



September 2018

Seniors' Scene

ISSUE 61

ENRICH YOUR LIFE

INSIDE THIS ISSUE:

Do I Have Shingles 2

Mexican Dancers & Riddles 3

Events, Hours & Clinics 4

Do I have Shingles? continue from pg 2 5

Annual Christmas Craft Sale Information 6

Headingley Seniors' Crafters Raffle 7

Musical GrandFriends 8

September 2018 Calendar of Events 9

Do I Have Shingles?

What is shingles?

Shingles is an infection caused by the same virus that causes chickenpox. This virus is called varicella zoster. You cannot develop shingles unless you have had a previous infection of chickenpox (usually as a child). Shingles is also called herpes zoster. This infection is most common in people over 60 years of age, but young people can have it as well.

How does it occur?

After you recover from chickenpox, the chickenpox virus stays in your body. It moves to the roots of your nerve cells (near the spinal cord) and becomes inactive (dormant). Later, if the virus becomes active again, the symptoms are called shingles.

What causes the virus to become active?

What exactly causes the virus to become active is not known. A weakened immune system seems to allow reactivation of the virus. This may occur with immune-suppressing medicines, with another illness, or after major surgery. The virus may also become active again after the skin is injured or sunburned. Emotional stress seems to be a common trigger as well. Shingles is more common in older adults and in people with weakened immune systems.

Factors that may increase your risk of developing shingles include:

- ◆ Being older than 50
- ◆ Having a disease that weakens your immune system such as HIV/AIDS or cancer
- ◆ Undergoing cancer treatments such as radiation or chemotherapy

Taking certain medications: such as drugs that prevent rejection of transplant organs or prolonged use of steroids.

What are the symptoms?

The first sign of shingles is often burning, sharp pain, tingling, or numbness in or under your skin on one side of your body or face. The most common site is the back or upper abdomen. You may have severe itching or aching. You also may feel tired and ill with fever, chills, headache, and upset stomach.

Do I Have Shingles? continued from page 1

Is shingles contagious?

You cannot get shingles from someone else, but you may get chickenpox from contact with shingles blisters if you have not had chickenpox before. You can pass the varicella zoster virus to anyone who isn't immune to chickenpox; they will develop chickenpox, not shingles. The shingles virus is in the blister fluid. The virus can spread by direct contact with a blister. It can also be spread by indirect contact, for example, if you use a washcloth that has blister fluid on it.

If you develop shingles it is important to avoid physical contact with anyone with a weak immune system, newborns or pregnant women.

Localized shingles has a much lower rate of transmission and is rare if lesions are covered with clothing or dressings. Disseminated or widespread shingles may spread through airborne, droplet contact with respiratory secretions as well.

How is shingles diagnosed?

Your health-care provider will ask about your symptoms and examine you. Your provider may order lab tests to look for the virus in fluid from a blister.

How is it treated?

It is best to start treatment within 24 to 48 hours after symptoms start.

Home care includes:

- ◆ Putting cool, moist washcloths on the rash.

Taking non-prescription painkillers, such as acetaminophen.

Your health-care provider may prescribe:

- ◆ An antiviral drug, such as acyclovir, to speed recovery and lessen the chance of prolonged symptoms from nerve inflammation.
- ◆ Stronger medicine for pain if non-prescription painkillers are not helping enough, antibacterial salves or lotions to help prevent bacterial infection of the blisters.

Corticosteroids.

How long will the effects last?

The rash from shingles will heal in one to three weeks and the pain or irritation will usually disappear within three to five weeks.

If the virus damages a nerve, you may have pain, numbness, or tingling for months or even years after the rash is healed. This is a condition called postherpetic neuralgia. It is most likely to occur after a shingles outbreak in people over 50 years old. Antiviral medicine prescribed at the time the shingles is diagnosed and taken for seven days can help prevent this problem.

When shingles occurs on the head or scalp, symptoms can include headaches and weakness of one side of the face (causing that side of the face to look droopy). Even if you have a lot of weakness of the face muscles, the symptoms usually go away eventually, although it may take many months.

