



THE OASIS

NEWS

November 2020



TO OPEN ... OR NOT TO OPEN

With the Covid-19 pandemic unfolding in March, Prairie Oasis, like MANY other organizations and businesses, was placed in a position where we needed to close our doors to the majority of activities we normally enjoyed in order to ensure safety and hopefully control the spread of this virus.

I am happy to advise that, with ensuring proper protocols, we can again at least begin re-opening some of the activities. Covid is not going away any time soon so we need to embrace the “new reality” and continue living as best we can.

Please be assured that we are taking every effort to ensure your safety and the safety of those around you while at the Center.

You will note in this newsletter that some activities have/will resume and others have elected to remain in abeyance for the time being in light of the ongoing pandemic. Please check our webpage (prairieoasis.ca) for updates. As well, all activities and bookings are now routinely posted on the “Activity Wall” (the window just outside Four Seasons room).

I want to thank the membership and patrons of Prairie Oasis Senior Centre for sticking with us through this difficult time - we will get through this together and be stronger than before.

Steve Todd,

Executive Director

LEST WE FORGET



Speaking as from the dead to the living, “In Flanders Fields” was to become the most famous poem of the Great War—perhaps of any war.

DID YOU KNOW ...

Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently.

An annual seasonal flu vaccine is the best way to help protect against flu.

In Manitoba influenza vaccine are free and can be received at clinics, pharmacies and various other locations.

2021 MEMBERSHIPS NOW AVAILABLE

In light of Covid-19, a decision was made not to collect membership fees for the remainder of the 2020 year.

Our membership year runs from January 1st through December 31st each year and membership cards are now available (please see either Steve or Barb). Membership fees have been set at \$20.00 for the year for individuals and \$35.00 for couples (\$17.50 each).

Please note that in the past members and non-members were paying the same fees (\$4.00) for participation in various Centre activities. Beginning January 1st, 2021 non-members will pay \$5.00/activity whereas members will still enjoy 10 sessions for \$35.00 utilizing the Activity Card system in place.

WHAT SHALL WE DO ...

Most are familiar with the multiple activities and events that occur at the Center.

This includes things such as bridge, floor shuffleboard, cribbage, scrabble, exercise class, etc.

But ... perhaps it is time to consider adding new events and activities to our roster of things to do.

Would you be interested in a rousing game of darts, snooker, a movie event, “friend” rock painting, scrapbooking, a book club, a computer club, a discussion group ... or whatever.

Please bring your ideas and interest to Steve’s attention.

LET’S BE CREATIVE TOGETHER

OUR

BOARD OF DIRECTORS

This dedicated cadre of volunteers gives freely of their time to assist the Centre. Each brings their own thoughts and expertise to their role on the Board of Directors:

Eleanor McCallum (Co-Chairperson)

Bill Chester (Co-Chairperson)

Ian Hamberg (Past Chairperson)

Dot Burgess (Secretary)

Linda Skeoch (Policy Committee)

Marc Maisonneuve (Member-at-Large)

Tunji Olasunkanmi (Member-at-Large)

Wendy Stewart (Member at Large)

Brenda Kingdon (Member-at-Large)



**Although the world is full of
suffering, it is also full of the
overcoming of it.**

Helen Keller

Meals on Wheels

Subsidization

Program

Prairie Oasis Seniors Centre is pleased to advise that any individuals who are receiving Meals on Wheels have an opportunity, based on income levels, to have a portion of meal costs subsidized.

To qualify, recipients must demonstrate that meal costs create a financial hardship. Meal costs will be subsidized to a maximum of 50% (\$5.00/meal) and to a maximum of \$300.00/month.

This program is made available through a limited grant from United Way (Brandon).



Prairie Oasis is responsible for the Meals on Wheels program for the City of Brandon and has been for many years. Bulk orders can be prepared for those from surrounding areas.

Based on a rotational (seven week) menu, the program delivers wholesome varied meals to clients as prepared by our well-experienced staff. The MOW program is transitioning away from commercially pre-processed foods and more towards meals prepared “from scratch” (like mother used to make).

A fleet of dedicated volunteer drivers ensures meal deliveries at no cost to the Center or clients and are very much to be commended.

Hot meals are delivered Monday through Friday throughout the city with an option for additional “cold” meals that can be re-heated for weekends and holidays. All meals include an entre, salad, dessert and home-made multi-grain bun.

All meals are a nominal \$10.00 (billed monthly)

THE S.E.A.R. PROGRAM

The **Seniors Engagement & Referral Program** provides the opportunity for community dwelling seniors to remain engaged in meaningful contact with others. The program also offers the ability to assist seniors to access needed services by, with the seniors permission only, making referrals to these services on behalf of the seniors.

WHAT YOU CAN EXPECT - Although the Coordinator cannot meet with individuals in their homes, they are available to contact people via telephone, cell, email, Facetime®, Zoom® etc. on a one-time or ongoing basis. At times, visitation in public places, while respecting social distancing, can be arranged.

Please be assured that all interactions are held in strictest confidentiality.

ELIGIBILITY - Any senior (50 years +) living in the community is eligible to be enrolled in the program. The program is designed to meet the needs of those in the City of Brandon and surrounding areas.

REFERRAL - Seniors can access the S.E.A.R. program by contacting the Coordinator themselves, by a referral received by family or friends, or by a referral from a professional group or individual, such as the seniors' doctor or the Home Care program.

STAFFING - The S.E.A.R. program is staffed by a part-time Coordinator.

FUNDING - Acknowledgement of funding is gratefully given to the following sponsors of this project:



CONTACT INFORMATION

Telephone: **1-204-596-1176**

Email: searcordinator@prairieoasis.ca



PRAIRIE OASIS SENIOR CENTRE

SENIOR CITIZEN TEXTING CODES

ATD	At The Door
BFF	Best Friend Fell
BTW	Bring The Wheelchair
BYOT	Bring Your Own Teeth
FWIW	Forget Where I Was
GGPBL	Gotta Go Pacemaker Battery Low
GHA	Got Heartburn Again
LMDO	Laughing My Denture Out
OMMR	On My Massage Recliner
OMSG	Oh My! Sorry, Gas
ROFLACGU	Rolling On Floor Laughing And Can't Get Up
TTYL	Talk To You Louder



MISSION STATEMENT

Our Mission is to respect aging by improving the personal wellness of our members through nutrition and opportunities for social interaction, education, recreation and volunteerism.

Two hunters are out in the woods when one of them collapses. He's not breathing and his eyes are glazed. The other guy whips out his cell phone and calls 911.

"I think my friend is dead!" he yells. "What can I do?"

The operator says, "Calm down. First, let's make sure he's dead."

There's a silence, then a shot. Back on the phone, the guy says, "OK, now what?"

Prairie Oasis Senior Centre

241 8th Street

Brandon, Manitoba

R7A 3X2

Tele: **1-204-726-6641**

Website: **prairieoasis.ca**

Facebook® : **prairieoasisseniorcentre**

Istagram® : **prairieoasisseniorcentre**

Contacts:

Steve Todd (Executive Director): **steve.todd@prairieoasis.ca**

Barb Myrah (Finance Coordinator): **barb.myrah@prairieoasis.ca**

Amanda Fast (Food Services Coordinator): **Amanda.fast@prairieoasis.ca**