

March 2020

Issue 78

Seniors Scene

Enrich your life with us!



HEADINGLEY COMMUNITY CENTRE

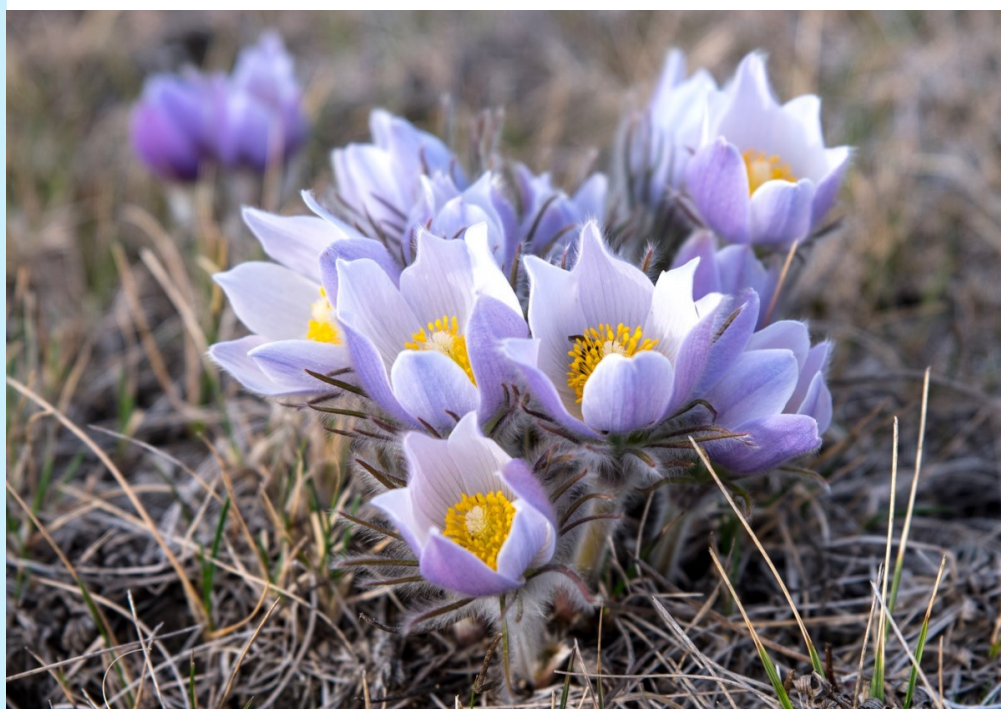
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Spring is just around
the corner...



Peruse these pages to see
some exciting upcoming
programs and events!

Caregiver Burnout

The demands of caregiving can be exhausting and overwhelming – especially if you feel that you're in over your head or have little control over the situation. But there are steps you can take to rein in stress and regain a sense of balance, joy and hope in your life.

What is caregiver burnout?

While caring for a loved one can be very rewarding, it also involves many stressors. And since caregiving is often a long term challenge, the emotional impact can snowball over time. You may face years or even decades of caregiving responsibilities. It can be particularly disheartening when there's no hope that your family member will get better or if, despite your best efforts, their condition is gradually deteriorating.

If the stress of caregiving is left unchecked, it can take a toll on your health, relationships, and state of mind—eventually leading to burnout, a state of emotional, mental, and physical exhaustion. And when you get to that point, both you and the person you're caring for suffer.

That's why taking care of yourself isn't a luxury, it's a necessity. Cultivating your own emotional and physical well-being is just as important as making sure your family member gets to their doctor's appointment or takes their medication on time.

Signs and symptoms of caregiver burnout

Learning to recognize the signs of caregiver burnout is important, so you can take immediate action to prevent things from becoming worse and start improving the situation for both you and the person you're caring for.

Common Signs & Symptoms of caregiver burnout:

- You have much less energy than you once had
- It seems like you catch every cold or bout of flu that's going around
- You're constantly exhausted, even after sleeping or taking a break
- You neglect your own needs, either because you're too busy or you don't care anymore
- Your life revolves around caregiving, but it gives you little satisfaction
- You have trouble relaxing, even when help is available
- You're increasingly impatient and irritable with the person you're caring for
- You feel helpless and hopeless

While caring for a loved one will never be stress-free, here are some tips to help you lighten your load.

5 TIPS FOR DEALING WITH CAREGIVER BURNOUT

01 TAKE CARE OF YOURSELF
Long-term stress of any kind can lead to serious health problems. Try to stay active for 30 minutes every day, rest for 7-8 hours each night, and be mindful of your emotional wellbeing.

02 KEEP A JOURNAL
Write down what you are most grateful for and other positive thoughts to help motivate you through difficult times.

03 ASK FOR HELP
You don't have to go through this alone. Always be willing to express your feelings, ask for advice and say "yes!" when people offer to help.

