

# THE BRENWIN BUGLE



Seniors' Outreach Services  
Of Bren Win Inc

A NEWSLETTER FOR OLDER ADULTS AND SENIORS IN DELORAINE, GOODLANDS, MEDORA AND WASKADA

## Mental Health First Aid

by Bethany Paul

on August 17th, I attended a 2 day Mental Health First Aid course at the Selkirk Mental Hospital.

While the course was full of very helpful information, I was most struck by learning about the number of people who are likely to experience a mental health crisis, brought on by vastly varying social, economical and chemical triggers. In fact, 1 in 4 people PER YEAR find themselves in need of help.



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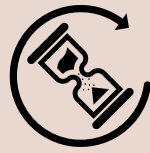
**INFORMATION**

I found it interesting that, in many cases time, a good support system and medical guidance can alleviate symptoms in a huge way! In fact, social supports are a major part of successfully overcoming a mental health crisis. This information helped to re-enforce my mission to provide as many opportunities for connection and socialization as possible through events, programs, home visits and phone calls. I am more convinced than ever that an active community base is what determines good mental health and quality of life. Let's do more together!

If someone you know might be struggling with a mental health crisis, it is important to do the following:

- A - Assess the risk to self or others
- L - Listen without judgement
- G - Give support and information
- E - Encourage professional support
- E - Encourage self support and care

Local resources may be found by calling 211 or visiting [mb.211.ca](http://mb.211.ca).



# ODE TO THE PAST

BY THE DELORAINE-WINCHESTER HISTORICAL SOCIETY

About 10 miles north of Deloraine on Highway 21, just beyond the Deloraine-Winchester boundary, you perhaps have noticed a small sign and cemetery perched on a knoll on the east side of the road - Chain Lakes Cemetery. In the fall of 1899, this was the location of a newly built meeting place for The Society of Friends, aka Quakers. (Quakers attend 'meeting' rather than church services.) In 1925 the congregation merged with one at Lauder and the building became Dand Union Church, then Dand United Church. The building was moved to Dand proper in 1949 and continued to serve the community until closing in 2005.

A lady from Winnipeg purchased the building and was excited to camp out in Dand. That is, until the mice came out to play as she lay in her sleeping bag! That was the end of her adventure and the building sat empty for several more years. It was purchased by Corrie and Jock Van der Westhuizen a few years ago and in 2020 the church was on the move again ~ it rolled past its first home on the knoll and was settled on the west side of Chain Lakes where it has been lovingly and beautifully converted to Life House ~ a transition home for people in recovery and available for meetings & gatherings when no one is in residence. Soon to celebrate it's 124th birthday, the former little church on the prairie is set for its next one hundred years.



On the Move, 2020

**FOR MORE FUN FACTS, VISIT THE DWHS FACEBOOK PAGE OR BECOME A MEMBER.  
CONTACT JAN MCCLELLAND FOR MORE INFO: JAN.MCCLELLAND888@GMAIL.COM**



Seniors'  
Outreach  
Services  
Of Bren Win Inc

We have some news to share!

Please join us for

# a sponsored lunch, dessert and live music

SEPTEMBER 28TH FROM 11:30-3:00

DELORAINÉ CENTRAL PARK

(WEATHER PERMITTING-WE HAVE A BACKUP VENUE IF NEEDED)



on the menu:

**Irish Stew and Bread Rolls**  
**Apple Crisp and Ice Cream**

music performed by

"The Three Berts"





# Seniors' Outreach Services

Of Bren Win Inc

## 2023 Care Fair

October 24th starting at 10:00am

With informative presentations from special guests:



### Vicki Russenholt, Victoria Lifeline

Topic: Fall Prevention and Safety



For the past ten years, Vicki Russenholt has worked as an education facilitator with Victoria Lifeline, a province-wide Medical Alert Service. She is a passionate advocate for older adults and brings years of experience as both a family caregiver and a former homecare business owner to help people lead safe and independent lives. She also volunteered for many years as a support group facilitator with the Alzheimer Society. As a certified fall risk assessment and prevention educator, Vicki provides free community presentations and resources on the Lifeline services, fall prevention, healthy living and so much more!

