



October 2020

Issue 85

Seniors Scene

Enrich your life with us!

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Winnipeg Regional Health Authority: RESTRICTED

Effective 12:01 a.m. on Monday September 28

Community transmission of COVID-19 is occurring across much of the Winnipeg Metropolitan Region. New clusters are occurring, but can be controlled through self-isolation, testing and contact tracing so they do not spread further. The health care system is currently able to manage COVID-19 case levels, however changes in restrictions and behaviours are required to prevent further level changes.

Individuals in the Winnipeg Metropolitan Region must:

- Wear a mask in all indoor public places.
- Limit gatherings to a maximum of 10 people indoors and outdoors.
- Stay home when sick.
- Practice social distancing, hand washing/sanitizing and cough etiquette.
- Follow public health guidance on travel and self-isolation.
- Vulnerable people, such as seniors, are encouraged to exercise additional caution.

Previous provisions in place for all other sectors in this region remain in place. Further direction or additional restrictions may put in place by public health at any time.

The Winnipeg Metropolitan Region includes the City of Winnipeg and the following rural municipalities in other health regions:

- Southern Health - Santé Sud -Rural Municipality (RM) of Cartier, **RM of Headingley**, RM of Macdonald, RM of Ritchot, RM of St. François Xavier, RM of Taché and the Town of Niverville.

<https://www.gov.mb.ca/covid19>

Six Ways to Promote Brain Health and Reduce Your Risk of Dementia



Physical Activity and Weight Management

Follow the Canadian Physical Activity Guidelines. Engage in **150 minutes of moderate to vigorous-intensity aerobic physical activity per week**, in bouts of 10 minutes or more. **Add muscle and bone-strengthening activities** using your major muscle groups at least two days per week. Pick activities that you enjoy so you are more likely to stick with it. **Eat a balanced diet** to assist with weight management.



Diet and Nutrition

Adopt the **Mediterranean Diet** to optimize brain health. There is no evidence that vitamin and mineral supplementation will promote brain health.



Blood Vessel Health

Actively manage conditions such as **high blood pressure, high cholesterol and diabetes** to promote blood vessel health.



Smoking and Alcohol Use

Quit smoking and stay within **Canada's Low-Risk Alcohol Drinking Guidelines**, which advise:

- For women: no more than 10 drinks a week, with no more than 2 drinks on most days.
- For men: no more than 15 drinks a week, with no more than 3 drinks a day most days.
- Plan non-drinking days every week to avoid developing a habit.
- For women aged 65+: no more than 1 drink per day, and no more than 5 per week.
- For men aged 65+: no more than 1-2 drinks per day, and no more than 7 per week.
- A standard drink is 142 ml (5 oz.) of wine, 341 ml (12 oz.) bottle or can of beer or 43 ml (1.5 oz.) of liquor.



Brain and Social Activity

Strive to **maintain higher levels of brain activity in mid to late-life**. Being **socially active** is an important predictor of well-being in general and brain health throughout life. For optimum effect, incorporate activities that provide both **cognitive and physical elements** such as yoga or tai chi.



Health Conditions and Drug Side Effects

Watch for medications that have the potential for adverse effects on memory and cognitive function (e.g. **benzodiazepines, 'Z-drug' sleeping pills and certain pain medications** such as those that contain opioids). **Treat depression, get adequate sleep, manage conditions that lower your oxygen levels**, like heart failure, COPD or sleep apnea. Get help with **hearing loss**.

