



Christmas dinner for seniors is on us

There is still time to register for the Christmas dinner on Tuesday, December 12 at noon at the TRCC. Registrations will be taken until Monday, December 4 or until the spaces are all filled.

Expect a full Christmas dinner catered by Ma-

Mow-We-Tak Friendship Centre and entertainment provided by Tracy Smith and friends.

You must **register by contacting the TSCRC office directly** at 204-677-0987 or thompson-seniors55@gmail.com.

Congregate meal schedule

Despite rising food costs, congregate lunches are still only \$10 per person. On December 5 and 19, meals are at TRCC with food prepared by the Concession.

For January, meals will be at the Ma-Mow-We-Tak Friendship Centre.

Seniors drop-ins still at the TRCC

Seniors can still drop in to the TRCC for games and conversation every Tuesday from 1:30 p.m. to 3:30 p.m.

Tax credit workshop popular

Nearly 25 people attended the workshop facilitated by Canada Revenue Agency in November.

So helpful was it, that CRA has agreed to return next April to run a 'super clinic' to help people with their tax preparations.

TSCRC partners with business to conduct Secret Santa for Seniors

Last year Kim Rudolph of Sun Life/RidgeStone Financial ran a Secret Santa for Seniors program. This year, CHTM and TSCRC are joining Kim to provide this nice surprise for seniors.

There are four steps to the program:

1. Pick a number from a Christmas Tree at the Sun Life/Ridgestone Financial office.
2. Purchase requested gift item (max. \$25).
3. Deliver the wrapped (preferably) gift along with the senior's number back to Sun Life/Ridgestone Financial.
4. The gifts will be delivered to the senior.

All names are kept confidential.

Go ahead — stick out your tongue

Hopefully, most of us know the common signs of a person having a stroke.

Now there is another sign: Ask the person to stick out their tongue. If the tongue is 'crooked', that is, (goes to one side), it could indicate a stroke, according to cardiologist G. H. Lewis.

In case you forgot other signs of a stroke, here are three simple questions to ask:

1. Ask the person to smile.
2. Ask the person to say a simple phrase (like chicken soup).

Free: protective products

We have a variety of products and sizes available for free. Contact the office and we can arrange delivery:

- Prevail Daily pull-ups, sizes L, XL and XXL.
- Prevail adjustables, sizes S/M and L/XL.
- Depends night defense pull-ups, M and L.
- Depends max dry-shield pull-ups, S and M.
- Smart Care briefs, adjustable, size L.
- Ultra Uni-briefs, adjustable, size M.
- Also free: hearing aid batteries.

Also free: E.R.I.K. kit

The Emergency Response Information Kit contains health and medical care information that attaches to your fridge. It helps emergency responders act faster and more efficiently in the event of an emergency. Contact the TSCRC office to obtain either product.

3. Ask the person to raise both arms.

If you suspect someone is having a stroke, call 911 immediately. Lewis says if you can get a stroke victim to medical care within three hours, you can potentially reverse the effects of a stroke.



Now we can update our resource guide!

Thanks to a donation from 100 Women Who Care, we can update the popular resource guide called *The Connections Book*.

The resource guide provides contact information for health, accommodation, services and resources of interest to an older population in Thompson, including crisis lines.



Thompson Seniors Community Resource Council, Inc.
4 Nelson Road, Thompson, MB R8N 0B4
Office hours 10:00 a.m. to 4:00 p.m.
204-677-0987 • thompsonseniors55@gmail.com •
www.thompsonseniors.ca • Check us out on Facebook.