



## ***Caroline McCusker places first at the 'Lydia Penner Making the Putt' event***

Congratulations to Caroline McCusker who won the 'Making the Putt' golf event in honour of Lydia Penner. Lydia, who was an active Board member, initiated a golfing event for seniors in 2024, the same year she passed away.

This year's event was catered by the Thompson Golf Club's newly re-opened restaurant. Thank you to Geoff Halcrow who provided the meal at the same discounted price that is offered at the Tuesday congregate meals.

Thank you to Sharon Irving and the golf club staff for making sure everyone had access to the putting green, golf balls, putters and a nice space to enjoy the outdoors.



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## ***What activities are on the horizon for you?***

**Bus trip to Paint Lake:** Tentatively scheduled for Wednesday, August 28. This is dependent on smoke conditions. Price will be held to \$10 for the final year. Prices will have to go up in 2026.

**Garden produce display:** Prizes are to be won for gardeners willing to display their best

vegetables during Leisure Mart at the TRCC September 5 and 6.

**Also in September:** Chair yoga resumes; Annual General Meeting.

Listen to CHTM or check our Facebook page for details on these events. Or check in with the office for details.

# Are we in a collagen crisis?

According to Dr. Chad Walding, collagen is overlooked in our talks about modern health. He says we are running critically low on collagen — a protein in your body that acts like rebar: it provides a framework to keep your skin taut, your joints cushioned, your bones dense and your gut strong.

How do you know if you are collagen-deprived? Your joints may sound like a bowl of Rice Krispies. Your skin loses its 'bounce.' (In other

words, wrinkles, sagging and dryness — things we typically associate with aging — are a direct result of collagen loss.) Your gut gives you problems with bloating and excretion. Your hair and nails get brittle. Your muscles weaken. Your bones become less dense.

What causes collagen loss? According to Dr. Walding, it is mainly our diet of processed foods, environmental toxins and chronic stress. But he feels collagen depletion is reversible with diet being a major factor. He suggests collagen-rich bone broths, organ meats and whole-animal diets.

Fun collagen facts:

- Collagen is stronger than steel, gram for gram, which is why it is used in artificial skin grafts.
- Your corneas are made almost entirely of collagen. You would not see without it.
- Ancient Egyptians used collagen-rich bone broth as medicine!

*Thank you to Ron Trainor for bringing Dr. Walding's article to our attention.*

## Sign up or register

### Sign up for free lawn care!

For lawn mowing, exterior window washing, fence painting. Register by calling 204-677-0987.

### Sign up for cab slips

We still have room for participants for our transportation study. Participating is easy. You receive cab slips that provide you with free transportation! Call 204-677-0987 for details.

**Congregate Meals:** Every Tuesday at 11:30 a.m. at McDonalds in August, and at Ma-Mow-We-Tak in September, 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.

## Note to those using the UCN area on Tuesday afternoons

The UCN campus will not be available Tuesday, September 2 for the Seniors Drop-ins. You are asked to use the tables and chairs in the TRCC lobby.



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](mailto:thompsonsensors55@gmail.com) •  
[www.thompsonsensors.ca](http://www.thompsonsensors.ca) • Check us out on Facebook.