### Linda Brown, Active Aging in Manitoba

Topic: Keeping Active at Every Stage

Linda Brown, is the Executive Director of Active Aging Manitoba, is passionate about impacting the lives of older Manitobans and brings many years of experience in the physical activity field and working with older adults. Linda has a degree from the University of Manitoba, Kinesiology and Recreation Management, and is a certified Falls Prevention Educator.



### Brenda Tonn, Manitoba Association of Senior Communities

Topic: How to Plan for Aging



Brenda Tonn worked for many years as a Resource Coordinator, spearheading the "Let No-one Be Alone" movement in 2012. She has since joined the Manitoba Association of Senior Communities working as Connie Newman's right hand on creating and implementing Seniors Strategies for the province of Manitoba. Brenda is passionate about making sure that Manitoban seniors are well educated about their local and provincial supports and that they are able to successfully access them.

### Christine Jefferies, Alzheimer's Society of Manitoba

Topic: Understanding Dementia

Christine has a background in nursing and has spent most of her career in home care and long-term care. Now semi-retired, Christine continues to provide dementia care to others from her new position as a Regional Coordinator for the Alzheimer Society based out of the Brandon office. Christine is passionate about new learning and will be speaking about Dementia and how we can work together to support those on this journey.



Admission is absolutely **FREE!**

Lunch will be provided by Seniors' Outreach Services of Bren-Win Inc.

**Location To Be Determined**





# BRAIN GAMES

## 5-letter Anagram Crossword Puzzle



SOLVE =  
LOVES

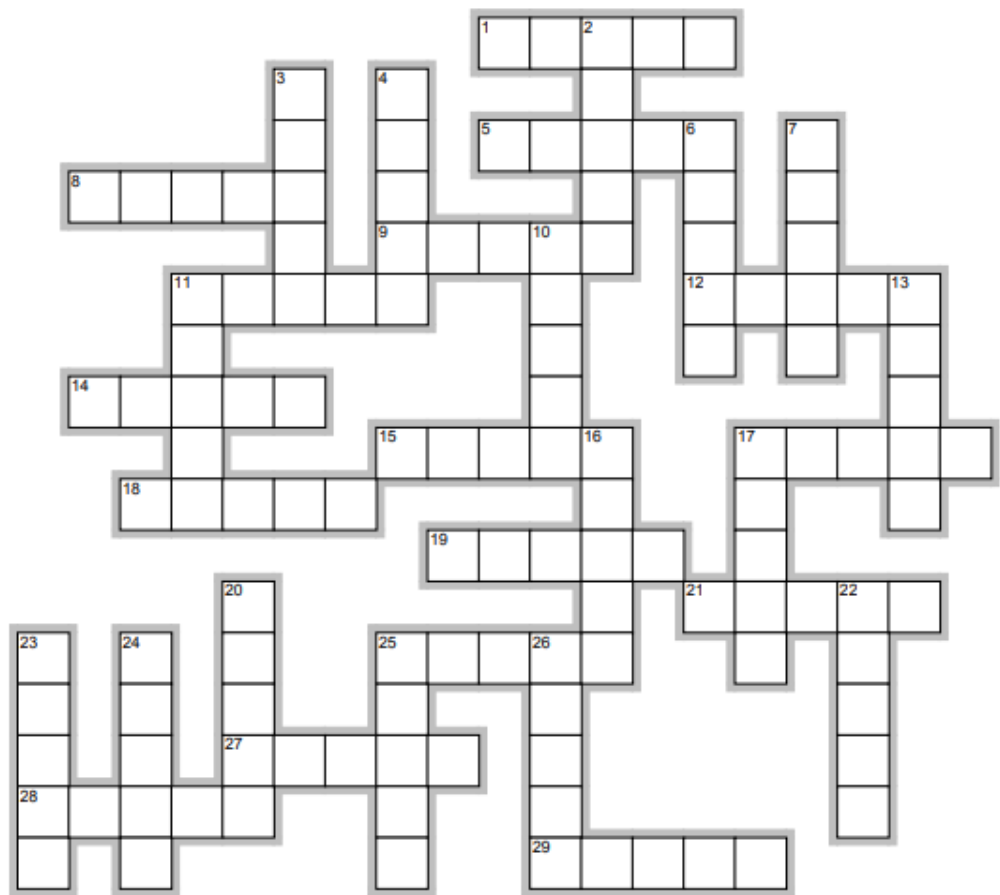
In this challenging, fun crossword puzzle, you must find the correct anagram for each five-letter clue. Some clues have more than one anagram, so you will need to work back and forth between the clues and the puzzle to find answers that fit. Be sure to use a pencil!

