

November 2007

# Seniors In Action.....



## Interlake Senior Resource Council Annual Workshop

Lundar Community Resources Council Inc. was pleased to host the Interlake Senior Resource Council Annual Fall Workshop. The workshop was held October 18th at the Lundar Lutheran Church. Thirty-two people attended and after a long drive to get to the workshop, participants enjoyed coffee, tea, juice, muffins and fruit before getting started.

In our morning session Vicky Toews, (Consultant with Senior & Healthy Aging Secretariat) and Mary Mitchell (Manitoba Society of Seniors) introduced our board members to a new resource called "The Senior Access Resource Manual" it will be available to offices that work with seniors. The manual was created in a joint effort by the two organizations and the first half of the manual has been distributed to organizations who deal with seniors. After Ms. Toews introduced the manual, Ms. Mitchell went on to talk about board development. We did a break out group with our own coordinators boards were amazed at the networking that is done by Senior Resources.

To start the afternoon sessions Pat Flaws (Speaker Coordinator for Active Living Coalition for Older Adults - ALCOA) and Grace Hodgson (Arborg Senior Resource Council Vice-Chair and Speaker for ALCOA) spoke to us about the newly developed session "Ten Habits to Healthy Living". This informative session is available for senior organizations by getting in touch with ALCOA.

Lundar Community Resource Council Chairperson Ellen Steinhorsen provided information on a 10 week session she has been trained to facilitate in Lundar on "Living With Hearing Loss". Some Lundar residents are looking forward to learning helpful hints that will help them and their families hear better.

Thank you to supporters such as Manitoba Hydro, Laurie Gudmundson (LPN CFCN), R.M. of Coldwell, Super Six and Lundar Community Resources Council for donating items for the gift bags and door prizes.

(Submitted by Cindy Thorkelson, Senior Resource Coordinator, Lundar Community Resources Council INC.)



### INTERLAKE FLU CLINICS 2007 GET THE SHOT..... NOT THE FLU

**What is the flu?** The flu is a viral illness that affects many people every year. The illness spreads easily from person to person by direct touching, as well as coughing and sneezing. Flu symptoms are usually more serious than a cold, and have a sudden onset. You may have fever, cough, sore throat, muscle aches and exhaustion.

#### **Who should get a flu shot?**

Those at high risk for complications and requiring the flu shot include those over age 65, those of any age with chronic heart, lung or kidney disease, diabetes, cancer, anemia or immune system disorders. These people, their family and caregivers, as well as household contacts of children less than 6 months are advised to have the flu vaccine every year.

#### **Where can you get your flu shot?**

You can get your flu shot at any community clinics hosted by the Interlake RHA or from your physician. For a schedule of Flu Clinics in your community, please call your local Community Health Office or the Interlake RHA toll free at 1-888-488-2299.

Working in partnership with Interlake communities

## Minister of Healthy Living Congratulates 2007 Manitoba Council on Aging Award Winners

In October, recognition awards for outstanding contributions to seniors and their communities were distributed to eight Manitobans and three community organizations by Healthy Living Minister Kerri Irvin-Ross, Minister responsible for seniors, at the Manitoba Council on Aging Recognition Awards.

The 2007 individual recipients of the award were: Gertrude Bell, Winnipeg; **Norm Black, Gimli**; Jean Chorney, Beausejour; Doreen Parsons, Winnipeg; Charles Finnie, Kenton; Daniel Heinrichs, Winnipeg; and Ruth Katz, Winnipeg.

The 2007 Murray Smith Award went to Alex Krawec for his outstanding community work in the town of Stonewall. The award is presented to an individual who demonstrates exceptional skills in the areas of advocacy, volunteerism and policy influence.

A list of award winners and honourable mentions is available at [www.gov.mb.ca/shas/](http://www.gov.mb.ca/shas/).

## Volunteer Awards presented at Interlake RHA Annual General Meeting

The Interlake Regional Health Authority is pleased to celebrate the efforts of volunteers as we create opportunities to raise awareness about the vital contribution they have made and continue to make to our communities and society as a whole. Four volunteers (individuals or organizations) were recognized at the 2007 Annual General Meeting, for their work within their communities in health related programs and activities.

The 2007 Interlake Regional Health Authority Volunteer Awards were presented to **Pat Corbin** of Stonewall (South West District), **Ernie Malis** of Selkirk (South East District), **Jessie Klym** of Arborg (North East District) and the **E.M. Crowe Memorial Hospital Guild** in Eriksdale (North West District). Congratulations to all nominees and award recipients!

## New Horizons for Seniors Program Call for Applications

The New Horizons for Seniors Program - Capital Assistance Funding has been announced with a deadline date of December 14, 2007. The key features are: grant funding up to \$25,000 which may include up to \$10,000 for replacement of equipment and furniture. Projects will directly benefit seniors and the community supports the project and acknowledges its need.



## Gimli Seniors Resource Student Volunteers Recognized

The Manitoba Council on Aging, with the Minister responsible for Seniors, Honourable Kerri-Irvin Ross presented Certificates of Honourable Mention to Chantel Zelenitsky and Danica Zelenitsky at the Legislative Building on October 26, 2007. These certificates were in recognition for their outstanding contribution to the seniors in our community for delivering Meals on Wheels. Courtney Schwegel was also recognized for her efforts but was unable to attend the presentation.

Eligible Activities involve the repair or renovation of existing seniors community facilities and or the purchase of replacement equipment and furnishings. Some examples of eligible activities include repairs to wells or septic systems, heating and ventilation systems, foundations, roofs, walls and floor. Building upgrades or building code compliance upgrades etc.

Activities that are not eligible for funding are activities that are limited to residents of a building (e.g. senior residences or apartments)

Applications are available on the web at: [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)

Go to: Families and Communities  
New Horizons Capital Assistance Funding  
Seniors Elder Abuse Awareness Funding

For more information, please contact Tannis Hughes, Service Canada Centre - Selkirk, 237 Manitoba Avenue, Selkirk, Manitoba R1A 2M8  
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