



Mature Adult Centres are health promoting, capacity building, and community focal points on aging where older persons come together for services and activities that enhance their dignity, support their independence and encourage their involvement in and with the community.



Manitoba Association of Senior Centres

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IT'S HOT OUTSIDE – STAYING COOL!

Basic tips to stay safe in the summer heat:

Stay cool: Stay out of the heat at the hottest times of the day (mid-day) and seek shade when you are outside. Heat-related problems such as heat exhaustion and heat stroke can happen if you are exposed to heat for a long time. Stay in areas where there is plenty of air conditioning and air circulation.

Drink plenty: Thirst declines with age, and older sweat glands may not produce as much sweat as they used to. Drink plenty of water throughout the day, as often as every 15 to 20 minutes. Avoid alcoholic beverages, as they can increase the amount of water lost by the body.

Apply cool cloths: A cool cloth applied to the face, neck and arms, as well as short cooler baths or showers are other good ways to beat the heat. Make sure to use non-

slip surfaces in the tub and shower, and wipe up moisture immediately to avoid slipping.

Dress for the weather: Wear loose-fitting, light-coloured clothing made from breathable fabric. Shade yourself from the sun with an umbrella or a wide-brimmed hat with lots of ventilation (to allow the sweat on your head to evaporate),

Keep your home cool

- If you have an air conditioner with a thermostat, keep it set to the highest setting that is comfortable (somewhere between 22°C/72°F and 26°C/79°F), which will reduce your energy costs and provide you with needed relief. If you are using a window air conditioner, cool only one room where you can go for heat relief.
- Prepare meals that don't need to be cooked in your oven.

- Block the sun by closing awnings, curtains or blinds during the day.
- If safe, open your windows at night to let cooler air into your home.
- Use a fan to help you stay cool and aim the air flow in your direction.

And... if you are outside, remember to wear sunscreen to limit ultra-violet (UV) ray exposure and wear sunglasses to help protect your eyes from the sun's UV rays.

If you are worried about your heat exposure, call Health Links-Info Santé at 788-8200 or toll-free 1-888-315-9257

Information adapted from:
www.manitoba.ca/health/publichealth/environmentalhealth/heat.html

<https://alzheimer.ca/en/Home/Living-with-dementia/Day-to-day-living/Staying-active/Hot-weather-tips>



Mature Adult centres are open to all individuals 55 years and older, or retired. The centres provide programs that offer core health services, are governed by a community-based board of directors, respond to diverse needs of older persons, hire professionals, provide education, develop innovative programming approaches, and are a community resource for information on aging.



LEARNING OPPORTUNITIES Around Manitoba

Various Locations & Distance Education

Webinar: It's all in the Pitch - Volunteer Recruitment Strategies

August 19, 2020 from 12:00–1:00 p.m.

How do you recruit people if they have different reasons to volunteer? Explore what motivates newcomers, young and the mature demographics, plus the five components of marketing. Combine this knowledge to learn how best to pitch a volunteer opportunity to match the motivations of the particular demographic you are trying to recruit.

REGISTER:

https://www.volunteermanitoba.ca/training_and_events_details.php?id=174

Online Course – A Framework for Analyzing Public Policies

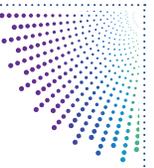
This online training offers a structured approach to analyzing public policies. This approach is based on an analytical framework that reflects a public health perspective, while at the same time integrating other concerns of policy makers.

This course (approximate completion time: 6 to 8 hours) becomes accessible to you 24/7 upon registration, allowing you to progress at your own pace.

REGISTER:

<https://netevent.ccnpps.ca/default.aspx?id=EQaKJy1Jq9g%3d&f=354&lng=en>

PRO BONO PLANNING AND EVALUATION SERVICES



Not-for-profits have a positive impact in our communities. In an effort to further strengthen the not-for-profit sector, Health in Common is providing pro bono planning and evaluation services. Pro bono services can include facilitating stakeholder engagement, developing a strategic plan or evaluating an initiative.

Initiatives with services valued between \$5,000 and \$20,000 with a realistic plan to implement (within one year or less) will be considered. Government departments, individuals, political activities and exclusively religious initiatives are not eligible. You can download an application package (pdf) and a fillable application form (.docx).

The deadline for applications has been extended to November 27, 2020. Applications will be reviewed in December; services for successful applicants will not start before February 1st. The next call for applications is expected in the 2021-2022 fiscal year. If you have questions or need assistance, please contact Cathy: **204 946 1888 (ext. 101)** or csteven@healthincommon.ca

For Eligibility Requirements and to download forms visit: <https://healthincommon.ca/pro-bono-planning-and-evaluation-services/>

International Self-Care Day - July 24

Self-care is a lifelong habit and culture. It is the practice of individuals looking after their own health based on the knowledge and information available to them. It is a decision-making process that empowers individuals to look after their own health efficiently and conveniently, in collaboration with health and social care professionals as needed. – Global Self-Care Federation

On July 24th, help us celebrate International Self-Care Day and the importance of self-care to the health of Canadians and to the health care system.

What is Self-Care?

We all practice self-care by doing the following things for ourselves and our families:

- Get a good night's sleep
- Get regular physical activity
- Not smoking
- Eat a healthy diet
- Brush our teeth

- Apply sunscreen
- Take a nutritional supplement, if needed
- Treat minor ailments like allergies, coughs and colds, headaches and heartburn with home remedies or OTC medications, used as directed
- Treat minor scrapes and bruises

What can YOU do when it comes to self-care?

- Discuss your self-care options with your doctor or pharmacist at your next visit;
- Look for credible sources of health information such as provincial and federal government health portals, websites associated with accredited health institutions or professions, and other evidence-based sources;
- Always read and follow the label directions when using consumer health products.

The 7 Pillars of Self-Care

