

THE BRENWIN BUGEL

A NEWSLETTER FOR OLDER ADULTS



Seniors'
Outreach
Services
Of Bren Win Inc

Warm Welcome

BY BETHANY PAUL

What an incredible year this has been so far! Chris and I moved to Lake Metigoshe in February 2023 from Estevan, SK. We've felt embraced by our new community and are really looking forward to contributing what we can as we grow here. I have been acting as your Seniors' Outreach Services Coordinator since February 27th! I have felt so much support from the Board of Directors and both municipalities that I work with. (continued on page 08)



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Facelift for SOS



My first priority at SOS was to provide some clear branding, a website, and update the social media page - it will help us to be more visible in the community. You can see the new site here:

WWW.SOSBRENWIN.COM

The website will be a wonderful hub for all sorts of information. You can even RSVP to events while you are there! This newsletter will help keep us connected, too. But make sure to check the website for the most current updates.

"If you think you are too small to make a difference, try sleeping with a mosquito."

DALAI LAMA



UPCOMING SOS EVENTS

FOR A LIST OF ALL COMMUNITY EVENTS, VISIT OUR WEBSITE. PLEASE CALL THE OFFICE FOR THE MOST CURRENT INFORMATION AS THESE EVENTS MAY HAVE CHANGED OR BEEN CANCELLED.

Movie Club

Have you joined our Movie Club??

It only costs **\$5.00 per year**.

Yes. You read that right. **PER YEAR!**

No movies in April due to the Border Festival.

Movies will resume every other Tuesday starting **May 2, 2023** with **Second Hand Lions**. Popcorn and drinks are for sale. Donations welcome.



Aquafit in Killarney

Cost: \$52/4 weeks **Travel:** \$25/trip

Requirements: 5-10 people

Time: Mondays - leaving Deloraine at 9:30

Details: We'll head to Aquafit for 10:30 at the Killarney Wellness Centre, and then go for lunch. Before heading home, we'll stop at The Red Apple to do some shopping. This will be available all

year round, in 4 week intervals, as long as people are interested. Please call or email Bethany for more information or to be put on the wait list.

Walking Club

I'm looking for a volunteer in Deloraine and a volunteer in Waskada to lead a walking club a few days a week. These persons would be responsible to determine the time, location and suitability of walking conditions. I will participate when I am able. We are hoping to start in May!





Upcoming SOS Events Cont'd

FOR A LIST OF ALL COMMUNITY EVENTS, PLEASE VISIT OUR WEBSITE

The Sound of Music

Join us in Brandon for this Live Performance.

Cost: \$55.00/person (This amazing price is only available if a **minimum of 8** people RSVP.)

We'll leave at **12:00pm on April 29th** from the Mountainview Centre in Deloraine. If you'd like a ride from Waskada, we can make that work too, please let us know! Visit the website for more info, or to RSVP.

Deloraine Coffee Time

The last Thursday of every month a handful of people get together at Crafted and More to enjoy a hot beverage and conversation. Faye always has such beautiful things at the shop to check out, too! The hang out starts at 2:00pm. Bethany is unavailable for Coffee Time, as she is in Waskada every Thursday.



Deloraine or Waskada We're Going Shopping!

We had a wonderful shopping event last month! So much fun, in fact, that I'd like to make this a monthly endeavor. In May, we'll have a few trips planned to Brandon, Melita and some local green houses, so you can look forward to those announcements next month! On **April 18th**, we'll head off to Brandon for another fun day. **The cost varies between \$30-50** (not including lunch) and depends on the number RSVP'd.

Sunday, May 14th, 2023

A Special Mother's Day Supper
with live music performed by
Lyle Baldwin

Tickets: **\$45.00 per person**

\$5.00 OFF for any Mother aged 55+

Choose between Roast Beef or 3pc Battered Cod

All meals come with 2 sides, coffee or black tea,
and decadent chocolate cake

Alternative beverages extra

Flowers provided for all Mothers in attendance.

Event Time: 6:00-8:30pm

Limited tickets available. Please RSVP

by calling Bethany at 204-747-3283. E-Transfer or Cash Accepted

*The Rendezvous
Restaurant
"Tradition Continues"*



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Note: Included in this newsletter, you'll find a survey. Your input will help me to better understand your preferences and needs within this community. If you are an older adult, I want to hear from you! Please drop your completed survey off to the SOS office during business hours. If you prefer to have a contactless pick up from your home, please call 204-747-3283 to arrange a pick up. Thank you to those who have participated so far! It really is a big help.

