

THE BRENWIN BUGLE

A newsletter for older adults and seniors



Seniors'
Outreach
Services
Of Bren Win Inc

Protect Your Peace

by Bethany Paul

Peace is both incredibly frail and absolutely powerful. Those who possess it in its truest form have more clarity, more joy, and better health. But beware! Our peace is under constant attack, which seems ironic now that I've mentioned it. It is our responsibility to protect our peace within - which may perhaps help to create harmony in our community, country and world.

It is no secret that we are living in a very divisive time. Debates about gender, abortion, vaccination and race have drawn lines in the sand where each side struggles to see the humanity in the other. Countries are at war. And we are still recovering from a disease that swept in and affected us all in immeasurably negative ways - physically, emotionally and financially. The world is changing at a rapid rate. I struggle with the reality that the world that my grandparents grew up in no longer exists.

Whew, that last paragraph was heavy! It is full of real truths that we face every day. The landscape is confusing, dark and seemingly hopeless. But that is why I mentioned above that peace brings clarity! It breaks through all that muck. Peace allows for us to exist and even to thrive in chaos. It gives us the space within to remain positive, loving and hopeful.

IN THIS ISSUE:

Protect Your
Peace

Movie Club

Save the Date

Brain Games

Call for
Volunteers

Contact
Information



Protect Your Peace Cont'd

I've noticed a strong leaning toward the illusion of peace through ignorance or shutting out ideas that are foreign to us. Continuing in that direction encourages isolation, which has been identified as a MAJOR health concern by the Center for Disease Control. A report from the National Academies of Science, Engineering and Medicine in 2020 indicates that 25% of seniors aged 65+ are socially isolated and that there are serious health risks involved. Their findings are shocking:

- Social isolation significantly increased a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.¹
- Social isolation was associated with about a 50% increased risk of dementia.¹
- Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.¹
- Loneliness was associated with higher rates of depression, anxiety, and suicide.
- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits.¹

Instead of promoting this dangerous trend, let's learn to respect each other while walking confidently in our own truth. We need to remind ourselves what a real threat looks like, does an opinion really deserve a fight or flight response? Our neighbours and their lifestyles have the potential to enhance or enrich our lives, if we are open! They are not our enemy. We have the power to manage our own responses and reactions. What a gift it is to choose peace! Try visualizing a physical release of the things you hold on to that are outside of your control. Be mindful of the things really worth fighting for. I think of the serenity prayer:

"Lord, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."



8 Tips on Protecting Your Peace

1. Say 'no' when you need to. Say 'yes' to things that improve your quality of life.
2. Always aim for understanding - it is ultimately understanding that brings true inner peace.
3. Be conscious about your thoughts. You control them. Pay attention to the things in your life that spark negative or fearful inner dialogue. Stop those thoughts in their tracks and replace them with positive ones.
4. De-clutter your space. Clutter is chaos.
5. Don't take things too personally. Often offensive behaviors from others has nothing to do with us.
6. Practice gratitude. Meditate on the things you are grateful for.
7. Take time for yourself.
8. Take a break from all forms of media.

Reference

1. National Academies of Sciences, Engineering, and Medicine. 2020. Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25663>

MOVIE CLUB

June 6th - Second Hand Lions

June 20th - 12 Angry Men

NO movies in July (we resume August 8th)

Movie Club costs only \$5.00 per year (from November 2022)

Popcorn and drinks are available for a fee

Donations accepted

Do you have a favourite movie you'd like to suggest for movie club? Let us know! Follow the website or Facebook page for more information, including the latest updates.



Victoria Lifeline

Did you know that **Lifeline** has a subsidy program? If you make **less than \$16,000/year** or have a combined income of less than \$24,000/year, you could qualify for **over 50% OFF** and they will **waive the installation fee!**

A basic service can cost you **as low as \$21/month.**

Call Victoria Lifeline for more information:

1-888-722-5222

Medical Equipment Loan Program

We are up and running! Check our website for a list of our inventory. We have a liability waiver and sign out sheet in place - please do not help yourself to the equipment room. Loans are for a **90 day** term.

DID YOU KNOW:

We also have **PARKING PERMITS** to loan out on a **48hr** term.

Please make sure to call ahead to reserve your permit, same day loans can not be guaranteed.

Monetary or equipment donations towards this program are gratefully accepted!



Save the Date

The following events are facilitated by the SOS and do not represent all community events for the month of May. Please check our website for a list of more activities available! Sign up sheets are on the SOS Door and at the Centennial Apartments. You can also call or email to RSVP.