Other complications from shingles can include:

- ◆ Vision loss: shingles in or around the eyes can cause painful eye infections that may result in vision loss.
- ◆ Neurological problems: depending on which nerves are affected, you may experience inflammation of the brain (encephalitis), facial paralysis or hearing or balance problems.

Skin infection: blisters may get infected.

Continued on page 5

Mexican Dancers

On August 8th Headingley Seniors and the children from Bright Beginnings Daycare had a morning of entertainment listening to Mexican music and watching the Mexican dancers in their beautiful & colourful costumes.



Riddles

What can point in every direction but can't reach the destination by itself?

~and~

When will water stop running down hill?

Answer on pg.4

Events, Hours & Clinics

VOLUNTEERS NEEDED

Headingley Senior Services is in need of someone just like you to volunteer their time every now and then when someone requires help with transportation or small jobs around the house and yard.

If you are interested in putting your name forward please contact
Shelley at 204-889-3132 ext. 3

Riddles.....

page 3

.....Your finger

.....When it reaches the bottom

Next Foot Clinic

Thursday, September 27th

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



Our September lunches are:

Lunch Away at Ye's Buffet

Tuesday September 4th

11:30-2:00pm

Lunch & Learn

Tuesday September 18th

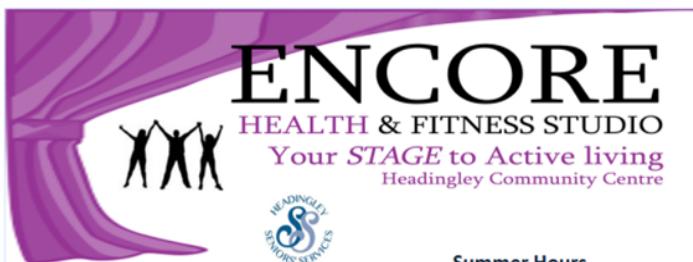
Gut Health Matters

12:00pm-2:30pm

Register with Shelley at

204-8893132 ext 3

By September 11th



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

 <p>Fees</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">\$ 2.00</td> <td style="width: 50%;">Drop In</td> </tr> <tr> <td>\$ 10.00</td> <td>Monthly</td> </tr> <tr> <td>\$ 60.00</td> <td>Yearly</td> </tr> </table>	\$ 2.00	Drop In	\$ 10.00	Monthly	\$ 60.00	Yearly	<p>Summer Hours</p> <p>Days: Monday thru Thursday</p> <p>9:00 am - Noon and 1:30 - 4:00 pm</p>	<p>Summer Office Hours:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Monday</td> <td style="width: 50%;">9am - noon</td> </tr> <tr> <td>Tuesdays:</td> <td>9am – noon 1pm – 4pm</td> </tr> <tr> <td>Wednesdays:</td> <td>9am – noon</td> </tr> <tr> <td>Thursdays:</td> <td>9am – noon 1pm – 4pm</td> </tr> </table> <p>Phone: (204) 889-3132 ext 3 Email: hdlsseniorservices@mts.net</p>	Monday	9am - noon	Tuesdays:	9am – noon 1pm – 4pm	Wednesdays:	9am – noon	Thursdays:	9am – noon 1pm – 4pm
\$ 2.00	Drop In															
\$ 10.00	Monthly															
\$ 60.00	Yearly															
Monday	9am - noon															
Tuesdays:	9am – noon 1pm – 4pm															
Wednesdays:	9am – noon															
Thursdays:	9am – noon 1pm – 4pm															

Do I Have Shingles? continue from page 2

How can I take care of myself?

- Take a pain-relief medicine such as acetaminophen. Take other medicine as prescribed by your health-care provider.
- Put a cool compress on the rash (such as a cool, moist washcloth).
- Rest in bed during the early stages if you have fever and other symptoms.
- Try to avoid having clothing or bed linens rubbing against the rash, which might irritate it.

