

Seven Oaks Seniors

Resource Finder..information & referral hub

Are you 55+ Living in Seven Oaks?

Come and join us!

Make new friends! Learn new things!



Phone in Programs



Services

SOSRF is a Community Resource Council working to enrich the lives, and enhance the independence of seniors who are 55 +. **Our goal** is to promote the physical, mental, and social well-being of older adults by providing:

APRIL, MAY, JUNE

Good Friday April 2

Easter Sunday April 4

Passover March 2— April 4

Mother's Day May 9

Victoria Day May 18

Shavuot May 16—18

Father's Day June 20

World Elder Abuse Awareness Day June 15



Thank you to our wonderful supporters of Seven Oaks Seniors RF

Exceptional Home Care *for Seniors and Disabled Adults*



Your Own Care Team

a small, hand-selected group of our Professional Caregivers and Nurses, led by your Care Planner.



Your Own Care Planner

to help you explore all of your options, navigate the healthcare system, and build your customized Care Plan.

Professional Caregivers

- ✓ Insured and bonded
- ✓ Yearly background checks
- ✓ OPSWA Certified
- ✓ Continual education



“ Thank you *Right at Home* for not just being a service, but being part of the family.”

Rebecca L.



A full range of Care Services

Personal care and hygiene
Companionship
Dementia specialists
Physical assistance
Transportation and errands

Nursing care and therapy
Hospital-to-home transition
Post-operative care
Continence care products
Adaptive clothing

204.318.5554

Call us for a free, no commitment assessment and to meet your Care Planner.

www.rightathomecanada.com/winnipeg



CATHY COX
MLA for Kildonan - River East
cathycox@mymts.net



SHANNON MARTIN
MLA for McPhillips
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Seven Oaks Seniors

Information & Referral Hub

Ph: 204-612-3888

email: sosl@mymts.net

Phone in Programs Free

Are you tired of sitting at home alone?

Want to make some new friends? Just give us a call!

Conversation Café: Tuesday afternoons at 2pm weekly

This program is an opportunity to discuss various topics. It is informative and fun! If you don't feel like talking just listen to your friends.

BINGO: Thursday afternoons at 2pm weekly

All you need is a deck of cards in front of you. 4 rows across and 4 rows down, all facing up. (16 cards) . When the caller calls out one of your cards, you turn it face down. When all 16 cards are face down, it's BINGO!

Short Story Book Club: Monday afternoon 2pm monthly

Facilitator will read a short story and participants will be asked to share what they thought about it or you can just listen to your friends.

DATES: April 12, May 10, June 14, 2021

Get Better Together: Friday afternoon 2 to 3pm

Free 6 week workshop to learn positive ways of coping with chronic illness such as Heart Disease, Diabetes, COPD, Depression and more. A free book on seniors health is included. **STARTS Wed. April 21 at 2pm call 204-612-3888**

NOTE: POLE WALKING will start Wed April 21 @ KPark 11am weather permitting (See poster)

***To join any of our call in programs, Dial: 1-866-792-1319 Phone ID: 542-0410#**

Sponsored by:



ALSO: SENIOR CENTRE WITHOUT WALLS

<http://www.aosupportservices.ca/services/scww.htm>

204-956-6440

Programming topics include; educational presentations, health and wellness, language classes, book clubs, travelogues and support groups. The free programs are accessed through a toll-free number and are offered during the day and evenings.

Medical Transportation Hotline

204-899-1696

Safe, accessible, Door to Door
Transportation for Medical Appointments

Register Today 204-899-1696



JEWISH CHILDREN AND FAMILY SERVICE
Strengthening Jewish Roots and Jewish Futures



Gwen Sector
Creative Living Centre
at 501 Glenview



JEWISH FOUNDATION
OF MANITOBA

Greater Agency of the
Jewish Federation
of Winnipeg



E.R.I.K.

Emergency Response Information Kit

E.R.I.K. can help to save a life in time of emergency!

Do You have an ERIK?

You can obtain one for FREE from SOSL.

For a free ERIK kit please call 204-612-3888.

E.R.I.K.

T.I.S.U.

SOS Minor Home Maintenance Program

Did you know that SOS has a service provider referral program?

If your home needs any minor maintenance repairs, housekeeping or yard work done, call us. We will give you a few names to call. Here are some of our Handymen:



Gary Rosentreter - 204-899-9412

Edward Hencel – 204 - 582-2462 or 204 - 981-6775

Roger Gerardy – 204-253-0755

HEALTH

Prevention of Osteoporosis



Have a healthy and varied diet with plenty of fresh fruit, vegetables and whole grains.

Eat calcium-rich foods.

Absorb enough vitamin D.

Avoid smoking.

Limit alcohol consumption.

Limit caffeine.

Do regular weight-bearing and strength-training activities.

