

July 2008

# Seniors In Action.....



## **Teulon Senior Resource Council Another successful fundraising barbeque was enjoyed by all!**

We, along with all other Senior Resource Councils in Manitoba, are a non-profit organization providing services to seniors and the disabled. One of our main focuses is raising funds to sustain programs that we offer, as well as providing other necessary programs that may not be in place as of yet.

Three years ago, one of our coordinators came up with the idea of hosting monthly barbeques during the warmer months. The barbeques start in May and run through to September. We are now at the point where our citizens are inquiring in April as to when our barbeques will start. The last barbeque which we hosted in June in conjunction with World Elder Abuse Awareness Day was a huge success, with over 200 people served. An information board on Elder Abuse Awareness was on display and a representative from the Senior Secretariat, Shannon Koehler was on hand to answer any questions concerning Elder Abuse. These barbeques are not only fundraisers, but have become monthly social gatherings for all of our citizens who look so forward to them each month. We also have one of our local seniors come out each barbeque with his accordion to play music from yesteryear for the crowd.



If you're ever in the Teulon area on the third Friday of the month (May through September), stop by 54 Main Street for a burger or hot dog...you won't be disappointed!

## **Aloha from Selkirk.....look out for those grass skirts!!!!**

Approximately 120 seniors and elders from the Interlake Adult Day Programs arrived in Sunny Selkirk on Tuesday June 24<sup>th</sup>, 2008 to attend the "Hawaiian Golden Event". Everyone was "e komo mai" or welcomed with leis and wrist bands and then tattooed with flowers, birds, surfers, or monkeys.

We were entertained first by the band Joe and Friends. We certainly saw a lot of toe tapping; a few participants demonstrated their dancing finesse. We all enjoyed the jokes and sang along to a few of the oldies. We had a very special hula dancer "fly in" from Riverton. "Kalolu" or Carol. She swayed her hips and performed the Selkirk Hula Dance. A few brave people even attempted to learn this famous dance.



Everyone enjoyed an 'ono lu'au (delicious feast) followed by dessert. Mahalo nui loa na ho'olaule'a me la kua Thank you for celebrating with us and Kipa hou mail!, come visit again.

The Manitoba Elder Abuse Conference will take place on October 27th & 28th, 2008 at the Victoria Inn, 1808 Wellington Avenue in Winnipeg. "Partnering Towards the Prevention of Abuse of Older Adults" is a two day event and for more information, please contact Age & Opportunity at 956-6440 or via e-mail at: [conference@ageopportunity.mb.ca](mailto:conference@ageopportunity.mb.ca)

**Living Independence for Elders (L.I.F.E.)** - Senior Support Services was initiated at a community meeting in the fall of 1987 at the Lakeshore Hospital Boardroom in Ashern. It was determined that there was a need for support services in the communities and a commitment for these services was present from this newly formed Board of Directors representing both the Siglunes and Grahamdale municipalities. The LIFE Board of Directors in 1987 volunteered many hours of time and financial support to open an office in Ashern. The Board also applied to Manitoba Health for a Salary grant to staff a Full-time Resource Coordinator. Margaret Gutknecht was the first Resource Coordinator hired and the LIFE office opened its doors for business on May 28, 1988. In 1996, Sandra McDougall was hired as the Senior Resource Coordinator and in 2001 additional funding for a half-time position was available and Roxanne Springer was hired.



Over the past twenty years there have been changes such as office locations, staff and programs. The LIFE Board of Directors continue to work hard volunteering their time and fundraising to financially support an office that houses 2 staff Resource Coordinators and the Ashern Adult Day Program along with the Ashern Meal Program at the Pioneer Manor. The services and programs that LIFE offers are thanks to the support of a strong volunteer base for the past 20 years. The LIFE Office is proud of the many active volunteers past and present that are certainly the backbone of the LIFE organization and the community they serve.

Living Independence for Elders and Ashern Adult Day Program relocated on May 1<sup>st</sup> to the TBJ Mall in Ashern. Our new facility will enable Senior Support Services to continue to expand and promote top quality home support service and programs to seniors from throughout the Grahamdale / Siglunes municipalities.

What a way to celebrate LIFE's 20<sup>th</sup> Anniversary on May 28<sup>th</sup> programs and administrative activities housed under one roof. Thank you to all for helping provide LIFE for our Seniors!

**2008 Volunteer Awards**

The Interlake Regional Health Authority is pleased to continue the tradition of celebrating the efforts of health service volunteers throughout the Interlake region. Volunteering is the most fundamental act of citizenship and giving in our society. Interlake residents have enriched the lives of many through their long-standing volunteer commitment to health care through their contributions to Hospitals, Personal Care Homes and Community based health programs, foundations, auxiliaries and guilds.

The Interlake Regional Health Authority would like to recognize our dedicated volunteers and volunteer organizations, many of whom have spent countless hours working within their communities in health related programs and activities at our 2008 Annual General Meeting on Thursday, October 9th in Selkirk, MB.

The deadline for nominations is Monday, September 12, 2008. If you require further information regarding the nomination process, please feel free to contact the Interlake RHA at 467-4742 or toll free at 1-888-488-2299.

**Manitoba Council on Aging  
Recognition Awards**

Each year, the Manitoba Council on Aging recognizes and celebrates individuals and organizations who have made extraordinary contributions to seniors and/or to their community.

Nominations should be forwarded to the Manitoba Council on Aging, 822 - 155 Carleton Street in Winnipeg and for more information, please call 945-6565 or toll free at 1-800-665-6565.

Nomination forms are also available on their website at: [www.gov.mb.ca/shas](http://www.gov.mb.ca/shas)

The deadline for nominations is September 12, 2008.



**Seniors In Motion** is a publication of the Interlake Regional Health Authority. For more information, please contact Kevin O'Donovan, Public Relations Manager at (204) 467-4747 / [kodonovan@irha.mb.ca](mailto:kodonovan@irha.mb.ca) Website: [www.irha.mb.ca](http://www.irha.mb.ca)