



Summer 2019

Issue 71

Seniors Scene

Enrich your life with us!

HEADINGLEY COMMUNITY CENTRE

5353 Portage Avenue
Headingley, Manitoba
R4H 1J9
204-889-3132 ext 3

www.headingleyseniorservices.ca

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Calendar of Events

And the winner is....

Headingley!



From May 31st—June 16th ParticipACTION held a challenge which had communities all over the country vying to be named

“Canada’s most active community”.

In addition to the National winner there were also regional prizes and Headingley was crowned as the Central Region winner!! As such we won \$20,000.

Thank you to all of the organizers and for those who called, emailed and entered their minutes.

Great job everyone!

Fun In the Sun

Should Seniors Wear Sunscreen?

There's a common misconception that the damage done to your skin in your younger years is the damage that dictates whether or not you'll develop skin cancer later in life. Really, the damage caused by exposure to UV radiation is cumulative, meaning it adds up over your entire life. We can't go back in time and slap on sunscreen before that pool party in our teen years, but we can still protect our skin from damage caused by future sun exposure¹.

While we can prevent premature aging by using appropriate sun protection methods, we will inevitably experience some signs of aging, no matter how careful we are. This is referred to as intrinsic aging, and it's a natural part of getting older. Over time, you may notice that your skin loses fat and water, causing it to appear thinner. UV rays penetrate the skin causing damage to skin cell DNA. Thinner skin offers less protection against UV rays, meaning we are more susceptible to this DNA damage in older age. Also, our immune systems weaken with age, meaning that any damage caused by UV radiation is less likely to be repaired when we're older, compared to when we're younger².

The American Academy of Dermatology stresses the importance of wearing sunscreen, no matter how old you are. They, along with the Skin Cancer Foundation, also encourage monitoring your skin for abnormal spots³. Keep an eye open for the ABCDE's of melanoma.

The bottom line? Don't ditch the sunscreen on your 65th birthday. And that goes for sunglasses, hats, and UV protective clothing too. If you're caring for a senior, take extra care to help them use sun protection when going outdoors, if the UV index is 3 or higher.

<https://qsun.co/seniors-wear-sunscreen/>



Deciphering Sunscreen Lingo

What is broad spectrum sunscreen?

FDA meaning: The sunscreen can protect you from the sun's harmful ultraviolet A (UVA) and ultraviolet B (UVB) rays.

Why you want it:

It can protect your skin from the sun's UVA (aging) rays and UVB (burning) rays, which helps prevent: Skin cancer, Early skin aging and sunburn

What is SPF?

FDA meaning: How well a sunscreen protects you from sunburn.

Another confusing thing about SPF is the number that follows it. This number tells you how much a sunscreen can filter out.

SPF 15: 93% of the sun's UVB rays

SPF 30: 97% of the sun's UVB rays

The AAD recommends using an SPF 30 or higher. It's important to know that no sunscreen can filter out 100% of the sun's UVB rays. That's why it's important to also wear protective clothing and seek shade.

Taken from the American Academy of Dermatology (AAD) website



Riddle . . .



1. *What loses its head in the morning and gets it back at night?*

Answer on page 4

Next Foot Clinics:



Thursday, July 18th
Thursday, August 29



Be sure to register with Kristie by phone at 204-889-3132 ext 3

Decluttering Challenges

Last month, Seniors Scene featured an article on Decluttering. Now that you have an idea on how to start, here are some decluttering challenges:

Eyeglasses and hearing aids - We keep them because they were expensive purchases. “But they are not doing you any good sitting in the drawer if you’re not wearing them,” says Getzkin. Keep your last pair of glasses for use in an emergency, and recycle or donate the rest.

Nostalgic objects - In [Psychology Today](#), Jim Davies, Ph.D. recommends photographing some of those keepsakes you’ve been holding on to for years. “I take a picture, and save it in a folder called ‘nostalgia.’ Once I have this picture, I feel better about giving or throwing away the object, because part of why I wanted to save it was because I didn’t want to forget.”

