

Did you know . . .

Community Garden Project

For the second year in a row, the residents at 125 Carriage Road, with the help of Maranatha Church and the Urban Green Team planted an amazing community garden! This year, we look forward to harvesting tomatoes, peppers, carrots and more, and we have lovely flowers growing everywhere. We will be organizing a Kids Veggie Walk (where local children can harvest veggies and make healthy snacks) and a Harvest Festival in September. Anyone who is interested in this Garden Project can contact Shereen at 940-2117.

Youth Video

The Youth Engagement Project and its Youth Group filmed a short video this summer that focused on the theme "What is a youth friendly community". If you would like more information please contact Laurie or Trevor at 885-1334 extension 222.



Bonnie Korzeniewski and Jim with Frank Emond upon his retirement from an extensive military career. All the best to Frank.

The Canadian Tire Garden Centre, Unicity and the St. James/Assiniboia Senior Centre had a joint project this summer called "A Bloomin' Good Time". Volunteers cared for the flowers and plants at Canadian Tire until they were sold.



Jim joined Barbara Shay from the University of Manitoba School of Medical Rehabilitation in the Physio Fit Run. The annual Run is organized to motivate people "off the couch". Watch for it next spring.

Prior Learning Assessment and Recognition

The Prior Learning Assessment and Recognition program identifies and assesses the skills possessed by adults for education credits, training opportunities, recruitment, promotion and compensation. It also benefits employers by reducing the amount of upgrading and training time required for workers whose jobs have grown and changed. Each Manitoba post-secondary institution now has a PLAR advisor. Assessment can also take place in other institutions such as adult learning centres, employment and training projects, apprenticeships or industry-based programs. Check with your training location to speak with the PLAR advisor for an assessment of your personal training needs.

CONSTITUENCY OFFICE: 839 A Cavalier Dr, Winnipeg, MB R2Y 1C6
Phone: (204) 888-7722 Fax: (204) 889-0300 Hours: Mon. to Fri. 9:00a.m. to 5:00 p.m.
E-mail: jrondeau@jimrondeau.mb.ca

Manitoba Theatre for Young People

The Manitoba Theatre for Young People has become one of the most respected professional theatre companies in Canada for children and adults. MTYP operates a theatre school for children and teens with a primary focus on allowing young people to have fun while learning fundamental theatre performance techniques. Under the direction of Artistic Director, Leslee Silverman, the company has received numerous honours and awards.

For more information on the school call 947-0394 or check the website at www.mtyp.ca



Jim presented a cheque to Leslee Silverman for MTYP programs. Andrew Swan MLA for Minto was also in attendance.



Claire Kelly expressed her appreciation for the opportunity to attend the MTYP. She would encourage other teens to take advantage of this great learning experience.

Focus on seniors

Manitoba Seniors Directorate

The Manitoba Seniors Directorate acts as a central point of contact for information and as a liaison with seniors, seniors' organizations and government departments to ensure government programs, policies and legislation enhance the status of seniors.

For more information contact:
Manitoba Seniors Directorate
822 – 155 Carlton Street
Winnipeg MB R3C 3H8
Phone: 945-2127

Numerous publications, listed below, are available via the website at: www.gov.mb.ca/sd

- **Manitoba Seniors Guide** has information on a wide range of resources for older adults.
- **The Older & Wiser Driver** has tips for driving.
- **Questions to Ask Your Doctor & Pharmacist**
- **Expect Respect** – Stop Elder Abuse – they've earned it
- **Emergency Information for Seniors** has preparation tips for emergencies.
- **Fact Sheets** for Seniors and Active Living
- **A Guide for Caregiving** has information for caregivers

Seniors Information Line

The Seniors Information Line is designed to provide seniors with easy access to government departments, programs and information on issues affecting seniors. Seniors can use this line to have questions and concerns handled promptly by the Seniors Directorate. Phone: 945-6565

Age and Opportunity

Age and Opportunity offers seniors help with the many transitions associated with aging. Counseling services are available to the elderly and their families.

Contact:

Age and Opportunity
200 – 283 Portage Avenue
Winnipeg MB R3B 2B5
Phone: 956-6440 Website:
www.ageopportunity.mb.ca



The Singseasonals performed at the St. James-Assiniboia Senior Centre annual general meeting. The Singseasonals meet every Monday at 10:30 a.m. at the Senior Centre. Cost is \$25.00 for members and \$30.00 for non-members.

Tips for Securing Your Home

- install 1-inch deadbolts to all your doors
- change locks if keys are lost
- get a door peephole and do not open doors to strangers
- do not hide keys outside the house
- keep trees and shrubs trimmed so you can see what is going on in your yard
- ensure one room has a strong door, a good lock and a phone to call 911 in case a break-in occurs

Seniors Abuse Line

The Seniors Abuse Line is a confidential service that provides information on community resources and support services to seniors, family members, professionals and others on elder abuse. An elder abuse consultant is also available to provide training to community groups. For information phone: 945-1884

Meals on Wheels

Hot meals are delivered between 11:00 a.m. and 1:00 p.m. to the homes of people who are unable to prepare adequate meals themselves due to age, illness, disability, lack of cooking facilities or inability to shop. Contact:

Meals on Wheels of Winnipeg
500 – 283 Portage Avenue
Winnipeg MB R3B 2B5
Phone: 956-7711

Guaranteed Income Supplement (GIS)

The Guaranteed Income Supplement is a federal program that ensures that every senior has a guaranteed minimum income. A GIS application will be mailed to anyone who qualifies for Old Age Security. If you receive an application, complete it and return it as soon as possible.

Health Links

Health Links is a telephone information and referral service with specially trained nurses to address health concerns. Health Links is available 24 hours, seven days a week. Phone: 788-8200