



AGM highlights: new Board members, by-law changes

Two new people were elected to the Board of Directors and two were re-elected at the Annual General Meeting (AGM) held September 20.

Board members re-elected include: Molly Stapleton and Esther Latchman; newly elected are Lydia Penner and Linda Biglow. Members fulfilling the second half of their term include: Ron Trainor, Ed McTavish, Fran Hartog, Joyce Kopp, Kim Rudolph, Sandy Timmons.

Changes made to constitution

Following a strategic planning session and several training sessions on governance, several changes to the Constitution/By-Laws were recommended and accepted at the AGM.

Changes included an additional goal to deal with financial sustainability, clarification of membership description, and updating duties of Treasurer and Secretary roles.

The Manitoba Seniors Home Modification Grant Program is scheduled to open this month. The program is being provided through the March of Dimes Canada and is intended to help seniors stay in their homes longer. Eligibility includes being 65 and older with a household income \$60,000 or less.

Molly Stapleton spoke on the recent visit of the new CEO of the NRHA at the Chamber of Commerce. In her report as outgoing Acting Chairperson, Molly Stapleton recognized the efforts of volunteers, without whose help programming would be minimal.

**What is
E.R.I.K.®?**



The acronym stands for Emergency Response Information Kit. It gives first responders the health and medical information they need to respond quickly and appropriately in a situation.

The kit contains an information sheet, health and medication form, health care directive form, patient advocate form and more.

The E.R.I.K. kit goes on your fridge. The red seal goes on the outside door you use most often. When emergency responders see the red seal on the door, they will know where to look for the kit.

We have kits for free. Contact thompson-seniors55@gmail.com or 204-677-0987 to arrange for yours.

Busting arthritis myths

Does the weather really affect arthritis?

Although the jury is still out on answering that question, there are some myths about arthritis in which you may be interested:

- **Exercise produces joint pain. False.** Exercise helps ease it by building strength and flexibility and controlling weight.
- **Exercise puts joints at risk. False.** Exercise actually strengthens joint-supporting muscles and helps lubricate joints.
- **If you were sedentary before, now's not the time to start exercise. False.** It's never too late to get more physical activity. Just remember to start slowly.

Arthritis sufferers can and should engage in a variety of low-impact physical activities such as aquatic exercise, cycling, walking. Always warm up before and cool down after any work-out.

One more rule of thumb: if you have osteoarthritis remember to walk, don't run.

— Source: *Reader's Digest*

Things to do for seniors:

1. **Congregate meals will be at the Northern Inn during October.** Price is still \$10 per person. Congregate meals are Tuesdays. Please call 204-677-0987 to let us know you will attend.
2. **Seniors Drop-ins continue every Tuesday from 1:30 to 3:30.** Play games, chat, or try a new activity. No charge.
3. **December 2 is the second annual Community Christmas Concert** at the Letkemann Theatre.

Thanks to a grant from 100 Women Who Care Thompson, we will be able to update our 'Connections Book' resource guide.

Our first edition was developed with the help of volunteers who researched and proofread the various drafts. If you would like to be involved in the process this time around, contact us by email or phone. If you do not have a copy of our guide now, you can try calling the province's 211 service for resources.



Need help but don't know where to turn?

211 connects you to community services anywhere in Manitoba.

Call **2-1-1** or visit **mb.211.ca**

FREE • CONFIDENTIAL • 150+ LANGUAGES • 24/7



Supporting
Seniors

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Office hours 10:00 a.m. to 4:00 p.m.

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