



Headingley Community Centre
5353 Portage Avenue
Headingley, MB R4H 1J9
204.889.3132 ext. 3
www.headingleyseniorservices.ca

July/August 2017 Issue 49

Seniors' Scene

Enrich your life with us!

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Tuesday, July 18th, noon
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Next Foot Clinic, Thurs, Aug 10th

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**Come Join the
Fun at Our
Headingley 25th
/ Canada 150th
Birthday Bash**

Activities for all July 1st at
the Headingley
Community Centre from
11:30 am – 10:30 pm

Raft Race (river), Free
BBQ Lunch & Dinner,
Bouncy Castles, Video
Arcades, Laser Tag,
Strawberry Shortcake,
Slushies, Grand Opening
of the Splash Pad,
Fireworks and much
more! See you there!





About E.R.I.K.®

E.R.I.K. (Emergency Response Information Kit) provides important information during emergencies in the home. The kit is ideal for seniors, people with chronic illnesses, those who live alone or who have caregivers, and others who have difficulty communicating.

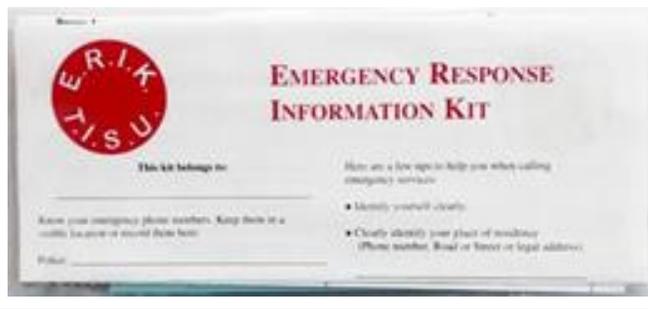
TIPS for E.R.I.K. users:

- Place red E.R.I.K. sticker on your door so paramedics know there is a kit on your fridge.
- Keep E.R.I.K. on your fridge
- Take your medication card with you to medical and dental appointments.
- Return it to E.R.I.K. when you get home.
- Take a copy of E.R.I.K. with you:
 - When you travel
 - When you go to the hospital

In an emergency, paramedics will open the kit on your fridge and know:

- What medications you take
- If you have a Health Care Directive or Living Will
- If you have signed an Organ Donor Card

E.R.I.K. is provided **FREE** for residents in the RM of Headingley from Headingley Seniors' Services. Pick it up at our office located at the Headingley Community Centre, 5353 Portage Ave.



We are Pleased to Announce our New Seniors' Resource Coordinator is Kristie Todd!

She will begin working with us on July 24th. Please give her a warm welcome!

Fond Farewell Moments

and our Very Best Wishes to Patti Cutts, HSSI's Senior Resource Coordinator.



We've been taking opportunities, like morning coffee and a lunch Bar BQ to thank Patti for the past four years of her welcoming smiles, leadership in growing HSSI and for her organizational skills keeping us all on track. Any question about services or programs – we just asked Patti.

Patti is retiring July 6 to spend more time with family and organizing her own home! Patti said she loved her work with Headingley Seniors' Services and will be back as a volunteer. She is looking forward to some free time to take part in the many activities offered in Headingley. We will miss Patti sitting in the office chair but look forward to sharing volunteer experiences with her.

Riddles

What begins with T, ends with T and has T in it?

~and~

Look at me. I can bring a smile to your face, a tear to your eye, or even a thought to your mind. But, I can't be seen.

What am I?

It's Safe to Ask Medication Card

It's Safe to Ask Medication Card is for people to record medications. The purpose of the card is to:

- help patients gain and retain more knowledge about their medications
- reconcile medications
- help to ensure that medications are used correctly
- provide critical information for emergency responders and reduce the possibility of medication incidents



Patients should list regularly used and "as needed" medications, including prescription medications, non-prescription medications, vitamins, herbal and natural products.

10 Gut Health Resolutions for 2017

If you are looking for some healthy resolutions, more than 'eat better' and 'join a gym', healing your gut might be the best place to start. Here is a list of 10 gut health resolutions that will put you on the right path for the rest of the year.

