

THE BRENWIN BUGLE



Seniors'
Outreach
Services
Of Bren Win Inc

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



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Our AGM Highlights

by *Bethany Paul*

On June 13, the Seniors' Outreach Services of BrenWin Inc. held our Annual General Meeting at The Deloraine Community Club. We were fortunate to have Connie Newman of the Manitoba Association of Senior Communities present to share her wealth of knowledge with us. Connie has been a key figure in helping to put together the Manitoba Seniors Strategy that was put forward in our provincial government earlier this year. The focus of the plan is to allow for Manitoban seniors to age safely in the location of their choosing. Connie started the meeting with a call for all older adults to recognize the vital importance of making a plan to age. There is not enough housing or staffing to accommodate the needs of Seniors in Manitoba, and in order to make sure you have the best quality of life, you need to take responsibility now! Here are some of the ways that she encouraged people to prepare:

1. Testing out medical equipment (ie. walkers and canes), and using them as soon as they become helpful.
2. Getting your hearing tested. She highlighted that recent studies have shown that hearing loss is directly related to Alzheimers.



CONNIE NEWMAN, MASC

Seniors' Centre Without Walls

Seniors' Centre Without Walls is available through the Winnipeg Regional Health Authority and Manitoba Health. It provides seniors with regular social interactions from the comfort of their own homes. SCWW provides educational and recreational programming in a fun and interactive atmosphere. All programming is provided over the phone.

Who can participate in SCWW?

- Individuals 55+
- Living anywhere in Manitoba
- Groups of older adults may also join

Is there a cost to join?

No - all programming is free of charge and participants call into a toll-free line.

How does SCWW Work?

1. You may register for programs anytime during the term
2. Fill out the Registration Worksheet and email it in, mail it in or call A & O to register over the phone
3. You will be mailed any materials related to a program such as presentation handouts and program materials
4. All participants will be called in ten minutes prior to the program start time. Participants will also be provided with a toll-free number should they need to call themselves in

Our AGM Highlights Cont'd

3. Filling out E.R.I.Kits (Emergency Response Information Kits). The new kits are to be released in September, and can be picked up for FREE from our office! The new kits include a health advocacy form, health care directives, medication lists, and organ donor cards.

4. Planning for support when it comes to personal care and home maintenance.

5. Keeping active and social through community programs and services.

The government is prepared to back the strategy with funding towards new programs to make her recommendations more realistic. For example, there is a \$2000.00 hearing aid grant to help anybody with an income of \$40,000.00/year (\$80,000.00/couple). There will also be funding to support personal care in your own home - Self and Family Managed Care is launching later this year.

There was truly so much valuable information from Connie. We are looking forward to having her speak again in October! More information on that coming soon.

See the full Manitoba Seniors Strategy here:
https://gov.mb.ca/seniors/docs/seniors_strategy_2023.pdf

Apply for the \$2000.00 hearing aid supplement here:
https://www.gov.mb.ca/asset_library/en/seniors/hearing-aid-program-app-form.pdf

Check out more information on Age Friendly Manitoba:
<https://agefriendlymanitoba.com/>

For help filing out any paperwork, or navigating programs and services online - please make an appointment with Bethany at the SOS office.



Accessibility and Inclusivity

- We can provide large print guides and materials
- All book club selections and short stories are read aloud
- We can provide bingo cards with raised numbers and Braille numbers
- This publication is available in alternate formats upon request

How many programs can I register for?

You may register for as many as you wish! **When does registration begin?** You may register as soon as you receive your guide. You may also register anytime during the term.

How do I register?

Please contact A & O: Support Services for Older Adults to register:

Phone: 204-956-6440 in Winnipeg
Toll-free: 1-888-333-3121
E-mail: info@aosupportservices.ca
Fax your registration: 204-946-5667
Mail: 200-280 Smith St.
Winnipeg, MB R3C 1K2

If you require assistance with registration, please call the SOS Office. Bethany would be happy to assist you.

