

Resource & Support List (Available in the R.M. of Lorne)

Diabetic Education Resource

Roberta Moore 836-2132

Dietician Services

Offered once per week at the Lorne Memorial Hospital. Call for an appointment 836-2533

Home Care

Referral Service call. 248-2121

Janice Richmond Message Therapy Rem.M.T.

Offered at the Somerset Clinic. Call for an appointment. 723-2611

Lorne Community Support Services

A non-profit organization that provides services for seniors and the disable to the residents of the R.M. of Lorne and the Village of Somerset.

Debbie Rondeau 836-2585

Lifeline

For further information on lifeline and cost contact the Lorne Community Support Services Office.

Debbie Rondeau 836-2585

Lorne Handivan

Robert Delichte 836-2583

Lorne Family Resource Connections

Provides education and support services to enhance the quality of life for area residents. Offers various supports for parents. Ang Grenier 242-4390

Lorne Palliative Care Services

Provides support, education & consultation for people living with a terminal illness & their families as well as those who are bereaved.

Ang Grenier 744-2738 or

Lorne Memorial Hospital 836-2132

Lorne Recreation District

Strives to provide public recreation programs to meet the recreation needs of the communities, as well as serve as both a support and a resource of available government programs and services.

Janet Rondeau 744-2360 or Cell 526-7052

Pembina Valley Physiotherapy

Offered at the Somerset Clinic. Call for an appointment 325-8555

Phenomenal Foot Care

Pat Van Woensel 836-2253

Somerset Medical Clinic . . . 744-2265

Somerset Public Health Office

. 744-2073

Somerset Dental Clinic 744-2230

Stevenson's Pharmacy 836-2866

Swan Lake Medical Clinic . . 836-2533

Handicap Parking Pass

If you or a friend or family member has difficulty walking more than 50 meters, you can apply for a Parking Permit.

. 975-3257

Health Links 1-888-315-9257

Learning Disabilities Association of Manitoba

Provides support & information to those with learning disabilities, their families & educators. 239-3072

Manitoba Government Inquiry

. 1-866-626-4862

Manitoba Farm & Rural Stress Line

Offers confidential information, support, counselling & referrals for farm & rural families 1-866-367-3276

Mental Health Crisis Line 24

Provides in person or over the phone support 1-866-588-1697

OAS/GIS/PPP Information

Canada's public pension system provides seniors with a secure, modest base of retirement income. Benefits offered by these programs do not start automatically - you must apply for them. 1-800-277-9914

Pharmacare Drug Program

Is a drug benefit program for all Manitobans whose income is seriously affected by high prescription drug cost. Applications are available from all Manitoba pharmacies . 1-800-297-8099

Seniors Abuse Line

Is a confidential information service aimed at providing seniors, family member, professionals, and other with a one-stop information resource on elder abuse. 1-888-896-7183

Seniors Information Lines

Is an information and referral line for seniors, and their families.

. 1-800-665-6565

Smokers Helpline

Provides information, advice and support to smokers who want to quit.

. 1-877-513-5333

Suicide Prevention Line

. 1-877-435-7170

Tax Assistance Office

You may be eligible for an income supplement if you have a low income and are 55 and over. Conditions apply. 1-800-782-0071

Teen Touch

Operates a confidential, non-judgmental 24-hour distress line for teenagers & their families. 1-800-563-8336

Veterans Affairs Canada

Offers a wide range of services and benefits to qualified Veterans. 1-866-522-2122

Vital Statistics

You may obtain a copy of birth, marriage or death certificates by notifying the Vital Statistics office in the province that you where born . 1-800-282-8069 Ext 3701

Extra Resources

AA (Alcoholics Anonymous)

Operates as a self-help group which works with individuals with alcohol abuse problems who would like to deal with their addiction. 857-5734

Al-Anon

Is a self-help group for families & friends of alcohol abusers, which holds meetings in various parts of the province. 943-6051

Addictions' Foundation of Manitoba

Provides clients with the information, skills, & opportunities to successfully address their concerns about alcohol & drug use or gambling involvement. 857-8353

Consumers Bureau

The Consumers' Bureau hears, mediates and investigates consumer related complaints 1-800-782-0067

Eyeglasses Program

Provides limited financial assistance toward the purchase of eyeglasses for Manitoba residents 65 years of age and older. 1-800-392-1207 Ext 7365

Gambling Help Line

A free service that provides information & referrals to counselling for people who feel they or someone they know have a gambling problem 1-800-463-1554

55 Plus Supplement

You may be eligible for an income supplement if you have a low income and are 55 and over . . 1-800-563-8793

Lorne Services Newsletter

Sponsored by Lorne Memorial Health Foundation

Vol. 13 - October, 2010

In This Issue!