LET'S PLAY BOGGLE! SUBMIT YOUR GAME SHEET TO THE SOS OFFICE! THE WINNING SCORE WILL RECEIVE **A \$10 GIFT CERTIFICATE** TO SPEND AROUND TOWN. MULTIPLE WINNERS? WE'LL HAVE A DRAW. ALL WINNERS WILL GET AN HONOURABLE MENTION ON OUR FACEBOOK PAGE AND WEBSITE. (WITH YOUR PERMISSION, OF COURSE!)

PLEASE SUBMIT BY APRIL 30, 2023



Seniors' Outreach Services Survey

CONTACT INFORMATION

Name: _____ Date: _____

Birthday: _____ Address: _____

Phone: _____ Email: _____

Preferred Method of Contact: Call Text Email Visit

Emergency Contact: _____ Relation: _____

Phone: _____ Email: _____

If there is any concern for your well being that is not emergent, do we have your permission to contact the above-named person? Yes No Yes, with the following exceptions: _____

Signature _____
Date _____

ABOUT YOU

What are some of your hobbies? (Please check all that apply):

Book Reading Fishing/Hunting Shopping Eating Out

Sewing/Knitting Walking/Hiking Playing Cards Hockey

Baking/Cooking Boating Crafts (Painting, Scrapbooking, ect.) Golf

Music (Listening) Music (Playing) Travel Gardening

Other: _____

Any more specifics? _____

Do you enjoy holiday events? Yes, I love them! No, its already too busy and/or expensive.

What are your favourite shops to visit? _____

Tell me about an event (current or past) that you have looked forward to: _____

What price range would you be comfortable spending on events that interest you:

I'm only coming if it is free! Money is no issue, if the event interests me.

I have a conservative budget, I'm not likely to participate if it costs more than \$ _____, unless _____



Seniors' Outreach Services Survey

What is the best way to inform you of upcoming events? (Please check all that apply):

- Phone call
- Email
- Our Facebook Page
- Community Board
- Invitation from a friend
- Local Newsletter
- Mail
- Carrier Pigeon

In the future, we would like to introduce a new policy that encourages a 'buddy system' on out-of-town trips.

Can you think of some people you're like to buddy up with? Yes No

Are there any events that you would love to have in town? Tell me a little bit about what they would look like:

HOW CAN WE HELP?

Do any of the following resources interest you? (Please check all that apply):

- Meals on Wheels
- Free Grocery Delivery
- Congregate Meals
- Home Care
- Lifeline Devices
- Free Pharmacy Delivery
- Movie Club
- Laundry Service
- Chauffeurs
- House Cleaning
- Lawn Care
- Snow Removal/De-icing
- Home Hair Care
- Home Manicure/Pedicure
- Fitness Classes
- Aquafit
- Walking Group
- Handyman Services
- Counselling
- Massage/Reflexology
- Foot Care
- Vaccination Clinics
- Medical Equipment
- Accessibility Renovations

Are you a current movie club member? Yes No

If no, what would make it easier for you to participate: _____

Can we sign you up? Yes No

What is your favourite movie of all time? _____

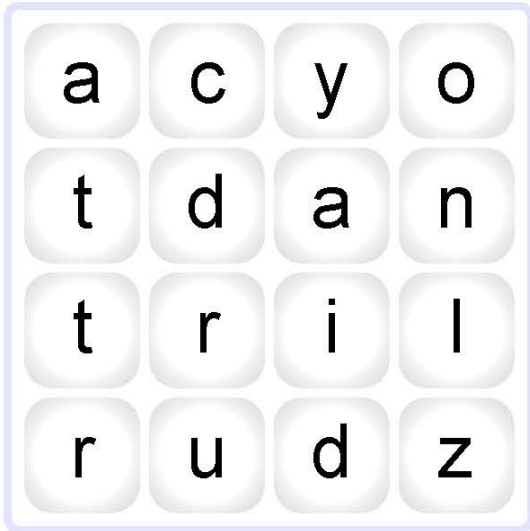
Do you have a Lifeline device? Yes No If no, would you like more information? Yes No

Just a note: Lifeline is our favourite resource to encourage safe and independent living. We make no money from providing the service. We have seen this device offer so much freedom and peace of mind to many seniors and their families. If you are ever interested in more information, please call the office 204-747-3283. We will set up a meeting at your discretion.

