



# Seniors In Action.....

## **Teulon Resident Receives “Caring Canadian Volunteer Award”**

Very special congratulations to Bill Docking on recently receiving the Governor General’s “Caring Canadian Volunteer Award.” Bill is responsible for helping establish the Teulon & District Senior Resource Council in Teulon, among many other things. A ceremony to commemorate this very special event was held on July 28th at Crescent Creek Recreation Centre in Teulon. Family, friends and local dignitaries gathered as the Honourable John Harvard, Lieutenant Governor of Manitoba, presented Bill with this very prestigious award.

Bill has been a volunteer with Teulon Senior Resource for 11 years. He has volunteered his time for such things as providing transportation for our seniors and cancer patients. He has also donated his time for such things as being a parade judge, doing odd jobs such as changing bulbs, fixing doors, cooking at volunteer appreciation events, friendly visits to those who cannot get out, delivering “Meals on Wheels,” and helping at any function we may host.

Our office runs a program for cancer patients in conjunction with Cancer Care Manitoba. When a cancer patient has an appointment, one of our volunteer drivers will pick up said patient at home, drive them to their appointment in Winnipeg, wait with them, and drive them home after the appointment. Bill is always willing to drive, even if it means him having to rearrange his schedule. The program does not cover transportation to rural hospitals, but Bill is more than willing to take patients without compensation. When it comes to fundraising efforts, Bill’s hard work cannot be surpassed. He is always willing to either dole out dollars needed, or help us with our fundraising functions. We are blessed to have Mr. Bill Docking as our volunteer, and are honoured that we were asked to write this letter. Both Barb and I agree that without Mr. Docking’s help over the years, our job would be that much more difficult (if not impossible) to do.

In closing, I would like to say that it is both an honour and a privilege to have such a selfless volunteer like Mr. Bill Docking on our team; one who consistently goes above and beyond what is requested of him. We are so delighted that he is being recognized and rewarded for his tireless efforts.



## **Selkirk Volunteer Receives Manitoba Council of Aging Recognition Award**

Selkirk Volunteer Leona Christiansen, who volunteers for the house of economy, Gordon Howard Center, the Selkirk Arts Council, meals on wheels and many others received a Manitoba Council of Aging recognition award from the Manitoba Seniors & Healthy Ageing Secretariat for her tireless work in the community.

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## Ashern LIFE Grand Opening

October is Seniors' and Elders' Month in Manitoba and what better way to start the month in Ashern is to invite the community to Celebrate the 20th Anniversary of Living Independence for Elders (LIFE) - Senior Resource Council and the Grand Opening of the new location of the Senior Resource Office and the Ashern Adult Day Program. The new location of the Senior Resource Office and Ashern Adult Day is located at the TBJ Mall on 61 Main Street in Ashern. With the larger facility the Adult Day program certainly has increased with activity and attendance. Wednesday's the Adult Day is a Restricted Area - Do Not Enter - Men Only with tool belts and hammers Allowed.



## Riverton & District Friendship Center Hosts Annual Seniors Dinner

On Tuesday December 9th, 2008 the Riverton & District Friendship Centre hosted their annual "Seniors Christmas Dinner". Each year the business community and individuals sponsor the dinner with donations of money, food and time. The RDFC coordinates everything. They bring together a group of volunteers and staff to make the meal, decorate the hall and serve the meal. There is always a great group of performers. This year we were pleased to have two brothers ages 9 and 6 jiggers-stompers.

The dinner is free to seniors and rides are provided if arranged in advance. We do offer a silver collection and a "Silent Auction" to raise funds for the "Christmas Hampers". This year we were so pleased to have a large group of Grade 11 and 12 students from Riverton Collegiate Institute do all the serving and cleaning.

So prepare to come join us next year. It is always set for the 2nd Tuesday of December. Merry Christmas and a Happy New Year from the Staff and Board of the Riverton and District Friendship.

