

# Resource List

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## **Manitoba Seniors' Guide**

This extensive handbook produced by Manitoba Council on Aging is a great resource book to have in every health office. It includes a listing of services for seniors, financial assistance and benefits programs, and addresses and information about many health and chronic disease resources from the Alzheimer Society to the Society for Depression and Manic-Depression of Manitoba. It is updated periodically. Call the Manitoba Government Seniors Directorate at 945-6565 or toll-free 1-800-665-6565 for your free copy.

## **Associations and Organizations**

Contact your local service clubs, church and church groups, ethnic organizations, friendship centres, Age and Opportunity centre, local band health offices, senior citizen organizations (many offer drop-in centres and meal programs), recreational facilities and other specific associations or organizations. Listings can usually be obtained at your local Chamber of Commerce, in the yellow pages of your phone book or in the Manitoba Seniors' Guide (listed above).

## **Dietitians**

In Manitoba, Registered Dietitians are employed in various areas including hospitals, community health centres and in private practice. If you need to consult a dietitian, call your local

public health office, hospital, regional health authority or consult the yellow pages under Dietitians. Manitoba private practice dietitians who have expertise in counselling older clients or who can deliver nutrition education programs can be found by consulting Dietitians of Canada. The services of private practice dietitians are covered by extended benefit Manitoba Blue Cross and some other plans. Dietitians of Canada also have a practice group for Home Care Dietitians. For information, contact: Dietitians of Canada as listed in the phone book or visit their website at: <[www.dietitians.ca](http://www.dietitians.ca)>

## **Nutrition Resources and Books**

**Canada's Food Guide to Healthy Eating** (free). The tearsheets and booklets can be ordered from your local health office.

**Nutrient Values of Some Common Foods** (about \$8.00) by Health Canada. This booklet gives the calories, carbohydrates, protein, fat, vitamins and minerals of common foods. Contact: Canadian Government Publishing Centre, Supply and Services Canada, Ottawa, ON K1A 0S9.

Dietitians of Canada has produced several cookbooks, including **Great Food Fast** (2000); (\$19.95) and **Eat Well, Live Well** (1990); (\$22.95). Call 1-416-596-0857 or FAX: 416-596-0603, or website: <[www.dietitians.ca](http://www.dietitians.ca)>



The **Canadian Diabetes Association** has some free pamphlets and resources and also sells books, such as the four listed below. Call 925-3800 or toll-free: 1-800-782-0715, or web site:

<[www.diabetes.ca](http://www.diabetes.ca)> Most of their books are also available at bookstores.

**Good Health Eating Guide** resources such as the Pocket Food Guide (free), Poster Pin-up (\$1.00) and the binder (\$16.75). The Good Health Eating Guide is the food exchange system used as a basis for diabetes meal planning in Canada.

**Meals for Good Health** (1998) by Karen Graham (\$29.95). This hard cover, full-size book is easy-to-read and includes beautiful colour photographs of fifty healthy low-calorie meals and recipes that show actual-size portions. **Meals for Good Health Manual** (\$19.95) an accompanying manual for health professionals, is also available.

**Choice Menus** (1993) and **More Choice Menus** (1996) by Marjorie Hollands and Margaret Howard (\$24.95) These books show a large variety of healthy meal menus with mix-and-match flip-out cards, and recipes.

**The Basic Shelf Cookbook** (1994) by City of York Health Unit (\$6.95). Includes easy-to-make low-cost recipes. This and other health and literacy books are available from Canadian Public Health Association,

1565 Carling Avenue, Suite 400,  
Ottawa, ON K1Z 8R1,  
call 613-725-3769 or FAX: 613-725-9826.  
E-mail: [hrc/cds@cpha.ca](mailto:hrc/cds@cpha.ca)

**Heart and Stroke Foundation** cookbooks such as Anne Lindsay's **Lighthearted** cookbooks, **Simply Heartsmart Cooking** by Bonnie Stern (1994) and **Cooking on a Shoestring** by Julie Watson (1991). Call 949-0800 or web site: <[www.hsf.ca](http://www.hsf.ca)>

**The American Dietetic Association** has a variety of resources including some on nutrition and the elderly, and ethnic food practices. To order their catalogue call toll-free in Canada to 1-800-877-1600 ext. 5000, or write ADA, P.O. Box 97215, Chicago, IL 60678. Web site: <[www.eatright.org/](http://www.eatright.org/)>

**The Osteoporosis Society of Canada**, Manitoba Chapter, and the **Manitoba Milk Producers Marketing Board** produce a variety of nutrition resources, some specifically for older adults. Contact: OSC at: 610 Portage Avenue, Winnipeg, R3C 0G5 or call 772-3498; MMP at: 36 Scurfield Boulevard, PO Box 724, Winnipeg, Manitoba R3C 2K3, call 488-6455.

