



In honour of Lydia Penner



Making the Putt

Lydia Penner was a Board Member until her passing last year. She was a vibrant member who came up with many ideas for events.

Last year, Lydia suggested an outdoor

event at the Thompson Golf Club. 'Putting with Seniors' attracted more than 20 participants who all had a great time.

In honour of Lydia, we are hosting another golf day event. We are calling it 'Making the Putt'. The event will be Wednesday, July 23 starting at 1:30 p.m. There will be a lunch prepared by the

(newly reopened) Thompson Golf Club restaurant, so bring your appetite, as well as a lawn chair for the outdoors.

There is a \$10 fee to cover the cost of the meal, and registration is required. Transportation can be made available.

To register and inform us of your transportation needs, phone Jolene at 204-677-0959 or email her at thompsonsensiors2@gmail.com.



Who says there is no free ride?

Thompson Community Foundation has provided a grant to Thompson Seniors Community Resource Council (TSCRC) that will enable a transportation study. The initiative will help determine the need for handi-van and other suitable transportation services for seniors or those with mobility challenges in Thompson.

Up to twenty participants will be selected for the study. Eligible participants will be 55 and older,

not have access to their own transportation and may have mobility challenges. Each participant will receive cab slips which can be used for medical appointments (including eye care, dental, etc.) and TSCRC-sponsored events.

If you think you qualify and would like to be considered as a candidate for this study, contact us at 204-677-0987 or email thompsonsensiors55@gmail.com.

Summer safety tips you may have forgotten

Oppressively hot **weather** can lead to a feeling of general unwellness, heat exhaustion, heat stroke or worse. You can take steps to prevent these conditions:

- Cover your arms, head and legs when the UV index is higher than three.
- Wear light colours, sunglasses and a wide-brimmed hat.
- Sit in the shade (on a porch, under a tree or umbrella).
- Drink lots of water.

If you begin to feel unwell, sit with your feet up, drink water, and try to get a cold cloth or compress on your forehead, back of your neck, chest or groin. If you feel heat cramps, get in the shade and drink water and electrolytes.

Heat exhaustion leads to feelings of weak-

ness, nausea, headache, dizziness and general discomfort. Your pulse may be rapid. You need a cool place and lots of fluids.

Heat stroke is a medical emergency. Your body temperature is higher than 104°C. You may faint, feel confused. You will not sweat and you need to be moved to a cooler place, perhaps placed in a cold bath. You should not eat until your body is stabilized. Medical help is advised.

If you are **travelling** away from home, be sure only trusted people know. This could be the person you ask to pick up your mail and do other things to make your home appear occupied.

Consider shutting off the watermain. Ensure smoke detectors and alarms are functioning and armed. Do not announce your trip on social media and do not post vacation pictures until you return home.

Sign up or register

Summer yard help is back!

Need help with lawn care, fence painting, exterior window washing (for free)? Register with us now and we will add you to the schedule. Contact Jolene at 204-677-0959.

Congregate Meals: Every Tuesday at 11:30 a.m. at A & W in July, followed by drop-ins at TRCC at 1:30. The Legion is open for drop-ins on Fridays from 1:30 to 3:30 p.m.

Victoria Lifeline: If you would like to learn more about the Lifeline program, call 1-888-722-5222.

Did you know that loneliness is as bad for your health as smoking 15 cigarettes a day?

According to a recent webinar hosted by Age & Opportunity Manitoba, we are more likely to experience mental and physical challenges if we are feeling lonely.

If you know someone who may feel isolated and lonely, reach out to them and invite them to some of our events. Or let us know, and we will reach out. We do not want any Senior/Elder feeling lonely.



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