



HEADINGLEY COMMUNITY CENTRE

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www.headingleyseniorservices.ca

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Office Hours / Encore Health & Fitness Hours:

Monday- Thursday
9AM— 3PM

*Joke of the
month:*



*...Why did the tree
go to the dentist?*

April 2024

Issue 127

Seniors Scene

Enrich your life with us!



Greetings and Happy Spring!
In March, HSS had the pleasure of hosting an informative Lunch & Learn on the importance of maintaining a healthy mouth as we age. Attendees learned valuable tips and tricks for oral care, enhancing their understand-

ing of how dental health contributes to overall well-being. Thank you to Active Aging in Manitoba for presenting.

Additionally, we got together for an afternoon of crafting. Creativity flourished as we crafted an Easter themed wreath and shared in laughter and joy together ahead of the holiday weekend. Thanks to Lenora Bisson and Lynn Mowat for organizing such a wonderful afternoon.



April 2nd marks Caregiver Recognition day. We would like to acknowledge these remarkable individuals who enrich our lives with their dedication and compassion. Most people will find themselves in a caregiving role at some point in their lives. This issue will highlight information & resources available for caregivers.

Please contact us in the office with any questions and to learn about what we offer here at Headingley Seniors' Services!

Take care,
Kristie & Margo



Tips & Resources for Caregivers:

Caring for a loved one can be a deeply rewarding experience, but it can also come with its challenges and stresses. Caregiver stress is a common issue that many individuals face when taking care of a family member or friend who is ill, disabled, or aging. The demands of caregiving can take a toll on your physical, emotional, and mental well-being. Here are some strategies to keep in mind:

- **Acknowledge your feelings:** Caregiving can evoke a range of experiences and emotions such as stress, grief, anger, guilt, and sadness. Whatever you're feeling is normal. Talk to a trusted friend or counselor to have an outlet for expressing your feelings and gaining support.
- **Set Realistic Expectations:** Understand that you cannot do everything and it's okay to ask for help. Delegate tasks to willing family members or friends, or consider professional help. Creating a schedule may help you prioritize tasks and manage your time.
- **Take care of your own health:** Make time for regular exercise, eat a balanced diet, and get enough sleep. Don't ignore your own medical concerns and make sure to attend your own doctor appointments. Practice stress relief techniques such as deep breathing, meditation, or yoga.
- **Seek Respite Care:** Respite care can give you the opportunity to take a break and focus on yourself. Regular breaks from caregiving are important to recharge and rejuvenate.
- **Stay connected with others:** Caregiving can feel isolating. Prioritize staying connected with friends and family. Maintaining a strong support system provides emotional support, companionship, and a sense of belonging.
- **Maintain your own hobbies & interests:** It's important to continue to make time for activities that you enjoy to bring you fulfillment and prevent caregiver burnout.
- **Be kind to yourself:** Acknowledge how difficult this is. You are doing your best. Practice self-compassion.

For available resources in Manitoba, please visit: (more on next page)

- ⇒ **Caregiving modules:** <https://www.virtualhospice.ca/caregiving/>
- ⇒ **Free drop-in counselling:** <https://www.southernhealth.ca/en/finding-care/find-a-service/mental-health/>
- ⇒ **Online course for caregivers:** <https://www.pallium.ca/course/leap-carers/>
- ⇒ **Practical Caregiving videos:** https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Topics/Topics/Providing+Care.aspx
- ⇒ **Caregiver stress assessment:** <https://alzheimer.ca/sites/default/files/documents/Caregiver-stress-assessment-checklist--Alzheimer-Society.pdf>
- ⇒ **Respite:** <https://www.southernhealth.ca/en/finding-care/find-a-service/respice-care/>
- ⇒ **Caregiver guide:** <https://www.gov.mb.ca/seniors/publications/docs/caregiver.pdf>

Additional Caregiver Resources:

- ⇒ <https://www.southernhealth.ca/en/finding-care/care-by-topic/care-in-your-home/>
- ⇒ <https://alzheimer.mb.ca/living-with-dementia/caring-for-someone-with-dementia/#10063>
- ⇒ <https://alzheimer.mb.ca/we-can-help/support-groups/for-family-and-friends/#10066>
- ⇒ <https://www.gov.mb.ca/seniors/resources/community-and-caregiver-supports.html#CaregiverAndFamilySupports>
- ⇒ <https://www.carerscanada.ca/>
- ⇒ <https://www.mentalhealthcommission.ca/caregiver-resources/>
- ⇒ <https://www.gov.mb.ca/finance/tao/caregiver.html>
- ⇒ https://www.gov.mb.ca/asset_library/en/mh/docs/caregiver_inventory2022.pdf
- ⇒ <https://www.manitoba.ca/mhcnw/>
- ⇒ <https://www.aosupportservices.ca/>

Did You Know?

We will be offering 2 FOLKLORAMA tours this August!

Thurs August 8th
2 Pavilions: Punjab & Japanese
 \$61.95 per person

Wed August 14th
3 Pavilions: Korean, Egyptian, & Spirit of Ukraine
 \$76.95 per person

Bus transportation provided.
Contact HSS office to sign up!



