



**Headingley Community Centre**  
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 204.889.3132 ext. 3  
[Headingleyseniorservices.ca](http://Headingleyseniorservices.ca)

November 2018  
 Issue 63

# Seniors' Scene

enrich your life!

## IN THIS ISSUE...

**12th Annual Christmas Arts & Craft Sale** **1**

**Osteoporosis** **2**

**Hours, Clinics, Thank you** **3**

**Osteoporosis** **4**

Continue from page 2

**Events** **5**

**Osteoporosis** **6**

Continue from page 4

**Calendar of Events** **7**

## 12th Annual Christmas Arts and Craft Sale



*Thank you to all the volunteers & vendors for making this year another success!*



## November is Osteoporosis Month

Our bones are constantly renewed through a natural process in which new bone cells replace old bone cells. As we age, however, this process becomes less efficient and we begin to gradually lose bone tissue.

Osteoporosis is a bone disease where bone loss occurs more rapidly than normal causing bones to become very thin and weak over time. While osteoporosis is more common among older individuals, it can affect people of all ages.

When bones become severely weakened by osteoporosis, a simple movement such as bending over to pick up a bag of groceries, or a minor trauma, such as a fall from standing height or less, can lead to fracture (breaks or cracks in the bone). The most common places for these fractures to occur include the wrist, shoulder, spine and hip. Such fractures, particularly fractures of the hip, are a significant cause of disability, health care costs, and premature death in Canada.

According to the 2009 Canadian Community Health Survey, the Public Health Agency of Canada estimated that approximately 1.5 million Canadians aged 40 years and over (10%) have osteoporosis. Of these people, women were four times more likely to report having osteoporosis than men. Women are more at risk of developing osteoporosis than men because they start with lower bone density and they lose bone mass more quickly as they age. .

## Risk factors for osteoporosis

Several factors play a role in the development of osteoporosis and the more risk factors you have, the greater your risk. Since bone loss occurs without symptoms, determining if you have osteoporosis requires a bone mineral density test. Your doctor may want you to have a bone mineral density test if you have the following risk factors:.

Older adults (age > 50 years):

- ☐ Being **65 years or older**
- ☐ Clinical risk factors for fracture (menopausal women, men age 50 to 64 years):

**Fragility fracture** (breaking a bone as a result of a minor accident)

- ☐ **Long term use of glucocorticoids** such as prednisone
- ☐ Having a **parent** who had a **hip fracture**
- ☐ Having a **spine fracture** or **low bone mass** identified on x-ray
- ☐ Being a **smoker**
- ☐ **High alcohol intake** (greater than or equal to 3 units per day on a consistent basis)
- ☐ **Low body weight** (less than 60 kg or 132 lbs) or **major weight loss** (present weight is more than 10% below your weight at age 25)
- ☐ Having **other disorders strongly associated with rapid bone loss and/or fracture** as mentioned above.

## Thank You

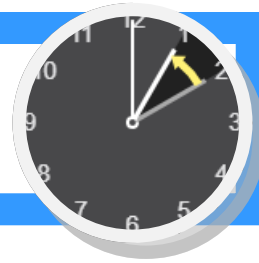
HSSI wishes to express gratitude to the Headingley Community Foundation for awarding us a grant in the amount of \$834.84.

This Money will go towards the purchase of a new projector which will be used in our Lunch & Learn programs and towards the purchase some new software which will be used in the publishing of our monthly Newsletter.

Thank you, Headingley Community Foundation for your support of the Seniors of Headingley.



**Remember to Fall back 1 hour on Sunday,  
November 4th, 2018**



### Riddles.....

1. 3 men were in a boat when it capsized. Only 2 got their hair wet. Why?

And

2. A cowboy rode to an inn on Friday. He stayed 2 nights and left on Friday. How could that be?

Answer on pg. 5

### Next Foot Clinic

**Thursday November 8th**

**Be sure to register with Shelley by  
phone at 204-889-  
3132 ext 3**



**ENCORE**  
HEALTH & FITNESS STUDIO  
Your *STAGE* to Active living  
Headingley Community Centre

Hours	
<b>Days:</b>	
Mon - Thurs	9 am - Noon
	And
	1:30 - 4 pm
<b>Evenings:</b>	
Mon	8 pm - 9 pm
Tues & Thurs	7 pm - 9 pm

**More Information**  
www.headingleyseniorservices.ca  
hssi@mymts.net  
204-889-3132 ext. 3

Fees	
\$ 2.00	Drop In
\$ 10.00	Monthly
\$ 60.00	Yearly

## ***Osteoporosis*** *continue from page 2.....*

### ***Reduce your risk of developing osteoporosis***

It's possible to prevent, delay or reduce bone loss through a healthy lifestyle. Assessing your risk for osteoporosis and related fractures can help you identify lifestyle factors that you can change.

Basic bone health for all individuals includes regular weight bearing and resistance type exercise as well as adequate vitamin and mineral intake.

