

**SATURDAY
MAY 27**

A Day of Learning

Especially for our Volunteers, Contractors, and Staff

PLEASE REGISTER NOW!

We do need to hear from you as soon as possible as there is limited seating. We will be supplying lunch, so we also need to know who's coming so we can plan the catering. Please contact Linda so we can reserve you a seat.

lstudley@spcrs.ca or 250-782-2341



Communicating with Dementia

Facilitator: Muriel Stanley
Learn what to expect and how to communicate with a person suffering from dementia.

A Day of Learning Agenda

9:45 am	Check in. Refreshments available.
10:00 am	Communicating with Dementia
11:00 am	15 minute Break
11:15 am	Communicating with Dementia con't
Noon	Lunch and networking
1:00 pm	Elder Abuse Awareness
2:00 pm	15 minute Break
2:15 pm	Elder Abuse Awareness con't
3:00 pm	Closing

Elder Abuse Awareness

Facilitator: Lindsay Jardine, Community Response Network

What is Elder Abuse? What do I look for? What do I do if I suspect that an elder is being abused?



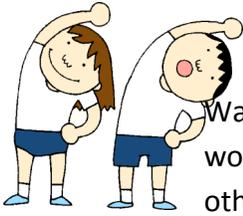
Better at Home is funded by the Government of British Columbia.



South Peace Community Resources Society

Get Your Garden Groove On!

Before you get your garden groove on, here's a refresher course on gardening smart instead of gardening 'until it smarts'.

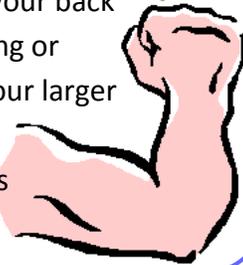


Warm up—just like you would before doing any other exercise routine.

Bend from the knees and if you must carry a heavy load, hold it as close to your body as possible.



Don't make your back do the pushing or pulling; let your larger arm and thigh muscles do the work.



Keep your feet positioned so you are well balanced and not over-extended.



Keep your tools and equipment in top condition to ensure that they are doing their share of the work!



Avoid twisting or jerky motions.



If you have trouble spots, like wrists or knees, be sure to use appropriate braces, guards, or supports.



Switch positions every 10 to 15 minutes.



ALWAYS use power equipment wisely and use appropriate safety gear.



You don't have to do it all at once! Take breaks, drink water, wear sun protection.



Be Careful Stay Safe!