

## *Share your ideas for 2023 & beyond*

Your Board will be holding a Strategic Planning Session in February that will take the Thompson Seniors Community Resource Council through the next three years and possibly beyond.

In what areas would you like to see the Board focus? To what goals should it aspire? In short, what would you like to see happen for Seniors and Elders in Thompson?

Share your ideas with us by the end of January. They will be discussed as part of the Strategic Planning Session. And we will report back to you in March where the strategy will take us.

You can phone in your ideas to 204-677-0987. Or email your ideas to [thompsonseniors55@gmail.com](mailto:thompsonseniors55@gmail.com). Or mail your ideas to Thompson Seniors at 4 Nelson Rd, R8N 0B4.

### **You are not immune to anxiety**

Anxiety — a feeling of worry, apprehension or unease — can affect us at any age. For seniors, it is often brought on by retirement, a decline in physical health, loss of family or friends, or a traumatic event, such as a fall or move.

We thank **Sue McCartney** for sharing these tips (shown right) to preventing an anxiety attack.

You may also want to contact **Anxiety Disorders Association of Manitoba (ADAM)**. They offer coaching, support groups and programs. Contact ADAM at 204-925-0600 or email [adam@adam.mb.ca](mailto:adam@adam.mb.ca).

#### **HOW TO PREVENT AN ANXIETY ATTACK**

- Breathe deeply in through your nose and out through our mouth
- Slowly look around you and find ...
  - 5 things you can see
  - 4 things you can touch
  - 3 things you can hear
  - 2 things you can smell (or smells you like)
  - 1 emotion you feel
- This is called GROUNDING. It can help when you feel like you've gone too far in your head and lost all control of your surroundings.

[Don't like leaving the house in winter?](#)

# Try Seniors Centre Without Walls

If you are bored, but don't really want to leave your house, try Seniors Centre Without Walls (SCWW). This is an absolutely free program and you do not need a computer to participate, as everything is done over the telephone.

## Oral health and seniors

Taking care of your teeth and gums can help keep your mouth and face from pain, prevent cancer, infection and related sores. This is especially important for seniors, according to Dr. Arlynn Brodie, a specialist in oral health, aging and long-term care.

She added that poor oral health can also increase the risk of pneumonia, cardiovascular disease, arthritis and strokes. "Your mouth is a portal," she said in a recent SCWW information session. "If you do not take care of it, you increase the tendency to fungal infections and disease."

She said there are no existing standards or guidelines on how to provide oral health care, what to report to doctors, etc. for seniors. "The only option is for seniors who are able to visit a dentist every six months to have tartar removed," she said. Brodie is advocating for oral health care to be made available to seniors.

**Congregate meals will be held January 10, 17, 24 and 31 at Baaco's in the Mystery Lake Hotel. Meals are still \$10 per person. Phone 204-677-0987 to reserve your seat.**

Each week there are different activities ranging from bingo to music therapy to health-related topics. You can learn more by phoning in to the SCWW welcome session on January 18 at 10:00 a.m.

But here are some of the events you can enjoy:

- Monday afternoon Book Club, Wednesday afternoon Curiosity Club, Thursday afternoon Game Show Mania or Friday afternoon Spelling Bees.
- February 22, learn about Home Care Services and Programs. March 1, learn about medication safety. April 27, learn about your thyroid.

There is so much more, as there is at least one session every weekday of each month.

For more information, call SCWW at 1-888-333-3121, or email [info@aosupportservices.ca](mailto:info@aosupportservices.ca).

**Help us fund raise. Use our co-op number when you gas up: 13971.**

**To borrow and to keep.** We have wheelchairs, walkers, and bathroom assists for you to borrow. We also have personal paper products and hearing aid batteries to give to those who need them. Just call the office to make arrangements.

*"We could certainly slow the aging process down if it had to work its way through parliament!" — Anonymous*



**Thompson Seniors Community Resource Council, Inc.**  
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