Adapted with permission from
iGeriCare.ca

LABARGE
Optimal Aging
INITIATIVE

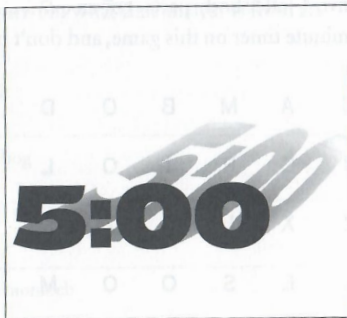
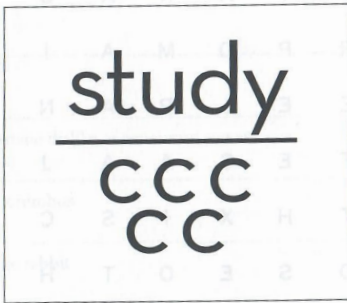
McMaster
University

Institute for
Research on Aging

Health**HQ**

July 2020 | v.01

BRAIN TEASERS



Three cheers

Ruby and Lewis are expecting ... triplets! They already know what they will name their children, but they aren't sharing the names until the babies are born. For now, all they'll say is this:

- All three babies are boys.
 - Their names are six letters long and anagrams of one another.
 - Their names include both their parents' initials but none of the other letters in their parents' first names.
- What will Ruby and Lewis name their triplets?



Riddle . . .



What has hands but can't clap?

Answer on page 4

What did the fish say when it swam into a wall?

Dam.

Rd.com



Random Fact

Did you know? Spaghetti, confetto, and graffito are the singular forms of spaghetti, confetti, and graffiti.



Although it might sound a little strange, the word for an individual piece of spaghetti is spaghetti. The same goes for a single piece of confetti, which is confetto, as well as a single piece of graffiti, which is graffito, according to Merriam-Webster

<https://bestlifeonline.com/did-you-know-facts/>

Next Foot Clinic



Thursday, October 1st

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



Wellness Kits

The first round of names have been drawn for the kits (sample pictured here). It's not too late, to enter your name into the draw, please contact Kristie at; (204) 889-3132 or hdlyseniorservices@mymts.net

*Please note; those that are on the newsletter email list are automatically entered into the draw

Puzzle Answers

*Brain Teasers: Study overseas
Five o'clock shadow*

*Three Cheers:
Arnold, Ronald, Roland*

Riddle . . .

Answer from Page 3

A Clock!



Virtual Learns

Driving Safely

Instructor: Samantha Rodeck, TONS

Provides older adults with information on physical, mental and functional changes that may occur as we age - some of which may affect driving abilities. We will discuss tools and strategies to support drivers in becoming more aware about their health and their driving.

Monday, October 19th @ 1pm

Advance Care Planning

Instructor: Brigitte Remillard, Southern Health

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 Advanced Care Planning session will also cover Health Care Directives and how to choose a Health Care Proxy.

Wednesday, October 21st @ 1pm

Add More Plants to your Plate!

Presenter: Carly Gabler; RD, PHEC

The new Canada's Food Guide emphasizes more plant based eating and researchers are finding many benefits to our health. What does plant based eating mean? What are the health benefits? How can I get more on my plate? Join this free Zoom session facilitated by a Registered Dietician from Southern Health to get the answers to these questions and more!

Thursday, October 29 @ 1pm

For more info or assistance with Zoom please contact Kristie (204) 889-3132 ext. 3

October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1 <i>Yoga Flow</i> <i>Foot Clinic</i>	2	3
4	5 <i>Fit & Flex</i> <i>Cardio Strength Fusion (CSF)</i>	6 <i>Gentle Yoga</i>	7 <i>Fit & Flex</i> <i>CSF</i>	8 <i>Yoga Flow</i>	9	10
11	12 <i>Thanksgiving</i> <i>HCC Closed</i>	13 <i>Gentle Yoga</i>	14 <i>Fit & Flex</i> <i>CSF</i>	15 <i>Yoga Flow</i>	16	17
18	19 <i>Fit & Flex</i> <i>CSF</i> <i>Driving Safely</i>	20 <i>Gentle Yoga</i>	21 <i>Fit & Flex</i> <i>CSF</i> <i>Advance Care Planning</i>	22 <i>Yoga Flow</i>	23	24
25	26 <i>Fit & Flex</i> <i>CSF</i>	27 <i>Gentle Yoga</i>	28 <i>Fit & Flex</i> <i>CSF</i>	29 <i>Yoga Flow</i> <i>Add more plants to your plate</i>	30	31

Fitness = Blue

Virtual Learns = Green

Municipal = Magenta