1. Try a Real Food or Elimination Diet

The quality of the foods we eat impact our gut and how it breaks down and absorbs nutrition, etc. When we eat real, whole and nutrient-dense food, we are giving our body access to vitamins, minerals and nutrients to help us thrive. 'Real, whole and nutrient-dense foods' are vegetables, fruits, fish, poultry, meat, herbs, spices, healthy fats and fermented foods.

While foods like eggs, grains, nuts, seeds, beans, legumes and dairy are tolerated by some, these are the foods that should be the focus of a basic elimination diet (because they are foods that are most likely to cause you issues if you have a compromised digestive system). Eliminate for 2-4 weeks and notice how you feel. Then, re-introduce one food group at a time and take note of any symptoms that you experience.

2. Incorporate Fermented Foods

Probiotic-rich foods are a great way to help repopulate the gut. Good quality yoghurt, sauerkraut, etc. are examples of fermented foods. Try to incorporate a small amount of at least one type of fermented food each day to help boost your gut health.

3. Work on a Proper Sleep Routine

Sleep is very beneficial to gut health and healing. We should be working on 7-8 hours of good quality sleep each night. Physical repair and regeneration of the body, and especially the gut, happens while we are asleep.

Create a bedtime routine that helps you to relax, clear your mind and get to sleep quickly. You could try reading, listening to calming music, journaling or meditation. Try to limit screen time and blue light exposure at least an hour before bed. Finally, ensure your room is really comfortable, cool, dark and quiet. This is the perfect recipe for gut-healing sleep.

4. Adjust Exercise to Match Where You Are at With Your Gut Health

If you are trying to heal your damaged gut, exercise ONLY works if it is not an added stressor.

10 Gut Health Resolutions for 2017 con't



This means exercise should make you feel energized, not exhausted afterwards. If you are working on healing your gut, try moderate exercise. Moderate exercise can be walking, swimming, Pilates and yoga practices that focus more on stretching, breathing and postural control. Really the best thing you can do is listen to your body and not overdo it with exercise.

5. Incorporate Stress-Management Strategies Daily

If you are planning to work on your gut health, it is usually because you have frustrating or embarrassing symptoms like bloating, gas, constipation, diarrhea or reflux. Poor gut health can also bring about brain-symptoms like worry, low-mood and anxiety. For this reason it is important to incorporate stress-management techniques into your day. Some options are: meditation, deep breathing, journaling, watching a funny or uplifting movie, and listening to music you love. The trick is to find an option that works for you and your lifestyle.

6. Reduce Your Exposure to Environmental Toxins

Toxins from our environment can contribute to gut dysfunction. They irritate the gut lining, which acts like a second skin inside the body and stops harmful toxins entering our bloodstream. This means that limiting your exposure to things like mercury, pesticides, BPA and fluoride, as well as pain relievers with Aspirin, Acetaminophen or Ibuprofen can reduce the overall toxic load on your gut and give you space to heal.

7. Only Use Antibiotics as a Last Resort and Focus on Building Your Immunity

Antibiotics are a life saver – a genuine last resort, emergency, life saver. The over prescription and abuse of antibiotics is having a devastating impact on our gut health. Antibiotics not only target bad bacteria, they also often have a damaging effect on the number and diversity of good gut bacteria.

So in 2017, focus on building your immunity so that you are not so susceptible to infection and consider natural alternatives for low-grade infections before jumping straight to the big guns and damaging your gut health.

To find out about the other three resolutions, check out <http://bellalindemann.com/gut-health-resolutions/> for the complete article.



Our Summer Lunches are:

Lunch Away – The Park Café

Tuesday, July 4th, at 11:30 am

BBQ & Games

Tuesday, July 18th, at noon

~and~

Tuesday, August 15th, at noon

Be sure to register by phoning Patti at 204-889-3132 ext 3 to save a spot

Next Foot Clinic

Thursday, August 10th

Be sure to register with Patti by phoning 204-889-3132 ext 3.



