



CHATS
Community & Home
Assistance to Seniors

Connection Newsletter

For our volunteers



Summer 2019

UPCOMING EVENTS

York Region Police Senior's Fair

Tuesday, Jun 11th 9 am-3 pm
Oak Ridges Community Centre
12895 Bayview Ave. Richmond Hill

Navigating the Health Care System

Thursday, Jun 13th 1 pm-2 pm
Newmarket Seniors Meeting Place
474 Davis Dr, Newmarket
Contact: Linda Ind 905-713-3373 Ext
6211 or Lind@chats.on.ca

Downsizing and Decluttering

Thursday, Jun 20th 1:30 pm-3:00 pm
Matthews House Hospice
131 Wellington St. E. Alliston
Contact: Linda Ind 905-713-3373 Ext
6211 or Lind@chats.on.ca

SAVI Summit on Seniors

Friday, Jun 21st 9:30 am-1 pm
Fontana Primavera Events Centre
77 Woodstream Blvd, Vaughan

The Elden of Bradford Grand Opening

Saturday, Jun 22nd 11 am-2 pm
The Elden Retirement Residence
3131 8th Line, Bradford

Seniors Wellness Symposium

Saturday, Jun 22nd 9 am-4 pm
Newmarket Seniors Meeting Place
474 Davis Drive, Newmarket
Register with Mary Lou:
MPrudham@chats.on.ca

And more...

- Meditations & Wellness Services
- Speaking of Bones
- Falls Prevention
- Naturopathic Medicine

For information, contact: Linda Ind
905-713-3373 Ext 6211 or
Lind@chats.on.ca

Check out the CHATS Website for all
the upcoming events!

<http://www.chats.on.ca/events>

Dear Volunteers,

Summer is finally here! Are you as happy as I am about the warmer weather and longer daylight? If summer is your favorite time of the year, then you and I have something in common. I hope you will get some time to relax, enjoy the outdoors, watch Raptor's winning, and spend some extra time with your loved ones. Of course, I hope you will continue squeezing in some time for volunteering activities.

June is Seniors' Month in Ontario. It is a time to celebrate our seniors who built this province, and to recognize the contributions they have made in communities across Ontario, and the lives they have impacted across generations. Our government's theme this year is Aging Strong: Respect and Protect Seniors. Aging is about living, and everyone should be able to age strong and age well, which aligns perfectly with CHATS' Vision, "Older adults can live independently, safely, and well at home". In this newsletter, you will find some upcoming events especially during Senior's Month. You will find useful tips about preventing slips, trips and falls, CHATS' latest policy about Medical Assistance in Dying, avoiding distracted driving, and much more.

We hope you enjoy this summer and stay connected with us. If you haven't joined our email distribution list, to ensure you can receive the most up-to-date volunteering information, please simply send us an email to:

VNewsletter@chats.on.ca

Grace

Grace Han
Program Coordinator
Community Programs & Volunteers

Hillary

Hillary Richardson
Community Program Manager

Live Well, Age Well, Be Well

Community Care Slips, Trips and Falls



Working in the community, such as delivering Meals on Wheels, ~~or~~ driving clients to medical appointments, or getting to a Wellness Program location, requires you to travel from one place to another as a part of your workday. Did you know slips, trips and falls are the 3rd highest reported injury in health and community care workers in Ontario? Before starting your workday, please ask these questions to prevent the common cause of slips, trips and falls for you and the seniors:

- Is there enough time for me to get the task done? If there is enough time, I won't need to rush.
- Is there enough light in the parking lot, walkway or client's home to safely complete the task?
- Are my shoes appropriate for the amount of walking, travelling, and activity I have planned for the day and for the weather condition?
- Are the paths and walkways cleared so that I can arrive safely at my destination? Are paths in the home clear of clutter so I can

Naturally, the goal is not to slip, trip or fall; however, the possibility still exists. If all else fails, there are ways to soften the blow of a fall: Turn quickly into the fall, arms in front, close to your body, with elbows bent and wrists flexed. It's better to land face down then on your back or neck. If you do get injured, call for help and don't try to move,

Remember, tell your supervisor when you find a hazard that might cause a workplace injury. If a hazard you report is not resolved, call and ask to speak with a CHATS Health and Safety Representative. Please take a few minutes to the full tutorial. Simply click here: https://www.pshsaelearning.ca/CC_shorts/STF/story_html5.html

To provide a standard safeguard for the health and safety of all staff and volunteers for the prevention of slips, trips and falls, CHATS requires you to wear indoor and outdoor footwear that meets the following criteria:

- Closed toe, closed heel with a solid upper covering (no holes on the top or side of the shoe)
- Low to medium heel not exceeding 1 ½ inches
- Flexible, slip resistant sole
- Sturdy construction
- Footwear must be maintained in good repair

All volunteers must wear footwear appropriate to the weather conditions which includes but is not limited to non-slip winter footwear

CHATS' Shoe Policy



Distracted Drivers Kill!



Did you know that when driving 90 km/hour, reading a text takes your eyes off the road long enough to drive the length of a football field?!

Distracted driving is any activity that diverts attention from the road and puts someone at risk of unsafe driving. This can include talking or texting on the phone, applying makeup, eating, or using the stereo or navigation system. Driving safely requires a driver's full, undivided attention. Any non-driving activity someone engages in is a potential distraction and increases the risk of crashing. In 2015, 3,477 people were killed and 391,000 were injured in motor vehicle crashes involving distracted drivers. Although smartphones have made it easy for us to stay connected, they can also be the cause of serious or fatal consequences. During daylight hours, approximately 660,000 drivers use their cell phones while behind the wheel. Every time someone takes their attention off the road, they put both themselves and other drivers at risk of death or injury.

