

Be a good neighbour...



Help a senior with snow removal this winter



Make a difference in the life of a senior. Take a few extra minutes when shovelling your sidewalk or ploughing your own driveway to give someone else a hand.

Seniors with physical limitations need your help keeping their walkways and driveways clear of ice and snow.

Having someone take care of snow clearing:

- helps seniors remain in their homes safely
- prevents injuries due to slips and falls
- ensures safe access out for groceries and appointments

Did you know?

- Slips and falls account for 75 per cent of injury hospital admissions for seniors.
- Social isolation can lead to risk of depression and other health issues.
- Strong social supports and community connections lead to better health and wellness for seniors.

Don't know a senior who needs your help? Still want to lend a hand?

Volunteer with Snow Busters. Call 780-464-4044

Strathcona
County

FAMILY AND
COMMUNITY SERVICES

www.strathcona.ab.ca