



## CENTRE UPDATE – Thursday, June 5

### Reminders & Centre Info

**Please sign up online or through the front desk for our Annual General Meeting** on **Wednesday, June 18** at 10:30 am. We require a minimum of 65 members to attend to make quorum. *Refreshments will be provided.*

**Retirement Tea for Kristal:** We are having a retirement tea for Kristal Laminman, former Centre Manager, on Wednesday, June 25<sup>th</sup> from 1:30 – 3 pm at the Centre. All are welcome!

**Front Desk volunteers** will be assisting us on Mondays and Fridays in June starting next week. They will also be helping us over July and August, Tuesdays through Thursdays. A **HUGE thank you** to the people who have volunteered!

### *What's Coming Up...*

Wednesday, June 11 – **Lunch of the Month** will be meeting at Confusion Corner Drinks & Food at 500 Corydon Ave. at 11:45 am. There is still room to sign up.

Thursday, June 12 at 11 am – **Manitoba Author**, Michael McMullen, will be here to discuss the writing process and experience, the “power” of a single word, and more. *Come out to show your support for a local author!*

### The More You Know

**WRHA Palliative Care Education Committee invites you to attend:**

Medical Assistance in Dying (MAID) - This online **presentation** will provide a brief overview of MAID criteria and safeguards. This will be followed by a round table discussion about the process for medical assistance in dying in Manitoba including a review of recent cases. Issues related to assessing capacity and ensuring fully informed consent will be addressed. All questions are welcome.

Learning Objectives:

1. Understand the clinical information required to proceed with MAID assessments
2. Understand what is required to ensure patients requesting MAID are aware of all alternatives to MAID.
3. Be aware of the Health Canada model practice standards for MAID

Featuring Guest Speaker:

Dr. Kim Wiebe

Medical Director

Shared Health Medical Assistance in Dying Service

DATE: Wednesday, June 11, 2025

TIME: 12:00 p.m. to 1:00 p.m.

PRESENTED VIA MS TEAMS: [Join the meeting now](#)

Meeting ID: 288 500 430 398 3

Passcode: YK2T8eZ3

Dial in by phone

1 204-815-1742

Phone conference ID: 499 104 118#

## **Standing Up for Seniors: Manitoba Marks World Elder Abuse Awareness Day (WEAAD) on June 15. How Manitobans Can Support WEAAD 2025:**

Join the National Virtual Event:

Participate in the national WEAAD event on June 11, 2025, from 12:00 to 1:30 p.m. This virtual gathering is open to people of all ages. Register online at:

[https://us02web.zoom.us/webinar/register/WN\\_qhTDfwzqR--b3a3j9qpoSg](https://us02web.zoom.us/webinar/register/WN_qhTDfwzqR--b3a3j9qpoSg)

### **Wear Purple on June 15:**

Show your support by wearing purple—the official color of WEAAD. Share your photos on social media using the hashtag #WEAAD2025.

Share Resources:

Help spread awareness by distributing brochures, posters, or links to online resources within your workplace, organization, or community.

Advocate for Change:

Encourage local officials to issue proclamations recognizing WEAAD and support policies that protect the rights of older adults.

### **Make Your Opinion Count**

The **National Research Council** (NRC) is undertaking research as part of the [Aging in Place Challenge program](#). This initiative aims to enhance the quality of life for older adults and their caregivers by fostering innovation for safe and healthy aging, shaping strategies that support aging in place, and guiding the design of technology.

As part of this program, a team of researchers is conducting a survey to understand seniors' barriers and challenges in the adoption and acceptance of smart and assistive technologies. They are looking for a diverse, nationally representative group of individuals residing in Canada, who are aged 60 and above, as well as those who support them in their daily lives, such as caregivers or family members.

The survey will take approximately 20-30 minutes to complete. As a token of appreciation, at the end of the survey, the participants can enter their name into a draw for one of forty \$100 gift cards.

English: <https://nrc-cnrc-construction.ca/tech-survey>

French: <https://nrc-cnrc-construction.ca/tech-sondage>

If you have any questions or would like more details about this study, please feel free to contact Natalia Cooper, PhD at [NRC.ConstructionSurveys-SondagesConstructionsCNRC@nrc-cnrc.gc.ca](mailto:NRC.ConstructionSurveys-SondagesConstructionsCNRC@nrc-cnrc.gc.ca) or telephone 1-800-672-7990 and press 6 during the message.

# Share Your Thoughts on Kitchen Accessibility!

We are conducting a focus group to better understand the needs and preferences of older adults or people with physical impairments when preparing meals. Your feedback will help inform the design of more accessible kitchen spaces.

## Who Can Participate?

- Adults aged 60+ or those living with mobility challenges.

## What's Involved?

- Duration: ~ 1.5 hours
- Format: Online via Zoom
- General discussion, no preparation required

## Date and Time

- Early June

To express interest or ask questions, please contact Sarah Azizkhani:  
**[azizkha1@myumanitoba.ca](mailto:azizkha1@myumanitoba.ca)**

This study is led by Dr. Amine Choukou and has been approved by the University of Manitoba Health Research Ethics Board (Protocol No. HS26611 [H2024:287]). Participation is voluntary, and you may withdraw at any time. All information shared will remain confidential.



**University  
of Manitoba**

## Upcoming Giveaway Draw

We are giving away 40 tickets to the June 25<sup>th</sup> performance of Rock of Ages at Rainbow Stage! Enter your name now by coming into the Centre and filling out a ballot. Deadline to enter is Tuesday, June 17. The draw will take place on Wednesday, June 18 at 9 am. Each name drawn will receive two tickets. One entry per person please. This is for MEMBERS ONLY.



**A huge THANK YOU to Rainbow Stage for donating these tickets!**

Have you ever been camping? *It's in tents.*

When is a pool safe for diving? *It deep ends.*

Did you hear about the sunflower that was excited for summer? *It wet it's plants.*

Why do bananas wear sunscreen? *Because they peel.*

Have a great weekend!

Krista Johnson Billeck  
Program Coordinator