

September 2024



Dementia, mental health wellness, dinner, video are all on AGM agenda

The Annual General Meeting (AGM), being held on **Thursday, September 19**, will take on quite a different look this year. There will be guest speakers, a dinner, and a major announcement. Tickets to the dinner are \$10 and must be purchased in advance.

The AGM starts with registration at 1:00 p.m. This will be followed by a film viewing, then a guest speaker discussing dementia. A short break will be followed by dinner, the business meeting, and our second guest speaker discussing Seniors/Elders' mental health. The evening wraps up with raffle draws.

The business meeting will include election of up to six new board members — one for a one-year term and five for a two-year term. If you are interested in learning more about being a board member, we have literature available about roles and responsibilities, as well as a current board willing to share their experience with you.

To purchase your tickets or obtain information about becoming a board member, contact our office at the contact points on the other side of this newsletter. (Tickets will also be on sale at Leisure Mart September 6 and 7).

Funding is available to help make your home safer

The **Safe and Healthy Home for Seniors Program**, funded by the provincial government, provides grants of up to \$6,500 for devices or adaptations for seniors wanting to make their homes safer. This includes ramps, grab bars, widening of doors, etc.

Applications and funding are flowed through March of Dimes Canada. A webinar is scheduled for **Thursday, September 12** to talk about guidelines, eligibility and applying. To register, email shhs@marchofdimes.ca.

There is a possibility that Thompson Seniors can arrange a webinar of its own which you can attend in person. We will do our best to inform you of dates in a timely fashion.

The Province also announced expansion of its **Security Rebate Program**. The rebates are specific to cameras, lighting and other security devices. Unfortunately, you can only apply for this rebate online. For details go to www.manitoba.ca/justice/securityrebate.html.

CNIB brings help to those with vision loss

Adjusting to vision loss, free accessible iPhones and assistive equipment for people dealing with vision loss are among the topics, displays and demonstrations you can expect at the Canadian National Institute for the Blind (CNIB) two-day event September 24 and 25.

The CNIB is hoping this two-day mobile hub event will lead to peer support and other programming designed to help those with vision loss or declining vision.

Tuesday, September 24 activities take place at Ma-Mow-We-Tak from 1:00 to 7:00 p.m. and include dinner. Wednesday, September 25 activities take place from 9:00 a.m. to 2:00 p.m.

and include lunch. The two-day event is free. Registration is appreciated. Contact the Thompson Seniors office by email or phone to register.

For loan or give-away

We have hearing aid batteries and disposable personal protective undergarments to give away; and we have bathroom assists, wheelchairs, canes and walkers to loan.

Contact us for details.

NRHA direction is about change and improvement

The Board recently met with Raj Sewda, the new head of the Northern Regional Health Authority. His message focused on changing and improving costs, health care delivery and communication. The 2023 annual report about to be released is called 'Embracing Change.'

Topics discussed during the meeting included foot care, MRI, staffing and retention, hospital expansion, Northern Patient Transportation Program, home care, respite, personal care home beds, senior assisted living, supportive housing and more.

The consensus following the meeting was that ongoing meetings would be beneficial to both the TSCRC and NRHA. We will do our best to keep you posted.

Lots to do in September

Health and Leisure Mart / TRCC: Friday, September 6 and Saturday, September 7

Congregate meals at Burntwood Hotel restaurant in September. 11:30 a.m. Price still \$10.

Seniors Drop-in: Tuesday afternoons from 1:30 to 3:30 at TRCC:

NEW Seniors Drop-ins: Friday afternoons at Legion from 1:30 to 3:30.

AGM: Thursday, September 19: Guest speakers and dinner at MMWT 1:00 to 8:00 p.m.

CNIB educational event: Tuesday, September 24 at MMWT from 1:00 p.m. to 7 p.m. And Wednesday, September 25 at TRCC multi-purpose room from 10:00 a.m. to 2:00 p.m.



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