



# Newsletter

## November 2021



### Health Tip:

Am I at risk for a fall?

**Falls are the leading cause of injury among older adults**

Falls are the leading cause of injury among seniors. The older we get, the greater the risk of falling becomes. Our bodies naturally change with age, and these changes affect the way we feel, move, and behave. A fall can have a devastating and lasting impact on an individual resulting in injury, chronic pain and a reduced quality of life. Even without an injury, a fall can cause a loss in confidence and a reduction in activities for older adults.

The good news is that there are actions you can take to prevent falls. Included in this section are materials to help seniors be active and stay independent.

Source: Finding Balance

For more information visit:

[www.findingbalance.ca](http://www.findingbalance.ca) or speak to your health care professional.

### FUN MIND PUZZLES

1 - What is wider than life itself  
Longer than forever  
So simple it's complicated  
Travels but never leaves the spot  
Puts others in danger but no one gets hurt  
And reaches to worlds unknown?

2 - I tower over the man-made plain;  
My peaks scrape the heavens.  
I have many brothers; in fact,  
We may be as many as a hundred and seven.  
We're as ancient as the oldest trees,  
But not older than the hills.  
We've been studied for centuries now,  
But with mystery we're still filled.

3 - What has four teeth and a tail, but no arms and legs?

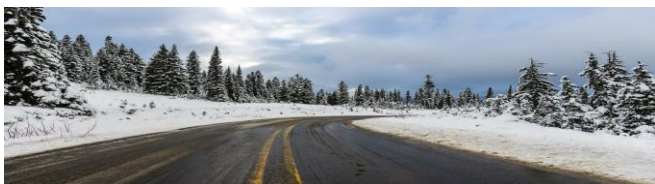
4 - A cowboy rode into town on Friday. He stayed in town for three days and rode back out on Friday. How is this possible?

5 - What comes once in a minute, twice in a moment, but never in a thousand years?

## Photo Gallery

### FUN FACTS ABOUT CANADA IN GENERAL

- -The population in Canada in 2019 was approximately 37.59 million.
- Despite being a huge country, Canada has the fourth lowest population density in the world, with only three people living per square kilometre! Talk about being able to stretch your arms!
- The average Canadian watches 30 hours of television per week. 128,000 Canadian households have TV's in the bathroom. I find this sad.
- Canadians generate 640 kilograms per person per year of waste. From what I understand, this makes us the worst (or #1 in other words) in the world.



#### Answers:

- 1-Your imagination.
- 2-The pyramids of Egypt.
- 3-A fork.
- 4-The horse's name was Friday.
- 5-The letter "M"



#### United Church Service



#### Coffee Time



#### Checking things out