- Connect with Lorne Rec
- Lorne Family Resource Connections
- Lorne Community Support Services
- Immunization
- Seasonal Flu Clinics
- Oatmeal Is Awesome!
- Physician Recruitment Committee
- Resource List

Want to know what is happening?

CONNECT WITH LORNE REC

Stay in touch with what is happening or have the opportunity to submit impute on what you would like to see happen near you!
Just send an e-mail, enter 'CONNECT WITH LORNE REC' in the subject line, and you will receive the weekly news article. Contact us at lrccdis@mts.net

Lorne Family Resource Connections

Submitted by Ang Grenier Ph: 242-4390 Fax: 744-2477

JUMP INTO FAMILY FUN!!

October 4-10, 2010 is National Family Week

Jump into Family Fun is the theme for this year's National Family Week. Lorne Family Resource Connections wants to challenge the families in the R.M of Lorne to JUMP in to this opportunity to celebrate and promote family togetherness. There are many ways families have fun together, nurturing their physical, spiritual and emotional health. Sit down with your family and create a plan to make this October week a memorable one. Host a game night, cook a family meal together, hold a family meeting, have a family soccer game, go on a family hike, try some geo-caching, the ideas are limitless. What better way to lead up to Thanksgiving than highlighting what we are most thankful for. Children are never too old and too young to participate in the planning. When the week is over, share your family week with us. Send us pictures, stories of what you did, and anything else that displays how you celebrated family. For more ideas or resources, call Lorne Family Resource Connections at 242-4390. Send all emails to agrenier@cici.mb.ca with National Family Week as the subject.

Thank You

Lorne Wellness Centre Building Committee would like to thank all who have contributed towards the building project in the form of cash donations.

Bayer Crop Science

Leo & Margaret Beernaerts

Lloyd & Margaret Buydens

Jerry & Joyce DeBlonde

Michael DeRoo

Peter Deslauriers

Louise Goderis

Hubert & Monique Grenier

Bertha Grift

Kelly & Cindy Heirman

Richard & Carolyn Labossiere

Ray & Jean Lesprance

Marie Louis Matthys

Hubert & Lorraine Payette

Ed & Angeline Pouteau

In memory of August & Cecile Saelens

Dave & Nancy Sheffield

Swan Lake & Area Lions

Aline VanCauwenberghe

George & Doreen VanDeKerckhove

Camille & Lucille VanDenBosch

Neal VanWoensel

We anticipate your continued support of upcoming fundraising events.

Ted & Adeline Bowman

Dac's Drive Inn

Laurie & Marlene DeBlonde

Lorette Deschouwer

Madeline Dyck

Eileen Grenier

Richard & Linda Grenier

Lorne & Greta Gutscher

Sandra Hoess

John Jonk

Edwin & Denise Lytle

Alain & Linda McDonell

Janet Payne

Swan Lake Homecoming

Swan Lake Leos

Andre Van Der Vennet

Wayne VanCauwenberghe

Melvin VanWoensel

Clarice Wytinck

Designed & Printed by
Designz 'N' More
822-9594

Lorne Community Support Services

Submitted by Debbie Rondeau
Resource Coordinator - 836-2585

A new program by Age & Opportunity called Senior Centre Without Walls offers you an opportunity to take part in a variety of programs from your own home. Here's how it works.

All of the activities take place on the telephone with participants calling in from their own home. When you register to the program, you are given a special toll-free number to call at the times that their chosen groups are scheduled. A recorded voice will prompt you to enter a code number, that will be provided. This connects you to the group conference call, which allows you to talk to each other. No special phone equipment is needed. There is no fee for the program (no cell phones) and there will be no charges on your phone bill. It is completely free. The program is open to adults 50 and over. There is no deadline for the programs, although some of the programs do fill up quickly. You can sign up at any time and if you decide not to continue with a particular group, you can drop out. Sounds interesting doesn't it? Below are the following sessions that will be running this fall.

BINGO - November 1 & December 17, 2010 Time: 2:00-2:45. Join in for some Bingo, fun & laughter. Maybe win a prize too! Participants will be provided with bingo cards and bingo chips.

SAFETY IN RELATIONSHIPS - October 27, 2010 Time: 1:00-2:30. Do you or someone you care about have concerns about your personal safety in a relationship? Learn about the Cycle of Violence, how to help someone who may be feeling unsafe and how to make a safety plan.

BOOK JOURNEY - Wednesdays Oct. 6 - Nov 10, 2010 Time: 9:00 - 9:45 am. Journey through India, Italy and Bali with author Elizabeth Gilbert as we read through this beautifully written, heartfelt memoir. Share your thoughts in discussions following chapter readings.

BENEFITS OF ORGANIZING YOUR HOME. TIPS & IDEAS TO ORGANIZE SPECIFIC AREAS OF YOUR HOME - October 14, 2010 Time: 2:00-3:00pm. Do you feel overwhelmed by all your stuff? Clutter & disorganization can negatively impact your state of mind. We will discuss various causes of clutter & disorganization and how to take control of your Living Space.

