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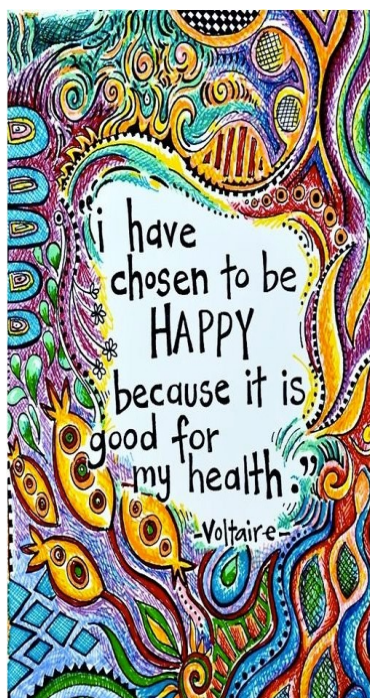


## *The LHIN- What is it ?*

The North East Local Health Integration Network (The LHIN) is responsible for planning, integrating and funding health care services for North-eastern Ontario, including Parry Sound and surrounding areas. It is a provincial crown corporation that ensures the local health care system works when people need it. It brings together close to 200 of the region's health care partners including: hospitals, community support services, health care centres, long-term care homes, mental health and addictions, and the Community Care Access Centres.

LHINs are based on the principle that community-based care is best planned, coordinated and funded within the local community. LHINs determine the health service priorities required in their local communities. They are responsible for funding and ensuring accountability of local health service providers. Participation at the local level is encouraged as local people are the best able to determine their health service needs and priorities. This is why Linda Taylor from CSS has invited Nancy Lacasse, the LHIN Outreach Officer to come and meet with

local seniors on July 16th. There will be an opportunity to meet with Nancy and share your issues and experiences with the health care system. A number of issues have already been identified by many seniors who attended recent Diners' Clubs. These issues are presented inside this newsletter. We hope you will mark this important event on your calendar.



**Do you have concerns or questions about your health care and wellness experiences?**

**Plan to attend the Lunch and Learn with Nancy Lacasse, LHIN Outreach Officer, on July 16th, 11:00 am—1:00 pm. Belvedere Heights Auditorium. Cost is \$6.00 for lunch and the interactive presentation.**

## ***Local Issues Identified by Local Seniors: Concerns the LHIN Needs to Know About***

Almost two dozen 'issues for seniors' were rated in terms of concern. **Foot care** was ranked number one. The recent government decision to defund foot care services for seniors has generated a lot of concern. Healthy and regular foot care is a priority for one's health, prevention of falls, ability to walk safely, and overall quality of life. It can mean a person's independence.

**Transportation** was identified as the second pressing issue. The District of Parry Sound has unique rural and urban transportation needs. We are also identified as having the highest aging population per capita in Ontario. So a senior living alone in their home in McKellar who no longer is able to drive safely on their own is someone who needs transportation services. If this person does not have family close by, they could be isolated, unable to get to grocery stores easily or often, may not be able to attend medical and dental and/or other medical appointments. This issue too can be a barrier for seniors to live safely on their own and have a good and healthy quality of life. Often the costs associated with transportation can be difficult for some seniors to manage.

**PSW—Personal Support Worker In-home Care**: The third issue identified were challenges to getting PSW care at home. Assistance with bathing, **medications**, getting dressed and so much

more. There are **waiting lists**, costs, and trust issues. How and where does a senior access and afford PSW services in a timely period?

**Emergencies**: Recently a couple shared their difficult experience with an unexpected hospital admission. The wife was rushed to the hospital and admitted leaving behind the husband who had cognitive and hearing impairments. The wife worried how her husband would manage on his own in their rural home without family or anyone to keep an eye on him? How could he get to the hospital to visit with her? How could he manage the household and personal care tasks? What emergency services are in place for seniors who are living in their homes?

**Falling—Falls Prevention**: 40% of all nursing home admissions occur as a result of a fall. Most falls happen in and around the home. Fear of falling can lead to the loss of independence. What services in home are readily available and affordable to seniors? **Light housekeeping providers** or **general maintenance providers** are difficult to find, afford and hire.

**Healthy Eating**: Health issues, physical limitations and **financial hardship** are only three of the many issues that make it difficult for seniors to get the nutrients they need for a balanced diet. Many seniors do not or cannot eat as

well as they should. Services to help seniors get proper nutrition are limited.

**Blood Work—and other medical tests**: Many tests have been defunded and now are a cost to seniors. Going to the doctors' offices for blood work is not always an option. Transportation, weather, frail health and many other issues make getting these tests a challenge.

**Social Activities**: Too many seniors live in isolation. There are barriers to getting out and/or knowing about social activities. Schedules are not always regular. Places are sometimes too far away. Sometimes a new senior trying to join an established group—like card players, can struggle to be accepted and fit in. I have heard of seniors not feeling welcomed. A widow or widower may not know how to start making new social connections.