Café BREAK—MENU



***April 3– Enchilada Torte**

April 10– Lasagna

***April 17– Breakfast for Lunch (L&L)**

April 24– Chicken Pot Pie

Contact the office the *Friday* prior to register:

(204) 889-3132 ext. 3
seniors@rmofheadingley.ca

*Event / Lunch & Learn booked

Current HSS programs to enjoy:

Mondays

Helping Hands 1-3pm

Wednesdays

Café BREAK lunches 12pm

Thursdays

Crib and Coffee 1-3pm

Fridays

Urban Pole Walking & Coffee 10-11am

Headingley Community Centre
5353 Portage Ave



Upcoming Foot Care Clinics

Thursday April 11th
Thursday May 16th

*Clinics are run monthly by Karen Dingman, RN
Please contact the HSS office for more info or to
book your appointment!*

Food Handler's Course:

This certification course is recommended for anyone who serves food to the public. Topics covered include receiving and storing food, preparation techniques, dishwashing, cross-contamination and other components of safe-food handling.



*Please bring your
lunch, water and a
pen!*

Saturday May 4th
9:00-3:30
Headingley CC

HEADINGLEY COMMUNITY FOUNDATION Proudly Presents



Saturday
April 13th
8pm-1am
5353
Portage
Ave

Looking for
something to do
with your
grandchildren?

AT THE LIBRARY



TUESDAY
DROP IN
AGES 5+



**BUILDER'S
CLUB** 3:00 - 6:00

WEDNESDAY
DROP IN
ALL AGES



**STORY
TIME** 10:30 - 11:30

THURSDAY
DROP IN
BABY & TOT



**STAY &
PLAY** 10:30 - 12:00

Macrame 101 Plant Hanger Workshop

Macrame is a great way to create beautiful and functional pieces of art—like wall hanging, plant hangers, curtains and more. In this class, you will learn techniques to create stunning pieces that perfectly showcase your beloved plants. As you knot and weave, you'll discover the joy of transforming simple cords into functional, beautiful pieces that add an organic touch to your living space.



Saturday April 20th, 12-3 pm
Headingley Community Centre
\$50

Visit MHRD.ca to register!

Joke answer...

Because it needed a root canal!

For programming updates, brainteasers and puzzle fun be sure to subscribe to our newsletter by emailing seniors@rmofheadingley.ca

HEADINGLEY LIBRARY presents:

SPRING INTO SUMMER READING CHALLENGE

The Spring Into Summer Reading Challenge
will run from March 15 - June 22, 2024

Visit us at the library or e-mail us at
hml@headingleylibrary.ca to register and
receive your reading challenge form

We have chosen 8 broad prompts, so everyone
can find something to fit their reading
preferences

Submit your completed form by June 22nd to
be entered into a prize draw

***challenge open to adult patrons of**
Headingley Library

**THE RURAL MUNICIPALITY OF
HEADINGLEY**
YOUR COMMUNITY - YOUR FUTURE

Headingley Earth Day Community Cleanup!

Spring is around the corner!
Let's all do our part to keep
Headingley clean!
APRIL 27

Garbage bags and instructions will be provided.
Breakfast & coffee will begin at 9:00 am at the
Headingley Community Centre.

Volunteers appreciated for Earth Day Cleanup!
Please sign up through MHRD.ca



Join us for our next
Lunch & Learn
Wednesday **April 17th** @ 12 pm

Emergency Preparedness within your own community

Presented by
Barb Gillis
Emergency Coordinator



Lunch: \$10
Learn: Free

Contact HSS office to book your spot
(204) 889-3132 ext 3
seniors@rmofheadingley.ca

April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Fit & Flex</i> <i>Cardio</i> <i>Helping Hands 1-3</i>	2 <i>Tai Chi</i>	3 <i>Fit & Flex</i> <i>Cardio</i> <i>Café BREAK</i> <i>Escape Room</i>	4 <i>Cribbage 1-3</i>	5 <i>Urban Pole Walking</i>	6
7	8 <i>Fit & Flex</i> <i>Cardio</i> <i>Helping Hands 1-3</i>	9 <i>Yoga</i> <i>Tai Chi</i>	10 <i>Fit & Flex</i> <i>Cardio</i> <i>Café BREAK</i>	11 <i>Yoga</i> <i>Foot Clinic</i> <i>Cribbage 1-3</i>	12 <i>Urban Pole Walking</i>	13
14	15 <i>Fit & Flex</i> <i>Cardio</i> <i>Helping Hands 1-3</i>	16 <i>Yoga</i> <i>Tai Chi</i>	17 <i>Fit & Flex</i> <i>Cardio</i> <i>Café BREAK</i> <i>*(L&L)</i>	18 <i>Yoga</i> <i>Cribbage 1-3</i>	19 <i>Urban Pole Walking</i>	20
21	22 <i>Fit & Flex</i> <i>Cardio</i> <i>Helping Hands 1-3</i>	23 <i>Yoga</i> <i>Tai Chi</i>	24 <i>Fit & Flex</i> <i>Cardio</i> <i>Café BREAK</i>	25 <i>Yoga</i> <i>Cribbage 1-3</i>	26 <i>Urban Pole Walking</i>	27
28 31	29 <i>Fit & Flex</i> <i>Cardio</i> <i>Helping Hands 1-3</i>	30 <i>Yoga</i> <i>Tai Chi</i>				

MHRD Fitness* = **Blue** Programs = **Green** Events = **Red** Café BREAK= **Magenta**

*You can register for MHRD programs by visiting mhrd.ca or calling (204) 885-2444

**All programs and events are subject to change, please contact the office
(204) 889-3132 ext. 3 if you're unsure about the status of a program