PREPARING YOUR PRESENT LIVING SPACE OF TRANSITION, "DOWNSIZING & THE CHALLENGES FACED IN THE PROCESS" - November 18, 2010 Time: 2:00-3:00 pm. Moving is a stressful and emotional time. There are many factors to consider when preparing to move. Planning and preparation prior to a move can help to ease some of the stress. We will look at various ways to prepare prior to a move to help with the transition.

FALLS SAFETY EDUCATION - November 24, 2010 Time: 10:00 - 11:00 am. Falls are a common event that can result in serious injury. The good news is that most falls can be prevented. Join us as we discuss some risk factors that could lead to a potential fall as well as how you can reduce your risk.

"HOW TO HAVE FUN WITH GAMBLING & KEEP IT THAT WAY" - November 12, 2010 Time: 1:30 - 2:30 pm. Learn the basics about gambling and discuss tips to help keep gambling a fun and entertaining activity over the long term.

To register or for more information about any of these programs, please contact Intake at (204)956-6440 or by email at intake@ageopportunity.mb.ca. Isn't this a great opportunity to participate in friendly conversation, and an assortment of classes and support groups from the comfort of your own home. If you have any questions, please do not hesitate to call Lorne Community Support Services at 836-2585.

Be Active Be Healthy - Alzheimer Society's Tips for a Healthy Brain

Exercise for a Healthy Lifestyle. When people think of a healthy lifestyle, exercise is usually the first thing that comes to mind. It's never too late to include exercise for your brain. Studies show that regularly challenging your brain may reduce the likelihood of developing Alzheimer's disease or another form of dementias. The health of your brain plays a critical role in everything you do, thinking, feeling, remembering, working, and playing - even sleeping. So, it is important to include a regular workout for the mind as well as the body. Here are some ideas of things you can do to challenge your brain

- Do crosswords, sudokus or word puzzles
- Read books, magazines or newspapers
- Write letters, a daily journal or descriptions of travel
- Socialize with family, friends, or co-workers
- Go to plays, concerts or museums
- Take up hobbies like jigsaw puzzles
- Play games like cards, charades or chess

- Try memory exercises like online memory gym, memory lessons, or memorize phone numbers of friends and relatives

The process of learning new information flexes the memory and promotes brain health. Keeping the brain active is thought to enhance the connections between brain cells- helping to keep you mentally sharp.

Next time you think about getting fit and healthy...don't forget your brain.

SWAN LAKE CONGREGATE MEAL PROGRAM is held at the Swan Lake Manor 3 days a week, Monday, Wednesday and Fridays. A monthly menu is available at the Swan Lake Manor. This program is available to seniors 55 years and older to enjoy a home cooked meal at the Manor. For further information, call the Lorne Community Support Services office.

LIFELINE PERSONAL RESPONSE SERVICES ensures that help is available at the press of a button, 24 hours a day, 365 days a year. For cost and further information, please call me at 836-2585.

Some other services and programs that are available are equipment loans program, parking permit program, E.R.I.K, driver/escort services, home services, and educational & resource services.

The 2010/2011 Seniors' Guide is now available at the office. The guide is a comprehensive listing of information on a variety of services available to seniors in Manitoba. An excellent resource.

Bruxelles will be hosting the play One Good Marriage Theatre by the River, on Sat. Nov 6. The play performed at the Fringe Festival and received an A+ review by Uptown Magazine, and 5 stars from the Winnipeg Free Press. One Good Marriage explores one newly married couple's personal hell after a tragedy claims the lives of everyone at their wedding. Masterfully acted, with a minimal set, this darkly comedy is everything a Fringe show should be - intelligent, funny, well-acted, inventive, original and engrossing. A must see - review from Uptown Magazine. Watch for further details. The Lorne Handivan will be providing transportation, call Robert Delichte 836-2583.



Immunization

Submitted by Vanessa Jamault,
Somerset Public Health Nurse

Public Health has several programs to ensure everyone, in all stages of life, is offered protection from vaccine preventable diseases.

Young children are most at risk for getting serious vaccine preventable diseases. Immunizations against 13 preventable diseases are recommended for all children and should begin at 2 months of age. With the introduction of effective vaccines in the last 50 years, many disease such as polio, pertussis (whooping cough) and measles have been well controlled. This does not mean these diseases are completely gone. Recently immunization rates have declined and some of these diseases have re-emerged in young children, causing serious illness. You can protect your child by making sure they have received all the recommended immunizations. Contact your public health nurse to discuss childhood immunization and insure your child is up to date!

