

Seniors Serving Seniors is holding a 7 week (1 afternoon per week for 7 weeks) **training course for the RETURN TO HEALTH program.**

Return to Health Volunteers provide **social support and encouragement** to isolated and lonely seniors before, during, and after a hospitalization and for seniors at risk in the community. Volunteers will receive training and working tools to address age related issues.

TRAINING will start on Wednesday, October 20, 2010 and will be held each Wednesday from 1 p.m. to 4 p.m. for 7 continuous weeks.

An information session will be held on:

Date: Wednesday, October 13, 2010
Time: 1 p.m. to 2 p.m.
Place: Ross Place
2638 Ross Lane

EXAMPLES OF EDUCATION: *(Speakers Are All Experts From The Community)*

- ❖ Aging Process – The Effects Of Disease On Normal Aging
- ❖ When And How To Use Mobility Aids. Exercises For Seniors
- ❖ Community Programs And Resources And How To Access Them
- ❖ Effective Communication Skills
- ❖ Managing Loss Of Vision And Hearing
- ❖ Identifying Mental Health Problems
- ❖ Nutrition - Identifying Clients At Risk And Resources Available
- ❖ Long Term Care Programs. Understanding The Healthcare System
- ❖ Visiting Skills for Volunteers

PLEASE REGISTER BY PHONING Jane at 250-382-4331.