## The Eriksdale Community Resource Council

The Eriksdale Community Resource Council looks forward to offering our services within the R.M. of Eriksdale. As the oncoming Christmas season approaches and we stay closer to home as the temperature falls, we hope interested community members will take the time to call us with any questions, concerns or ideas they may have. Our goal is to have our programs up and running early into the new year. For our programming to be a success, we need to recruit volunteers. Maybe our community members will make a different kind of new year's resolution - to become a volunteer!! We would like to take this opportunity to thank the friendly people from other resource councils in the Interlake for all of their help and support. From all of us at the Eriksdale Community Resource Council, Merry Christmas and Happy New Year!!!!

## Selkirk Support Services Hosts Annual Fall Conference

Selkirk Support Services hosted the Annual Fall Conference for resource councils and coordinators this year on October 9th at the Gordon Howard Senior Center. It was attended by Support workers and council members from Selkirk, Teulon, Gimli, Stonewall, Lundar, Eriksdale and the R.M. of St Laurent.

Speakers included: Mary Edwards, (BA-BeD) discussing board responsibilities, resource generation and developing policies to meet the needs of our current organizations, Susan Dalman, Interlake RHA Health Information Officer Privacy Advisor spoke about PHIA; the act that obliges workers to protect clients personal health information, and Gail Lamb who spoke on employee fitness, health and productivity.

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## **LIFE - Senior Support Services (Ashern) Receive Highway # 6 Volunteer Organization Award**

A Community Futures West Interlake Dinner and Awards Ceremony at Woodlands Legion Hall recognized volunteer Organizations who've contributed to their local municipal economy on October 22<sup>nd</sup>, 2008.

One of the six Community Volunteer Organization's recognized was Living Independence For Elders (LIFE) - Senior Support Services for the RM of Siglunes and Grahamdale. "The six organizations that were recognized probably didn't set out to undertake community economic development or business development," said Todd Goranason community development coordinator for Community Futures West Interlake. "Their very existence, with their powerful volunteer base, helps create the environment essential for the growth and prosperity of our communities."

For 20 years, LIFE has been an essential piece of the economic development puzzle providing many services essential to allowing seniors to continue living in their own homes, in their communities and contributing to the local economy. LIFE services include social activities, luncheons and banquets, a variety of exercises and wellness sessions, Meals on heels, arranging transportation and perhaps most important of all, they are always there, making the communities an attractive and safe place for people to retire and live.

### **Community Unity Memory Garden**

Teulon & District Senior Resource Council applied for, and received, a \$10,000 grant from New Horizons. We have formed a committee for the project, which is called the "Community Unity Memory Garden." With the help of eight other organizations in Teulon, the project will be completed by April of 2009. The Town of Teulon has graciously donated a parcel of land for this project. We have also been fortunate enough to have a large water tanker donated, (for watering the plants) to the project as well.

Once the initial landscaping is completed, people will have a chance to purchase a brick in memory of their loved one. The bricks will make up a path that goes through the garden. Instead of having the bricks marked with names (which could cause falling), wrought-iron arbors will be constructed bearing the names "In Loving Memory Of" and "Lovingly Remembered by Friends/Family." As one arbor is filled (approximately 40 names per), another will be constructed. This way, the garden will have arbors scattered throughout. A maintenance schedule will be drafted so that a different organization is maintaining the garden weekly. The bricks are going for \$25 per brick. This cost includes the brick and one placard each of the person being remembered, and who is remembering them. There will also be an arbor built with names who wish to sponsor the garden. Come next summer, if you find yourself driving through Teulon, stop by the corner of 1<sup>st</sup> Avenue SE and 1<sup>st</sup> Street SE (across from the house where the movie "A Haunting in Connecticut" was filmed) and try "Strolling Down Memoriam Lane."

