



St. Michael's
HEALTH GROUP

Vegreville Manor

Newsletter

November 2023



Health Tip: **Fall Prevention**

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

Anyone can fall. But as we age, our risk of falling becomes greater. That's the bad news. The good news is that falls can be prevented. The first step to avoiding falls is to understand what causes them. For example, poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe conditions in and around your home can increase your chance of falling. Staying safe and on your feet is a matter of taking some steps to protect yourself.

You **can** prevent falls by making the needed adjustments to your home and lifestyle, and by making sure you eat well, stay fit, and use whatever devices will facilitate your daily life while keeping you safe. Your independence and well-being are at stake. Take action!

Source: Government of Canada

For more information visit:

www.findingbalance.ca or speak to your health care professional.

What's Happening at Vegreville Manor?

November 2 – Miss Laura's Piano Recital

November 7 & 21 – Rotary Club Bingo

November 8 – Remembrance Day Ceremony

November 11 – Remembrance Day

November 13 – Personal Touch Fashion

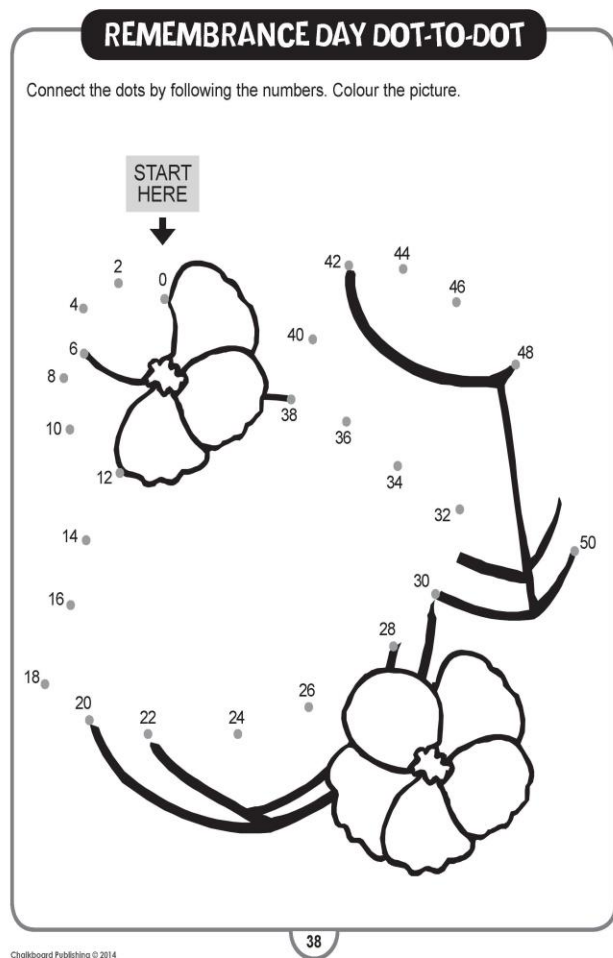
November 15 – Jersey Day!
(Support your favorite sports team)

November 21 – Jim Davis

November 29 – Lunch Club @ Vito's



Photo Gallery



Horse Races!



Kerplunk!



Wax Melt Pumpkins!