Inherited Items - Things we inherit from parents or grandparents, can be hard to part with. “You feel like you are throwing away a person, but you’re not. You’re throwing away a possession of that person. Part of my job is to give you permission to let things go,” Getzkin explains. “In the old days when we didn’t have a lot of storage or big houses, we had one set of china and it was passed down from generation to generation,” she says. Nobody really needs multiple sets.

Utensils - On [Oprah](#), Peter Walsh came up with the “cardboard box test” for utensils. You could use the same test for those pens and pencils that have been accumulating in cups and jars. Take all the utensils out of the drawer and put them in a cardboard box. For the next month, each time you use one, put it back in the drawer. At the end of the month, whatever you haven’t used, you don’t need.

Paperwork - We live in a world of digital files and virtual paperwork. Having a real paper trail is wise under certain circumstances, but we don’t need 30 years of financials. “There are some papers you need to hang on to for life, some you can relinquish after a set amount of time and some papers that you can throw out the same day they arrive” says Getzkin. Your attorney or accountant can tell you which papers fall into the different categories. Making the effort a few minutes each day to sort and toss incoming paperwork keeps piles from forming. “Eighty percent of what we keep, we’ll never look at again,” Getzkin estimates. “It’s just taking up space in our homes.” Some paperwork can be scanned and saved on your hard drive.

Taken from: <https://seniorplanet.org>

CLUTTER
is nothing more than
postponed decisions

- UNKNOWN -

Historical Society Trip—Neuberthal



The Fall 2019 MHRD Program Guide will be coming to mailboxes mid-August. Online registrations will open beginning of August so don't let all your favourites fill up!

2019 Headingley 18+ Co-Ed Slo-Pitch Tournament & FREE Family Fun Day



Saturday July 13th



11 am—12 Midnight

Headingley CC - 5353 Portage Ave

* Beer Gardens * Live Music * Dunk Tank *

* Bouncy Castle * Splash Pad * Face Painting*

* Canteen * BBQ *



BBQ at the "Beach"

When: Tuesday, July 16th

Where: At the Splash Pad*

To register please call Kristie—889-3132 ext. 3

**Weather permitting*

ENCORE
HEALTH & FITNESS STUDIO
Your *STAGE* to Active living
Headingley Community Centre

Summer Hours

Days: Monday thru Thursday

9:00 am - Noon

and

1:30 - 4:00 pm

Fees

\$ 2.00	Drop In
\$ 10.00	Monthly
\$ 60.00	Yearly

Riddle . . .

Answer from Page 3

A. A Pillow



Office Hours:

Monday: 9:00am - noon

Tuesday: 9:00 am-noon & 1pm -4pm

Wednesday: 9:00am – noon



Thursday: 9:00 am–noon & 1pm–4pm

Phone: (204) 889-3132 ext 3


Email: hdlyseniorservices@mts.net

Website: headingleyseniorservices.ca

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*Events with Bright Beginnings	1 	2	3	4 <i>Cribbage</i> 1:30-3:30 pm	5	6
7	8	9 55 + 1:30-3:30	10	11 Magician* 9:30 <i>Cribbage</i> 1:30-3:30 pm	12	13 Family Fun Day 11am—12am HCC
14	15	16 <i>BBQ @ the "Beach"</i> Noon-1:30	17 Entertainer* 10:00	18  Foot Clinic <i>Cribbage</i> 1:30-3:30 pm	19	20
21	22	23 55+ 1:30-3:30	24	25 <i>Cribbage</i> 1:30-3:30 pm	26	27
28	29	30	31 Prairie Exotics* 9:30	1 <i>Cribbage</i> 1:30-3:30 pm	2	3

August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Cribbage 1:30-3:30 pm</i>	2	3
4	5 Terry Fox Day <i>*HCC Closed*</i>	6 Sign up online for Fall MHRD classes www.mhrd.ca	7	8 <i>Cribbage 1:30-3:30 pm</i>	9	10
11	12	13 <i>55+ 1:30-3:30</i>	14	15 <i>Cribbage 1:30-3:30 pm</i>	16	17
18	19	20	21	22	23	24
— Community Centre Closed for Maintenance —						
25	26	27 <i>55+ 1:30-3:30</i>	28	29 Foot Clinic  <i>Cribbage 1:30-3:30 pm</i>	30	31

