

MAY 2024

# THE BRENWIN BUGLE

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



Seniors'  
Outreach  
Services  
Of Bren Win Inc

**"ASSISTING OLDER ADULTS, SENIORS, AND PEOPLE WITH DISABILITIES TO LIVE  
SAFELY AND INDEPENDANTLY IN THEIR OWN HOMES FOR AS LONG AS FEASIBLE."**



204-747-3283



sosbrenwin@gmail.com



www.sosbrenwin.com

happy  
Mother's  
day

MAY 12TH, 2024

"MY MOTHER IS A NEVER-  
ENDING SONG IN MY  
HEART OF COMFORT,  
HAPPINESS, AND BEING. I  
MAY, SOMETIMES, FORGET  
THE WORDS, BUT I  
ALWAYS REMEMBER THE  
TUNE."

-GRAYCIE HARMON

*Save the Date*

**June 4** - Sean Maytas (CRA) and his team are coming back to help you set up and navigate your own online **MY CRA ACCOUNT**.

**Deloraine:** 10:00am at the Mountview Centre

**Waskada:** 1:30pm at the SOS Office in the Sunrise Credit Union Building

**RSVP BY JUNE 1st REQUIRED**

RSVP

**June 6** - Join us at the Mountview Centre at 7:00pm for our SOS AGM.

We have invited RCMP Sergeant Eric Descoteaux of Killarney to come teach us about **Frauds and Scams**.

**Refreshments Provided, Transportation Available, call us!**



**VICTORIA LIFELINE**  
Safe and independent living.

## Mothers Day Promotion:

Sign up before May 15th to get 2 months free.

No contracts, cancel anytime

\*installation fees apply





Seniors'  
Outreach  
Services  
Of Bren Win Inc



**SAVE  
THE DATE**

**HARTNEY - ELKS HALL  
MOTHERS' DAY TEA  
MAY 10TH**

COST: \$20 (INCLUDES Dainties and  
TRANSPORTATION)  
LEAVING THE MOUNTVIEW CENTRE @ 1:15PM

**RSVP**

**MAKE IT! MONDAY  
MAY 13TH, 27TH**

COST: FREE  
1:30 @ THE CENTENNIAL APARTMENTS

**WE'RE GOING SHOPPING**

**SOURIS/ELGIN: MAY 22ND  
(GARDEN CENTRES)**

**BRANDON: MAY 28TH  
(GREEN SPOT, MALL, WALMART)**

COST: \$25/PERSON  
9:00AM @ MOUNTVIEW CENTRE  
LUNCH AT THE GREEN SPOT

**RSVP**

**LUCKY LAPS - CASINO TRIP  
MAY 29TH**

COST: \$20  
9:30 @ MOUNTVIEW CENTRE  
**SKYDANCER - BELCOURT, ND**  
LUNCH NOT INCLUDED  
MIN. 3 PEOPLE COMMITMENT

**RSVP**

**TECH SAVVY SENIORS  
ON PAUSE UNTIL JUNE**

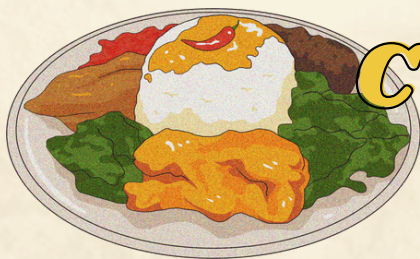
**MOVIE CLUB IS BACK**

SEE THE NEXT PAGE  
FOR DETAILS

CHECK OUR FACEBOOK GROUP FOR UPDATES OR  
FOR SPONTANEOUS EVENTS!  
[WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN](http://WWW.FACEBOOK.COM/GROUPS/SOSBRENWIN)  
CALL 204-747-3283 TO RSVP.

"But I'm not a Senior." We hear it all the time.  
Our events are open to older adults and companions as well!  
Don't let your age hold you back from a good time.





