

# Bits & BYTES

## Web Winners

These Web Winners are provided by Karen Milligan, administrator at Bay Haven Senior Care Community and chair of the Long Term Care Magazine Editorial Advisory Committee.

### www.innerbody.ca



InnerBody affords an opportunity to explore the various systems in the human body. You will find animations, images, descriptions and even a search function for finding that exact body part.

The viewer is aided by 'hot spots on the anatomy illustrations,' allowing one to explore the selected body system. Each anatomy label is linked to a description, some with associated pictorials making the site dynamic and easy to understand. InnerBody is 'fun, interactive and an ideal reference site for students or those who just want to know more about the medical descriptions used by doctors and nurses.' This is a resource that will help you to decipher that sometimes complex medical jargon while learning more about your own body!

### www.dieticians.ca

A feature of this site is its recipe analyzer. All you do is enter the ingredients from any recipe. The analysis then gives a nutrition profile, the number of food-guide servings contained in the recipe and tips on how to make it more nutritious.

### www.seniors.gc.ca

Created by the Government of Canada, Seniors Canada is a straightforward website through which seniors, their families, caregivers and organizations that support them can access authoritative and trusted information provided by the government and well-known non-government organizations.

### www.phac-aspc.gc.ca

This Public Health Agency of Canada website provides the user with information on diseases and conditions, health and safety, and research and statistics. The creation of the Public Health Agency of Canada in 2004 marked the beginning of a new approach to

federal leadership and collaboration with provinces and territories on efforts to renew the public health system in Canada and support a sustainable health care system.

### www.ccsmh.ca

This website from the Canadian Coalition for Seniors' Mental Health contains user-friendly educational guides for seniors and their families, which may be useful as staff education resources. The guides are available as downloads from the website. Topics include delirium, depression, suicide and other mental health issues in long term care homes.

### www.continence-fdn.ca

The national non-profit Canadian Continence Foundation was formed in 1986 to address the needs of the more than 3.3 million Canadians who experience urinary incontinence. This website provides a wealth of information on incontinence and includes items such as ask an expert, stories, tips, newsletters and documents, research papers and links to community partners.



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