



THE OASIS

NEWS

March 2021



IT'S BEEN A YEAR ...

The evolution of Covid-19 over the past 12 months has certainly impacted Prairie Oasis and continues to do so. With the exception of Meals on Wheels we unfortunately remain closed to all typical activities.

The very real hope is that we can gradually re-open over the coming weeks but we are also watching what is happening with the new variants closely. The Centre certainly does not wish to place anyone at risk. Please be assured that we will be taking every effort to ensure your safety and the safety of those around you while at the Center.

With ensuring proper protocols (mask use, hand washing, distancing, etc.), we can again at least begin re-opening some of the activities. Again, Covid is not going away any time soon so we need to embrace the “new reality” and continue living as best we can.

Please check our webpage (prairieoasis.ca) for updates. As we begin to offer activities and bookings we will routinely post the monthly calendar on the website as well as the “Activity Wall” (the window just outside Four Seasons room).

I want to thank the membership and patrons of Prairie Oasis Senior Centre for sticking with us through this difficult time - we will get through this together and be stronger than before.

Steve Todd,

Executive Director



When parents start to crack during lockdown



DID YOU KNOW ...

- 11% of people are left handed
- August has the highest percentage of births
- Unless food is mixed with saliva you can't taste it
- The average person falls asleep in 7 minutes
- A bear has 42 teeth
- An ostrich's eye is bigger than its brain
- Lemons contain more sugar than strawberries
- 8% of people have an extra rib
- 85% of

plant life
is found
in the
ocean



2021 MEMBERSHIPS NOW AVAILABLE

In light of Covid-19, a decision was made not to collect membership fees for the remainder of the 2020 year.

Our membership year runs from January 1st through December 31st each year and membership cards are now available (please see Steve). Membership fees have been set at \$20.00 for the year for individuals and \$35.00 for couples (\$17.50 each).

Please note that in the past members and non-members were paying the same fees (\$4.00) for participation in various Centre activities. Beginning January 1st, 2021 non-members will pay \$5.00/activity whereas members will still enjoy 10 sessions for \$35.00 utilizing the Activity Card system in place.



EVERYONE EATS BRANDON

Prairie Oasis is very pleased to announce that, in partnership with the John Howard Society of Brandon, the Everyone Eats program will transition from the Food Services department at Brandon University to Prairie Oasis effective March 1st, 2021. With the Centre's commercial

kitchen and expertise in food preparation/delivery, this is a natural fit for service.

Everyone Eats is an initiative, begun by the John Howard Society, structured to assist in meeting immediate nutritional needs while also providing the dignity of contributing to one's meal in the amount you are able. Our mission is to provide top quality, nutritionally balanced meals at a price point that everyone can afford so that there are no barriers.

HOW IT WORKS:

Meals are prepared each Monday, Wednesday and Friday. The meal description, including the ingredient list, will be posted on our website a few days before that meal is served. A maximum of 8 meals per day can be ordered. The meals can be picked up at Prairie Oasis Senior Centre (preferred) or delivered by a volunteer if needed. Meals can be ordered for all three days at the same time if a donation of any amount is made, but free meals may only be ordered on the day they are being served.

WHAT IS THE COST?

The suggested donation price is \$8, however you can adjust this amount down to \$0 or as high as \$100. If you cannot afford to pay \$8 simply input the amount you can afford to pay. If you are able to pay more than \$8 the additional amount you pay will help to feed a community member that needs some help. Payments can be made by Visa®, Mastercard® or eTransfer (to everyoneeatsbrandonmb@gmail.com) online, Visa® or Mastercard® over the phone or by cash or cheque in person with pickup or delivery.

TO ORDER:

Webpage: www.everyoneeatsbrandon.ca

Email: everyoneeatsbrandonmb@gmail.com

Telephone: **1-204-441-4551**

BOARD OF DIRECTORS

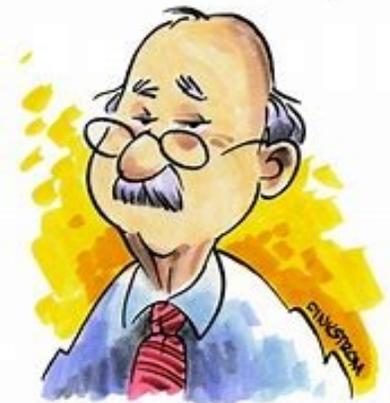
Eleanor McCallum (Co-Chairperson) has stepped off of the Board, at least for awhile owing to health concerns.

As well both Ian Hamberg and Linda Skeoch have elected to retire their positions on the Board effective this year.

Bill Chester (Chairperson), the entire Board of Directors and staff of the Centre wish to offer heartfelt acknowledgement of the great contribution these individuals have made to the Centre.

Dot Burgess, Marc Maisonneuve, Tunji Olanokanmi and Wendy Stewart continue with their duties as Board members and we are pleased to advise that both Brenda Kingdon as well as Marg Trollope have agreed to allow their names to stand as members and have been accepted by the Board as members.

I DON'T DO DRUGS...



I GET THE SAME EFFECT BY STANDING UP FAST!

Proudly sponsored by:

JohnHoward
THE JOHN HOWARD SOCIETY OF BRANDON INC.





Prairie Oasis is responsible for the Meals on Wheels program for the City of Brandon and has been for many years. Bulk orders can be prepared for those from surrounding areas.