## Resources for Health Workers

- **Diet Manual.** The diet manual is an extensive health professional manual which is the core manual used by dietitians in institutions and in the community. It includes a description of the rationale for diets for different disease and health conditions and diet sheets for clients or patients. Also includes information on drug-nutrient interactions. Contact Dietitians of Canada for the manual presently endorsed and being used by Manitoba Registered Dietitians. NOTE: The Diet Manual is an appropriate reference but should not substitute for consultation with a dietitian.

- **Health Care Aide manuals.** The whole or parts of the Health Care Aide manuals can be purchased from the libraries of the community colleges offering these courses.

- **Nutrition Manual for Home Based Care for Adults, 1998** (\$20.00). This is an extensive nutrition resource for health professionals working in Home Care. Includes client handouts. Contact: Capital Health Region, Suite 312, 3995 Quadra Street, Victoria, B.C. V8X 1J8. Call (250) 744-5180 or FAX: (250) 479-5836.

- **Geriatric Nutrition in Care Facilities: A Multidisciplinary Approach, 1996** (\$65.00). This binder is similar to the Diet Manual except that it is specific to the elderly in care

facilities. It is a good resource, and much of the information could also be applied to home care clients. There are guidelines for care staff, dining room staff and kitchen staff. Available from: Gerontology Practice Group of the British Columbia Dietitians' and Nutritionists' Association, 402-1755 West Broadway, Vancouver, BC, V6J 4S5. Call (604) 736-3790 or Fax: (604) 736-5606.

- **The Nutrition Screening Initiative (NSI)** is a diverse coalition of more than 25 American health, aging and medical organizations. They have reports and handouts on topics ranging from nutrition screening to chronic disease care to a pamphlet for seniors wishing to assess their own nutritional health. NSI, P.O. Box 753, Waldorf, MD 20604-0753, 202-625-1662.

- **Consulting Dietitians in Health Care Facilities.** c/o 110 Ardis, Box 843, Hudson 1A 50643-0843. Tel: 319-988-4636. Various resources are available from this organization including manuals and videos for eating disabled adults, dysphagia, and a practice guide for nutrition in home care. For example, **Dining Skills: Practical Interventions for the Caregivers of the Eating-Disabled Older Adult, 1993** (US \$49.95).

- **Nursing Drug Handbook** (about \$40.00). Updated annually. Excellent resource book with current facts on virtually all generic and prescription drugs.

- **The Merck Manual of Medical Information. Home Edition, 1997** (\$47.95). This comprehensive, medical reference book is now available in this easier to read and understand format. Note: Merck also has a **Merck Manual of Geriatrics**. Available through mail order (toll free: 1-800-387-7278) or medical bookstores.

### Where to Find Resources

#### Public Libraries

Don't forget about your local public or government library as a source of information and cookbooks. If you live in rural or northern Manitoba, inter-library loans can be made.

#### Book Stores

Most books can be ordered from local or specialty book stores. The University of Manitoba bookstore and community college bookstores (especially those colleges that offer the Home Care Attendant courses) have nutrition and medical textbooks. Many bookstores have toll-free numbers and books can be ordered over the phone or the e-mail.

#### Associations

Many associations sell or distribute nutrition resources or cookbooks. Check the Manitoba Seniors' Guide.

#### The Internet

If you or someone you know has access to the Internet, it can be a wealth of information. For example, you can search out articles on a specific health condition. One caution though, information obtained over the internet may not be reliable.

#### Drug Information

If you need information about an over-the-counter or prescription drug, or a herbal remedy contact: University of Manitoba, Faculty of Pharmacy Medication Information Line for the Elderly, Winnipeg, Manitoba R3T 2N2 Tel: 261-3111 or toll-free: 1-800-432-1960 ext. 6493. This is a free service provided to the public and health care workers.

#### Swallowing/Dysphasia Assessment:

For outpatient assessment contact one of the following: Dysphasia Outpatient Clinic at Deer Lodge Centre, Department of Communication Disorders at Health Sciences Centre or Brandon General Hospital, Riverview Day Hospital or Parkland Regional Therapy Program at Swan River. Speech language pathologists are available for brief telephone consultations and for screening and assessment of swallowing disorders.