### Across

1. clasp
5. large
8. stink
9. tread
11. lapse
12. pinto
14. broad
15. north
17. zoned
18. amble
19. among
21. raise
25. torso
27. could
28. react
29. rifts

### Down

- |           |           |
|-----------|-----------|
| 2. auger  | 17. diary |
| 3. sweat  | 20. clean |
| 4. waist  | 22. verse |
| 6. petal  | 23. cause |
| 7. frail  | 24. caper |
| 10. drive | 25. outer |
| 11. paler | 26. cuffs |
| 13. there |           |
| 16. thing |           |



Congratulations to **Debbie Norton**, the winner of August's Brain Games! Last month was really hard, and Debbie was the only person to hand in her games. Well done! She wins \$10 in Chamber Bucks. Submit your completed games before September 25th for your chance to win. All submissions are entered in a draw. You can win multiple times.

# FALL WORD SEARCH

## Fall Word Search

C U W V B F K S Q S W H A R V E S T H G  
O Y S M A N T A T O U U O G K R P M L E  
A C F D F O O T B A L L W B T Q W O Z B  
S E E Z Z A G E R Y N T U E N I B E X R  
W J P N X T B U W A A P P L E C I D E R  
E A U O A H U D C N U T U U U N C T A Q  
A P R V S A U U R K K P P Z M H R B C T  
T P L E A N N O J Y S R P C U P A G I C  
E L E M J K C A D B E F W K E U K Y M K  
R E A B U S K F Y O P L I O H Z E I Y B  
P S V E L G P H L N T Z H P S J S Q N O  
Q Q E R S I Q A W F E Y E M U W E Q J O  
J N S O M V V C N I M C O Q N R M W K T  
T B M E K I F Z B R B R Y C F K N L J S  
V Y A P N N Q K G E E A V G L U T A A O  
V N R R D G H N A B R U Q T O O N I G V  
C Y A O O P I Q O N H T X F W J Z Y P E  
L C X F E A L T K O E U W Z E S U P P B  
R D E F I D C W K O Q M Z Q R B F Z U S  
D R Q R J O V Z O Y W N C J G R K N E U



CORN	THANKSGIVING	PUMPKIN
AUTUMN	HARVEST	FOOTBALL
BONFIRE	LEAVES	SWEATER
BOOTS	CARNIVAL	NOVEMBER
OCTOBER	APPLES	SEPTEMBER
RAKE	APPLE CIDER	SUNFLOWER



## AUGUST RIDDLE ME THIS:

WHAT COMES ONCE IN A MINUTE, TWICE IN A MOMENT, BUT NEVER IN A THOUSAND YEARS?

ANSWER: THE LETTER 'M'