# CONGREGATE MEALS

## MAY

Wed, May 1 - Soup and Sandwich

Thurs, May 2 - Hamburger Casserole

Fri, May 3 - Fish

Mon, May 6 - Shepherds Pie

Tues, May 7 - Perogies and Sausages

Wed, May 8 - Roast Pork

Thurs, May 9 - Spaghetti and Meat Sauce

Fri, May 10 - Fish

Mon, May 13 - Soup and Sandwich

Tues, May 14 - Beef Stew

Wed, May 15 - Turkey

Thurs, May 16 - Liver and Onions

Fri, May 17 - Fish

Mon, May 20 - No Meal (Victoria Day)

Tues, May 21 - Pork Chops

Wed, May 22 - Cold Plate

Thurs, May 23 - Meat Loaf

Fri, May 24 - Fish

Mon, May 27 - Soup and Sandwich

Tues, May 28 - Sweet and Sour Meatballs

Wed, May 29 - Roast Beef

Thurs, May 30 - Chili

Fri, May 31 - Fish

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

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!**

*only \$8*

*includes:*

*tea/coffee*

*main meal*

*dessert*



## Prairie Dog Central Train Ride

Winnipeg, MB

When: Thursday, August 15, 2024

Cost: \$67 per person

(includes transportation, train ride and lunch)

NO refunds after June 26, 2024

Bus leaves from Boissevain at 7:30am

To register, call 204-534-6816 or email [seniorservicetm@gmail.com](mailto:seniorservicetm@gmail.com)  
or call Bethany

"It is an amazing trip, you guys should definitely go, I'd go again."  
-said a random stranger in Brandon who was eavesdropping on our conversation

# Meals on Wheels available in **DELORRAINE**



## Meals are offered Monday, Wednesday & Friday

Extra meals can be ordered and left at time of delivery if needed for additional days.

- Meals cost \$9.20 each (larger portions available for \$10.05)
- Meals come with dessert



PRAIRIE MOUNTAIN HEALTH

**If you have questions or are interested in  
having meals delivered please contact Bethany Paul**



204-747-3283



[sosbrenwin@gmail.com](mailto:sosbrenwin@gmail.com)

or

**Deloraine Health Centre:** 204-747-2745 or 204-747-1814

# VOLUNTEERS NEEDED

SOS is looking for volunteers to help with Lifeline installation and support services, and with our Medical Equipment Loan Program.

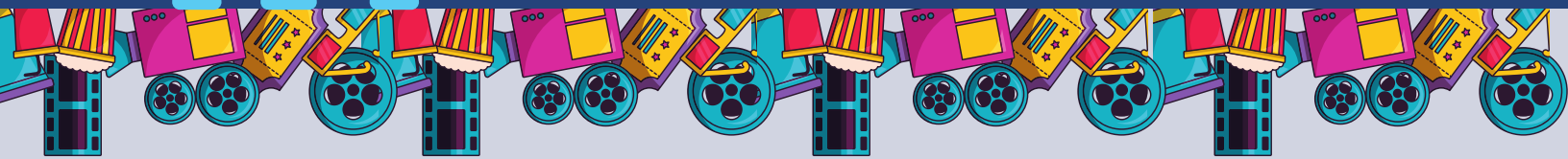
On May 15th, there is a free training available for Lifeline in Brandon from 10am-4pm.

If you are interested in attending, or would like more information, please contact Bethany by calling: 204-747-3283. Mileage and lunch will be included.



We still have a few months available for Meals on Wheels delivery drivers: June, August and September. We are paying \$15 per delivery day for the delivery of meals on Mondays, Wednesdays, and Fridays for one full month.

Preference to those aged 13-20 (to encourage younger participation). Call for details.