### **Riverton ADP Tea and Craft Sale, An Annual Event for All Ages!**

On Tuesday November 25th, The Riverton Adult Day program hosted their annual Christmas Sale. This event has been a success every year due to the hard work of volunteers, staff and most of all, clients of The Riverton Adult Day Program. Over the years, hundreds of crafts have been made and thousands of tickets sold. The community has been faithful in the support of the group. Raffle prizes, Silent auction prizes and food for the lunch table, appear as if by magic. A great day is had by all. This year The Riverton Daycare Kids entertained us with some Christmas songs and 15 year old Brady Collins played the violin to the delight of everyone. Seniors, middle aged parents, teens and five year olds came together to share the day, bringing the Christmas spirit to life.

Funds made on this day are used to enhance the program in many ways, such as birthday and Christmas gifts, field trips and special dinners.

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## **New Caregiver Tax Credit Now in Effect - Credit Delivers More Support For Manitoba Families**

Manitobans who are the primary caregivers for family members or other loved ones are now eligible for a \$1,020 tax credit that recognizes the vital support they provide to someone in need of care, Healthy Living Minister Kerri Irvin-Ross, Minister responsible for seniors, and Finance Minister Greg Selinger announced in early October 2008.

Manitoba's new Primary Caregiver Tax Credit will provide up to \$1,020 a year to individuals who are primary caregivers for spouses, relatives, neighbours or friends who are Manitoba Home Care clients. To be eligible, the primary caregiver must not receive money for their help and must be identified by the client.

Caregivers eligible for the credit provide assistance to a loved one with tasks such as bathing and dressing, preparing and eating meals, transportation, obtaining medical care, and providing support and supervision in accessing community resources due to their loved one's cognitive, behavioural or physical challenges.

"This tax credit benefits Manitobans who are dedicated to helping other Manitobans," Selinger said. "The province's new fully refundable Primary Caregiver Tax Credit recognizes the invaluable role caregivers play in helping those closest to them receive the assistance they need."

The tax credit will help to cover the out-of-pocket expenses a caregiver might incur by providing support to another person. This could include items such as costs of taking a family member or friend to medical appointments or on recreational outings.

"This new tax credit is an important step forward for Manitoba's caregivers," said Norma Drosdowech, chair of the Manitoba Council on Aging. "We often think that seniors will be the clients receiving care, but it's just as likely that they will be providing care to a spouse, a family member or friend. This tax credit reflects the goal of the Age-Friendly initiative to help Manitoba's seniors continue to give and get the support they need."

For the caregiver to be eligible, the person they are supporting must be a Manitoba Home Care client requiring a certain level of care while living at home (equivalent to Care Level 2, 3 or 4). This might include individuals with a disability, people with life-threatening illnesses or those needing care or supervision for more than three months.

Manitoba Home Care clients are assessed in six areas, based on the level of care and assistance required for tasks like bathing and dressing, eating meals, mobility, medical care and support supervision. Level 1 requires minimal care in most areas and Level 4 requires maximum daily support in most areas.

The new credit becomes effective Jan. 1, following a three-month qualifying period. This means that any eligible individual providing care to a Manitoba Home Care client as of today can receive the refundable tax credit, to a maximum of \$1,020 per year. A caregiver may not earn the credit for more than three people in a given month.

More information about the Primary Caregiver Tax Credit is available online at [www.gov.mb.ca/finance/](http://www.gov.mb.ca/finance/), by calling Manitoba Government Inquiry at 1-866-626-4862 or emailing Manitoba Health and Healthy Living at: [RssAffairs@gov.mb.ca](mailto:RssAffairs@gov.mb.ca). Program details for caregivers and their clients will be distributed through Manitoba Health and Healthy Living and regional health authorities. For information on claiming this tax credit through the income tax system, contact the Manitoba Tax Assistance Office at 948-2115 or 1-800-782-0771 (toll-free) or by email at [TAO@gov.mb.ca](mailto:TAO@gov.mb.ca).