



July is National UV Safety Month when people of all ages are reminded to protect their skin and eyes from the sun's ultraviolet (UV) radiation even on cloudy days. UV radiation is the main cause of skin cancer and can cause eye damage including cataracts and macular degeneration, primary causes of vision loss in seniors. In addition, harmful UV exposure can weaken the immune system, increase sun spots and wrinkles, and lead to premature aging.



SAVE THE DATES!

- **September 9-10 CCSMH-CAGP JOINT SCIENTIFIC MEETING 2014, Toronto-**
Innovations in Seniors' Mental Health Care:

Insights from the Frontiers of Research and Service Delivery
<http://www.cagp.ca/Default.aspx?pageId=1823562&eventId=851184&EventViewMode=EventDetails>

- **September 19, 2014 Understanding the Capacity Assessment Process** Milton Legion, 21 Charles St, Milton, ON 9:00 a.m.-4:00 p.m. contact 416-550-7496 or centralwest@elderabuseontario.com
- **September 25-26 2014 Geriatric Assessment Training Program**, Burlington <https://www.geriatriccp.ca/>
- **September 29-30, 2014 National Interprofessional Healthcare Conference** Metro Toronto Convention Centre
- **PIECES 2-Day Training**
September 11/Oct 2 Barrie Sept 19/Oct 17 Muskoka

Stay tuned for registration information

Log on to the PIECES website www.piecescanada.com/



Did you know that by reducing the risk of stroke and diabetes, the risk of dementia also decreases?

- A healthy diet will help keep your arteries clear and cholesterol levels healthy, and in turn lower your risk of stroke and brain damage.
- Avoiding excess calories will also decrease your risk of diabetes and hypertension, which can impair memory.
- The antioxidants found in fruits and vegetables may protect against diseases and age-related deterioration throughout the body.

To read more about adding brain healthy foods to your diet follow this link:

<http://alzheimersocietyblog.ca/2013/06/summers-bounty-adding-brain-healthy-foods-to-your-diet/>



Have you started building your internal Behaviour Support Resource Team (BSRT) yet?

If you need help to get started, please contact your local Psychogeriatric Resource Consultant.

To find your PRC call:

York Region 905-830-4444 xt73441
North Toronto 416-480-5881
South Simcoe 705-721-6764

LOFT Referrals to the BSS Mobile Support Team

For long-term care homes north of Steeles Avenue
Suzanne Saulnier 1-888-448-3303
or email ssaulnier@loftcs.org

For long-term care homes south of Steeles Avenue
Scott McKay 416-259-7575 or email smckay@loftcs.org

BSO is a provincial initiative to enhance health care services and improve the quality of care for older adults with complex health needs and responsive behaviours in their place of residence. BSO is a catalyst for change that breaks down barriers, encourages collaborative work, shares knowledge and fosters partnerships among local, regional and provincial agencies.

Feedback is always welcome.

For more information about BSO contact:

Patti Reed, Program Manager 905-883-1212 Ext. 7119,

patti.reed@mackenziehealth.ca

For current information, presentations and resources

go to www.akeresourcecentre.org/BSO

Check out this Resource

Ontario Geriatrics Learning Centre @ <http://geriatrics.otn.ca>

- On-line library
- Share knowledge and expertise
- Archived video presentations

Transportation News: The Central LHIN has funded a new transportation initiative with a centralized number to call

The **New Community Transportation Model** consists of two-Lead Agencies for Central LHIN, with each Lead Agency taking prime responsibility for managing a defined geographic area. The Lead Agency for Central LHIN North (including South Simcoe) is CHATS and one Lead Agency for Central LHIN South is Circle of Care.



Parameters for clients to be served, and services to be provided, are summarized below:

- Seniors who cannot drive or for whom there is no accessible public transportation
- Clients with disabilities 18 years or older who are not eligible for municipal services that may be available
- Clients with a stable medical condition
- Clients who are ambulatory or semi-ambulatory
- Clients with mental health issues who require a non-medical escort to appointments
- Clients emerging from selected Quality-Based Procedures (for example stroke patients who need community rehab according to QBP clinical handbooks)
- Clients whose care is regionally coordinated
- Clients receiving dialysis

Have you named your BSS Liaison person yet?

This is your internal "go-to" person to facilitate communication between your internal and external teams.

Please forward the name of your BSS Liaison to
diane.liotine@mackenziehealth.ca

To unsubscribe to the Liaison Link please email diane.liotine@mackenziehealth.ca

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Meal Replacement Drinks Questioned by Geriatricians

Oral liquid nutrition supplements are common in care homes, hospitals and are often recommended for seniors experiencing sudden weight loss, but they were recently under scrutiny at a geriatrics conference in Florida.

At a conference in Orlando in May, Dr. Paul Mulhausen and the American Geriatrics Society unveiled its latest **Choosing Wisely** recommendations. They have been put together from suggestions made by geriatricians in the United States who were asked to identify common medical interventions that need deeper discussion. Mulhausen said the **use of oral liquid nutrition therapy was one of the top 10 issues.**

"They are effective in a very narrow circumstance which would be as medical nutrition therapy in undernourished people who are in the hospital".

For Mulhausen, the recommendation is to use real food – like a simple smoothie of yogurt and fruit that will offer similar nutrients, including fibre, but taste better and rely less on simple sugars.

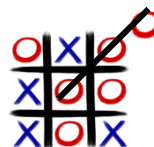
Ontario Telemedicine Network

Spotlight
on

OTN

<http://otn.ca/en/ontario-geriatrics-e-learning-centre>

With the on-going support from OTN the Central LHIN and BSO, the first 11 LTCHs receiving new OTN equipment are completing their on-line training in order to maximize the use of telemedicine to support their homes. OTN coordinators from these homes are anticipating the upcoming August 13th GoLive kick-off/launch event.



Thinking outside the box!

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