## MOVIE CLUB SCHEDULE

**May 2 - Calendar Girls**

**May 9 - Private Eyes**

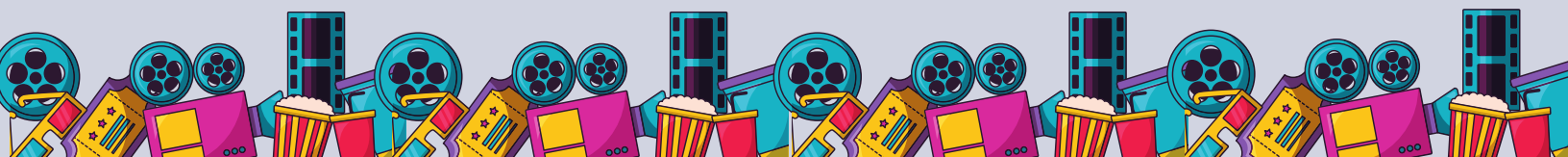
**May 16 - The Best Exotic Marigold Hotel**

**May 23 - The Second Best Exotic Marigold Hotel**

**May 30 - Beaches**

Our Movie Club 2023/2024 season will be ending on May 30th  
We will be starting a new season in September. Memberships will cost \$10.00 for the season from September 2024-May 2025

THANK YOU TO EVERYONE WHO HAS HELPED US MAKE MOVIE  
CLUB POSSIBLE. SPECIFICALLY TO:  
THE RM OF DELORAINE-WINCHESTER  
TIM BARRON, VAL PERRIMAN, LEONA WILLIAMS, DAWN CRITCHLEY  
AND, OF COURSE, THE POPCORN KING - HERB HORNER







# Let No One Be *Alone*

May 5 -11, 2024

## Everyone Knows Someone Living Alone

This week let's **take the time** to make sure those that are alone know that we care!

Offer to Run an Errand

Pay Attention

**MAKE TIME**

Attend an Event

**Bake a**

Goodie Basket

Create a Hand-Made Card

Go Out for Coffee or a Drive

**Kindness**

**SHOW**  
*you Care!*

Be Spontaneous

**Be Supportive**

Clean their Yard

**LISTEN**

Positive Conversations

Take them to a Movie

**Invite Someone Over for Meal**

**A PHONE CALL**

"Too often we underestimate the power of a touch, a smile a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

- L e o Buscaglia -



Connect with us on Facebook and share your stories, ideas and events @ Let No One Be Alone



Manitoba  
Association  
of Senior  
Communities



**A SIMPLE ACT OF KINDNESS**  
Can Brighten Someone's Day!



## MEDICAL EQUIPMENT LOAN PROGRAM

Parking Permits are available from the SOS office and from the RM in Waskada for short term loans.

Call us if you require assistance getting to an out of town medical appointment. We may be able to help.

We have new equipment, including an ice machine, walkers, wheel chairs, bath seats, cushions, commodes, toilet risers, canes and more.

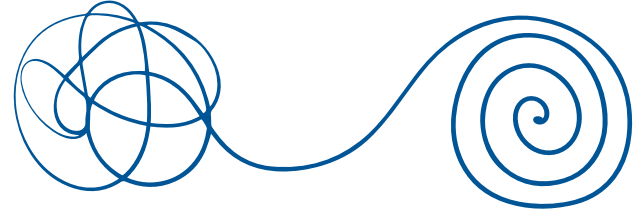
If you or someone you know would like to donate equipment to our program, give us a call.

## COUNSELLING SERVICE

NEW!

Annie Kolisnyk, former mental health nurse at the Deloraine Hospital, has opened up a private counselling services in Deloraine. She has a special interest in supporting older adults and seniors through their various struggles.

Great news, she is offering a sliding scale knowing that not all seniors have insurance or the income to afford such a valuable service! Call her today to book an appointment: 204-747-4205 or email [annie@instilhope.ca](mailto:annie@instilhope.ca)



## SOS is excited to announce our Transportation Fund!

Thanks to funding through the New Horizons for Seniors Program, Seniors' Outreach Services of Bren-Win Inc. is thrilled to announce our Transportation Fund. This fund will allow us to support older adults, seniors and people with disabilities by significantly lowering the cost for SOS excursions. We will also be offering financial assistance toward medical travel expenses. This program will be accessible to residents of Brenda-Waskada and Deloraine-Winchester for a limited time. All money charged for transportation in the next year will go back in to the fund to help sustain the program as long as possible.

