



St. Patrick never had it so good

Approximately 40 seniors attended the St. Patrick's Day potluck — the first seniors potluck dinner since COVID. And judging from the variety of dishes, people have been honing their cooking skills!

The event was held at Rotary Place in the meeting room and was beautifully decorated for the occasion. Thank you to Sandy Timmons



for setting the room up in such festive fashion. The Program Committee is discussing future potlucks, barbeque and other events for coming months.

What's next? An income tax preparation day

We are hosting an income tax information session and clinic on Wednesday, April 17 at Ma-Mow-We-Tak Friendship Centre starting at 1:30 p.m. No registration required. We hope to have people on hand who can help you fill out your income tax form.

But just to get you started thinking about it — a recent issue of Readers' Digest noted there are several items you can deduct at income tax time that you may not have known about:

1. Medical expenses, including mobility aids, dentures, laser eye surgery, even

gluten-free food for those with celiac disease (with medical documentation.)

2. Disability tax credit. Check Canada Revenue for eligibility requirements.
3. Canada caregiver credits
4. Investment fees and carrying charges
5. Charitable donations
6. Self-employment expenses
7. Digital news subscription tax credit (if you subscribe to a qualified Canadian news journalism organization.)

Older adults don't eat enough protein!

Nutrition student Mehak Wadhwa's research is showing that older adults do not eat enough protein. Without enough protein, our muscles waste and we cannot physically function as well as we could.

The loss of muscle mass and strength in older adults is called sarcopenia. Symptoms of sarcopenia include muscle weakness, decreased walking speed, increased falls and difficulty performing daily tasks.

Protein is a key ingredient that helps build and maintain muscle strength. People older than 65 need at least 1.2 to 1.2 grams of protein per kilogram of body weight per day. For example, a 70-year-old who weighs 80 kg (175 lb) needs 80 to 96 grams of protein per day.

Where do you get protein? Meats, including fish and chicken, cheese, eggs, beans, tofu, etc. To increase your protein intake, you could consider drinking a glass of milk at meals, having eggs for breakfast, snacking on cheese or yoghurt in the afternoon, adding grated cheese to salads, soups and pasta and sprinkling

seeds and nuts into your cereal and yoghurt.

Besides protein, you may want to ensure you are getting enough Vitamin D. This vitamin helps the body absorb and retain calcium and phosphorous which helps keep your bones and teeth strong. And, just like protein, it plays a role in muscle growth and maintenance.

Vitamin D is absorbed through the skin from the sun. But it is also found in egg yolks, fish, low-fat milk and soft (fortified) margarine.

Some nutritionists will recommend that adults older than 50 take a Vitamin D supplement of 400 to 1,000 International Units per day.

One more piece of advice about maintaining muscle strength: be active! Remember to start slowly. Join an exercise group (NRHA holds a free group three times a week in Thompson), walk purposely through your home (e.g. make several trips from the cupboard to the table when setting up for a meal), try chair yoga!

Thank you to Seniors Centre Without Walls for access to this information.

One way to get an affordable lunch

Where can you go to enjoy our congregate meals for just \$10?

In April, the Northern Inn will host the Seniors/Elders congregate meals. Seating starts at 11:30 a.m. **In May, McDonalds** will host the Seniors/Elders congregate meals. Call 204-677-0987 for more information.

We loan and we donate

We have bathroom assists, canes, walkers and other items available for loan.

We also have personal hygiene products for men and women in a variety of sizes for free while quantities last. Most are medium and large.

Call 204-677-0987 if you are interested.



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