School Immunization Programs begin in the fall for students in Grade 4, 6 and 8. Manitoba Health offers a Hepatitis B immunization program for students in Grade 4, the meningococcal and varicella (chicken pox) vaccines are also recommended at this time. For all girls in Grade 6, Manitoba Health offers the Gardasil vaccine against HPV. Immunization against tetanus, diphtheria and acellular pertussis (whooping cough) is recommended for all students in grade 8. Parents of these children will receive an Immunization Consent Form through the school. This is to be completed by the parent, signed and returned to the school. Factsheets will be attached to the consent forms explaining the benefits and risks of the vaccines being offered.

International travel (including tourist resorts) expose Canadians to many infectious diseases. Travel immunizations and health precautions provide valuable protection to those who wish to travel in good health. Some countries, by law, require vaccinations for entry. RHA-Central Manitoba Inc. is a member of the Manitoba Travel Health Network and its team of travel health nurses has professional training and in-depth knowledge on the health risks of people travelling. Contact a Travel Health Clinic (by appointment only) at Boundary Trails Health Centre, 331-8959, or Portage la Prairie Public Health, 239-3387. Remember to book your appointment at least 2-3 months prior to departure as some immunizations require

boosters to be given over several weeks to be effective.

Annual Flu clinics are offered every fall in your doctor's office or at Community flu clinics in the area. Flu Clinics will commence after Thanksgiving and continue for 3 weeks. Watch for adds in your local Newspaper for flu clinic dates and times in your area and get yourself and your family immunized to help fight the flu.

Immunization is not just for kids - It's a Family Affair! Everyone - not just parents of small children - is encouraged to learn more about how to protect themselves against vaccine-preventable disease.

Prenatal classes continue to be offered in the area. All expectant parents interested in attending prenatal classes are urged to register. There are no registration fees. For further information, please call the Somerset Public Health Office at 744-2073.

Regional Health Authority
Central Manitoba Inc.  Office régional de la santé
du Centre du Manitoba Inc.

SEASONAL FLU CLINICS

The annual influenza immunization drop-in clinic will be held at the Somerset Community Hall on October 26, 2010 from 11:00-3:00 for Adults and 3:30-5:30 for Children. Please call 744-2073 to make an appointment for the children's clinic.

This year the influenza vaccine is available to all Manitobans at no charge however vaccination is especially important for those at higher risk of serious illness from flu, their caregivers and close contacts.

Please note that only one influenza shot is needed this year as the vaccine includes the pandemic strain H1N1.

Please bring your Manitoba Health Card and wear short/loose-fitting sleeves.

For more information contact Somerset Public Health Office at 744-2073. For a complete listing of clinic dates and locations, visit the RHA website at www.rha-central.mb.ca or call the RHA Information Line at 1-877-830-2878. You may also contact the Health Links Info Sante at any time at 1-888-315-9257. For links to additional information, visit the flu website at manitoba.ca.

Top 5 reasons why Oatmeal is Awesome!

Kim Knott R.D. CDE
Clinical Dietitian
Regional Health Authority-Central
Manitoba Inc.

1. Oatmeal is CONVENIENT—No need to buy microwave oatmeal you can make oatmeal from "Quick Oats" by combining 2/3 cup oatmeal, dash of salt, 1/3 cup water. Stir together and microwave for 60-90 seconds.

2. Oatmeal is NATURAL— Look on the label. It sat "100% rolled oats."

3. Oatmeal is NUTRITIOUS— It is a good source of complex carbohydrates (one of the foods our bodies use for fuel), protein, and iron. It is also low in saturated fat, contains no trans fat and is a good source of fibre.

4. Oatmeal is PROBABLY in your CUPBOARD so you don't need to go buy it.

5. Oatmeal is DELICIOUS— you can cook it with dried fruit like raisins, dates, apricots, crasins, or currants. Once it is cooked you can mix in cinnamon, vanilla, strawberries, apples, peaches, nectarine, blueberries, pineapple, mango or bananas.

DID YOU KNOW ?

If you would like an appointment with Kim Knott R.D. the dietitian who works at Lorne Memorial Hospital on Tuesdays phone Bonnie at 836-2533. A doctors referral is not needed.

Don't have time for breakfast? Make a "breakfast to go" the night before to pack with your lunch. Ideas: low fat muffin, peanut butter/banana wrap or sandwich, boiled egg, cheese slices, fruit, or yogurt + spoon

ANNOUNCEMENT

Effective November 12, 2010
Dr. Michel Bruneau
will be closing his
Medical Practise in Somerset

Physician Recruitment Committee

Submitted by the Village of Somerset

The Village of Somerset and surrounding communities established a Physician Recruitment Committee several months ago. It is the committee's hope that we be able to successfully recruit a Physician as soon as possible. The recruitment group will continue to keep the public informed as we move forward. We appreciate everyone's support and patience during this time.