

Bulletin for Health and Wellbeing

October 2017

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Understanding Elder Abuse

There is more to say about elder abuse than can be squeezed into this bulletin. However, there are a few key points that you should always keep in mind.

1. Elder abuse does not necessarily only affect senior citizens – it applies to any situation where a younger person is in a position to take advantage of an older person.
2. Elder abuse is defined as a violation of the right to live safely and manage personal affairs. It can take the form of physical, psychological, emotional, sexual, or financial abuse, neglect, and fraud
3. Take the time to learn the warning signs of elder abuse, including:
 - a. Unexplained injuries
 - b. Change in social behaviour
 - c. Change in emotional behaviour
 - d. Unwarranted and sudden changes in living arrangements
 - e. Valuable personal possessions disappearing
 - f. Signs of neglect – like dramatic weight loss
 - g. Changes in financial control
4. Document anything you notice and speak to the person you suspect is being abused privately. Do not confront the person suspected of being abusive.
5. Be supportive and listen – do not dismiss an elder person’s complaints as exaggerated

Sources: Nova Scotia Department of Seniors. *Understanding Senior Abuse: Facts, Tips, Contacts*. Halifax: Department of Seniors, 2012.

Voice of English-speaking Quebec. *The Many Faces of Elder Abuse*. 2014: <http://veq.ca/wp-content/uploads/2014/06/online-elder-abuse-pdf-document.pdf>.

OVERCOME YOUR HESITATION TO HELP

Concerns	Points to Consider
It's a private matter and none of my business.	It is not a private matter when someone is being hurt. Abuse causes great harm. It's everyone's business.
I don't know what to say.	You can say that you care and are concerned. Listening is important, too.
I might make things worse.	Doing nothing leaves the person alone in a situation that may get worse if there is no help.

I'm afraid the abuse will be directed to me or my family.	Speak one-to-one with the person being abused, away from the person who might be abusive. Let the police know if you receive threats.
I'm afraid the person being abused will be angry with me.	The person may be angry, but will know you care enough to try.
I'm afraid of getting involved.	You can talk anonymously to a professional or a service provider.
I want to maintain a relationship with both people.	One person is being abused and is living in fear. Both people need help.

Source: Nova Scotia Department of Seniors, "Understanding Senior Abuse: Facts, Tips, Contacts" (Halifax: Department of Seniors, 2012) 6.

Enjoying Halloween

Think Halloween is just for little kids? Think again! There's no reason you can't make the most of this holiday – either by creating a spooky atmosphere for trick-or-treaters, hosting a rockin' party, or indulging in some arts and crafts for this spooooky night!



Trace a bat shape onto a piece of felt and repeat until you have a swarm of them. Then use the bats to decorate the outside of your door for a terrifying effect! .



Use some store-bought cobwebs to create a spider-heavy candle using a mason jar to light your candy bowl! Do make sure you use a flame-less candle for this one.



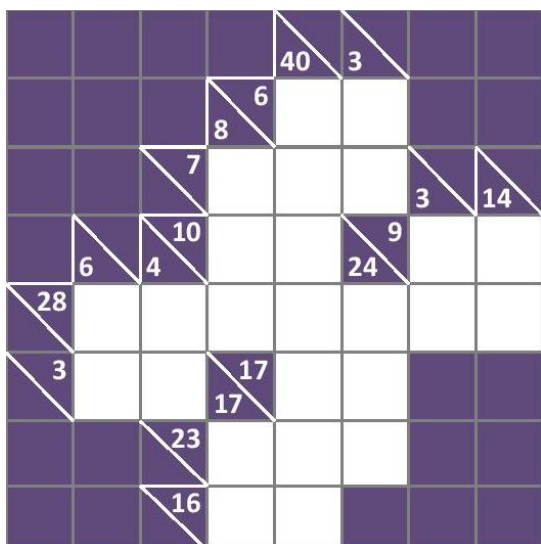
Got some extra black buttons? Pin them on a pumpkin!



Stick eyes and mouths on white tissue wedding bells and drape them with cheesecloth - brilliant!

Sources: <http://www.countryliving.com/diy-crafts/g1189/best-halloween-crafts-ever/>
<http://poppiesatplay.blogspot.ca/2010/09/super-easy-halloween-centerpieces.html>
<http://www.lovethepic.com/image/132988/boo-button-pumpkin>

Activity Corner



Fill in the grid with the digits from 1 to 9. Each group of digits must add up to the number that is just to the left or above it.

No group can repeat the same digit twice. A group does not necessarily span the whole column or row; you may repeat a digit within a column or row.

There is no requirement to use all of the digits.

*Solution
September 2017*

The sum is 102.

48	9	6	39
15	30	33	24
27	18	21	36
12	45	42	3