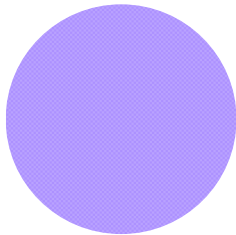
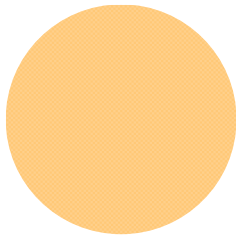
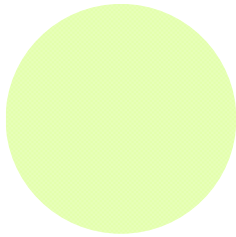


# Seniors Housing News

*Department of Community Services and Seniors*



## Get the flu shot, not the flu!

This fall you can take important steps to protect yourself, friends, family and neighbors against the seasonal flu virus. Here are five ways to help to protect yourself.

**1) Know your risk.** Some people are more at risk for developing complications from the flu. These include:

- People age 65 years or older;
- Those with a chronic health problem such as heart disease, diabetes, asthma, lung disease or lowered immunity;
- Aboriginal people;
- Pregnant women;
- Young children

If you, or a family member, are a member of a high risk group then it is important to get your annual flu vaccination. You should also consider getting the flu vaccination if you:

- Have frequent contact with young children,
- Are a health care provider or caregiver for another person;
- Work outside the home.

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**2) Wash your hands often** – hand washing removes germs that causes the flu.

**3) Cover your cough or sneeze** – by coughing into your sleeve or using disposable tissues.

**4) Stay home if you are sick**

**5) Watch for notices from Health PEI** and plan to get this year's flu shot when it becomes available.



## Emergency Preparedness: The Buddy System

Have you ever thought about how you might cope during an emergency? What if you could not leave your home for a few days? You may find it useful to have a buddy system in place.

A buddy system can be set up with neighbors, friends or family. Your buddy system can include one or more people who will check in with you to ensure that you are okay. And perhaps you can return the favour. Plan ahead how you can help each other – sharing resources such as food, batteries or other materials – in an emergency. You may want to give your buddy (or buddies) a key to your apartment as well as a list of emergency contact information including family, doctors, and pharmacy names and phone numbers.

Completing an emergency preparedness guide is a good way to ensure that you keep important personal information in a central place. The Office of Public Safety has developed a handy, easy to use, guide to help you create your own emergency plan and 72 hour emergency kit. For an electronic copy of Your Emergency Guide, go to [www.gov.pe.ca/jps/index.php3?number=1042745](http://www.gov.pe.ca/jps/index.php3?number=1042745) or call 894-0385 (toll free 1-877-894-0385) for a paper copy.



Visit

[www.peipublicsafety.ca](http://www.peipublicsafety.ca)

for more tips on  
emergency  
preparedness.

If you have special needs or equipment, make sure that your buddy is familiar with this equipment and understands your plan in case there are electrical outages or other problems which might interfere with the equipment's functioning. Make sure you tell your buddy where you keep assistive devices (canes, walkers, hearing aids, etc.) and then always keep them in the same spot. You may also want to keep your emergency kit in the same location and don't forget to stock extra hearing aid batteries or eye glasses. It is also a good idea to give your buddy a list of your medications. And always keep a week's supply of medications on hand. Consider giving your buddy a copy of your Health Care Proxy. Last but not least, rehearse your plan with your buddy. Being familiar with your plan can help overcome the added stress of a real emergency and allow for increased safety.



## Spotlight on: Community Legal Information Association

Do you have a question about the law? The Community Legal Information Association (CLIA) can help!

CLIA provides understandable and useful information about the law and justice system, including booklets on the following topics:

- Wills
- Wills and estates: information for executors and administrators
- Power of attorney
- Health care directives
- Moving to a community care facility or nursing home
- You and your grandchildren
- New relationships: legal and safety concerns
- Planning ahead Staying safe: A guide for Aboriginal seniors

To request copies of these booklets or for other information from CLIA call toll free 1-800-240-9798 or visit [www.cliapei.ca](http://www.cliapei.ca)

## Home Library Service

Did you know that PEI libraries offer a Home Library Service? This service delivers books, CDs, DVDs and Talking books from the library's collection directly to Islanders who are unable to visit the library.

