

Newsletter

November 2022



Health Tip:

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.

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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 or speak to your health care professional.



Photo Gallery

Some funny jokes:

- What do you call a lazy kangaroo?
A pouch potato.
- I used to run a dating service for chickens, but I was struggling to make hens meet.
- Why do we tell actors to "break a leg?" Because every play has a cast.
- What does a pig put on dry skin?
Oinkment.
- What do you call it when a snowman throws a tantrum? A meltdown.
- Which is faster, hot or cold? Hot, because you can catch cold.
- What did one plate say to the other plate? Dinner's on me.
- Why do oranges wear sunscreen?
So they don't peel.
- What do you call a pony with a sore throat? A little horse.
- What did the left eye say to the right eye? Between you and me, something smells.
- What did the mama tomato say to the baby tomato? Catch up!
- Why didn't the melons get married?
Because they cantaloupe.
- What do you call a fake noodle?
An impasta
- What do you call a bee that can't make up its mind? A Maybe.
- Why was six afraid of seven?
Because 7-8-9.



Enjoying some good music



Can't wait to play football



Best cheerleader around