



Viruses, worms, malware & ransomware:

What next?

You no longer have to have a computer to be exposed to malicious software or scams. You only need a cell phone or a tablet, or a smart TV, or a computerized refrigerator (yes, they make those, too).

It is hard not to become paranoid about technology attacks, especially with artificial intelligence (AI) being part of every new item that comes off a production line. And that makes it difficult to predict what comes next.

Here are some thoughts that may help you navigate away from problems. Many modern items that rely on the internet (e.g. modems, wifi, cell phones, etc.) require a user ID (identification) and a password for registration and for access. While it is safe to use the same user ID, it is best if you have a different password for each device. That makes it harder for a hacker or any

type of malware to navigate your personal files.

Tip: keep a paper copy of your passwords somewhere handy in case you forget them.

You can protect your devices to large extent by installing security software and keeping any operating systems updated. You usually get a notice saying when an update is available.

You can catch a problem early if you notice your phone or smart TV or other device becomes sluggish, has unexpected ads popping up, freezes up or shows other unusual activity.

Any of these viruses, worms, malware or ransomware can lead to someone accessing your personal accounts and stealing your money and identity. If you want more information or advice, contact Connected Canadians at 1-877-304-5813 or email info@connectedcanadians.ca.

No one knew what they had won, but that did not matter!

Brown Bag Bingo was fun for seniors, teenagers and even young children on Canada Day. The games were simple. The rules were simple. You win a bingo game, and you select one of the brown



bags. Some prizes were cute and silly. Some were practical. But everyone enjoyed the event. Yes, we will do this again next year

Help is available to make your home safe and accessible

If you need help affording safety improvements to your home, contact the **Manitoba Safe and Healthy Home for Seniors Program**. It is provided through March of Dimes Canada. Call toll free for more information: **1-866-906-5996** or email them at shhs@marchofdimes.ca.

Register for the annual bus trip

This year's bus trip is Wednesday, August 19. Refreshments at the marina and travel games are on the agenda! Price is \$20 per person.

Free services for seniors:

Free yard care: Lawns, exterior windows, fence painting — free until the end of August. Call 204-677-0987 to sign up.

Bikes are back: During August try a ride on one of our piloted bikes. We can accommodate wheelchairs, rickshaw-style or side-by-side rides. Call 204-677-0987 to book your ride.

Drop-ins: Tuesdays at TRCC from 1:30 to 3:30. Cribbage, puzzles, dice games, more!

Fund raise at the pump: Why not use our Thompson Co-op Gas Bar number: **13971**.

Types of eligible improvements include: grab bars, ramps, stair lifts, tub cut outs, automatic door openers, door widening, raising or lowering cabinets and installing barrier-free showers. Some documents are required: Proof of income, a therapist letter of assessment, price quotes, proof of home ownership and a completed and signed application form.



*We welcome our 2026 summer students
(from left) Layo Aremu, Jenelle Tripp, Sophie Moore, Simone Flett, Tobi Adelufosi, Enife Ajai.*

Are you a caregiver? Need a break once in awhile?

We now provide respite services for free thanks to a donation from Petro-Canada CareMakers Foundation. A qualified person will come to your home and look after your loved one so you can go out for awhile, get a project done or just have a nap. We can offer you up to four hours a week. Call us at 204-677-0987 to learn more.



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