If you are interested in this service or would like to volunteer to deliver materials, speak to your local branch librarian or visit [www.library.pe.ca](http://www.library.pe.ca)





## Fall Favourite: Corn Chowder

Serves 2



1 small potato, cubed	
2 tablespoons onion chopped	25 mL
1 cup water	250 mL
1/3 cup skim milk powder	75 mL
1/2 can creamed corn (14 oz/398 mL)	
Salt and pepper to taste	

Cook potato and onion in the water until tender. Do not drain. Add skim milk powder and corn. Heat, season and serve.

## Fighting bed bugs



Even the cleanest home can become infested with bed bugs, especially if they are carried on luggage, clothing, shoes, books or used furniture.

These small, wingless insects like to hide in areas where they can feed regularly. They may be found on mattress pads, box springs, around electrical outlets, night tables, under the edge of wall paper and even behind picture frames. Bed bugs are most active at night because they are attracted by the carbon dioxide that we exhale. They make small bites in order to feed on the blood of humans or pets.

Bed bugs are not known to carry disease but their bites can irritate your skin.

Seniors' Housing staff work to reduce the risk of infestations of bed bugs by having regular inspections conducted in higher risk areas, including in some cases, inspections after new tenants have moved in. By carefully looking for evidence of bed bugs we can find problems early and take steps to get rid of these pests. Seniors' Housing staff appreciates the cooperation of tenants in our battles with these unwanted "guests".

If you have questions about bed bugs, contact your local Housing Officer .



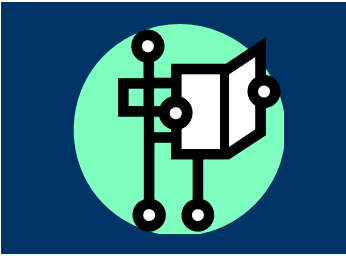
## Falls Prevention

Falls can happen to anyone at any age but research suggests that the risk of falls tends to increase as we grow older. The good news is that you can take seven important steps to reduce your risk for a fall:

1. **Watch for hazards around your home** – this includes scatter mats, clutter, poorly lit areas, and areas where items are stored out of easy reach. To reduce your risk of falls use a sturdy step stool with a hand rail when reaching for items; use a rubber bath mat in the tub and grab bars in the bathroom; ensure that stairways and outdoor steps are well lit; get rid of clutter; use non-slip mats and hold the handrail when traveling up and down stairs.
2. **Choose foot wear that fits well** – that is non-slip, low heeled and has ankle support to keep your foot from slipping out of your shoe.
3. **Stay physically active** - every day to maintain the strength and flexibility of important muscles in the arms and legs that help ensure safe daily activities.
4. **Eat a variety of healthy foods** – every day to ensure that you have enough calcium and vitamin D to maintain strong bones.
5. **Ensure that you can see well** – by having regular eye check ups, wearing clean glasses, wearing sunglasses to reduce glare when outdoors and being careful when on stairs if you wear bi-focal glasses.
6. **Check your prescriptions** – learn about any possible side effects of medications that may affect your balance, have your medications reviewed by your doctor or pharmacist regularly and don't mix alcohol and medication.
7. **Caution: Prevent future falls** – research suggests that having a history of falls increases the risk of falling in the future so if you have fallen in the past then take extra care and follow the six steps listed above.



*In Prince Edward Island 22% of Islanders 65 to 74 years reported a fall in the past 12 months and 29% over 85 years.*



Regional Housing  
Offices:  
Charlottetown:  
368-5770

Montague:  
838-0796

O'Leary:  
859-8837

Souris :  
687-7098

Summerside:  
888-8436

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*We're on the Web!  
See us at:*

*[www.gov.pe.ca/sss](http://www.gov.pe.ca/sss)*

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## Where does it go? Household Batteries

Together we have made great progress in taking better care of our environment through the responsible disposal and recycling of materials. All seniors' housing tenants are responsible to ensure that household waste and recyclables are properly sorted and disposed.

Household batteries (rechargeable and non-rechargeable) can be returned to most major grocery stores or at a Waste Watch Drop-off Centre for free disposal. This includes alkaline and lithium batteries (such as D, C, AA, AAA, 9-volt, 12-volt) and button type batteries which are found in watches, hearing aids and other devices.

Batteries should never be put in the waste cart or burned.

**Do you have a question about how to sort household waste?**

Call: 1-888-280-8111 or visit [www.iwmc.pe.ca](http://www.iwmc.pe.ca)

## Seniors Housing News

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