



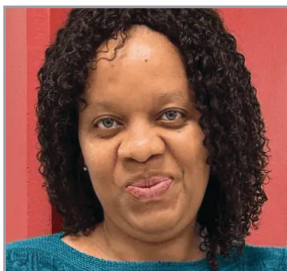
THE SENIOR SCOOP



Associate Jeanne (left) soaks up the sun with client Betty (right)

October Happenings

The sight of colourful leaves, the sound of acorns and walnuts hitting the ground, the smell of pumpkin spice or a soup simmering in the kitchen...we hope you embrace the month of October with all of your senses. This month we are spreading the news about our services at the Cherryhill Seniors Expo and the Age Friendly Expo. We love connecting with seniors in the community! Although many of us see fall as a season of change, one thing that hasn't changed is the increase in risk for respiratory illness. We hope you stay safe and healthy as the colder weather approaches. Please see page 2 for more information.



Meet Sochima Nwogwugwu Associate

Sochima is empathetic, compassionate, and enjoys helping people and making them happy. As a mother of three children and someone who is family-oriented, caring for people gives Sochima great delight. Sochima took care of her Grandmother

before she passed away, and she believes it gave her the experience she needed to take care of seniors and show compassion and reassurance to them. Sochima's motivation to assist London's senior community is an asset to the AYSFS team!

Happy Retirement Jeanne!

Since 2016 Jeanne has brought so much positivity and empathy to her Clients and our team. In happy moments and in hard moments, Jeanne has been dedicated and unwavering in her devotion to our seniors. We wish Jeanne all the best in her retirement. AYSFS extends a heart-felt thank you to an amazing Associate and friend.



Jeanne (left) with fellow Associate Holly (right)



Golden Moments

Close "Knit" Companions

Client Jo (left) shares her knitting expertise with her granddaughter. Associate Jeanne was visiting when these two family members shared creative time together. It was a very special moment!

Connect with us on social media!



Respiratory Illnesses: Fall 2025 Update



“As we head into the fall, it’s important that we take simple, effective steps to stay healthy. Staying up-to-date on seasonal vaccines is significant to protect yourself, your family and loved ones and is a cornerstone of our preparedness this respiratory season.” - Dr. Kieran Moore, Chief Medical Officer of Health.

When to get Vaccinated:

The Ontario government is protecting seniors from respiratory illnesses by preparing to launch its fall immunization programs. To help prevent serious illness, **everyone** is encouraged to get their flu and COVID-19 vaccines as soon as they become available as well as RSV immunization for those eligible.

Immunizations for high-risk and priority groups (**seniors aged 65 and older**) will begin in phases:

- ✓ COVID-19 vaccines will be available starting the week of September 22
- ✓ Flu vaccines will be available starting the week of September 29

Starting the week of September 22, Ontario residents aged 60 to 74 who meet certain high-risk criteria or live in specific higher-risk settings, as well as those aged 75 and older, are eligible to receive RSV vaccines, Abrysvo® or Arexvy, as part of the province’s recent expansion to the adult RSV prevention program.

- ✓ Talk to a health-care provider about co-administration of COVID-19 and flu vaccines, and for RSV. Call ahead to ensure your provider has supply.
- ✓ As recommended by the National Advisory Committee on Immunization (NACI), individuals should receive the most recent formulation of the COVID-19 vaccine in the fall as it is expected to provide a better immune response against currently circulating COVID-19 strains.
- ✓ Full details on COVID-19 vaccination this fall will be available by visiting ontario.ca/covidvaccines.
- ✓ Older adults are at increased risk of severe outcomes from RSV, especially those with certain chronic health conditions.

Source: <https://news.ontario.ca>

AYSFS encourages our Clients and Associates to get vaccinated to protect themselves and each other this season.

If you need assistance making a vaccination appointment or transportation to an appointment, an Associate can help!



Layers of Protection:

While vaccination is the most important step you can take, using layers of protection will help protect you and your loved ones. Each layer of protection can help reduce virus spread but the layers work best when used together.

Stay home if you are sick:

If you have symptoms of a respiratory virus, such as fever, cough and runny nose, you should stay home, whether you have tested or not, and wear a mask if you need to go out.

Physical distancing:

Keeping a physical distance from others, where possible, is a layer of protection that can be used to reduce virus spread.

Face Masks:

Consider wearing a well-fitting, high-quality mask in crowded indoor public settings with poor ventilation.

Hand Hygiene:

Touching your eyes, nose or mouth without cleaning your hands, or sneezing or coughing into your hands may provide an opportunity for germs to get into your body. Keeping your hands clean through good hygiene is one of the most important layers of protection.

Cover your Cough or Sneeze:

Covering your cough or sneeze with an elbow or tissue (**not** your hands) is an important layer of protection to reduce virus spread.

Cleaning & Disinfecting

Cleaning and disinfecting surfaces frequently is important because respiratory viruses can spread by touching something with the virus on it, then touching your mouth, nose or eyes.

Proper Ventilation:

There are a number of things you can do to improve indoor air quality to help reduce virus spread. Open windows, if it is safe to do so and use portable fans, ceiling fans and single unit air conditioners to improve natural air flow.

Source: <https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/respiratory-viruses/reduce-respiratory-virus-spread-guide/>

Illustration courtesy of vecteezy.com