Boggle

INSTRUCTIONS:

FIND AS MANY WORDS AS YOU CAN BY LINKING LETTERS UP, DOWN, SIDE-TO-SIDE AND DIAGONALLY. YOU CAN ONLY USE EACH LETTER ONCE PER WORD. WRITE DOWN AS MANY WORDS AS YOU CAN MAKE OUT AND COUNT YOUR SCORE!
GOOD LUCK!



Scoring	
3 letters:	1 point.
4 letters:	2 points.
5 letters:	3 points.
6 letters:	4 points.
7 letters:	5 points.
8+ letters:	7 points.

SCORE

- | | | |
|-----------|-----------|-----------|
| 1: | 13: | 25: |
| 2: | 14: | 26: |
| 3: | 15: | 27: |
| 4: | 16: | 28: |
| 5: | 17: | 29: |
| 6: | 18: | 30: |
| 7: | 19: | 31: |
| 8: | 20: | 32: |
| 9: | 21: | 33: |
| 10: | 22: | 34: |
| 11: | 23: | 35: |
| 12: | 24: | 36: |

Warm Welcome Cont'd

In the coming months, I'll get to put some new programs in place that I am really excited about, I hope you will be, too. Both Deloraine and Waskada will be buzzing with activities for seniors aged 55+ all year long. Some of my ideas for the future include, but are certainly not limited to, the following:

Deloraine:

- Ballroom Dance Classes
- A Ball (to show off our new skills)
- Accessible Fitness Classes
- Cooking/Baking Classes
- Bingo!
- Health Fair (coming this fall)

Waskada:

- Meals-on-Wheels (volunteer drivers needed)
- Extended Health Care Services offered from my office

Deloraine and Waskada:

- Regular Scheduled Shopping Trips
- Greenhouse Visits
- Casino Excursions
- Walking Club (starting this month)
- Crafting Events
- BBQs, Pot Lucks, and More!!



As you can see, I've got lots planned. On top of all that, both communities have a lot of fun in store for us! We are going to be very busy, indeed. Events are wonderful, but my first priority is to serve you by providing the resources you need to thrive both independently and safely. If there please reach out to me. I will try to help find the care you require as discreetly as possible. I am available Mon-Fri between 8:30-4:00 by phone, email, or in my office. Please see the website for full contact details. Thank you to all for the warm welcome.

CONTACT INFORMATION



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

ARE YOU INTERESTED IN VOLUNTEERING AS A DRIVER FOR MEALS ON WHEELS, GROCERY DELIVERY, OR MEDICAL APPOINTMENTS - WE'D LOVE TO HEAR FROM YOU! WE WILL ASK YOU TO PROVIDE A CRIMINAL RECORD CHECK AND A PHOTOGRAPH OF YOUR LICENSE (FOR INSURANCE PURPOSES).

Resource updates for Deloraine and Waskada:

NOTE: THE FOLLOWING RESOURCES ARE NOT AFFILIATED WITH SOS OF BREN WIN INC. PLEASE USE SERVICES AT YOUR OWN DISCRETION. WE REQUIRE A CRIMINAL RECORD CHECK FROM ALL OUR REFERRALS.

MEDICAL FOOT CARE:

MELINDA MOORE, RN - OFFERS DIRECT BILLING

WILLING TO TRAVEL TO WASKADA (MUST HAVE A MIN. OF 2 APPOINTMENTS)

SERVICES OFFERED AT SOS OFFICE IN WASKADA

LOCATION IN DELORAINÉ TBD.

CONTACT SOS OFFICE TO ARRANGE AN APPOINTMENT

MOBILE MANICURES, PEDICURES, WAXING AND RELAXATION MASSAGE:

TALIESHA PITMAN - ESTHETICIAN

WILLING TO TRAVEL TO WASKADA (MUST HAVE A MIN. OF 3 APPOINTMENTS)

WHILE WAITING FOR HER CRIMINAL RECORD CHECK TO COME IN, SHE WILL OFFER SERVICES FROM THE SOS OFFICE IN DELORAINÉ AND WASKADA. ONCE WE HAVE HER CRC SHE IS ABLE TO PROVIDE SERVICES IN THE COMFORT OF YOUR OWN HOME, INCLUDING THE LODGE OR PCH.

Do you need an E.R.I.K kit? They contain personal contact and medical information, organ donor cards, and personal health directives - once completed, you keep them on your fridge for easy access to emergency response teams. They are available at the Deloraine and Waskada offices. If you need assistance filling out the kit, I'm happy to help. I'll deliver them right to your door, if needed. They are absolutely free of charge.

HANG OUT WITH US IN OUR FACEBOOK GROUP OR JOIN OUR PAGE FOR MORE UPDATES!

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