

RISKS OF DEHYDRATION IN THE OLDER ADULT

Dehydration can occur in anyone of any age, but it is most dangerous for babies, small children, and older adults.

Dehydration, depending on the severity, sometimes creates only small telltale signs but it will have a big effect on the body. Older adults have an increased chance of becoming dehydrated because they may:

- ◆ Not drink because they do not feel as thirsty as younger people.
- ◆ Have kidneys that do not work well
- ◆ Take medications that increase urine output
- ◆ Choose not to drink because of the inability to control their bladders (incontinence)
- ◆ Have physical problems or a disease which makes it:
 - ◆ Hard to drink or hold a glass
 - ◆ Painful to get up from a chair
 - ◆ Painful or exhausting to go to the bathroom

If you are caring for an older adult watch them carefully for early symptoms of dehydration,

especially if they have an illness that causes high fever, vomiting or diarrhea.

Early signs of dehydration are:

- ◆ Mouth and eyes that appear to be drier than usual.
- ◆ Dry skin
- ◆ Passing of less urine than usual.
- ◆ Urinary tract infection
- ◆ Rapid heart rate
- ◆ Low blood pressure
- ◆ Constipation
- ◆ The individual is crankier than usual or more tired or confused, or complains of dizziness.

The older adult needs to be educated to drink even when they are not thirsty. Keep a water bottle



close at hand. Prevention is the key. Staying hydrated now is much easier than medical intervention for dehydration.

FIRE PREVENTION WEEK 2017

“Every Second Counts— Plan 2 ways out”

Seconds count in a fire. Seconds may mean the difference between escaping or having a life end in tragedy. How fast does smoke and fire move? Once it becomes apparent that there is a fire in the building, there may be less than 2 minutes to escape.

Because seconds matter it is therefore crucial to have an escape plan should there be a fire in the home:

- ◆ Draw a map of your home, making sure there are 2 exits from each room.
- ◆ Make sure no doors or windows are blocked.
- ◆ Practice a fire drill
- ◆ Choose a meeting place outside.
- ◆ Install a smoke alarm and test it annually.

3 or 5 home fire deaths happen in homes with no smoke detectors.

- ◆ Make sure that your house number would be easily identified by the fire department.
- ◆ Once you get outside, never go back inside a burning building.

Cooking is the leading cause of home fire injuries, followed by heating equipment. Careless smoking is the leading cause of home fire deaths. Roughly 1 out of every 338 households report a house fire each year.

There will be no time to plan an escape once a fire starts. Plan ***BEFORE*** there is a fire.

EVENTS in Leduc

Fung Loy Kok Taoist Tai Chi® Open House

Where: Leduc Recreation Centre (LRC) in the Myers Norris Penny (MNP) room.

When: September 11th, 7:00-9:00 PM.

Try a **free** class. Experience balance and comfort. Release stress. Explore the ancient Chinese understanding of health and well-being: body, mind and spirit working in harmony. FLK Taoist Tai Chi® is a volunteer-run, registered charity.

Email: edmonton@taoist.org or Phone: 780-489-4293

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NEW EVENT—Music Fest & DANCE Telford House
1st Tuesday of each month — October 3rd Kick Off
\$3.00 at the Door—7 pm — Everyone Welcome!



Fall Tea

Dr. Woods House Museum
Pumpkin Pie with Whipped Cream
September 29th: 2:00 –4:00 pm

\$5.00 per person Call: 780-986-1517 for more info.

Get Flu Shot

Clinic locations have yet to be announced
BE SURE TO GET YOUR SHOT

When your Spouse Dies—How to Keep on Keeping On!

I have continued living in my house—it doesn't hold sad memories for me. Besides it's not a 2 storey—it's all on one level, so its ideal for me as I age and perhaps am in poor health. Staying independent is great, but I need a new plan for when I can no longer keep up my house.

I did a large purge of the things in my house and garage, to keep me from mourning too much—besides we had collected far too many things. I didn't need 30 coffee cups with advertising on them; the extra set of dishes; the 4 bags of baseball caps; old towels; worn sheets; or old shoes, etc. If you no longer camp, fish or hunt, sell these items or donate them to a charitable organization. Charitable organizations such as *Second Glance*, *The Salvation Army* or *St. Vincent DePaul* in Leduc will gladly accept almost everything that is in reasonable condition. Then there is the very good *Leduc Eco Station* at 6102—46 Street, which will take all the rest that you don't donate, such as trash, used paint, batteries, electronics, and carboard.

Kind friends and family have helped with things I know nothing about, like small repairs around the house. At this point I still enjoy keeping up my perennial beds. I have a mowing/snow removal company for the yard. If you no longer mow or snow blow, sell your mower or snow blower while they are in good condition. Letting them languish for 10 years only depreciates their value. Get rid of large freezers and fridges, and purchase sizes that are more appropriate for you. Perhaps your family could use the old ones!