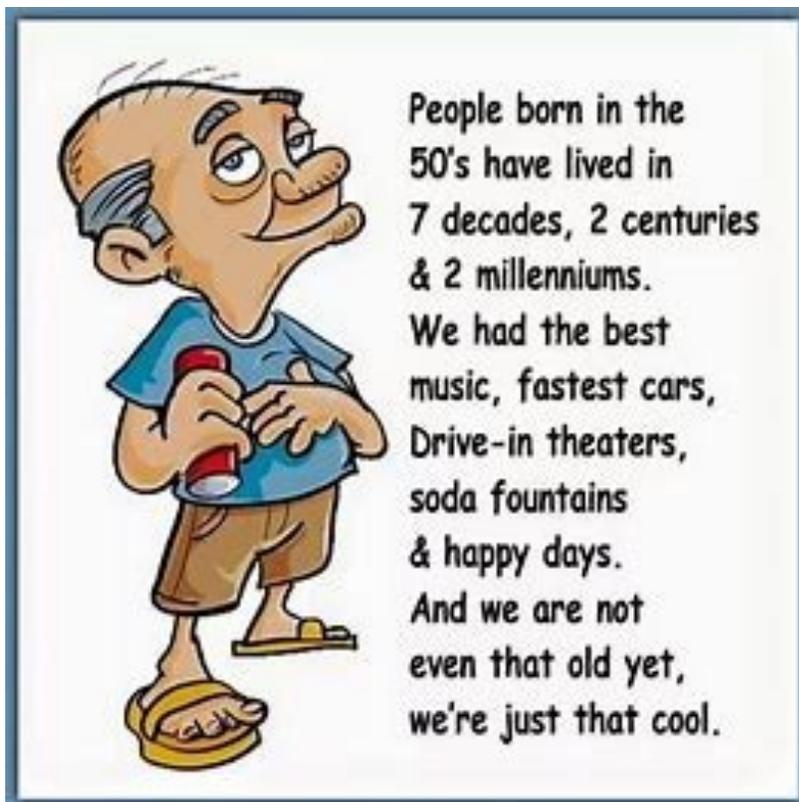
Based on a rotational (seven week) menu, the program delivers wholesome varied meals to clients as prepared by our well-experienced staff. The MOW program is transitioning away from commercially pre-processed foods and more towards meals

prepared "from scratch" (like mother used to make).

A fleet of dedicated volunteer drivers ensures meal deliveries at no cost to the Center or clients and are very much to be commended.

Hot meals are delivered Monday through Friday throughout the city with an option for additional "cold" meals that can be re-heated for weekends and holidays. All meals include an entree, salad, dessert and home-made multi-grain bun.

All meals are a nominal \$10.00 (billed monthly)



MEET THE STAFF



AMANDA FAST— Acting as the Coordinator of Food Services, Amanda has been at the Centre for almost a year now and brings with her a background working in the Food industry in a variety of roles. She has demonstrated great creativity in evolving the Meals on Wheels program including an expanded menu, enhanced quality of food served and implementation of a “satisfaction” survey seeking input from clients as to what the Centre could do better. Amanda will also assume the role of coordinating the Everyone Eats Brandon services as they evolve.

As a mother of a very bust five year old (Persephone or “Stephie”), Amanda balances her work/life commitments well.



JORDAN DAKERS — Originally from Thompson, Jordan has been at the Centre for seven months in the role of Prep Cook. He also acts as Coordinator in Amanda’s absence. Jordan brings a wealth of knowledge and experience in the food industry and is becoming renowned for his organizational abilities and his creative recipes.

Jordan can be found creating organization from chaos related to preparing the MOW delivery routes, organizing drivers and packing for delivery for all routes.

His “family” includes “KoCoo”, his small but adorable Shiatsu blend pooch and his loving Grandmother.



DELENN BOLLMAN — Although new to the Food Services team, Delenn also has a history and experience in Food services. Her creativity, especially in relation to dessert creation is to be admired. Delenn works to ensure the smooth functioning of the department through her performing a variety if roles in the background as the Food Services Aide.

Recently, she has also begun training to assume the Activity Coordinator role on a half-time basis. We look forward to assisting her to evolve the activities for the Centre to be what seniors attending might want to see.



ERIK SIGURDSON — Erik is the newly hired Everyone Eats Brandon Cook. Erik graduated from the Culinary Arts program at Assiniboine Community College. Having worked in a variety of restaurants, he will now focus his energies on continuing the Everyone Eats food program.



GUY UELAND— With extensive background in food services and computers, Guy assumes the role of Coordinator for the Everyone Eats program. His friendly voice will be who clients of the program speak to daily and his organizational ability will ensure all who wish a meal actually get one.



MISSION STATEMENT

Our Mission is to respect aging by improving the personal wellness of our members through nutrition and opportunities for social interaction, education, recreation and volunteerism.

Prairie Oasis Senior Centre

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Brandon, Manitoba

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Tele: 1-204-726-6641

Website: prairieoasis.ca

Facebook® : [prairieoasisseniorcentre](https://www.facebook.com/prairieoasisseniorcentre)

Instagram® : [prairieoasisseniorcentre](https://www.instagram.com/prairieoasisseniorcentre)

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Guy Ueland (Coordinator—Everyone Eats)

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