

June 2026

## Happy 100th Sylvia Huculak!

We do not often get to welcome a centurion to Thompson! But last month Sylvia Huculak reached that milestone!

Sylvia has called Thompson home for more than 61 years. She raised four children, babysat numerous others, took in boarders, made perogies by the thousands and kept our hospital clean for more than 18 years.

Sylvia enjoyed her birthday with family and friends and received numerous phone calls and cards from near and far.

Thank you to the Loughheed family for sharing news of this wonderful milestone with us.



*Sylvia Huculak celebrated her 100th birthday with family and friends.*

### Meet Manitoba's Seniors Advocate and more...

This year, we recognize **World Elder Abuse Awareness Day in Thompson on June 17**. Program begins at 1:30 and includes Manitoba Seniors Advocate Leigh Anne Caron, Elder Jack Robinson, presentation on AI and Scams by Jarome Connell, and a lived experience as told by the rescuing family members.

Register in advance to ensure enough seats and refreshments are available.



**Thank you to those who participated in Let No One Be Alone week by filling Prescription Connections!**

# Services and activities abound in June!

## Services and assistance:

### Renovations for accessibility and safety

Need financial help installing grab bars, widening doorways, building ramps? You may qualify for financial assistance through the Manitoba Safe and Healthy Home program. Learn more at the March of Dimes: 1-866-906-6006.

### Financial assistance

Need help catching up with rent or utilities? You may be eligible for an interest-free loan of up to \$2,500 from Manitoba Rent Relief Fund. Call 1-204-222-2181.

### Information on medications

People over age 65 are hospitalized five times more than those who are under 65 because of harmful medication effects. Speak to your pharmacist to find out if your medications are compatible with each other and what effects they may be having on your organs and health.

## Events and activities:

**Animal Teachings with northern knowledge keepers.** These Saturday tours are free and take place June 6 and 20 and July 4 and 18 at Heritage North Museum. Learn more by calling 204-677-2216.

**Butterflies, bingo, music and more** — there is so much variety on Senior Centre Without Walls. It's all done over the telephone and it's free! Learn more. Phone 1-888-333-3121.

**Congregate meals** at the Burntwood Hotel in June. Show up at 11:30 a.m. and enjoy the company of old friends or make new ones! Please note that prices will be going up soon.

**Seniors Drop-in** at the TRCC/UCN lobby area every Tuesday starting at 1:30 p.m. Play cards, work on puzzles, roll some dice, or just chat.

**Nickel Days Child Find Booth:** June 18 to 21. Drop by to say hello or volunteer! Just call us.

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## Respite services for caregivers now rolling out

If you are the caregiver to a senior or a senior providing full-time care to a loved one, and if you just need a break once in awhile, we can help.

Thanks to support from Petro-Canada CareMakers Foundation, we are able to offer respite services as part of a case study.



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This service is free to caregivers.

We are still taking applications for respite care provid-

ers. Conditions apply. Honourariums will be paid to providers.

This 30-week program will help provide the information needed to lobby and advocate for government-funded respite in Manitoba, specifically Thompson.

If you would like respite services for up to four hours per week, or if you are interested in being a respite provider, call us at 204-677-0987 or email [thompsonseniors55@gmail.com](mailto:thompsonseniors55@gmail.com).



Thompson Seniors Community Resource Council  
4 Nelson Road, Thompson, MB R8N 0B4

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

204-677-0987 • [thompsonseniors55@gmail.com](mailto:thompsonseniors55@gmail.com) •

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