

New Board of Directors includes first Thompson-born member!

Kim Rudolph is the first Thompson-born member of the Board of Directors of the Thompson Seniors Community Resource Council, proving the Chairman's point: 'You don't have to be a senior to join'. Kim (not yet a senior) was elected to the Board at the 26th AGM on September 13, 2022.

The Board for the 2022-2023 fiscal year includes: Chairperson Linda Dearman, Vice-Chairperson Molly Stapleton, Treasurer Ed McTavish, Secretary Wendy Hodgson and Past Chairperson Norma Leahy. Directors at large

include: Ron Trainor, Esther Latchman, Gertie Nick, Fran Hartog, Joyce Kopp, Sandy Timmons and Kim Rudolph.

"I've said many times that we need younger people on our Board, and I'm delighted to see so many younger people elected this year," said Dearman.

Approximately 40 people attended the meeting which was led in opening prayer by Elder Jack Robinson. Mayor Colleen Smook brought greetings. Committee reports highlighted the activities and finances in the 2021-2022 fiscal year.

Congregate meals return but with a difference

"When can we have congregate meals?" has been the number one question from those who enjoyed them pre-COVID days. Well, they are back, but with a difference.

The lunches will be held every Tuesday, beginning October 4, and will be hosted by a different restaurant each month. The Northern Inn is hosting the lunches during October. The Riverview is hosting the lunches during November.

The cost of the lunches will be \$10 per person.

You must let us know you will be attending no later than 10:00 a.m. the day (Monday) before, so the restaurant can prepare. Call us at 204-677-0987 or email us at thompsonsensiors55@gmail.com.

Are you the one of the ‘one in five’ Canadians who deal with arthritis?

Arthritis is more common than diabetes, cancer and heart disease combined, according to the Arthritis Society. One in five Canadians suffer from at least one of the 100 known forms.

The more common forms of arthritis are osteoarthritis, inflammatory arthritis and rheumatoid arthritis, with gout being the most prevalent form of rheumatoid arthritis.

You can often relieve some of the symptoms through appropriate physical activity and exercise, medications, nutrition, supplements, meditation/relaxation techniques and cannabis. You can also purchase ‘assists’ such as long-handled shoe horns, extended ‘grabbers’, pipe insulation on handles for gripping and so on.

The Arthritis Association says ‘motion is lotion’ in describing the benefits of exercise, as it decreases stiffness, increases energy and improves function and mood.

Applying heat and cold also help. Use heat for pain relief, to relieve muscle spasms and stiffness and to enhance range of motion. Use cold to decrease swelling and pain and to constrict blood flow to an inflamed joint.

Contact the Arthritis Society for more information: 1-800-321-1433. But of course, follow the advice of your doctor.



Halloween/Autumn Cookie Decorating Contest

We are hosting a cooking decorating contest aimed at our youth.

There are three categories:
Grades 1 to 3, 4 to 8, and 9 to 12.
This is for all children in public,
private and home schools.

Look for details on Facebook, the
Thompson Citizen, Shaw Cable
and CHTM. Or call us
at 204-677-0987.

Special and continuing events

1. **Tuesdays** at the TRCC • 1:30—3:30 p.m.
— games, refreshments, more.
2. **Christmas Concert** fund raiser Dec. 3
at Letkemann Theatre.

Loaners and freebies

Wheelchairs and walkers are available for loan. Hearing aid batteries and adult protective undergarments free.

Help us fund raise. When you gas up, use our Co-op number from time-to-time: **13971**.



Thompson Seniors Community Resource Council, Inc.
4 Nelson Road, Thompson, MB R8N 0B4
204-677-0987 • thompsonsensors55@gmail.com •
www.thompsonsensors.ca • Check us out on Facebook.