _____

1887 Anne Sullivan moved from Massachusetts to Tuscumbia, Alabama, to teach this seven year old deaf and blind child. _____

1889 The French flag was raised a top this newly completed structure which served as the dramatic entrance to the 1889 World's Fair. _____

1894 The first championship series for this highest award in hockey was played in Montreal. _____

1905 This new type of physical evidence was used for the first time to help convict an accused murderer in London. _____

1916 This scientist published his general theory of relativity. _____

1931 In an attempt to lift the state from the hard times of the Great Depression, the Nevada state legislature voted to legalize this. _____

1935 This country's name was changed to Iran _____

1938 The world would be forever changed when oil was discovered in this country of nomadic peasants and subsistence merchants. _____

1946 Winston Churchill popularized the phrase to describe all the capitals of the ancient states of Central and eastern Europe: Warsaw, Berlin, Prague, Vienna, Budapest, etc., that were falling under Soviet Influence. _____

1987 Which Coffee retailer opened its first Canadian location in Vancouver? _____

1990 This film won the Oscar for Best Picture at the 62nd Academy Awards; starred Ottawa native Dan Ackroyd and Jessica Tandy, wife of Canadian actor Hume Cronyn. _____

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Footcare and Safe Footwear, continued from page 1

- they are poor fitting and can be dangerous;
 - **Wear footwear that has a lot of contact with the ground**, such as shoes with a flat or low wide heel;
 - **The sole of your footwear should have a good grip.** Wear shoes with a non-slip sole in your home rather than socks or slippers. During winter, wear boots that have good traction on ice and snow; and
- It is generally best to **avoid shoes with high or narrow heels worn, stretched or loose shoes; and heavy shoes.**

A well-fitting shoe... •Is the right length – When standing, there should be at least one thumb width between the end of the shoe and the end of your longest toe.

- Is the right width – The shoe should fit snugly so your foot doesn't move from side to side but should be wide enough so you can wiggle your toes. Your heel should not slip up and down in the back of the shoe. While there are some well-fitting slip-on shoes available, many people prefer laces or Velcro because they can be adjusted to secure their feet in place.
- Has enough room for an orthotic or insole if required.

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Answers to March in History Trivia

1457 -The Bible 1857 - The Elevator 1876 - Alexander Graham Bell 1887-Hellen Keller
1889 -The Eiffel Tower 1894 -The Stanley Cup 1905- Fingerprints 1916 -Albert Einstein
1931- Gambling 1935- Persia 1938- Saudi Arabia 1946- The Iron Curtain 1987 -
Starbucks 1990 -Driving Miss Daisy

Macdonald Services to Seniors has a Website!

Check us out at

MacdonaldSeniors.ca

Footcare and Safe Footwear , continued from page 7

Tips for shopping for shoes

- The best time to try on new shoes is mid-afternoon because feet tend to swell throughout the day.
- Try shoes on in the socks you plan to wear for the activity.
- Bring your orthotics or insoles when shopping.
- Try on both shoes for a proper fit.
- Buy your shoes based on fit, not by what you think your size is.
- Wear the shoes at home with socks for a couple of days to make sure they fit well and are comfortable.
- Before buying, ask about the store's return policy. Many stores will let you return shoes as long as they aren't soiled or worn outside.
- For more information on how you can prevent a fall, visit www.preventfalls.ca



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Helping seniors remain in their own homes

M.S.S. is a service to all older adults within the R.M. of Macdonald.

We can help with transportation, home and yard maintenance, house-keeping, foot care, medical equipment loans, filling out forms, accessing information, Victoria Lifeline and ERIK. Please call for information.

M.S.S. relies on volunteers and service providers to help older adults remain in their own homes for as long as possible.

If you have a few hours to give, please call Leanne to see how you can be of service. We are always looking for people to help with transportation, light house cleaning, or even friendly visiting.

Service Providers Featured in Previous Issues:

Foot Care:

A Step in Time Foot Care: Brenda Grom—204-509-1817

Hair Care:

Hair I Am Mobile Salon: Leah Macaulay—204-470-2727

If you offer services for seniors, and would like to be featured in this newsletter, please contact Leanne

**Macdonald Services to Seniors is in
Need of Drivers, and House cleaners
in all communities.**

**If you are interested in putting your name forward to
be contacted when someone requires help with trans-
portation or light house cleaning, please call Leanne.**





GEMS

A Meal and Social Program for Older Adults living in the R.M. of Macdonald

March 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6 Meat Loaf	7 Pork Cutlets	8	9
10	11	12	13 Ham & Texas Potatoes	14 Lasagna	15	16
17	18	19	20 Beef Stroganoff	21 Shepherd's Pie	22	23
24/31	25	26	27 Lemon Chicken Birthday Cake	28 Liver n'Onions Birthday Cake	29	30

Please call Leanne at 204-735-3052 to sign up by the Monday before each Wednesday or Thursday meal.
 Lunch served at noon at Starbuck Hall on Wednesdays and Sanford Legion on Thursdays
 We will try to accommodate special dietary requests. Please call ahead to confirm.
 Menu subject to change. \$8 per person