FAST FACTS

- The National Safety Council reports that cell phone use while driving leads to 1.6 million crashes each year.
- Texting while driving is banned for all drivers in 46 states.
- 1 out of every 4 car accidents in the United States is caused by texting and driving.



MINDFUL DRIVING

With the widespread use of mobile and other digital devices among today's youth, it is your duty to use them in a safe and positive way. You have the power to be an advocate of digital responsibility by helping to prevent accidents from distracted driving. It is equally important to be safe while you're behind the wheel and intervening when you see someone practicing any unsafe activity while they're driving. By stepping in and speaking up, you can stop someone from endangering themselves and other people. Being aware and making mindful driving a habit will make roads safer for everyone.

CHATS believes in maintaining the safety of our volunteers, clients and others while traveling in vehicles. As a result, CHATS has created a policy to provide volunteers with safety guidelines on the use of cell phones during volunteer-related use. This policy applies to volunteers who drive their own vehicles AND to volunteers driving CHATS vehicles. Cell phone use while driving is not permitted, including "hands free" use. This includes receiving or sending calls. Volunteers should be off the road when making calls in their vehicles.



CHATS LATEST POLICY

MEDICAL ASSISTANCE IN DYING (MAID)

MAID is a legislated service; CHATS is REQUIRED to have a policy guiding our response to requests for information.

CHATS is NOT a medical care provider.
CHATS does not and will never provide MAID.

CHATS' role is to ensure that anyone requesting information on MAID is provided with the phone number for the province's MAID Care Coordination Service within 48 hours of request. CHATS will only provide the referral information upon request.

The MAID Care Coordination Service provides information on alternate care solutions as well as on how MAID works. Callers to the Care Coordination Service can simply talk about options available or they can receive an "effective" referral to a physician or nurse practitioner who provides MAID.

All CHATS' staff and volunteers must notify their supervisor by telephone or in person, immediately upon receiving a request for or about MAID. Do not leave voice messages! If your supervisor is not available, contact their designated replacement or any manager directly. Volunteers may use CHATS emergency extension: 905-713-3373 X 6999 to report requests for MAID.

SPECIAL CONSIDERATIONS:

- Staff and volunteers have the right to conscientiously object to MAID. Even those who conscientiously object, are required to report requests for or about MAID to their supervisor immediately upon receipt.
- Compassion first – Individuals who make an inquiry for or about MAID, deserve compassion and respect. In no way shall the care or quality of care provided by CHATS be impacted by such a request.
- CHATS staff and volunteers are not permitted to witness a client's formal written request for MAID.

Should you have any questions or concerns about this or any other CHATS policy, please contact your supervisor or a member of the CHATS Ethics Committee.

OMH-Medical Assistance in Dying Care Coordination Service



For individuals who do not have access to a doctor or nurse practitioner willing to provide medical assistance in dying: "effective referral".

Available 24 hours a day, 7 days a week.

Can also provide additional information and answer questions regarding end-of-life care in Ontario, including palliative care resources.

Contact info: 1-866-286-4023; TTY 1-844-953-3350.

What To Know *before* You Go!

**Not protected against Hepatitis A and Hepatitis B?
Get your Twinrix vaccination.**

What is Twinrix?

Twinrix® is the only dual hepatitis A and B vaccine. It works by helping your body produce its own protection (antibodies) against hepatitis A and B. The standard Twinrix® schedule consists of 3 vaccine doses; however a rapid schedule is also available for adults over the age 19. Even if you're a last minute traveller, talk to your healthcare provider.

How can I contract hepatitis A?

You can contract the hepatitis A virus by ingesting food or drinks that have been contaminated by human waste. That means, you could be exposed by:

- Eating food handled by an infected worker who did not wash his/her hands properly after using the washroom.
- Eating raw or undercooked seafood and shellfish from sewage-polluted water.
- Eating produce (e.g. salad) that has been rinsed in contaminated water.
- Ingesting contaminated water while swimming or bathing.

How can I contract hepatitis B?

You can contract hepatitis B by coming into contact with the bodily fluids (e.g. blood, semen, vaginal fluid or saliva) of an infected person. That means, you could be exposed by:

- Getting a manicure, pedicure, tattoo, piercing or acupuncture with improperly sterilized tools.
- Having sexual contact with an infected partner.
- Giving first aid to, or receiving it from, an infected person.
- Having a medical or dental procedure with contaminated equipment.
- Sharing personal grooming items (e.g. nail clippers) with an infected person

Meet with your healthcare provider to discuss your eligibility for receiving the vaccine!

A message from your IPAC Committee

HAVE A SAFE AND FUN SUMMER!



2012 George Socka

#canadianproblems Weather in Canada be like....

mon: 20° ☀️

tues: -3° ❄️

wed: 7° 🌧️

thurs: 12° 🌧️

fri: 27° ☀️ (with a chance of snow)

REGISTRATION IS NOW OPEN FOR THE TIM JONES' CHARITY GOLF CLASSIC!

\$125 REGISTRATION

7.00AM - REGISTRATION & BREAKFAST

8.00AM - SHOTGUN START

1.30PM - BBQ LUNCH

2.30PM - SILENT AUCTION & AWARDS

FORMAT: Scramble Golf Tournament
VOLUNTEER OPPORTUNITIES AVAILABLE

9TH SEPTEMBER
SILVER LAKES GOLF & COUNTRY

VISIT WWW.CHATS.ON.CA TO
REGISTER BEFORE IT FILLS UP



TEE OFF FOR



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Save the Date



SUNDAY AUGUST 25TH, 2019
more details to come www.chats.on.ca

snapd
RICHMOND HILL

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