See your health-care provider if:

- You develop worsening pain or fever.
- You develop a stiff neck, hearing loss, or changes in thinking and reasoning.
- The blisters show signs of bacterial infection, such as increasing pain or redness, or milky yellow drainage from the blister sites.
- The blisters or rash are close to the eyes or you have pain in your eyes or difficulty looking at bright lights.
- You have trouble walking.
- You have trouble breathing or a severe cough.



How can I help prevent shingles?

If you have never had chickenpox, you can get a shot to help prevent infection with the chickenpox virus. A vaccine, called Zostavax, is now available. The vaccine can help prevent or lessen the symptoms of shingles. It cannot be used to treat shingles once you have it. It is recommended for people who have either been immunized against chickenpox or who have had chickenpox. The National Advisory Committee on Immunization (NACI) recommends Zostavax for the prevention of herpes zoster and its complications in persons 60 years of age and older without contraindications. The herpes zoster vaccine is not currently funded by Manitoba Health. Speak with your primary care provider about this vaccine and if it's appropriate for you. You can protect your immune system and lessen your chances of getting shingles by trying to keep your stress under control.

12th Annual Christmas Arts and Craft Sale

**Headingley Community Centre
5353 Portage Avenue**

Friday, October 12th

11:00 am - 7:00 pm

Saturday, October 13th

10:00 am - 4:00 pm

*Admission \$2.00
Children 12 & Under Free
Canteen *Free Parking*

(No ATM on site.)

**All Proceeds to:
Headingley Senior Services**





Tickets

\$2



HEADINGLEY SENIORS' CRAFTERS RAFFLE

Double the Warmth
Handmade Quilt and Afghan

(Will be drawn separately)



Tickets can be purchased at the Headingley Community Centre

Draw to take place at the Headingley Craft Sale

Musical GrandFriends

Calling all generations!

We are excited to bring you this brand new intergenerational music program.

This music program promotes learning, understanding, and mutual respect, creating a bridge to connect the generations!

Older adults can enjoy the children's lively energy and share in the fun of playful music. Children will get to explore their music making abilities and gain some new friends along the way.

Headingley Community Centre

Dates: 8 Tuesdays, September 25 - November 13

10:45 am - 11:30 am

Harvest Lunch Celebration - November 20

To Register, contact Shelley:

204.889.3132 ext. 3

hdlyseniorservices@mymts.net



Free to register!



Mission Statement

To encourage seniors to maintain independent living and improve their quality of life by providing education, recreation, health and social Opportunities.

Headingley Seniors' Services Inc.

5353 Portage Avenue

Headingley, MB

R4H 1J9

Phone: 204-889-3132 ext 3

Fax: 204-831-0816

E-mail: hdlyseniorservices@mts.net

Encouraging an independent and active lifestyle.

Website:
www.headingleySeniorsServices.ca

September 2018 Calendar of Events

SUN	MON	TUE	WED	THU	FRI	SAT
Black- Fitness Blue- Social Red- Health Green- Education						1
2	3 Closed Labour Day	4 Lunch Away At Ye's Buffet 11:30-2:00pm	5 Hall Walking 9:00-10:00am	6 Cribbage 1:30-3:30	7	8
9	10 Hall Walking 9:00-10:00am	11 Gentle Yoga 9:30-10:30am 1:30-3:30pm 55+	12 Hall Walking 9:00-10:00am	13 Yoga Flow 9:30-10:30am Cribbage 1:30-3:30	14	15
16	17 Hall Walking 9:00-10:00am Fit & Flex 10:00-11:00am	18 Gentle Yoga 9:30-10:30am Lunch & Learn 12:00-2:30pm Gut Health Matters	19 Hall Walking 9:00-10:00 Fit & Flex 10:00-11:00am	20 Yoga Flow 9:30-10:30am Cribbage 1:30-3:30	21	22
23	24 Hall Walking 9:00-10:00am Fit & Flex 10:00-11:00am	25 Gentle Yoga 9:30-10:30am Musical Grandfriends 10:45-11:15am 1:30-3:30pm 55+	26 Hall Walking 9:00-10:00am Fit & Flex 10:00-11:00am	27 Yoga Flow 9:30-10:30am Cribbage 1:30-3:30 Foot Clinic	28	29/30