The main thing is to refresh your home and make it yours. The past is done. We must move forward. Yes we will remember those we have lost and loved, and will have many sorrowful hours, but this too will become less hurtful over time. So **KEEP on KEEPING ON!** (Contributed by: Anonymous)

CHANGES TO BENEFIT INCOME THRESHOLDS

The income thresholds for *Alberta Seniors Benefit* (ASB), *Special Needs Assistance* (SNA) and the *Dental and Optical Assistance for Seniors Programs* have increased effective July 1, 2017 for the 2017/2018 benefit year:

Alberta Seniors Benefit*

	Threshold
Single	\$0 to \$27,300
Couple	\$0 to \$44,335

Special Needs Assistance For Seniors

	Primary/Secondary	Primary Only	No Funding
Single	\$0 - \$22,900	\$22,901 - \$27,300	Over \$27,300
Couple	\$0 - \$36,135	\$36,136 - \$44,335	Over \$44,335

Dental and Optical Assistance For Seniors

	Maximum Coverage	Partial Coverage	Not Eligible
Single	\$0 to \$27,300	\$27,301 to \$31,675	Over \$31,675
Couple	\$0 to \$54,600	\$54,601 to \$63,350	Over \$63,350

For the further Information Booklets and application packages visit:

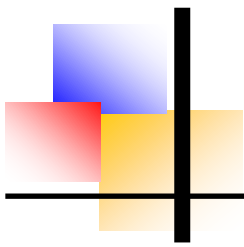
[Alberta Seniors & Housing Information, Forms and Publications](#)

Submissions to the Panorama

If you would like to submit an article or have a suggestion please submit a copy to Lucrecia at FCSS by the following deadline: October 13, 2017 by 4:30 pm. Mailing Date for November/December 2017 edition: October 30, 2017. **We welcome your Views and Input!** Call Lucrecia at: 780-980-7115

The views expressed in the pages of "Panorama" do not necessarily reflect the views of the editor or City Hall. The contents of this publication cannot be reprinted without prior expressed permission.





SEPTEMBER 2017 EVENTS

Mon	Tue	Wed	Thu	Fri
				1 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
4 Labour Day	5 9:00 Dup. Bridge (TH) 10:00 Sight Seekers (TH) 1:00 Crib (TH) 1:30 Choir (TH)	6 10:00 Qigong (TH) 1:00 Fun Curling (TH) 1:00 Guitar (TH)	7 9:00 LDSC Board Mtg. 9:30 Knitting Group (TH) 11:30 Lunch (TH) 12:30 LDSC General Mtg. 7:00 Crib (TH)	8 10:00 Exercises (TH) 1:00 Fun Bridge (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
11 10:00 Exercises (TH) 7:00 Guitar (TH)	12 9:00 Dup. Bridge (TH) 1:00 Crib (TH) 1:30 Choir (TH) 7:00 Stroke Recovery (TH)	13 10:00 Qigong (TH) 1:00 Floor Curling AGM 1:00 Guitar (TH)	14 9:30 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	15 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
18 10:00 Exercises (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	19 9:00 Dup. Bridge (TH) 1:00 Crib (TH) 1:30 Choir (TH) 7:00 Music Jam (TH)	20 10:00 Qigong (TH) 1:00 Fun Curling (TH) 1:00 Guitar (TH) 7:00 Karaoke (TH)	21 9:30 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH) 7:00 Horticultural Society (TH)	22 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
25 10:00 Exercises (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	26 9:00 Dup. Bridge (TH) 1:00 Crib (TH) 1:30 Choir (TH) 6:30 Parkinson's Mtg. (TH)	27 10:00 Qigong (TH) 1:00 Fun Curling (TH) 1:00 Guitar (TH)	28 9:30 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	29 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)



OCTOBER 2017 EVENTS

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup. Bridge (TH) 10:00 Sight Seekers (TH) 11:30 Choir (TH) 1:00 Crib (TH) 7:00 NEW EVENT! Music Fest & Dance (TH) \$3.00 at the door	10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Guitar (TH)	9:30 Knitting Group (TH) Thanksgiving Lunch 12:30 LDSC Board Mtg. 1:00 Sturling (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Fun Bridge (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
9	10	11	12	13
Thanksgiving Day	9:00 Dup. Bridge (TH) 1:00 Crib (TH) 7:00 Stroke Recovery (TH)	10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Guitar (TH)	9:30 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
FIRE PREVENTION WEEK (October 8th to 14th 2017) - "EVERY SECOND COUNTS—Find 2 Ways Out"				
16	17	18	19	20
10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH) MUNICIPAL ELECTION VOTE!	9:00 Dup. Bridge (TH) 1:00 Crib (TH) 7:00 Music Jam (TH)	10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH) 7:00 Karaoke (TH)	9:30 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH) 7:00 Horticultural Society (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
23	24	25	26	27
10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup. Bridge (TH) 1:00 Crib (TH) 6:30 Parkinson's Mtg. (TH)	10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH)	9:30 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
30	31			
10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup. Bridge (TH) 1:00 Crib (TH)			