



Halton-Peel Community
APHASIA PROGRAMS

December 2019 Newsletter



May your final moments of 2019 be filled with love, hope and prosperity.

Highlights from November

November Was Fall Prevention Month



Home Safety



KEEP YOUR HOME SAFE [VIEW](#)



MAINTAINING SENIOR'S
INDEPENDENCE THROUGH
HOME ADAPTATIONS [VIEW](#)



PREVENTING FALLS ON STAIRS
[VIEW](#)

Medications



CANADIAN DEPRESCRIBING
NETWORK - MEDICATIONS AND
FALLS [VIEW](#)

Healthy Eating and Staying Active



NEW CANADA'S FOOD GUIDE -
HEALTHY EATING FOR SENIORS
[VIEW](#)



NEW CANADIAN
MALNUTRITION TASK FORCE
[VIEW](#)



NEW PHYSICAL ACTIVITY TIPS
FOR OLDER ADULTS (65 YEARS
AND OLDER) [VIEW](#)



TOO FIT TO FRACTURE [VIEW](#)

For tips and resources on nutrition, exercise, balance, home safety and modifications, and what to do after a fall see

<https://www.fallpreventionmonth.ca/>



You're invited!

**You are cordially invited to the Halton-Peel Community Aphasia Programs'
Holiday Socials!**

Please see the detailed calendar on the following page for our holiday parties and program closures. For program specific details call 905-875-8474 or ask program staff.

We hope to see you there!



Aphasia Program Holiday Parties and Closures



Please note that all aphasia programs will be closed December 25th, 2019 to January 1st, 2020.

December						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6 Brampton PM Holiday party	7
8	9	10	11	12	13	14
15	16	17 Burlington & Oakville Holiday parties	18 Milton, Brampton & Mississauga Holiday parties	19 Burlington & Mississauga Holiday parties	20 Brampton AM & Oakville Holiday parties	21
22	23	24 Christmas Eve All groups closed	25 Merry Christmas! All groups closed	26 Boxing Day All groups closed	27 Happy Holidays! All groups closed	28
29	30	31 New Year's Eve All groups closed				
January						
			1 Happy New Year! All groups closed	2 All groups open	3 All groups open	4
5	6	7 All groups open	8 All groups open	9 All groups open	10 All groups open	11

Aphasia and the Holidays

Some tips for supporting your loved ones during the holidays



1. Set aside some time for 1:1 conversation. Large group conversations move at a fast pace. People with aphasia often have a hard time keeping up.
2. Try to minimize background noise, whether this be turning down the Christmas Carols or enjoying some time with your loved one in a quiet corner.
3. Keep up traditions! Does your loved one always carve the turkey, or dress up as Santa? Try and help them keep those traditions alive, or if needed help tweak a bit.
4. Play aphasia friendly games: Apples to Apples, Jenga, Connect Four, Pictionary (+ additional time for loved one).
5. Interacting with grandchildren? Try downloading the Santa app and see where Santa is on his way to your house.
6. Sing together; Sometimes words come out more easily when singing familiar songs.

Adapted from suggestions found at:

<http://www.vohaphasia.org/aphasia-holidays-tips-stress-free-aphasia-friendly-holiday-happy-new-year/> and <https://www.aphasia.org/stories/aphasia-and-the-holidays/>



Inclement Weather Policy



We do our best to continue to run our aphasia groups during stormy weather. However, we encourage our members and volunteers to take precautions with road conditions.

Please attend programs **only when road conditions are safe and suitable for driving.**

If you will not be attending the aphasia program due to poor road conditions, please notify the H-PCAP clinical team by phone or email.

If the program is cancelled, we will notify you via email, text and/or phone call. For morning groups we will begin calling at 7:00 am. Kindly confirm and respond to our email or voicemail message so we know you've received it.

Thank you for your cooperation.

Stay safe & warm!

December Events at the Aphasia Programs

Caregiver Support Groups

Paula-Jane, Social Worker will be hosting an upcoming Caregiver Support Group in Milton:

When: Wednesday, December 18th from 1:00 – 3:00 pm (join us for the potluck at 11:45 a.m. – 1:00 p.m. – bring a dish)

Where: Milton Legion, 21 Charles St., Milton

Topic: Tips for Maintaining Mental Wellness during the Holidays

Please RSVP by December 16th to Paula-Jane at

pbellizzi@monarchhouse.ca or phone 289-681-4904

Thank you!



*Please note: These sessions are meant only for caregivers, however the person with aphasia is welcome to join the aphasia group running at the same time, if needed.

December Events at the Aphasia Programs

Holiday Drive

This holiday season, our aphasia groups will be donating to the Halton Children's Aid Society.

Halton Children's Aid Society is working to help brighten the holiday season by providing necessities and gifts to those who have been referred to their Holiday Program.



