

# SENIOR IMMIGRANT SAFETY EXPO

zoom  
LIVE

## MONDAY NOVEMBER 8

10:00 - 10:45 AM

### PREPARING TO STAY SAFE: WINTER AND FIRE SAFETY

Gail Henderson Brown, Injury Prevention Program Coordinator  
Canadian Red Cross

Learn about ways to enhance your safety and enjoyment of winter, including clothing and footwear choices, driving tips and ice safety. Learn about ways to prevent fires at home during the winter months.

1:00 - 1:45 PM

### SAFETYAID: FALLS PREVENTION

Lisa Smyrichinsky, A & O SafetyAid Coordinator  
Harry Deol, A & O Occupational Therapist

Learn what can cause a fall, how to decrease your risk of falling, and how to make simple changes to your everyday life to prevent falls.

3:00 - 3:45 PM

### MEDICATION SAFETY

Robyn Small, Pharmacist  
Tache Pharmacy

Learn tips for talking to your pharmacist and ways that pharmacists can benefit your health. Learn tips about medication safety.

## TUESDAY NOVEMBER 9

10:00 - 10:45 AM

### SCAMS AND FRAUD

Silvana Buccini, Consumer Services Officer  
Consumer Protection Office

Learn about current and common frauds and scams. Learn how to recognize them and how to protect yourself.

1:00 - 1:45 PM

### ELDER ABUSE AWARENESS

Lori Pickerl, Registered Social Worker  
A & O Support Services for Older Adults

Learn about the issue of elder abuse, including what it is, how common it is, and common risk factors. Learn how to recognize elder abuse and how to get help.

3:00 - 3:45 PM

### HEALTHY AGING

Taylor Woods, Registered Social Worker  
Winnipeg Regional Health Authority

Learn about the services that Health Aging Resource Teams offer, how to access the program, and ways you can stay healthy and well in your community.

## WEDNESDAY NOVEMBER 10

10:00 - 10:45 AM

### PERSONAL SAFETY / STREET SAFETY

Constable Belinda Duncan  
Winnipeg Police Services

Learn useful information and tips for your personal safety to help you feel safe at home and in your community.

1:00 - 1:45 PM

### ONLINE SAFETY

Lorinda Fosty  
Tech Manitoba

Learn about safety risks when you are online and how to protect yourself. Learn about your digital rights and responsibilities.

3:00 - 3:45 PM

### DRIVING SAFELY AS WE AGE & WINTER DRIVING

Samantha Rodeck, Executive Director  
Transportation Options Network for Seniors

Learn about how to drive safely as you age, and how to prepare for a safe winter of driving in Manitoba.



Funded by the Government of  
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Seniors Program



To register, please contact:  [siss@aosupportservices.ca](mailto:siss@aosupportservices.ca)  204-956-6440