

Specialized Support Services

Fall Newsletter 2010

COMMUNITY

Season's Greetings!

Welcome to our last edition of the 2010 Specialized Support Services Newsletter.

It has been a busy year for Specialized Supports. We've met many new people through our one-on-one supports and at our group activities. It's been a pleasure spending time with all of you!

In this Winter 2010 Newsletter you will find some Winter Walking Safety tips as well as information on our upcoming events.

In the New Year we will continue to provide group activities at various venues in the community. We love to hear your thoughts and ideas for group activities, please share with us at any time by calling Jennifer at 578-4809.

Best wishes for 2011!



What do snowmen eat for breakfast?

Snowflakes!



May your walls know joy, may every room hold laughter, and every window open to great possibility
-- Mary Anne Radmacher

Holiday Season Get-Together

On Thursday, December 16th Specialized Support Services will be hosting a Christmas Party!

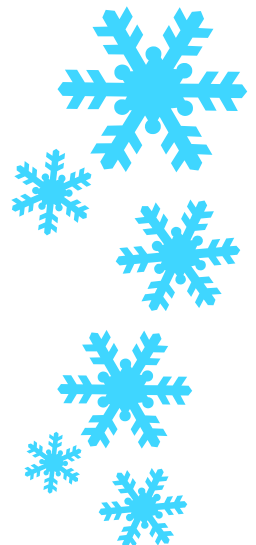
Please come and join us from 1:30-3:30 pm at Park Community Centre (located at 1428 Louise Ave) for fun activities, good company, and holiday treats. We'd love to see you there!

This event is open to all Specialized Supports clients, as well as any elderly or disabled persons living in the community.

You could win!

Come out to our group activities and receive a Group Participation Card. At the end of each activity the Community Support Worker hosting the group will initial your card. Fill up your card and return it to be entered into a draw! Draws will be held every two months on the last Friday. The more groups you attend the more chances to win!

The first draw will be held on Friday, January 28th



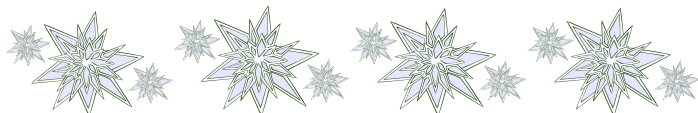
Use your creativity and join us in making a Christmas Craft!

We are making Clothes Pin Wreaths, perfect for displaying your greeting cards!



Join us on Friday, December 10th
from 1:30-3:30 pm
at 7th Street Health Access Centre
(#20 7th Street)

This event is open to all Specialized Supports clients as well as any elderly or disabled persons living in the community.



Specialized Support Services
Phone: 578-4809
Address: 7th Street Health Access Centre
20- 7th Street
Brandon, Mb R7A 6M8

Winter Safety Tips

Walking is one of the best ways to keep fit but winter ice and snow can make walking a challenge. Just one bad fall on ice can have long-term effects such as injury or chronic pain.

To lower the odds of a fall:

- Do not walk on icy or snowy sidewalks; look for sidewalks that are dry and cleared
- Wear boots with non-skid soles so you do not slip when you walk
- Be careful of *ice grippers* on footwear, which can help you walk on hard packed snow and ice, but can become dangerously slippery on stone, tile and ceramic.
- If you use a cane, replace the rubber tip before it is worn smooth. You might also buy an ice pick-like attachment that fits onto the end of the cane to help keep you from slipping when you walk with the cane (can find these at medical supply stores)
- Use a walker if you need extra support.
- Wear a hip protector (a lightweight belt or pant with shields to guard the hips).

Carrot-Raisin Loaf

Makes 1 small loaf



Cut out recipe to keep!

Ingredients:

Whole Wheat Flour	1/2 cup	Egg (Beaten)	1
Baking Soda	1/2 tsp	Vegetable Oil	1/4 cup
Bran	2 tbsp	Vanilla	1/2 tsp
Cinnamon	1/2 tsp	Carrots (Finely Grated)	2/3 cup
Sugar	1/3 cup	Raisins	1/2 cup
Salt	1/8 tsp		

Sift together the flour, baking soda, bran, cinnamon, sugar and salt.

Add the rest of the ingredients and blend with a few strokes.

Pour in an oiled small loaf pan or 4" square casserole.

Bake at 325 F for 45 minutes or until the center springs back to a gentle touch.