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/osteoporosis>



Pharmacy Tips

Don't be afraid to ask questions!

Did you know....

Some drug companies have “patient support programs”

Some Pharmacies offer delayed billing or “bridging” support.

Some Pharmacies charge a higher “dispensing fee” than others.

Some Pharmacies will cut large pills in half for you, or you can buy a pill splitter yourself, if pills are difficult to swallow.

You can ask your Pharmacist if there is a generic version of your medication. This will save you money.

You can return unused pills to your pharmacy for proper disposal.

There is no cash back for this program. It is there to make sure that medication is disposed of properly.

Your Pharmacist is there to help, so make sure you are making the best use of their service.

Deductible Instalment Payment Program for Pharmacare

Many Manitobans need prescription drugs to manage their illnesses. In some cases, a single prescription can be as much and sometimes more than a family's annual deductible amount. The Deductible Instalment Payment Program for Pharmacare helps reduce financial hardship for individuals and families whose eligible drug costs are a significant portion of their monthly family income.

How to Apply

The [Deductible Instalment Payment Program for Pharmacare Guide](#)  and [Application,](#)

[Consent and Authorization Form](#)  are available online, by contacting the Payment Program at 204-945-1733 (in Winnipeg) or toll free at 1-888-519-3492 (outside Winnipeg), or at Manitoba pharmacies. **Manitoba Government website information**

Here is a wonderful program to get fresh produce !



Seven Oaks Better Access to Groceries Program

Upcoming Fall and Winter 2020 Pickup schedule:

Tuesday, October 13th
from 2 pm – 6pm

Orders due by October 5th,
2020

Sunday, October 25th
from 10:30 am – 4pm

Orders due by October 19th

Tuesday, November 3rd
from 2 pm-6 pm

Orders due by October 26th

Sunday November 8th
from 10:30 am -4 pm

Orders due by November
3rd.

Sunday, December 6th,
from 10:30 am- 4 pm

Orders due by November
30th

Tuesday, December 22nd
from 2 pm – 6pm

Orders due by December
14th

Questions:

Email:
sevenoaksbag@gmail.com

Telephone: 204-938-5690
(ask for Emmy)

The Seven Oaks Better Access to Groceries (BAG) is a community program funded by The Winnipeg Foundation with an initiative to promote healthy eating within the Seven Oaks area. Every month the produce items will vary in fruits and vegetables.

The goal within the program is to promote healthy eating while addressing food security in the Seven Oaks area. From July 2020 to February 2021 the BAG program will be running pickup days twice a month. Individuals can choose to participate in Sunday or Tuesday pickups or both!

How to order:

1. FILL OUT AN ORDER FORM:

- Order forms can be found at our office or via email. Please indicate what pickup day you are submitting your order for (Tuesday or Sunday)



2. PLACE YOUR ORDER BY NO LATER THAN 4:30 ON THE INDICATED DATE

- Only orders that were prepaid for will be submitted.
- Prepayment of your order must be included for your order to be submitted. You can drop off your order at 3-1050 Leila Avenue (Right behind the Shoppers Drug Mart).
- **Payment can be cash, or a cheque made out to Norwest Coop Community Health.**

3. PICK-UP YOUR BAG AND ENJOY

- Pick up your order at 3-1050 Leila Avenue. Don't forget to wear a mask
- If you missed picking up your order, your payment does not go towards the next month. Any leftover orders do get donated to Siloam mission.
- Missed orders on Sunday can still be picked up the following Monday **ONLY** if the member contacted the Coordinator.

To ensure social distancing and safety:

- We ask that bag members need to line up down the north side hallway (where the bathrooms are) and then exit down the south hallway where the wound clinic is.
- The building does have hand sanitizers stations at the front
- We do ask if just one person can pick up your order to avoid crowds if able. We will be limiting the amount of people standing in line waiting for their order.
- We marked spots 2 m apart for this waiting in line for their order
- All orders will be prepacked, but you are more than welcome to bring your own bag.
- You may still prepay for the next month

Any more questions please contact the Coordinator

Get Better Together (GBT)

FREE workshops by phone!



The purpose of this workshop is to improve your quality of life, by providing tools to cope with chronic illness such as:

Heart/Lung disease, Depression, Diabetes, Parkinsons, etc.

PROGRAM BY PHONE STARTS:

Wednesday, April 21 from 2pm—3pm for 6 weeks

TO REGISTER FOR CALL IN PROGRAM,

CONTACT: Susan Fletcher: 204-612-3888

SEVEN OAKS SENIORS RF

NOTE: the call in program is only for 1 hour and is done in the comfort of your own home.

