

May 2024



## ***Taking too much medication?***

According to the Canadian Medication Appropriateness and Deprescribing Network, two out of three older Canadians take at least five medications and one out of four take at least ten.

The risk of having adverse drug reactions increases with the number of drugs taken. Often, prescriptions for older adults may increase over the years, even though some may no longer be necessary or safe. This is especially likely if more than one doctor is prescribing.

How can you be sure if all the medications you take are necessary? Ask a pharmacist for a medication review. And, if possible, have someone else you trust with you. Topics to explore during a medication review include:

1. If any medications have been added, stopped or changed, explain why.
2. What medications do I need to keep taking, explain why.
3. How do I take my medications, and for how long, explain why.
4. How will I know if my medication is working, and what side effects I need to watch for?
5. Do I need any tests and when should I book my next medical visit?

If you are on computer, go to [safemedicationuse.ca](http://safemedicationuse.ca) for more information.

### **Meet us at the Trade Show May 3, 4, 5 at the TRCC**

We will be giving out our **updated resource guide** (The Connections Book).  
Plus:

You can sign up for a **raised bed garden box** (we will be giving out 30 this year).

You can purchase a **Supporting Seniors crew neck sweater** (or other item).

Try your luck with our **50/50 raffle**.

Get up-to-date on all the events and activities coming up in the next few months!

### **What is E.R.I.K.®?**



The Emergency Response Information Kit (ERIK) gives first responders the health and medical information they need to respond quickly and appropriately in a situation.

The E.R.I.K. kit goes on your fridge. The red seal goes on the outside door you use most often. When emergency responders see the red seal on the door, they will know where to look for the kit.

We have kits for free. Contact [thompsonseniors55@gmail.com](mailto:thompsonseniors55@gmail.com) or 204-677-0987 to arrange for yours.

## Tax clinic helped 35 Seniors and Elders

Thank you to Heather Steinhoff, Lynn Watkins and Molly Stapleton, as well as Bree Green from Service Canada and David Llade from Revenue Canada. Together we helped 35 Seniors and Elders get their taxes done for 2023. And thank you to Abbey Ogunbanwo who will continue to do taxes for Seniors and Elders. (His number is 1-647-880-8660.) The lessons we learned from this first clinic may help us do this again in the future.



**City announces construction on aquatic centre to start as early as May. Will include features for seniors.**



**Will carry more details in future issues.**

## Things to do while you wait for the ground to thaw

Congregate meals are at **McDonalds** every Tuesday in **May** and at Ma-Mow-We-Tak every Tuesday in June. Just \$10. **Seniors Drop-ins** are every Tuesday at the TRCC lobby and UCN common area starting at 1:30 p.m. Games, cards, puzzles provided.

YWCA Steps for Success is holding a free **Internet Safety** course on May 3 from 1 to 3:00 p.m.; and **Basic Computer** Level 1 or Level 2 on Wednesday and Thursday evenings. Computers are provided. Call Cat Cogle at 204-677-5016.

## Events in the making

**Mothers Day:** Free wool or baking items while enjoying coffee, tea and the company of your grandchildren and your friends. Details to be announced.

**Fathers Day:** A barbecue is being planned.

**Nickel Days:** We will again be looking after the Child Find booth. If you would like to volunteer for a two-hour shift or two, please call the office at 204-677-0987.

**World Elder Abuse Awareness Day** is June 15, but we are planning your event for Friday, June 14. Stay tuned for details.

Our bikes will be out again this summer. Every Senior/Elder deserves to feel the wind in their hair!

We will have free yard service for Seniors and Elders again this summer. The work will include lawn cutting, edge trimming, weeding, washing the outside of windows, painting fences and decks. If you will be looking for this type of service, register at the office by calling 204-677-0987.



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