



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

BUSINESS (NOT QUITE) AS USUAL..

Dear people of Halton Hills;

During these uncertain times, rest assured we remain open to serve you. We have adjusted services according to the guidance by Health Canada.

Please call for an appointment. We are not accepting walk ins at this time.

We handle every call on an individual basis to best handle each person's needs.

Social distancing in clinic with one appointment per time slot in waiting room.

If necessary, I offer mailbox drops as well!

Take care, be safe and know this will pass.

The Georgetown

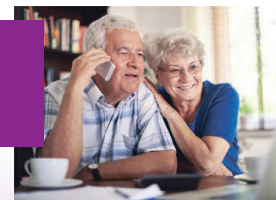
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Celebrating Seniors' Month

Stay Safe, Stay in Touch - June 2020



How to be a caregiver to seniors in your life

The Ontario Caregiver Organization reinforces the fact that during the COVID-19 pandemic we need each other now more than ever. The group also suggests that the pandemic has made us all caregivers.

Considering that people over the age of 70 are being advised to stay home, seniors who were once active and living independently prior to COVID-19, now need help to stay healthy and connected. The organization's website (ontariocaregivers.ca) states that it's important to follow Ontario Public Health guidelines on how to keep yourself and others safe, particularly if you are supporting a senior. With that in mind, here are some meaningful things you can do suggested by the caregiver group.

- Pick up the phone and call a senior you know to see how they are doing.
- Sending an email or text if they use this technology is also appropriate but let's not underestimate how much it means to hear another person's voice, particularly if the senior lives alone.
- Offer to pick up groceries, prescriptions, pet food or other important supplies. You may be able to order food or prescriptions over the internet and have these delivered right to their

door. Your offer to help will go a long way for a senior who is not comfortable with technology. If this service is not available and you deliver the necessary supplies, leave them at their doorstep instead of handing them over or bringing them inside, to ensure physical distance.

- Set them up on a device. Do you have an extra laptop or tablet? Providing a device and setting a senior up with easy to follow instructions may be the difference between a senior feeling isolated and alone or connected with family and friends. Before doing so, ensure settings are as user-friendly as possible, including enlarging text and increasing volume settings if necessary. Ensure any devices are fully sanitized before passing them on.
- Give a senior in your life your contact information and reassure them that you will be there for them if they need anything. Consider partnering with others in your neighbourhood and provide their names as well.
- Offer ideas to pass the time. Drop off a puzzle, crossword or magazine to their doorstep or suggest they take this time to go through old photos.

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- One of the most comfortable shields on the market
- Standard shield: **\$6.90**
- Hardhat/ bump cap model: **\$7.90**
- Countertop shields: starting at **\$230**
- **Stock available for immediate public purchase**
- Wholesale pricing available
- 5 piece minimum (*with some exceptions*)
- 3 layer masks starting at **\$14**

*hard hat or bump cap not included.