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#20 7th Street

Phone: 578-4800

Fax: 578-4950

Open 7 days a week

11:00AM-7:00PM



Designed by

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Floods....What to do?

Floods are the most frequent natural hazards in Canada, and the most costly in terms of property damage. Floods can occur in any region, in the countryside or in cities. In the past, floods have affected hundreds of thousands of Canadians. They can occur at any time of the year and are most often caused by heavy rainfall, rapid melting of a thick snow pack, ice jams, or more rarely, the failure of a natural or human-made dam.

Though all levels of government are working to reduce the impact of floods, individuals also play an important role. Everyone has a responsibility to protect their homes and their families. By planning ahead and taking practical steps to prepare, you can do your part to minimize flood damage.

To reduce the likelihood of flood damage

- Put weather protection sealant around basement windows and the base of ground-level doors.
- Install the drainage for downspouts a sufficient distance from your residence to ensure that water moves away from the building.
- Consider installing a sump pump and zero reverse flow valves in basement floor drains.
- Do not store your important documents in the basement. Keep them at a higher level, protected from flood damage.

If a flood is forecast

- Turn off basement furnaces and the outside gas valve.
- Take special precautions to safeguard electrical, natural gas or propane heating equipment.
- If there is enough time, consult your electricity or fuel supplier for instructions on how to proceed.
- Shut off the electricity only if flooding has not yet begun and the area around the fuse box is completely dry.
- Stay in contact with your landlord or property manager.
- If needed, make arrangements to stay with family or friends.

If flooding is close

- Move furniture, electrical appliances and other belongings to floors above ground level.
- Remove toxic substances such as pesticides and insecticides from the flood area to prevent pollution.
- Remove toilet bowls and plug basement sewer drains and toilet connections with a wooden stopper.
- Disconnect eavestroughs if they are connected to the house sewer.
- Do NOT attempt to shut off electricity if any water is present. Water and live electrical wires can be lethal. Leave your home immediately and do not return until authorities indicate it is safe to do so.
- Listen to the radio to find out what areas are affected, what roads are safe, where to go and what to do if the local emergency team asks you to leave your home.



Picture courtesy of: www.amm.mb.ca

Information courtesy of www.GetPrepared.ca

Get Better Together!

Get Better Together! is a free six-week workshop designed to help individuals with ongoing health conditions to take control of their health. Learn to solve problems and set goals to live a better life in each of the 2½-hour sessions. You'll receive a copy of the book *Living a Healthy Life with Chronic Conditions* and you're welcome to bring a support person.



Get Better Together! helps you learn strategies to control pain, deal with fatigue and frustration, get more active, handle stress and eat well to live well. Discussion and goal setting will help you to increase your energy level, use medications effectively and talk about your condition with health professionals, friends and family.

Get Better Together! is a licensed version of the highly successful [Chronic Disease Self-Management Program at Stanford University Patient Education Centre](#).

Get Better Together! is for anyone living with a chronic disease or ongoing health concern, such as Arthritis, Asthma, Cancer, Chronic Fatigue Syndrome, Chronic Back Pain, Diabetes, Fibromyalgia, Heart Disease, Hepatitis, High Blood Pressure, Lupus, Multiple Sclerosis, Parkinson's Disease, Stroke or other health problem or disability!



For more information, speak to staff at the 7th Street Health Access Centre or call 578-4823
To register for future sessions, call 578-2193 or 578-4800.

Specialized Support Services April events:

April 4th, 1:30- 3:30 pm

Western Party at Park Community Centre, 1428 Louise Ave. Wheelchair access on the south side of the building. "Campfire" sing-a-long and Horseshoe games. Clogging by the Keystone Dancers!

April 19th, 1:30-3:30 pm

Easter Egg Decorating. This event is taking place in The Brandon Public Library resource Room.

These events are free of charge and open to all Specialized Support Clients, as well any elderly or disabled persons living in the community.

**For more information please call:
578-4815 or 578-4809**



The 7th Street Health Access Centre will be closed on:

- Friday April 22nd
- Monday April 25th



Photo by Sharon Young
Pictured left to right Chris Reid- Housing Resource Worker and Lori Timmer Community Health Nurse.

Biggest Loser Challenge!

The teams from 7th St. Health Access didn't win the Biggest Loser Challenge but they remain enthusiastic about keeping up a healthier life style. Congratulations to Lori, Carla, Abeba, Wynn, Diane, Sharon, Sandra and Chris for taking up the challenge and seeing it through to the end!

Anyone who frequents the Town Centre on weekday mornings between 9 and 10 am have seen Chris and Lori "power" walking. They are determined to keep this activity up with a plan to take it outside as soon as the weather permits. They thank the people who have been cheering them on these past two months.