**Dental and Eye Care**: These essential services cost money. For many seniors dentures, regular upgrading of eye wear etc. are things that are neglected because of the costs.

Many more issues were raised. You may have others. Each of these need to be discussed with Nancy Lacasse so she can take these important issues to the LHIN for action. Please make time to be a part of this important discussion.





## *Have Your Say:*

Make sure your voice is heard. My Father wisely told me, “*Valerie, the best way to make sure you do not get what you want, is to not say anything.*” In other words, speak up, speak out, and share your thoughts and experiences. What you have to say and offer to the LHIN, and others, matters. The upcoming Lunch and Learn is a wonderful opportunity to have your say. Tell your friends and neighbours that seniors are invited to have a conversation with the LHIN Outreach Officer, coming to hear Parry Sound Seniors’ issues and experiences.



## *Article From Kay Wilkinson—From Consumer’s Report on Health:* *“Staying Safe in the Heat”*

Every year people die from heat related illness, and children and older people are especially susceptible. But heat illness is 100% preventable according to medical experts. Take the following precautions if your area is experiencing severe heat:

~ **Hydrate:** Drink plenty of fluids throughout the day, especially water. Avoid alcohol.

~ **Stay Inside:** Find an air conditioned environment on hot, humid days, especially if there is an air-pollution alert in effect. If you do not have access to air conditioning, take cool showers or baths, keep window coverings closed during the hottest times of the day, use a fan and open windows for cross ventilation.

~ **Dress Cool:** Wear loose fitting clothing in breathable fabrics such as cotton or linen. Wear a hat.

~ **Limit Activity:** Heatstroke can occur in less than an hour when you are doing a strenuous activity on a hot day. It is best to avoid exercise when it is very hot, especially in the sun, and to limit other physical activity. (Save the yard work for after the heat wave)

In addition, it is a good idea to keep an “ICE” (In Case of Emergency) card with you that includes all your pertinent medical information. Make sure it includes names and phone numbers for your emergency contacts. Sometimes, hospitals receive people with heat stroke who are not able to answer questions so family or contact people cannot be contacted because the hospital does not know who to call.

If someone you know develops symptoms of heat stroke, including weakness, cold or clammy skin, fatigue, delirium, nausea or vomiting, headache, confusion, or convulsions, get them out of the heat and to an emergency room immediately. The condition can be fatal or cause permanent medical complications if left untreated.

Certain medications can increase the risk of heat stroke by decreasing sweating; those include anticholinergics, antihistamines, beta-blockers and phenothiazines.

**Stay safe and cool!**





## Seniors and Volunteering

**Community Support Services** 21 Belvedere Ave. Parry Sound, Ont. 705-746-5602 email: [ltaylor@belvedereheights.com](mailto:ltaylor@belvedereheights.com)

**Volunteers needed! They are the backbone of CSS. Help keep us strong and able to provide services to our community by agreeing to join the CSS Team.**

**We do Transportation! Call: 705-746-5602**

### *Coming Events*

**July 16**, At Belvedere Heights Auditorium  
11am.-1:00 pm. **Lunch and Learn with Nancy Lacasse Outreach Officer with the North East LHIN**  
Cost: \$6.00 Please call CSS to reserve your seat.  
705-746-5602 Call if you need transportation

**Stress & Relaxation Class** Tuesday evenings at 7 pm.

**Qi Gong** (chi gong) Thursday mornings at 9:45 am in the Belvedere Heights Auditorium—no costs although donations are accepted

**Beginners' Tai Chi** Wednesday mornings at 9:30

**Yoga** No classes during the summer. Please contact Theresa Gregory at [info@yogaloftwellness.com](mailto:info@yogaloftwellness.com) to sign up for Fall Classes

**Diners' Clubs** resume in the Fall

### **New Employees to Community Support Services:**

It is with sadness and joy that CSS says good-bye to Marian Beauregard and Delores Armieri. They are each off to new life adventures. With their departure comes the hiring of two new staff:

**Dawn Rouse** was born and raised in the Parry Sound area. She has decades of experience working in the human resources and employment fields. She is a proud mother, grandmother and great grandmother. In her rare spare time Dawn enjoys walking, swimming, and in the winter, cross country skiing.

**Valerie Stanley** moved to Parry Sound in 1988 from North Bay. She has worked as a mental health therapist until coming to CSS. She has two children. Val enjoys knitting, kayaking, and spending time with her little sheltie, Maggie. Valerie and Marian have worked together for almost 30 years so she plans to carry on Marian's good work.

Both Dawn and Val hope that everyone will be patient with their beginners' efforts. We look forward to meeting all of you.

**We do Meals on Wheels! Call: 705-746-5602**



**Next CSS Newsletter will be at the end of September.**

**Everyone at CSS wishes our readers a safe and happy summer!**



**CSS is working to Help Seniors have a Good Quality of Life.**