Donation ideas:

Families

- Gift cards (*please indicate the value on each card*)
- Non-perishable treats
- Batteries
- Duffle bags and back packs

Teens

- Movie passes
- Personal care products
e.g., lip balm, loofahs, make-up, shaving kits, hair gel
- Wallets and purses

Infants & Toddlers

- Diapers and baby wipes
- Clothing and blankets
- Books
- Toys (for children aged 2 to 12)

Home Necessities

- Towels, dish cloths and tea towels
- Reusable food containers
- Bed linens, blankets, pillow cases
- Cutlery, cooking utensils, mugs
- Pots, pans, plates, bowls, kettles

For more information visit: <http://haltoncas.ca/our-foundation/seasonal-program-2016/>

If you would like to participate, bring **new and unwrapped** donations to group on or before **Friday, December 13th, 2019.**



Stroke Support Groups in the Community

Milton

- Milton Stroke Support Group
- Tuesday, December 10th, 2019, from 7:00 pm – 8:30 pm
- Allendale Long Term Care Centre in the Adult Day Program Room
- Topic: Guest speaker from Lifemark re: community programs including free community exercise classes

Mississauga & Brampton (Peel Region)

- Peel Stroke Recovery Canada
- Tuesday, December 3th, 2019, from 6:30 pm – 9:00 pm
- Sunrise Senior Living, 1279 Burnhamthorpe Rd. E, Mississauga

Burlington & Oakville (Halton Region)

- Halton Stroke Fellowship Stroke Recovery Chapter
- No meeting in December
- Next meeting: Thursday, January 23th, 2019 at 2:30 pm
- Columbus Hall, 2400 Industrial St., Burlington
Website: <http://search.hipinfo.info/record/BTN4841>
- Stroke Recovery Canada – Burlington Chapter
- No meeting in December
- Next meeting: Wednesday, January 22th, 2019 at 7:00 pm
- Lions Club, 471 Pearl St., Burlington
Website: <http://www.srceburlington.net/>

Brampton *new*

- William Osler Health System Brampton After Stroke Group
- No meeting in Decmeber
- Brampton Civic Hospital, Auditorium (1st floor, by Rexall)

For more information about After Stroke groups, visit <https://bit.ly/2R6s9ZC>





Introducing the Ontario Caregiver Helpline

You're there for them. We're here for you.

Ontario Caregiver Organization is proud to launch the Ontario Caregiver Helpline. Created in response to extensive research asking caregivers what they need, it provides caregivers with a one-stop resource for information and support.

The Ontario Caregiver Helpline is available to all caregivers – regardless of age, diagnosis or where they live in the province – making it the only resource of its kind in Ontario.

As part of the Ontario Caregiver Helpline launch, OCO is conducting an awareness campaign. Look for it on TV, radio, print and social media beginning November 2019.

If you're caring for someone and you need support or have care questions, call the 24/7 Ontario Caregiver Helpline: 1-833-416-2273 or use our live chat Monday - Friday 7 am to 9 pm at ontariocaregiver.ca.

Join the **#wecareforcaregivers** conversation on social media and help share this new resource!



Help wanted



Do you know any accountants who would be interested in helping out a charitable organization?

H-PCAP is looking for some support from a chartered accountant.

If you know someone who would be willing please send their information to Carly at carlywoods@monarchhouse.ca or 905-875-8474 or tell them to reach out!

Thank you!

Donations

As year-end approaches, please consider giving to the Halton-Peel Community Aphasia Programs as your chosen charity.



All donations go to improving the lives of individuals living with aphasia.

How to donate:

- Online: <http://www.h-pcap.com/donations.html>
- Cheque or money order:
 - **Halton-Peel Community Aphasia Programs**
c/o Monarch House
1405 North Service Rd. E., Unit 103
Oakville, ON, L6H 1A7


A charitable donation tax receipt will be returned to all Canadian addresses for donations \$20 or greater.


Thank you for your support and generosity

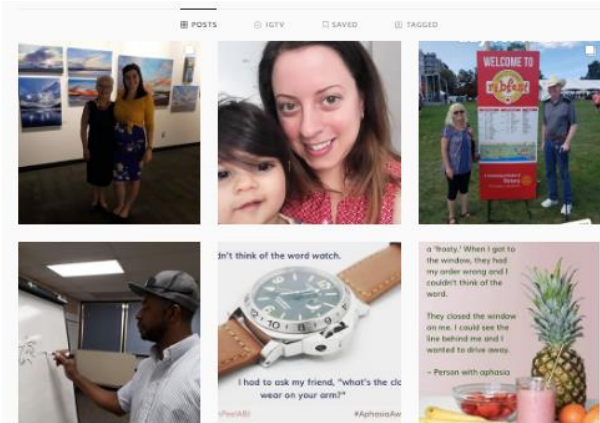
Did you know that we are on social media?

You can follow us on:

 Facebook Page: @HaltonPeelABI

 Twitter: @HaltonPeelABI

 Instagram: @HaltonPeelABI



 YouTube Channel: Halton-Peel Community Aphasia Programs



Happy New Year!

From all of us as H-PCAP, thank you for your support throughout 2019.

We look forward to seeing you in 2020!



For more information on any resources in this newsletter, please feel free to call us at (905) 875-8474 or email us at info@h-pcap.com



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Past editions of our newsletter are available on our website at www.h-pcap.com