



Seniors In Action.....

The next "Steppin' Up With Confidence Peer Leader Training Session"

Who: Seniors Resource Councils, Coordinator's, Community Volunteer's and Community Living Seniors, Home Care Resource and ADP Coordinators and Home Care Attendants.

What: The primary purpose of this session is to give community members and leader's ideas, information and exercises that they can take back to their communities and implement a physical activity program.

When: 0930 to 1600 hours, Wednesday June 6th, 2007

Where: St. Cyprians Anglican Church Hall, #60 - 2nd Street SE, Teulon, MB.

Why: To promote physical activity in our older population!

To register, please contact Ted Boehmer at 886-4064 or at tboehmer@irha.mb.ca. We can only take 25 persons per session, so please register as soon as possible. There is no cost involved to you and lunch will be provided. Please wear comfortable foot wear and clothing as you will be doing exercise and other physical activity.

Living to 100

Harvard Health Letter has a newsletter on Living to 100 which summarizes the research on centenarians. Here are some of the do's and don'ts which research has found among this Generation C (centenarian) group.

- They don't smoke or drink heavily.
- Those who had smoked didn't do so for long.
- They gained little or no weight during adulthood.
- They don't overeat.
- They eat many fruits and vegetables.
- They get regular physical activity for as long as they are able.
- They challenge their minds.
- They have a positive outlook.
- They are friendly and maintain close ties with family and friends.

June 15 is World Elder Abuse Awareness Day!

On June 15 communities around the world are coming together to acknowledge an often hidden reality ...many older adults are experiencing abuse and neglect. The theme for June 15 is **My World...Your World...Our World...Free of Elder Abuse**.

Manitoba has been very active in recognizing World Elder Abuse Awareness Day. Individuals, communities and government have worked together to increase awareness of abuse and neglect of older adults on June 15 and throughout the year.

There are a number of opportunities for you to participate in World Elder Abuse Awareness Day throughout Manitoba. To find out what other Manitoba communities are planning visit the Seniors and Healthy Aging Website at www.gov.mb.ca/shas or call the Seniors Information Line at **945-6565** or toll free at **1-800-665-6565**.



Living Independence For Elders Adult Day Program in Ashern

Participants enjoy an afternoon of physical activity by attempting to throw the sponge dice into the ring.

Not as easy as it looks.
The dice bounce!

Reminder

The Interlake Adult Day Programs and the Interlake Regional Health Authority are holding their **9th Annual Golden Event** in Poplarfield, MB on **Tuesday June 19th, 2007** from 11:00 am to 2:00 pm. This year's theme is "**CARNIVAL**". If you would like to volunteer to help out with the event, please contact Ted at 886-4064.

Gimli Seniors Resource Council Inc. Celebrating 20 Years of Operation

Congratulations go out to the Gimli Seniors Resource Council Inc. who is celebrating their 20th year of operation. You are the voice of the people put into action. These actions shaped and molded the present into a future of which we are proud to be a part of. The valuable services provided by the program to those seniors in need could not have been accomplished without you, the board, and all the dedicated volunteers. The Seniors Resource Program gives their clients fulfillment, happiness, motivation and independence.

At their Annual Meeting invited past board members were in attendance. Alison Olson spoke on the progression of the Seniors Resource Program since 1987. The council and dedicated volunteers shows the success through the increasing utilization of services over the past 20 years.

Below in the picture are two past board members who have shown the heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others. Both Phyllis Olson and Harold Oliver were very active in the formation of the Council as well as the initiation of the Seniors Resource Program. They had stayed actively involved for many years.



Teulon and District Seniors Resource Program

Need a ride to an appointment? How about spring cleaning? Is your yard ready to be raked for the start of summer? Would you feel a little safer if you had someone call you at home once per day or once a week?

Teulon & District Senior Resource Council is the place you're looking for. We offer such services as finding housecleaners, arranging friendly visits, volunteer driver services (there is a cost for fuel), or arranging checks or visits over the phone. We also offer Victoria Lifeline for those who live alone and still enjoy their independence. If you are looking for any sort of service and don't know where to turn, or if you would like to become a volunteer, please call us at 886-2570. Barb & Crystal look forward to helping you any way we can.

Come down to the Senior Resource office for the men's chat group. They meet to play cards & chat from 1:00 pm to 3:00 pm every Friday at the office.

We are holding a "Mature Driver Workshop" on (tentatively) Friday, July 20, 2007. CAPSC Manitoba Safety Services is offering this useful workshop to any "mature driver" who would like to improve their driving skills, update their knowledge of current traffic laws, or learn how to compensate for any hearing, visual, or flexibility changes. The workshop is free, and there is absolutely no testing involved. The workshop will not affect your driver's license whatsoever. Location is yet to be determined.

Kim Strucker from Sheeples Fine Fibres is holding weekly craft classes on Mondays from 1:30 to 3:30 in the south lounge at Gateway Manor. Please call 886-2570 for more information.

Our first monthly barbeque will be held at the Senior Resource office, 54 Main Street in Teulon, on Friday, May 18 (weather permitting). Come out and enjoy some good food and good company.

**As Resource Coordinators we call and we email, we ask for your time,
And you give it so generously, never expecting a dime
Be it raining or snowing, you always come through,
This program would be nothing with out each of you
You provide a listening ear and a shoulder to cry on,
You become a familiar face, one families know they can rely on
You provide rides and deliver meals, which, we all have to eat,
You are always there, for the caregiver so tired, visiting, watching movies, helping TV's re-wired,
The list could simply go on and on, but it seems only right, that I move this along,
So on behalf of the staff our wish to you, is another successful year through and through.**