

VEINER CENTRE

A facility of
Medicine Hat
The Gas City

NEWS & VIEWS

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VEINER CENTRE

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FEBRUARY 2012

BUILDING CLOSURES

VEINER CENTRE and STRATHCONA CENTRE will be **closed** on Monday, February 20 for Family Day.

UPCOMING VEINER CENTRE TRAVEL CLUB TRIP

TEMPLE GARDEN SPA—MARCH 7, 8, 9

Are you interested in travelling with the Veiner Centre to this luxury resort spa located in historic downtown Moose Jaw? Temple Gardens serenely captures the historical natural beauty of Moose Jaw and is connected to the Moose Jaw Casino. Complete your stay with a stroll through downtown, with its many shops, galleries and tourist attractions, like the famous Underground Tunnels and Chinese Laundry. **The cost is \$165 for double occupancy or \$250 for single occupancy.** Be sure to book your seat now by calling Marilyn at (403) 529-8384.

TRADE SHOW AT CYPRESS CENTRE —MARCH 2, 3, 4,

Veiner Centre staff and volunteers will be manning a booth at the Trade Show. You can ask questions about all of the services and programs provided for the 50+ at Veiner and Strathcona Centres. Take home information that may assist your family, friends and/or neighbours so they can make informed decisions which will enhance their quality of life. Drop by to talk to us!

2011 VOLUNTEER INCOME TAX PROGRAM

Trained volunteers will be available to complete 2010 Income Tax returns for Veiner Centre members who meet the eligibility requirements. **The program will run beginning March 1 and will continue through to April 27.** Feel free to sign up at the Reception Desk starting February 13. The Income Tax Coordinator will telephone you and set up an appointment date and time. Remember this service is for Veiner Centre members only. The membership is \$30 per year and can be paid at the Reception Desk.

WELLNESS WEDNESDAY EVENTS

WELLNESS PLUS PROGRAM

~ Wednesday, February 8 ~ 9 am to noon

Free telephone or in-person consultations with Medicine Hat Family Service Professionals on Stress Management; Family Issues; or, Health and Age Related Losses. **Call (403) 529-8383 on or before February 6 for an appointment.**

WELLNESS WEDNESDAY WORKSHOP

~ Wednesday, February 15 ~ 10—12 Noon

Topic: “Lose Your Luggage and Love It”

Motivate yourself to take action and take control of your life with practical tips from Cori Fischer of the Canadian Mental Health Association. Everyone is welcome to this free event. **To register, call (403)529-8383 before February 14.** Bring a friend or meet a new one. Stay for our \$5 Lunch Special in Park Side Eatery!

STROKE RECOVERY ASSOCIATION OF MEDICINE HAT COMMUNITY RESOURCE GROUP

Join us at our monthly meeting at the Medicine Hat College, Courtyard Room **Tuesday, February 13 9 - 7:00 pm.** Everyone is welcome to attend! **Call Lorraine at (403) 527-0899 or Joyce at (403) 527-2491.**

NEXT ZUMBA GOLD CLASSES AT VEINER CENTRE START IN EARLY MARCH

Zumba Gold is based on quick-paced dance moves, choreographed to Latin and International music. The Gold class is less intense than the original Zumba, with dance routines designed for beginners and older adults who may have limited capabilities. The cost is \$30 for 6 weeks of classes. **For more information and to register, call Marilyn at (403) 529-8384.**

DILLS—DROP IN LIFELONG LEARNING SERIES

February 22—9:45 am—Noon

Created especially for the Medicine Hat area’s 50+ population

TOPIC: “Are You Dating Again?”

Guest Speaker: Cathy Brotzell from Medicine Hat Family Service

Enjoy refreshments and the company of others. Everyone is welcome. Bring a friend or meet a new one. **Call (403) 529-8383 on or before February 21 to save a seat.**

SENIOR CITIZEN'S ADVISORY COMMITTEE
ANNUAL GENERAL MEETING

March 7, 2012

Veiner Centre, Auditorium 1, 9:30 am

The Senior Citizen's Advisory Committee advocates on behalf of all seniors in our community and reports to City Council. If you are interested in seniors issues and making real difference for seniors in our community, you may wish to let your name stand for the election of officers. To learn more about the commitment necessary, an information/orientation session will be held on Wednesday, February 22 from 4:30 to 6:30 pm. To sign up for this session, **call Gerry Nadeau, SCAC Chairman, at (403) 529-6101.**

VEINER CENTRE INFORMATION OFFICERS

Mondays and Wednesdays (10 am – 12 Noon)

If you need assistance filling out application forms for Canada Pension Plan and Old Age Security, we can assist you. We can also assist you with Alberta Senior Benefits and Special Needs Assistance information and forms.

