

# Mary Centre

## 20 years

CELEBRATING DEVELOPMENTAL CHALLENGES

# NEWSLETTER

**VOLUNTEER DAY AT REDCASTLE RESIDENCE**



On June 11 it was Volunteer Day at Redcastle. It consisted of 15 parishioners and 2 neighbours that came together to help out with creating beautiful gardens replacing the bare existing yard.

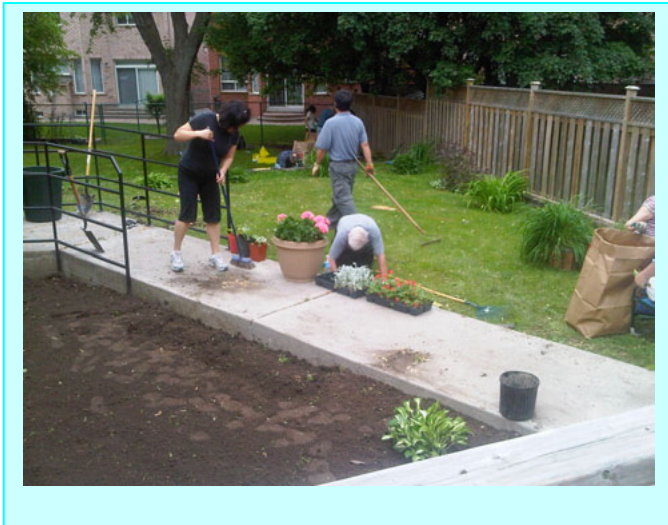
It was a great day with a lot of pulled weeds, soil turned and debris removed, filling 46 yard bags that were put to the curb. Everyone came with their own tools and lots of energy.

Four gardens were established, a vegetable, rose, perennial and mixed shrubbery. The day ended with hot dogs on the “Barbie” and lots of sweet treats.

It was amazing to see the transformation in just a few hours. Our grass and weeds turned into a beautiful landscaped backyard.

Thanks to all at Bridlewood Presbyterian Church and our Redcastle neighbours.

**By Kim Skelly**



***This article was taken from Mary Centre's Health and Safety Newsletter ,  
"EYES OF HAZARD"***

### In Home Safety Tips for Residents Living Alone

In order to be safe and healthy, residents need help in maintaining their home. A Mary Centre SIL Resident was always having accidents on a regular basis because this individual did not use safety measures in the home and outdoors. For the last 3 years this individual has been applying safety measures in the apartment and life style. Accidents were cause from falling indoors and outdoors. By applying the 12 tips to prevent falls this individual now maintains a safe home accident free and a healthy life style.

#### Tips to Prevent Falls

- a) Exercise Regularly: regular exercise helps to maintain muscle and bone strength and flexibility, reducing the risk of injuries
- b) Eat Balanced Meals : It is important to eat three well balanced meals every day to avoid weakness ,dizziness and fatigue
- c) Have Regular Health Check-Ups : Changes in your vision, hearing and muscle could lead to a fall
- d) Use Medication Safely: some medications can make you drowsy or dizzy , speak with your doctor
- e) Wear Supportive Footwear: Wear footwear with non-skid sole indoors and outdoors
- f) Use Walking Aids Correctly: A cane or walker should be fitted for your height
- g) Remove Clutter: Clear objects from stairs and traffic areas
- h) Secure Rugs: Avoid small rugs or mats that could slide or bunch up and cause someone to trip
- i) Light Up Your Path: Night lights can be used to brighten dark hallways, bathrooms and stairways
- j) Do a Home Safety Check: Monthly home safety check should be completed. Basic safety features for every home include secure handrails, well lit stairs, night lights, non-skid bath mats and grab bars
- k) Take Time for Friends: Get involved in social interaction
- l) Avoid Rushing: Rushing increases our risk of falling, take your time

#### Safety Tips for Preventing falls from Chairs, Stools and Ladders

- a) Never climb on a chair, use a safe step stool
- b) Store everyday items with easy reach

#### Using a Step Stool or Ladder:

- a) Place it firmly on an even surface
- b) Climb facing the steps
- c) Never stand on the top step
- d) Only reach for items that are directly in front of you
- e) Do not lean forward or stretch

### Using a Cane Safely

- a) Replace worn rubber tips
- b) Adjust your cane according to your height
- c) When walking with a cane, you should hold the cane in your right hand if you are right-handed
- d) If you have a weak leg, hold the cane opposite to the weak leg

### Going up the stairs

- a) Take the first step with your strong leg
- b) Then move the cane and the weak leg to that same step

### Going down the stairs

- a) Take the first step down with the cane and the weak leg
- b) Then lower the strong leg to the same step

### Bedroom Safety Tips

- a) Have a light within reach of your bed.
- b) Your bed should be at a height that is easy for you to get on and off. A firm mattress provides support which will make getting in and out of bed easier.
- c) Keep a flashlight next to your bed at night
- d) Keep the floors clear in your bedroom. Loose mats, furniture and other obstacles can cause a fall

### Bathroom and Toilet Safety Tip

- a) Use non-slip floor mat in your bathroom and bathtub/shower
- b) Keep soap, shampoo and towel within easy reach so that you don't have to bend or reach too far
- c) Have handrails/grab-bar in the bathtub/shower and by the toilet

## **MARK YOUR CALENDAR!**

November 3, 2011

Annual Fundraiser  
Famous People Players Dinner Theatre

May 17, 2012

Annual Golf Tournament Fundraiser  
Silver Lakes Golf and Country Club, Newmarket

## MY NAME IS BUSHRA!

My name is Bushra. I came to Canada from Pakistan and I live with my family in Mississauga. Anju and Leanne work with me from Mary Centre. Some of the activities we do are going to the gym, Tim Horton's, Library, shopping at Dollarama and Walmart. I like to walk short distances. We go to South Commom Community Centre where we do puzzles, drawing, art, spelling, math and visit with friends. I like to travel in airplanes. I have been to Pakistan, Norway, United States and Canada. I enjoy parties with family. I cook with my mom and attend cooking classes with my worker, Anju. I enjoy eating at restaurants and the food court at the mall. I like to watch T.V. I like to socialize with people in the community. I don't like being bored. I like drawing, painting, learning English. I enjoy games like Yahtzee and Scrabble and playing cards. I like using the computer. My friends are Heather, Leanne, Anju, Fathima, Donna, John, Mathew and David. I miss my Dad. I would like to go to England. I love my family.



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- I would like more information about the agency
- I would like information on becoming a volunteer
- I enclose a cheque in the amount of: \_\_\_\_\_ or charge to my Credit Card  
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*“Celebrating Developmental Challenges”*