04 HAVE FUN
Go for a walk, visit museums, watch your favourite show, play board games or anything that will make your time more relaxing.

05 VALUE YOUR WORK
Stay organized by making to-do lists and setting a routine to help you cope with the stress of caregiving. Focus on what you can control and value your work and effort.

CREATED BY WELBI

<https://www.helpguide.org/articles/stress/caregiver-stress-and-burnout.htm>

Chase the ACE

Every Thursday
from 5 to 7:30 pm (Draw Time)
Last \$2 tickets sold at 7:15pm
At the Headingley Motor Inn

ADVANCE CARE PLANNING

Presented by; Brigitte Remillard
from Southern Health-Santé Sud
Tuesday March 17, noon—2:30
Headingley Community Centre

You never know when you may face an unexpected event or illness that may impact your ability to make your health care decisions known. Important and informative—this Advance Care Planning session will also cover Health Care Directions and how to choose a Health Care Proxy. Please note this presentation will be approximately an hour and a half.

Part of the Lunch & Learn series, space is limited register by calling Kristie at (204) 889-3132 ext. 3



WORKING NORTH
DEW LINE TO DRILL SHIP

Thursday,
April 23
6:30-8:00 pm

EVERYONE WELCOME!

www.headingleylibrary.ca
204-888-5410
hml@headingleylibrary.ca

Keep an eye on your mailbox for:

Spring 2020 Program & Community Resource Guide

Recreation... It's More
Than You Think!



Check out our
Headingley Library at:
49 Alboro Street
Phone: (204) 888-5410

www.headingleylibrary.ca



Riddle . . .



What is never used until it's broken?

Answer on page 4



Next Foot Clinic

Thursday, April 2nd



Be sure to register with Kristie @ 889-3132 ext. 3

On March 8th,



Riddle . . .

Answer from Page 3

1. An Egg



Canasta

March 11 & 25

St. Charles Headingley United Church

1:00-3:00 pm



ENCORE

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



Hours

Days:
Mon - Thurs 9 am - Noon
and
1:30 - 4 pm

Evenings:
Mon & Thurs 7 pm - 9 pm

More Information

www.headingleyseniorservices.ca
hdlyseniorservices@mymts.net
204-889-3132 ext. 3

Fees

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

Upcoming Lunches

Tuesday March 3: Noon—2:00pm
Lunch & Games

Tuesday March 17: Noon-2:30
Lunch & Learn—Advance Care
Planning

Please be advised that advance registration is required for these events by calling (204) 889-3132 ext. 3

Office Hours:

Monday: 9:00am - noon
Tuesday: 9:00 am-noon & 1pm -4pm
Wednesday: 9:00am – noon
Thursday: 9:00 am–noon & 1pm–4pm

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Pole Walking 9-10 am Fit & Flex 10-11 am	3 Gentle Yoga 9:30-10:30 am <i>Lunch & Games Noon-2pm</i>	4 Pole Walking 9-10 am Fit & Flex 10-11 am Cardio SF 11:10-12	5 Yoga Flow 9:30-10:30 <i>Cribbage 1:30-3:30 pm</i>	6	7
8	9 Pole Walking 9-10 am Fit & Flex 10-11 am	10 Gentle Yoga 9:30-10:30 am <i>55+ 1:30-3:30pm</i>	11 Pole Walking 9-10 am Fit & Flex 10-11 am Cardio SF 11:10-12 <i>Canasta 1-3</i>	12 Yoga Flow 9:30-10:30 <i>Cribbage 1:30-3:30 pm</i>	13	14
15	16 Pole Walking 9-10 am Fit & Flex 10-11 am	17 Gentle Yoga 9:30-10:30 am <i>Lunch & Learn Advance Care Planning</i>	18 Pole Walking 9-10 am Fit & Flex 10-11 am Cardio SF 11:10-12	19 Yoga Flow 9:30- 10:30 <i>Cribbage 1:30-3:30 pm</i>	20	21
22	23 Pole Walking 9-10 am Fit & Flex 10-11 am	24 Gentle Yoga 9:30-10:30 am <i>55+ 1:30-3:30pm</i>	25 Pole Walking 9-10 am Fit & Flex 10-11 am Cardio SF 11:10-12 <i>Canasta 1-3</i>	26 Yoga Flow 9:30-10:30 <i>Cribbage 1:30-3:30 pm</i>	27	28
29	30 Pole Walking 9-10 am Fit & Flex 10-11 am	31 Gentle Yoga 9:30-10:30 am	1 Pole Walking 9-10 am Fit & Flex 10-11 am Cardio SF 11:10-12	2 Yoga Flow 9:30-10:30 <i>Foot Clinic</i> <i>Cribbage 1:30-3:30 pm</i> 	3	4