June 5th, 2023

We're Going Shopping - Greenhouse and Shopping

Where: Brandon

The Green Spot and the Corral Centre

Limit: 2-10 people

June 13th, 2023

AGM - S.O.S of Bren-Win Inc.

Where: The Mountainview Community Centre, Deloraine

When: 7:00pm

Cost: FREE

Come meet Bethany, learn more about our services.

Special Speaker: Connie Newman (Manitoba Association of Senior Communities) She is an INCREDIBLE advocate for senior services in Manitoba!

June 14th, 2023

Free Nail Painting - Bring your own Polish

Where: The Centennial Apartments

When: According to Sign-Up Sheet.

June 27th, 2023

Lucky Laps - Casino Trip

Where: Sand Hill's Casino

When: 8:30am leaving Deloraine - 3pm leaving Casino

Cost: \$30 - lunch and \$25 free play included

Limit: 10-20 people (minimum of 10 required)

June 29th, 2023

Coffee Time at Crafted and More (ITS DONUT DAY!)

Where: Crafted and More

When: 2:00-3:00

Cost: however much you want to spend

Limit: none

Aquafit in Killarney is still available for those who would like to participate. Please call the office to join the 'I'm interested' list. When we have 5 people on the list, I will book it! \$55/person includes all 4 classes. (transportation not included, but available upon request)

Brain Games

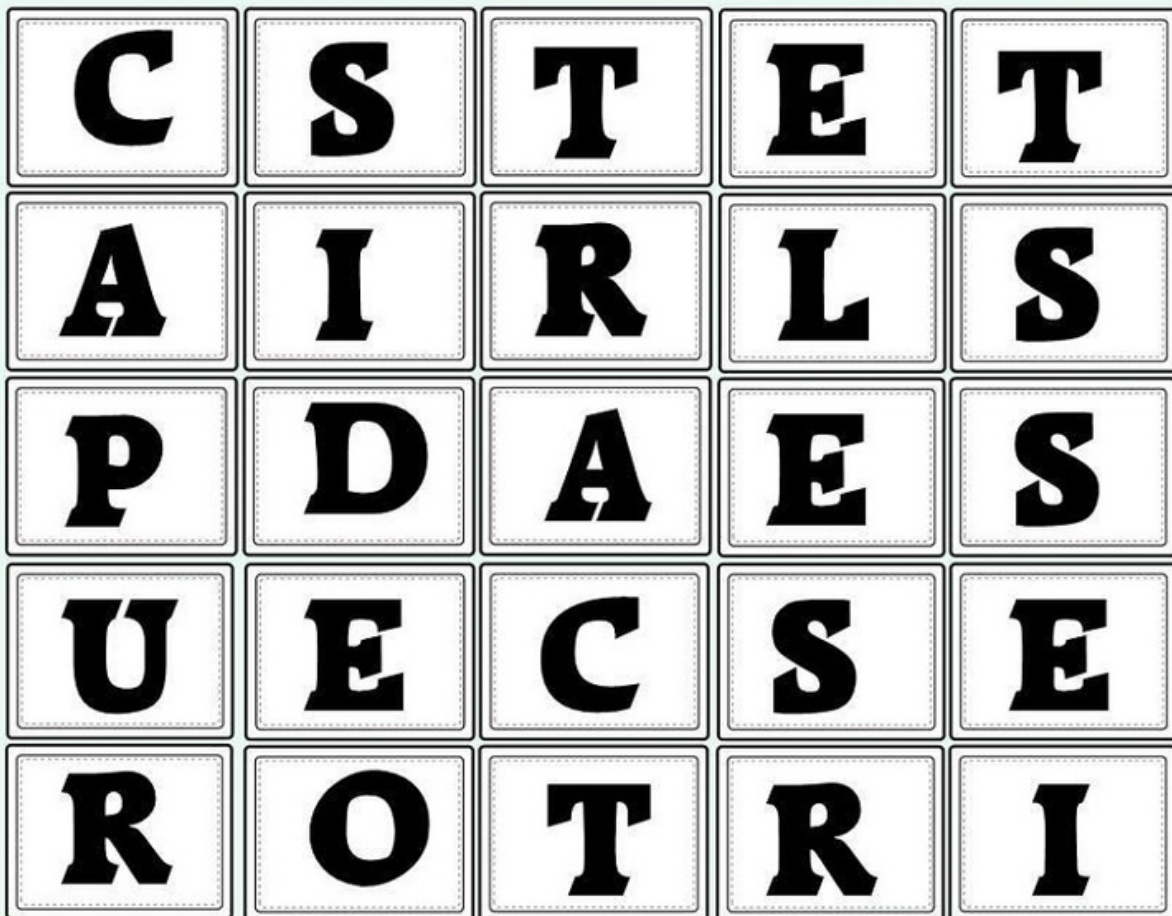
Boggle

Please submit Boggle answers on a separate sheet.