### ***Exercise/physical activity***

Regular exercise that involves weight-bearing aerobic exercise and resistance training is beneficial to bone development and maintenance.

Exercises that focus on balance (e.g., Tai Chi, yoga and/or exercises in standing) are beneficial for people who are at risk of falling.

### ***Vitamins and minerals***

#### ***Calcium***

A diet rich in calcium is essential for healthy bone development. Good sources of calcium include milk products (such as milk, cheese and yogurt), fish products containing bones (such as canned salmon and sardines) and calcium-fortified beverages

such as soy beverage or orange juice. Other food sources of calcium include calcium-set tofu, leafy greens and legumes such as soybeans or chickpeas. It is important to know how much calcium you need each day. For individuals who are unable to obtain enough calcium through their diet, calcium supplements are often recommended. For specific recommendations, speak to a health professional.

#### ***Vitamin D***

Vitamin D is also essential for bone development because it supports the body's ability to absorb calcium. Vitamin D can be made in the skin following exposure to the ultraviolet (UVB) rays in sunlight. However, many factors such as winter season, use of sunscreen, darker skin tone, older age and extensive clothing coverage can reduce the amount of vitamin D our skin makes. Since too much sunlight can be harmful and cause skin cancer and eye damage, recommendations for vitamin D are made assuming minimal exposure to sunlight.

In Canada, it is required that cow's milk and margarine be fortified with vitamin D. Vitamin D may also be found in fortified goat's milk, plant-based beverages (e.g., soy-based), calcium fortified orange juice and some cheeses and yogurts made with vitamin D fortified milk. Vitamin D is found naturally in fatty fish, fish liver oils and egg yolk. It is important to know how much vitamin D you need each day.





**ANNUAL**  
*Remembrance Day*  
**SERVICE**

**SUNDAY NOVEMBER 11, 2018**

**HEADINGLEY COMMUNITY CENTRE**  
**5353 PORTAGE AVENUE**

**DOORS OPEN 10:00 AM**  
**SERVICE 10:45 AM**

**EVERYONE WELCOME**  
 SPONSORED BY  
**THE HEADINGLEY HISTORICAL SOCIETY**  
**THE RM OF HEADINGLEY**

**lest we forget**



*Headingley 55+ Club*  
**Christmas Luncheon**  
 TUESDAY, DECEMBER 4, 2018  
 12 NOON  
 \$20 #001

**55+ Club Christmas Luncheon**

Tuesday, December 5th, tickets will be  
 Available through Shelley or Gail at the  
 Community Centre

**Our November lunches  
 are:**

**Lunch & Games**

November 6th  
 12:00-2:00pm

**Musical Grandfriends**

**Harvest Lunch**

November 20th  
 12:00-2:00pm

Answers to riddle on pg. 3

1. One was bald
2. His horse was named Friday

## *Osteoporosis, continued from pg 4*

### Falls prevention


If you have osteoporosis, preventing falls and fractures is an important concern. Some tips on reducing your risk include:

- ☐ doing regular weight bearing, balance and strengthening exercises
- ☐ having your doctor review your medications to ensure none causes dizziness or sleepiness, which can lead to falls
- ☐ having your vision checked regularly
- ☐ making your home safe, for example by removing throw rugs, using non-slip mats in the shower and wearing shoes inside
- ☐ wearing hip protectors (pants or underwear that have padding in them) to protect your hips if you do fall

<https://www.canada.ca/en/public-health/services/chronic-diseases/osteoporosis.html#s3>



# November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Black-Fitness Blue- Social Red- Health Green- Education				1 Yoga Flow 9:30-10:30am	2	3
4	5 Hall Walking 9:00-10:00am Fit & Flex 10:00-11:00a	6 Gentle Yoga 9:30-10:30am Musical Grandfriends 10:45-11:15am Lunch & Games Noon-2:00pm	7 Hall Walking 9:00-10:00am Fit & Flex 10:00-11:00am	8 Foot Clinic Yoga Flow 9:30-10:30am Cribbage 1:30-3:30pm	9	10
11 	12 CLOSED	13 Gentle Yoga 9:30-10:30am Musical Grandfriends 10:45-11:15am 55+ 1:30-3:30pm	14 Hall Walking 9:00-10:00am Fit & Flex 10:00-11:00am	15 Yoga Flow 9:30-10:30am	16	17
18	19 Hall Walking 9:00-10:00am Fit & Flex 10:00-11:00am	20 Gentle Yoga 9:30-10:30am Musical Grandfriends Harvest Lunch Celebration Noon-2:00pm	21 Hall Walking 9:00-10:00am Fit & Flex 10:00-11:00am	22 Yoga Flow 9:30-10:30am	23	24
25	26 Hall Walking 9:00-10:00am Fit & Flex 10:00-11:00am	27 Gentle Yoga 9:30-10:30am 55+ 1:30-3:30pm	28 Hall Walking 9:00-10:00am Fit & Flex 10:00-11:00am	29 Yoga Flow 9:30-10:30am	30	1 Community Centre Christmas Breakfast