CANADA 150



CANADA 150



CANADA 150

Happy 150th Birthday Canada!

Riddles.....

Page 3

..... a Teapot!

..... Memories!

(I have many good ones I am taking with me!)



Summer Fitness Programs

Pickleball

Location: Phoenix Community Centre (outdoors)

Register with Kim Bartlett KBarlett10@shaw.ca or Ellen Cairns ecairns@mymts.net to receive program updates.

Encore Health & Fitness Studio

Location: Headingley Community Centre

See hours below. Membership required.

New Instructor for MHRD Fitness Programs



Andrew is a new instructor for MHRD and this Fall he will be teaching Cardio - Strength Fusion and Wednesday's Fit and Flex in Headingley!

Andrew is a former personal trainer and running clinic instructor with eight years of experience in the fitness industry. He has a degree in Kinesiology from University of Winnipeg and the Active Older Adult Certification through the Manitoba Fitness Council.

He serves on the Manitoba Fitness Council Board of Directors and is a Program Facilitator that certifies older adults as group exercise instructors. Andrew teaches older adult group exercise at Good Neighbors Active Living Center and Archwood 55+.

He has a passion for working with older adults and teaching them exercises that will reduce their chances of injury in everyday life.

Summer Office Hours:

Tuesdays: 9am – noon 1pm – 4pm

Wednesdays: 9am – noon

Thursdays: 9am – noon 1pm – 4pm

Phone: (204) 889-3132 ext 3

Email: hdlyseniorservices@mts.net

Website: www.headingleyseniorservices.ca

ENCORE

HEALTH & FITNESS STUDIO

Your STAGE to Active living
Headingley Community Centre



Summer Hours

Days: Monday thru Thursday

9:00 am - Noon

and

1:30 - 4:00 pm

Fees

\$ 2.00	Drop In
\$ 10.00	Monthly
\$ 60.00	Yearly



July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	1/8
Black-fitness Blue-social Red-health Green-education Orange-municipal		11:30 am-2:00 pm Lunch @ The Park Café and English Gardens		1:30-3:30 pm Cribbage		July 1st- 25th Hdly / 150th Canada Anniversary 
9	10	11	12	13	14	15
		1:30-3:30 pm 55+ Club		1:30-3:30 pm Cribbage		
16	17	18	19	20	21	22
Summer Encore Fitness Hours: 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs		Noon-2:00 pm BBQ & Games		1:30-3:30 pm Cribbage		
23	24	25	26	27	28	29
		1:30-3:30 pm 55+ Club		1:30-3:30 pm Cribbage	*****Canada	Summer*****
30	31	1	2	3	4	5
*****Games**	*****					



August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 30	31	1	2	3	4	5
Black-fitness Blue-social Red-health Green-education Orange-municipal	*****	**** Canada ****	***** Summer *****	***** Games ***** 1:30-3:30 pm Cribbage	*****	*****
6	7	8	9	10	11	12
***** Folklorama - Week 1	***** Folklorama - Week 1 	**** Canada **** Folklorama - Week 1 1:30-3:30 pm 55+ Club	***** Summer ***** Folklorama - Week 1	***** Games ***** Folklorama - Week 1 9 am-1:00 pm Foot Clinic 1:30-3:30 pm Cribbage	***** Folklorama - Week 1	***** Folklorama - Week 1
13	14	15	16	17	18	19
***** Folklorama - Week 2	Folklorama - Week 2	Folklorama - Week 2 Noon-2:00 pm BBQ & Games	Folklorama - Week 2	Folklorama - Week 2 1:30-3:30 pm Cribbage	Folklorama - Week 2	Folklorama - Week 2
20	21	22	23	24	25	26
<u>Summer Encore Fitness Hours:</u> 9:00-noon Mon-Thurs 1:30-4:00 pm Mon-Thurs		1:30-3:30 pm 55+ Club		1:30-3:30 pm Cribbage	Corn & Apple Festival Morden, MB	Corn & Apple Festival Morden, MB
27	28	29	30	31	1	2
Corn & Apple Festival Morden, MB				1:30-3:30 pm Cribbage		