Seniors'  
Outreach  
Services  
Of Bren Win Inc

# Upcoming *events*

6

SEPT

Wednesday 9:30am

We're Going Shopping

Cost \$30

10

SEPT

Wednesday 8:30am

Gossip in the Graveyard

**RSVP CLOSED**

26

SEPT

Tuesday 8:30am

Lucky Laps

Cost \$30

\$25 Free Play and Lunch Included  
At Casino from 11:00-3:30

28

SEPT

Thursday 11:30am

SOS Announcement

Sponsored Lunch and Live  
Entertainment - see pg 3 for details

**FOR MORE DETAILS, PLEASE VISIT OUR WEBSITE  
OR CALL 204-747-3283**

# MOVIE CLUB

## UPCOMING SHOWS

SEPT 5TH - GOLDFINGER

SEPT 19TH - THE PHILADELPHIA STORY

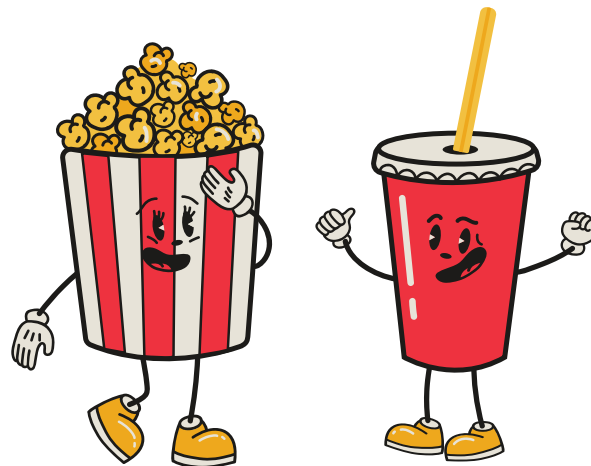
### DATE CHANGE FOR OCTOBER

OCT 5TH - ANNE OF GREEN GABLES (PT 1)

OCT 19TH - ANNE OF GREEN GABLES (PT 2)

ALL SHOWS STARTING AT 1:30PM

FOR MORE INFORMATION, VISIT: [WWW.SOSBRENWIN.COM/MOVIE-CLUB](http://WWW.SOSBRENWIN.COM/MOVIE-CLUB)



**This schedule concludes our membership year.**

**Membership renewal date is November 1st.**

**Exciting updates to Movie Club will be announced in the October newsletter, along with the November and December movie line up!**





# CONGREGATE MEALS

## SEPTEMBER MENU

- Fri, Sept 1 - Fish and Chips  
Mon, Sept 4 - NO MEAL (Holiday)  
Tues, Sept 5 - Liver and Onions  
Wed, Sept 6 - Cold Plate  
Thurs, Sept 7 - Cheeseburger and Fries  
Fri, Sept 8 - Salmon Loaf  
Mon, Sept 11 - Sausages  
Tues, Sept 12 - 7 Layer Dinner  
Wed, Sept 13 - Chicken Breasts  
Thurs, Sept 14 - Soup and Sandwich  
Fri, Sept 15 - Fish  
Mon, Sept 18 - Perogies and Smokies  
Tues, Sept 19 - Shepherds Pie  
Wed, Sept 20 - Roast Pork  
Thurs, Sept 21 - Chicken Pieces  
Fri, Sept 22 - Spaghetti and Meatballs  
Mon, Sept 25 - Chili  
Tues, Sept 26 - Meat Loaf  
Wed, Sept 27 - Swiss Steak  
Thurs, Sept 28 - NO MEAL (SOS Event)  
Fri, Sept 29 - Fish

Congregate Meals are available from Monday to Friday, excluding Holidays. They are located at the **Centennial Apartments' dining room** served at **11:30am**.

Each meal comes with coffee/tea, and dessert. cost is only **\$8.00** and **everybody is welcome!** Please sign up the day before so Louise (our talented chef) knows how many to prepare for: **204-747-2299**

**Take out available, but please bring your own container.**

**Drop-ins can not be accommodated, thank you for your understanding!**



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 - or perhaps a family members 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.

# Dean Adams

CALL

431-740-3079

# Car Wash and Transport

\$45+ INTERIOR AND EXTERIOR

\$.60/KM

FLAT RATES NEGOTIABLE FOR OUT OF TOWN

CRIMINAL RECORD CHECK AQUIRED



**VICTORIA LIFELINE**  
Safe and independent living

**ARE YOU INTERESTED IN LIFELINE?  
DO YOU KNOW ABOUT THE REFERRAL PROGRAM?  
GET ONE MONTH FREE FOR YOU AND A FRIEND!**

Please join our Facebook Group for the most current updates:

[www.facebook.com/groups/sosbrenwin](http://www.facebook.com/groups/sosbrenwin)

Join our email list on our website:

[www.sosbrenwin.com/newsletter](http://www.sosbrenwin.com/newsletter)