For more information, please contact Veiner Centre at (403) 529-8383.

VEINER CENTRE CARPET BOWLING CLUB

Are you interested in joining the Carpet Bowling Club? The club meets at the Veiner Centre every Wednesday afternoon at 1:00 pm. To learn more about this activity or to join, **please call Param Pavan at (403) 528-5950.**

LIVE AND LEARN SERIES

~ Coming again on March 21 from 1:00—3:00 pm ~

Share your knowledge, wisdom or experience in a supportive group setting. Engage in lively discussion on topics such as: Dealing With Our Emotions; Coping Strategies on Burnout; Perception and Communication; Aging; Generational Values and Beliefs; and more! **Call (403) 504-8026 or (403) 529-8383 to register.**

SPRING MEMBERSHIP DINNER –MARCH 30

Members only are invited to attend the dinner.

The cost is \$15 per person.

Cocktails @ 5:30 pm/Dinner @ 6:00 pm

Menu: Chicken Cordon Bleu and Shrimp Skewers, plus all the trimmings!

Tickets on Sale—March 1 at Hostess Desk

Great food, great entertainment and lots of fabulous door prizes.

Limited Seating—Get your tickets early at Veiner Centre Reception Desk.

THE VALUE OF SLEEP (Taken from Dr. Oz Website)

Are you getting enough sleep? Do you wake up throughout the night? Do you wake up tired? Then this information might be just what you need to read.

- According to clinical psychologist Dr. Rubin Naiman, getting a good night's sleep is critical for our physical, spiritual and emotional health—yet more and more people suffer from sleep disorders and insomnia.
- Dr. Naiman urges us to slow down, unwind and embrace the spiritual side of sleep, and he says most sleep problems can—and should—be treated without medications.
- Dr. Oz talks to Dr. Naiman, who is also the sleep specialist at the Miraval Resort in Arizona and the author of *Healing Night: The Science and Spirit of Sleeping, Dreaming and Awakening*, about the importance of sleep and ways that you can reclaim the night.
- Dr. Naiman says that if you fall asleep the second your head hits the pillow, you are most likely sleep deprived and excessively tired. Give yourself 10–15 minutes in bed, in the dark and alone with your thoughts before you fall asleep, he says.
- If you consistently need an alarm clock to wake up, you're not getting enough sleep. "If you get enough sleep, you'll just awaken naturally," Dr. Naiman says. The simple solution: go to bed earlier.
- If you're using excessive stimulation during the day for energy, such as caffeine, high-glycemic foods or running on adrenaline, you're probably not getting enough sleep, Dr. Naiman says.
- Be sure to sleep in complete darkness—that means turning off the TV, night-lights and bright alarm clocks. Dr. Naiman says that even a small amount of light at night suppresses the body's production of melatonin, a natural hormone that regulates the body's sleep-wake cycle and plays a vital role in other important biological processes.
- Dreams are extremely valuable to the human psyche, Dr. Naiman says, not only from a spiritual standpoint but from a health standpoint. In fact, he says evidence suggests that "the chronic loss of dreaming may be the most critically overlooked factor in clinical depression."
- The process of preparing your mind and body for sleep is a valuable spiritual process, Dr. Naiman says. "It's an opportunity to literally practice this fundamental art of letting go, of surrendering," he says.
- Rest is just as important as sleep, Dr. Naiman says. People often confuse rest with recreational activities like bowling, reading or drinking alcohol, he says. Rather, learn to engage in things like meditation, yoga or prayer.
- "Rest informs most approaches to healing and I think we underestimate how powerful it is," he says.

VEINER CENTRE WEBSITE

For information about Veiner and Strathcona Centre programs, services, activities, food services and more, log on to www.medicinehat.ca/veiner.