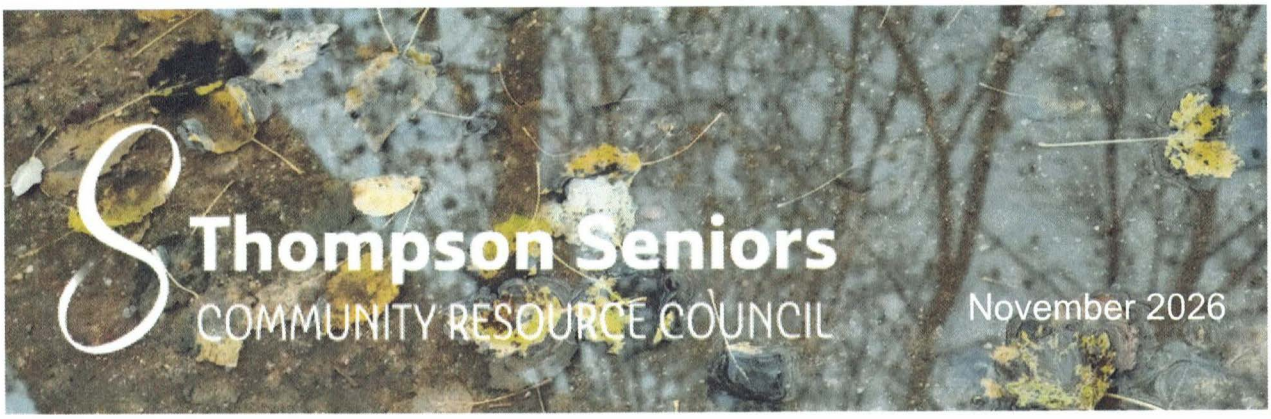


Potluck brings a tasteful introduction to autumn





Nearly 40 people attended a potluck dinner October 21. It was a good time to reacquaint with people and to share some delightful dishes. The event was held in the Chimo Room at the Legion. The next potluck will likely be in the New Year, but between then and now you can enjoy the annual Christmas dinner (details to come), Christmas concert, craft sales and informational programming. We will keep you updated through CHTM, social media and email.

Be a GrandPal to a fifth-grader

Juniper School will be running a GrandPals program starting early in January. GrandPals is an intergenerational program that brings together people from different age groups. In this case, it will be children in Grade 5. This is an opportunity to build relationships, share experiences, and learn from one another. The program will run between six and eight weeks and will be held Thursdays from 10:45 a.m. to Noon. They are asking for participation from four to eight seniors. If you are interested, register with Thompson Seniors by phone 204-677-0987 or email thompsonseiors55@gmail.com.

Estrangement does not mean you were a bad parent

Family estrangement is when an adult child limits or ends contact with a parent. It is deeply painful and confusing. And it is more common than many people realize.

The Seniors Centre Without Walls (SCWW) program recently featured an education session about family estrangement. They explained a number of factors in this dilemma.

There are several reasons why an adult child may estrange themselves.

Among them: feeling emotionally unsafe, unheard or invalided; dealing with unresolved childhood hurt or trauma; or they may have different values or lifestyle from the parent. Most adult children view estrangement as self-protection not punishment.

This does not mean you are a bad parent, that your child never loved your or that reconnection is impossible.

It does mean the relationship felt unsustainable to your child as it was.

Parents often feel grief, shame, anger, guilt, confusion and longing.

These are normal reactions, as estrangement is a real loss.

How do you cope? SCWW suggests you allow yourself to feel grief, pause before reacting, seek support and focus on what you can control.

If you hope for reconnection, be prepared to acknowledge your child's feelings, take responsibility for your part, listen and learn. Also respect boundaries, do not pressure for contact or forgiveness, avoid minimizing or denying their experience and rewriting their past.

SCWW stresses that this information is NOT meant for professional mental health care. It is meant only for educational and supportive purposes. For professional assistance you could contact Jen Whalen at NRHA or the Canadian Mental Health offices in Thompson.

All SCWW programming is done over the phone, you do not need a computer or tablet. For more information on upcoming programs phone 204-956-6440 or email info@aosupportservices.ca.

Congregate meals will be at A & W in November.

Christmas concert this month

The annual Christmas concert is Sunday, November 29 at 1:30 p.m. in the Letkemann Theatre. There will be entertainment, draws, goodies and Santa Claus, of course!

Supporting Seniors

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
www.thompsonseniors.ca • Check us out on Facebook