We are grateful to the New Horizons for Seniors Program for recognizing the challenges that we face in rural Manitoba when it comes to accessing our healthcare system and other city centre offerings. One trip to Winnipeg on our local HandiVan costs \$500, which can be a huge hurdle in the midst of a medical crisis. We are committed to helping find solutions to keep the Southwest corner of our beautiful province alive. This program will launch on June 1, 2024 and will last as long as we can stretch the funding.

Funded by the  
Government of Canada's  
New Horizons for Seniors Program

Canada



New Horizons  
for Seniors Program

Engaging Seniors, Strengthening Communities

# The Deloraine Community Club

welcomes you to the

# Mountview Centre

**Membership only costs \$100/year**

 111 South Railway Ave East

We've got carpet ball, floor and table shuffleboard, pool tables, card games and fun events with neighboring communities. You are welcome to participate in scheduled games, or plan your own fun! Wanna try it out? Our drop-in fee is only \$3.00/day.

## Scheduled Programs

Mon.	1:00 Donuts
Tues.	1:00 Alternating Spades & 500
Wed.	Free Day
Thurs.	1:00pm Crazy Whist (1st Thurs of the month)
Fri.	1:00pm Crib (no partner needed)

Members pay \$1.00 per game

Non-Members pay \$3.00 per game

**Pool is scheduled every day starting at 1:00.**

**Members play FREE**

**Non-Members pay \$2.00/day**

Coffee and cookies are available for \$3.00/person during scheduled programs.

**Call or email for more info**



204-747-2419



[mountviewseniors@gmail.com](mailto:mountviewseniors@gmail.com)

Interested in renting the Mountview Centre for your private function? Contact us for prices & availability!





# Brain Games

**SUBMIT YOUR BRAIN GAMES FOR YOUR CHANCE TO WIN A \$10 PRIZE!**

YOU CAN SUBMIT BY:

DROPPING THEM OFF AT THE DELORAINE SOS OFFICE (MAIL BOX)

MAILING TO PO BOX 618 IN DELORAINE

EMAIL TO [SOSBRENWIN@GMAIL.COM](mailto:SOSBRENWIN@GMAIL.COM)

CALL BETHANY TO PICK UP

BRING TO MOVIE CLUB BEFORE APRIL 25TH

# CONGRATS

# Ian Collinson

## YOU WON THE APRIL DRAW

**\*we use an online wheel to determine the winner. Submit your games before May 25th to be entered in to next months draw.**

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

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

[illegible][illegible]

# JUMBLE®

Unscramble these Jumbles, one letter to each square, to form ordinary words.

T N T U S

○ ○ ○ ○ ○

I G N C I

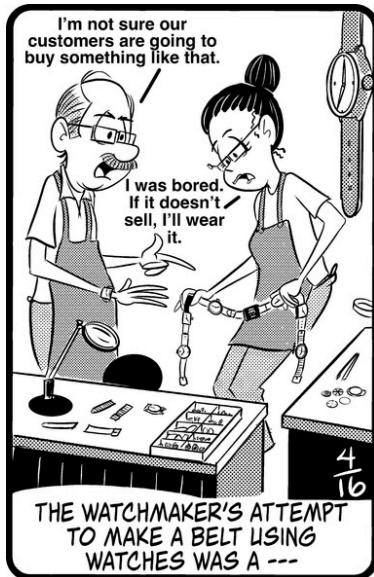
○ ○ ○ ○ ○

W D E M A O

○ ○ ○ ○ ○ ○

F R T M O A

○ ○ ○ ○ ○ ○



Arrange the circled letters to form the bonus answer, as suggested by the caption in the cartoon

○ ○ ○ ○ ○

○ ○ ○ ○ ○

## REBUS Puzzle

Each "rebus" puzzle box below portrays a common word or phrase.  
Can you guess what it is?

M1Y L1I1F1E

Try  $\frac{\text{Stand}}{2}$

XQQQQQME

Stone

I fell  
I fell  
I fell  
I fell  
I fell