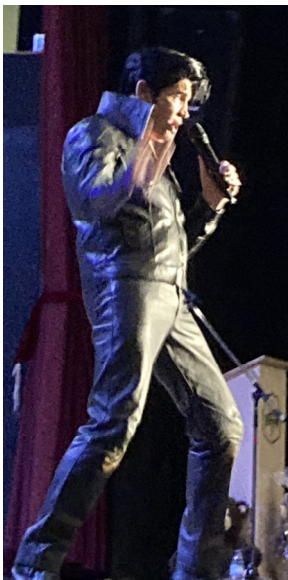


Crooners Concert touched all ages



Daylin James wowed the audience with his renditions of Neil Diamond, Frank Sinatra and other crooners from the 50s to the 70s last month. He even sang a duet, impersonating Louis Armstrong and Carol Channing. But if the first half of his performance was a hit, his performance as Elvis Presley was 'over the top' as one person in the audience exclaimed after the show. Another said, 'I closed my eyes and thought I was actually listening to Elvis. I haven't been that impressed by a performer coming up to Thompson in a long time.'



His rapport with the audience ranged from inviting Master of Ceremonies Alex Bone to perform one of his own songs to giving out teddy bears and, of course, his scarf. His music from both halves of the show inspired people of all ages to enjoy the music through dance!

The Council thanks The Hub restaurant for donating \$100 gift certificate as a door prize, as well as Nikki Ashton for donating a large bouquet of Godiva chocolates.

Also a huge thank you to Calm Air and Days Inn for contributing in-kind with reduced rates.

But most of all, thank you to CHTM and the many volunteers who sold tickets through Family Foods and Giant Tiger on Saturdays, and those who helped set up for the evening and ensured everything ran smoothly.

Check the next page for details on our next draw prize!



End-of-life planning assistance is available

Although we do not like to consider our end-of-life, we do need to plan for it. The following pointers are taken from several sources.

Prepare a will. This may seem like the first and most obvious pointer, but according to an Angus Reid survey more than half of Canadian adults do not have a will.

Form an advance care plan. Appoint a health care proxy — someone you trust to carry out your wishes if you cannot speak for yourself. Write down those wishes and the proxy's directions. It must be dated and signed by you.

Appoint a health care advocate. This person is one who will help decipher medical terms and options, ensure your feelings and questions are addressed, but does not make decisions for you or act on your behalf.

Consider a death doula. This is a professional who can provide emotional and practical guidance for people near death and for their families.

Plan your memorial. Do you want a religious service? Will you be cremated? Do you want a low-key event with family and close friends? Is there particular music or messages you want shared?

Some resources that may be of help include:

- Health Links 1-888-315-9257
- Family Doctor Finder 1-866-690-8260
- Dying With Dignity 1-800-495-6156
- Organ donations: 1-204-787-1897 or 1-204-789-3652
- Manitoba Health 1-866-626-4862
- Age & Opportunity Support Services for Older Adults 1-204-956-6440

You can win one of two iPad packages. Each package includes an iPad Pro 12.9 with 10-inch screen, 128 GB, keyboard and electronic pencil. Value is \$1,500.

Only 500 tickets are printed at \$10 each. Tickets are available through Board members, the office or may be sold at downtown locations during March. Draw date is Thursday, March 28.

Have you registered for the St. Patrick's Day potluck?

Although the deadline for registering was February 29, there will still be room to add people to our potluck event.

The event is Sunday, March 17 at 3:00 p.m.

Please phone 204-677-0987 or email thompsonsensors55@gmail.com to sign up and for location.



Congregate meals in March are at Baaco's. Price remains the same. Doors open at 11:30 a.m. Seniors Drop-ins continue at TRCC at 1:30 p.m.



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 • thompsonsensors55@gmail.com •
www.thompsonsensors.ca • Check us out on Facebook.