See the July program schedule below:

Mon	Tue	Wed	Thu	Fri
3 In lieu of CANADA DAY OFFICE CLOSED	4 Movie Time 2:00 - 3:00 PM	5 Iceland 10:00 - 11:00 AM Did You Know? 1:30 - 2:15 PM	6 Short Stories 10:00 - 10:30 AM Culinary Corner 1:30 - 2:15 PM	7 Good News 10:00 - 10:30 AM
10 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	11 Poetry 10:00 - 10:30 AM Celebrity Bingo 2:00 - 2:45 PM	12 Wars of the Roses 1:30 - 2:30 PM	13 Coffee Talk 10:00 - 10:30 AM Biographies Bobby Hull 1:30 - 2:15 PM	14 Art Therapy 10:00 - 11:00 AM Canadian Connections 1:30 - 2:30 PM
17 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	18 What's the Verdict? 11:00 - 11:45 AM Travels of the World 2:00 - 3:00 PM	19 Jokes 1:30 - 2:00 PM	20 Short Stories 10:00 - 10:30 AM Game Show Mania 1:30 - 2:15 PM	21 Spelling Bee 10:00 - 10:30 AM
24 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	25 Classic Poets 10:00 - 11:00 AM Celebrity Bingo 2:00 - 2:45 PM	26 Written by Marge 10:00 - 11:00 AM Across the Miles 2:30 - 3:30 PM	27 Coffee Talk 10:00 - 10:30 AM	28 Idioms 10:00 - 10:30 AM
31 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM				

FOR A FULL PRINT OUT OF THE SCWW PROGRAM GUIDE, PLEASE CONTACT THE SOS OFFICE OR VISIT:

[HTTPS://WWW.AOSUPPORTSERVICES.CA/WP-CONTENT/UPLOADS/2023/04/AO-SCWW-VOLUME-20-SPRING-2023-WEBSITE.PDF](https://www.aosupportservices.ca/wp-content/uploads/2023/04/AO-SCWW-VOLUME-20-SPRING-2023-WEBSITE.PDF)



July 5th, 2023

We're Going Strawberry Picking

Where: Hicks Farm, Souris (lunch at Antler and Oak)

Cost: \$25 (not including lunch or berries)

Limit: 2-10 people (We are taking the Handy Van

You don't need to bring chairs or baskets

July 11th, 2023

We're Going Shopping

Where: Brandon (specific locations TBD based on interest)

Cost: \$30

Limit: 2-6 people

July 20th, 2023

We're Going to Killarney

Where: Killarney Services for Seniors Garden Party

Free Lunch and live entertainment from The 3 Berts

Cost: \$15

Limit: 2-10 people

**This event is fully accessible

July 25th, 2023

We're Going to the Peace Gardens

Where: The Int'l Peace Gardens

2hr Bus Tour on the Handy Van. Lunch is not included (\$20)

Limit: 2-10 people

**This event is fully accessible

July 25th, 2023

Coffee Time at Crafted and More (Donut Day)

Time: 2:30pm

The words 'MOVIE CLUB' are written in a stylized, outlined font. The text is centered on a horizontal strip that resembles a film strip, with sprocket holes visible on the left and right sides. The background behind the text is a light gray color.

