

## Here's your advocacy update

Several people have asked if we are still advocating to get [medical foot care](#) returned to Thompson. The answer is **YES!** In fact, MLA Eric Redhead arranged for a delegation from Thompson to meet with Health Minister Audrey Gordon this month! We will be able to report on that meeting in our April newsletter.

Another ad hoc committee is being formed to advocate for an increase in the [number of spaces at the personal care home](#). This committee is still in the formation stage but has identified some of the research and steps it must take to be heard. If you would like more information contact Rita Werstroh at 204-679-7073.

### Reserve your very own raised bed garden box

We are embarking on a project to provide Seniors/Elders with raised bed garden boxes so you can grow vegetables (and flowers) of your choice! The garden boxes are **free**. The soil and a selection of seeds are **free**. And we will provide you with youth to **help** with the first year's planting, weeding and general care. If you are in a house, townhouse or seniors housing unit, phone to reserve a garden box of your own! [204-677-0987](tel:204-677-0987).

The Province of Manitoba held a public meeting in Thompson February 9 concerning the provincial budget. Your Council presented a paper that covered medical foot care, spaces in the personal care home, the need for respite services, improvements to home care, transportation and affordable housing. We also asked the Province to advocate with the federal government on our behalf to make the Canada Pension Plan and Old Age Security keep up with inflation.

### Seniors meet our new RCMP Inspector

Recently RCMP Inspector Damon Werrell met with Seniors/Elders to answer queries and concerns ranging from thefts to scams. He has extended the offer to meet again. The RCMP have been very helpful in our World Elder Abuse Awareness Day presentations and bike program.



# How can we avoid IBS symptoms?

Irritable Bowel Syndrome (IBS) is something we do not often like to talk about — especially if we have it. It does not help that IBS is not the same for everyone, nor do all doctors advise the same treatment. Sometimes, the best we can do is to try and avoid triggering it.

How do we do that? *Readers Digest* discovered seven ‘sneaky triggers’. Perhaps knowing about these can help you or someone you know reduce the number of ‘flare-ups.’

1. Anxiety or stress can trigger an IBS reaction. The sad reality is that for some people, an IBS episode can also trigger anxiety. Therapy may be required to control the anxiety.
2. Caffeine is another trigger. If you drink it to stay awake or alert, try fresh fruit (apples work well) or exercise. If you drink it for the taste, switch to decaffeinated.
3. Depression contributes to a vicious cycle with IBS. Dedicated relaxation time may help somewhat.
4. Fructose can be bad, especially when it is in sweetened fruit juices and soft drinks. Limit your fruit intake to 1/2 cup per meal or snack.
5. Onion is a major trigger, especially if sauteed, fried or boiled. That is because it is high in fermentable oligosaccharides, disaccharides, monosaccharides and polyols — in plain English, those are specific carbohydrates that aggravate IBS.
6. Garlic is similar to onions. But some people substitute cumin for garlic and say they get the same satisfaction in flavour.
7. Lack of exercise may also be a factor. A study done in 2011 asked a group of IBS sufferers to increase their physical activity for 12 weeks. They were compared to a control group. They committed to 20 to 60 minutes of physical activity three to five times a week. Nearly half of the group reported a significant reduction in IBS symptoms. Many started by walking up to 10,000 steps per day.

## In Brief:

- **Grief support** may be available through Age & Opportunity on-line starting March or April. It is for people aged 55+ who have lost a spouse. Call toll free 1-888-333-3121 for more information.
- **Tuesday congregate meals** for the month of March will be at Chicken Chef. Book your space by noon on Monday. Price is \$10.
- There is **free curling** at the Burntwood Curling Club for seniors (and their guests) every Wednesday starting at 1:00 p.m.

- **St. Patrick’s Day 50/50 draw:** Check grocery entrances or call the office for tickets.
- **Filling up at a local Co-op?.** Use our number — **13971**.
- **To borrow or keep.** Wheelchairs, walkers and bathroom assists you can borrow. Personal protective paper products and hearing aid batteries to keep.

**Can you believe it? The Beatles split 52 years ago! If Elvis were alive, he would be 72. The Corvette is 70 years old, and the Mustang is 59!**



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