

**PHILIPS****Lifeline**

Medical Alert Service

# Tips for seniors to lead a healthier lifestyle this winter

We've all experienced the winter blues but this year may be harder for many of us, especially seniors and their loved ones. The tips below can help seniors feel safer, more energized, and connected over the next couple of months.

## Safety proof your home

Start by reviewing your home for common tripping or falling hazards by removing:

- Telephone cords from walkways and stow safely behind furniture.
- Throw rugs or securing them using double sided tape.
- Loose bathmats and replacing with non-slip bathmat.

## Keep moving and feel better

Be cautious and consult with a physician if you haven't exercised in a while. Here's how to start slowly:

- Incorporate some exercise every day even if it is only a couple of minutes to start.
- Walk the hallways of your building or home if you are not comfortable walking outside.
- Contact our local Lifeline program for a free copy of Fitness: A key to fall prevention which includes exercises from sitting and standing position.

## Exercise your brain

Keep sharp with these entertaining activities:

- Make a list of books to read, movies to watch, or new things to try and challenge yourself to complete as many as you can.
- Work on a jigsaw puzzle, crossword, or Sudoku for a great brain workout.
- Tap into your creative side with adult colouring books, painting/sketching, or writing.

## Eat properly and make food fun again

A well balanced diet is key but our needs change as we age:

- Select foods rich in vitamin B: including red meat, pork, leafy green vegetables, whole-grain cereals, peas, lentils, and eggs.
- Incorporate new recipes, spices, or ingredients into your cooking routine.
- In some cases, it can be a good idea to take a vitamin supplement. Ask your doctor if you may need a multi-vitamin or specific vitamin supplements.



## Stay connected

Connectivity is so important right now, especially for older adults:

- If you are not comfortable with email or social media, make regular phone calls to friends and loved ones.
- Photos are a lovely way to reminisce. A video photo frame with images or a photo book of special memories are great gift ideas especially for older loved ones.
- It's fun to write and receive letters. Surprise a loved one or friend with a note or ask grandchildren to send cards or drawings.

## Prepare for the unexpected

A fall or medical emergency could happen at any time:

- Ask: If I were to fall, how would I get help if I couldn't reach the phone?
- A medical alarm is a great option if you spend time alone; manage a chronic condition; live independently and want to feel more confident.
- When shopping for medical alarms always read the fine print. Ask about the cancellation policy, what's included in the monthly fee, if there are additional costs for maintenance, who monitors the alarms, and if they have local representation in your community.

## Trusted and experienced

Philips Lifeline is Canada's leading medical alarm service with more than 45 years' experience. With Lifeline, help is available 24/7 at the push of button. By pushing your Lifeline button, you are connected to a caring Response Associate who will get you help based on your needs. You can also have peace of mind knowing that our equipment is designed with seniors in mind and we specialize only in medical alarms. With Philips Lifeline, there is no contract and you can cancel anytime.

### Only Philips Lifeline has:

- Waterproof help buttons<sup>1</sup>
- AutoAlert<sup>2</sup> the most widely adopted fall detection in Canada
- Local installation and service calls by our caring and professional staff



Sources: <https://www.lifeline.ca/en/resources/tools-tips-for-seniors-safety/>

1. Our buttons have an IPX7 waterproof rating. This means they can be submerged up to a depth of 1 metre (40 inches) in water for up to 30 minutes.
2. AutoAlert does not detect 100% of falls. If able, Lifeline subscribers should always push their button.

**For more information, please call:**

**CPHC Lifeline**

1-877-565-0008

613-342-9991 (Brockville and Area)

613-542-9643 (Kingston and Area)

**[www.lifeline.ca](http://www.lifeline.ca)**