NO MOVIES IN JULY

AUGUST 8TH - OVERBOARD

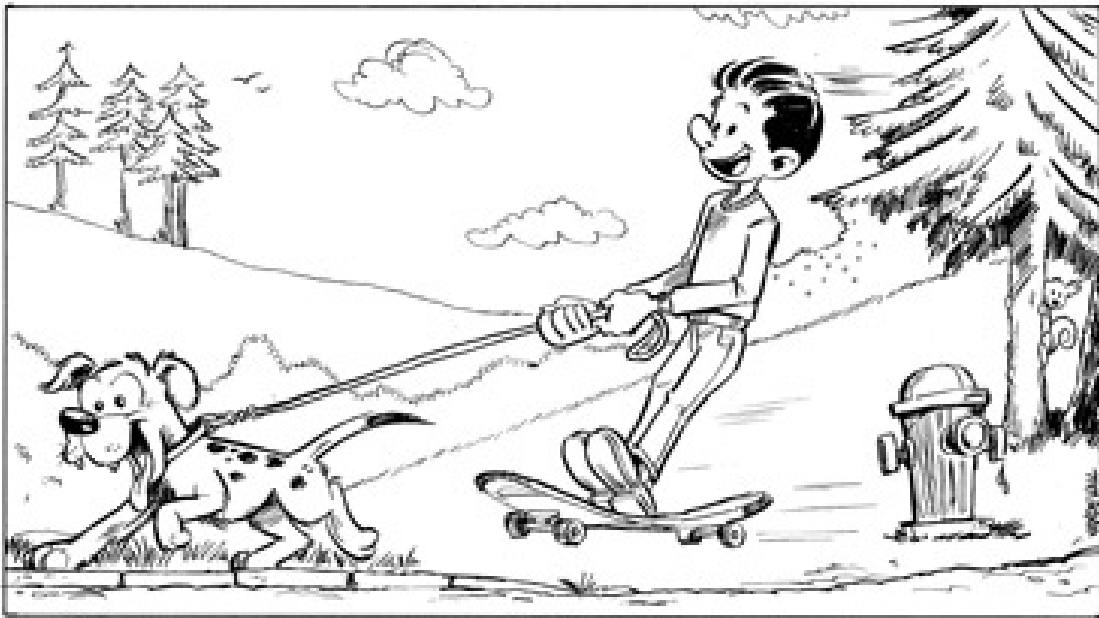
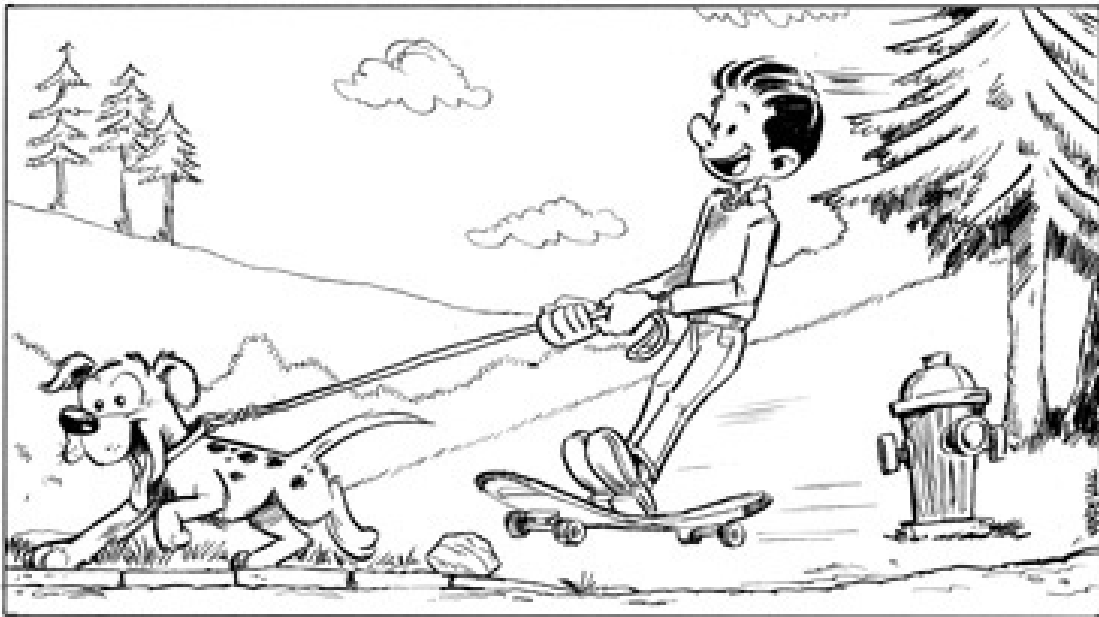
AUGUST 22ND - HOOK

STARTING SEPTEMBER, MOVIE CLUB WILL BE ON THE 1ST AND 3RD TUESDAY OF THE MONTH

Brain Games

SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!



BONUS POINTS IF YOU COLOUR IT IN!

Brain Games

CRYPTOGRAM: DIFFERENT LETTERS ARE SUBSTITUTED FOR THE CORRECT ONES. WE'VE PROVIDED A COUPLE LETTERS TO GET YOU STARTED – SEE IF YOU CAN DECODE THE REST OF THE QUOTE!

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

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L Z I L M I O P Z L B		

Submit your completed Brain Games to the SOS office before July 26! 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 **Clara Adams** on winning the draw for last months Brain Games. You are the WINNER of May's \$10 gift card. Awesome work, **MARY MORRISON**, you found the secret 8 letter Boggle word: RELEASES

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**.

CALL for VOLUNTEERS

Meals-on-Wheels Delivery

Commitment: 30 min/day - 3 days per week (Monday, Wednesday, Friday)
Meals are to be picked up at 4:30 from The Hospital and The Lodge

Drivers for Events

Criminal Record Check Required

Commitment: Flexible

We'll pay you \$0.65/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.





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.



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.

NEXT MONTH, I'LL BE FEATURING ONE OF YOU IN THE SPOTLIGHT. NOMINATIONS OF WHO YOU'D LIKE TO LEARN MORE ABOUT ARE WELCOME!

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