***FREE WONDERFUL BOOK ON HEALTH
FOR EACH PARTICIPANT!**



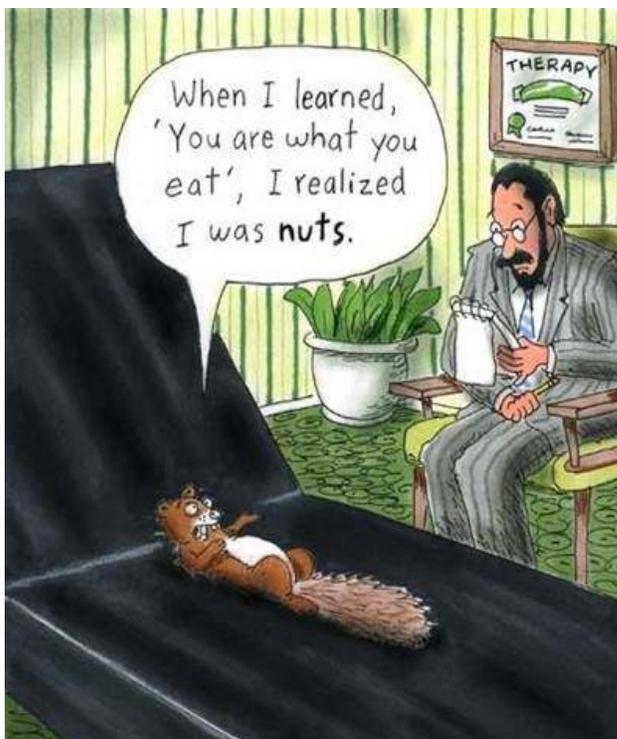
**Take a
Minute
to Move**



Move more and sitting less is good for our overall health and wellbeing. COVID-19 pandemic has impacted our lives significantly, especially our daily activities. Take a Minute to Move and try some activity suggestions on our website that you can do at home. Sit less, move more and feel better!

Active Aging in Manitoba and Radio CJNU - Take a Minute to Move

<https://activeagingmb.ca/take-a-minute-to-move/>



**Just
To
Make
You
Smile !**

Beware of Fraud

Update from Canada's Minister of Seniors, Deb Schulte

COVID-19 has created an environment ripe for fraud, and cybercriminals are using the pandemic as an opportunity to profit. Canadians, including seniors, rely on the digital marketplace more than ever—using online services for groceries, banking and everyday shopping—and it's essential that you have the [tools and information](#) you need to protect yourself from fraud.

Protecting yourself from fraud – stop and think

Slow down, scrutinize and stay informed to reduce fraud.

If you get emails or text messages asking you to:

Open attachments

Follow links to unfamiliar websites

Give sensitive, personal or financial details

Stop and think; it could be a scam. Don't click links or open attachments from unknown senders. Don't share personal information with them, like banking or credit card information. If you're not sure, ask someone you trust for help.

- If someone you meet or something you come across online seems too good to be true—it probably is!
- **Stop and think.** Resist the pressure to act immediately. Use caution with anyone you meet online. If you're not sure, ask someone you trust for their opinion.
- Fraudsters may innocently drop requests for money into emails and conversations. They'll appear to be in very difficult circumstances and in desperate need of your help. They might also be pretending to be someone that you know.
- **Stop and think.** Ask questions and be skeptical. It could protect you and your money. Service Canada will never make threatening phone calls of any kind. If you receive one of these calls, hang up and report it to the [Canadian Anti-Fraud Centre](#).

Service Canada will never request your personal information or ask you to complete a financial transaction in an email.

[The Little Black Book of Scams](#) is a great resource to share with friends and family. It describes 12 common scams and is available in eight different languages.

Report fraud

If you have been a victim of fraud or cybercrime, contact your local police. If you want to report an instance of a scam, fraud or cybercrime, whether you are a victim or not, use the [Canadian Anti-Fraud Centre's Online Reporting System](#). When you report a scam, authorities will be able to warn Canadians, which may limit it from spreading.

Sincerely,

Minister Deb Schulte
canada.ca/seniors.

Canadian Anti-Fraud Centre phone # is 1-888-495-8501

Free Pole Walking Program



Benefits of Using Walking Poles.

Work Out Your Core. Your abs tighten each time you push off with your poles. ...

Gentle on the Joints. Your knees and hips will thank you. ...

Burn Calories Quickly. It revs up the calorie burning. ...

Tone the Upper Body. ...

Keep **Blood Sugar** Balanced. ...

Improve **Posture.** ...

Enjoy a **Social** Workout. ...

Reduce Tension and Stress

Where: Kildonan Park

Meet in the restaurant parking lot

Time: Wednesday mornings: 11:00 am

Starts: Wed April 21 (cancelled if it's raining)

NOTE: We will be following the rules of social distancing.

Walking poles will be disinfected before and after use.

Please pre-register by July 17 as we only have poles for 10 people

Call Susan at 204-612-3888

This program is sponsored by:

AAIM

Gwen Sectar Creative Living Centre

Seven Oaks Seniors