Bonus of 20pts for finding the secret 8 letter word!

Boggle Rules:

- The letters must be adjoining in a 'chain'. (Letter cubes in the chain may be adjacent horizontally, vertically, or diagonally.)
- Words must contain at least three letters.
- No letter cube may be used more than once within a single word.
- Words must appear in the English dictionary, no slang or abbreviations.
- Duplicate words will not be counted.
- The Boggle winner will receive mention in next months newsletter, along with the secret word reveal! All submitted Brain Games will be entered in to a draw for the June \$10 gift card. Make sure to complete both games!
- GOOD LUCK!



Brain Games

Codewords are crosswords with no clues! Instead, every letter of the alphabet has been replaced by a number, the same number representing the same letter throughout the puzzle. All you have to do is decide which letter is represented by which number!:

	20		8		2		20		16		10		5		
20	15	8	D	I	6	G	12	15	14	19	13	12	11	20	11
	15			11		15		4		15		14		11	
2	19	11	9			11	12	22	20	25	20	21	19	8	14
	14			14		17		20		21				12	
20	15	7	17	11	20	12	15		20	15	18	17	26	23	
	8			13				6		12		12			
18	12	13	21	20	18	23		19	15	3	19	20	14	21	
			14		13			15				13		15	
2	13	12	15	1	14			14	15	7	20	11	17	6	14
	14				11			5		20		3		17	
24	14	15	12	10	9	12	2	20	17			19	13	6	14
	18		2		26		12		2			17		20	
8	14	2	12	15	17	20	13		22	17	13	23	15	24	
	13		14		15		15		14		14		6		

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Submit your completed Brain Games to the SOS office before June 30th! If you answer everything correctly, you'll be entered into a draw to win a \$10 gift card and be honourably mentioned in next months newsletter!

Congratulations

to **Dorothy Austin from Waskada** on completing last months challenging games. You are the WINNER of May's \$10 gift card.

CALL for VOLUNTEERS

Meals-on-Wheels Delivery

Commitment: You pick a month and a day (Monday, Wednesday or Friday). You'll deliver on the chosen day of your chosen month. (eg. every Monday in July)

Meals are to be picked up at 4:30. Delivery usually takes about 30 minutes.

Drivers for Events

Criminal Record Check Required

Commitment: Flexible

We'll pay you \$0.52/km (meals are not provided)

You get to spend the day hanging out with some amazing people.!

Get on Board!

We are actively seeking a few people to volunteer on our Board of Directors. Do you have a passion to see older adults, seniors and people with disabilities thrive within our communities?! Come on board.

Commitment: 6-8 meetings/year

Lifeline Support and Installation

Criminal Record Check Required

Commitment: Very Flexible - each appointment takes between 10-40 min.



NOTICE OF TENDER

We are looking to fill the **paid positions of Secretary, Treasurer or a Secretary/Treasurer** on our Board of Directors.

Secretary commitment: 6-8 meetings/year.

Treasurer commitment: bookkeeping responsibilities such as payroll, reconciling accounts, and budget forecasting. Roughly 3hr/month.

Please send your resume and proposal to our Board Chair: Val Perriman

by email: rvperriman@gmail.com

before **September 1, 2023.**



Seniors'
Outreach
Services
Of Bren Win Inc

204-747-3283

sosbrenwin@gmail.com

*Deloraine: 111 South Railway Ave E
Monday-Wednesday, Friday 8:30-4:00*

Waskada: 38 Railway Ave

Thursday 9:00-3:30

SPECIAL DELIVERY

Do you want our newsletter delivered straight to your door! Call the office to sign up, today!



We are blessed to live in a place that is surrounded by very active communities. We love to support events all over Southwestern Manitoba. If you have heard of an event that you'd like to attend, please give the office a call and we'll try to swing it.

Do you want to write an article for the Brenwin Bugle? I'd like to add a FROM YOU section including articles, recipes, and shout-outs (birthdays, announcements, and accolades) in future editions! Submit your ideas to our email address: sosbrenwin@gmail.com. Positive vibes only.



Our new mailbox has just been hung in the Mountainview Centre beside the SOS door. Please use this mailbox to drop off your brain games, submit comments, drop donations for medical equipment, or to sign up discreetly for events or services when needed. The mailbox is locked and only Bethany has the key.

Please join our Facebook Group for the most current updates:
www.facebook.com/groups/sosbrenwin

Join our email list on our website:
www.sosbrenwin.com/newsletter