

# Nostalgia Notes



93.7  
CJNU

IN TUNE WITH OUR COMMUNITY NEWSLETTER  
JANUARY 2026 WE DO *winter* BETTER!



## Looking Ahead: Building Tomorrow Together

For more than a century, The Saul and Claribel Simkin Centre has been a cornerstone of care for older adults in Winnipeg's Jewish community. Since opening its doors in 1915, the Centre has grown from a small residence into a dynamic home where 200 Residents of all faiths and backgrounds can thrive.

Rooted in a long-standing commitment to dignity, respect, and compassionate care, the Simkin Centre remains steadfast in nurturing the whole person. As expectations around senior care continue to evolve, so too does our approach, into one that supports the mind, body, and soul of every Resident, while honouring the lived experience, wisdom, and individuality each person brings with them.

### Shaping Care Through Innovation and Connection

At the Simkin Centre, we continue to advance new programs and partnerships designed to enrich daily life and support overall well-being. From expanded music and art therapy to concerts, special outings, and engaging activities, we aim to create moments of joy, purpose, and connection for every Resident.

One of our most anticipated projects is the proposed new addition and child care centre adjacent to our building. This space is envisioned as a place where the wisdom of our Residents and the wonder of children can meet, where stories are shared, relationships are built, and generations learn from one another. These connections bring energy, warmth, and meaning into daily life, reminding us that care is at its best when it is experienced across generations.

### Together, Building a Sustainable Future

The Simkin Centre thrives because of the people who bring it to life, Residents and families, dedicated staff, compassionate volunteers, and generous donors. Their commitment transforms the Centre into more than a place to live; it makes it a true community.

As health care continues to change, we remain committed to strengthening wellness, supporting staff development, and building a sustainable future. Through every challenge and opportunity, our mission endures: to provide a home defined by compassion, dignity, and belonging.

**Join us in building tomorrow together. Visit [simkincentre.ca](http://simkincentre.ca) to learn more, donate at [simkincentre.ca/giving](http://simkincentre.ca/giving), or call 204-589-9052 for ways to give.**



SAUL & CLARIBEL  
**SimkinCentre**

### LIVE ON LOCATION

CJNU is broadcasting LIVE from The Saul and Claribel Simkin Centre in January! Come stop by our remote studio and say "hello"!

- a cornerstone of compassionate care for Winnipeg's Jewish community and others who need the care and expertise this facility provides.

# 50 Things to Do in Manitoba This Winter

Bright blue skies. Fresh white snow. Crisp clean air. It's winter in Manitoba and time to play outside. Whether you slide into skis, hop on a snowmobile, lace up skates, drop a fishing line or tie up a pair of snowshoes, our wide-open spaces make it nearly impossible to resist the call of the great outdoors. Then it's warm-up time with hot sips, cool music and wintertime activities to stir your soul. The best of both worlds awaits this season in Manitoba.

Discover 50 ways to celebrate winter in Manitoba — from spa soaks and snowy trails to live music, art festivals, and northern lights adventures. Whether you're skating at The Forks or relaxing at a Nordic spa, these ideas will help you make the most of the season.



## Soak, Sip and Savour the Season

1. Dip your toes in the warm waters at Klar So Nordic Spa at Elkhorn Resort in Riding Mountain National Park. The steam room feels like heaven after a dip in the cold plunge pool!
2. Do brunch on a lazy weekend! Check out Pauline for Florentine eggs benedict, Clementine for Chorizo verde tostada and Danny's All Day Breakfast at The Forks.
3. Sample zero proof cocktails at swanky stops in the Exchange District including Rosé Coffee & Wine for an espresso martini and Patent 5 Distillery for the Razzle Dazzle.
4. Book it to the best bakeries for winter warm-ups like cinnamon buns at Tall Grass Prairie Bakery, applejacks from Goodies Bakery and homestyle donuts from Gunn's Bakery.
5. Dine at The Den, a cavern made entirely out of snow, hosting a world-class dining experience in St. Adolphe catered by some of Manitoba's finest chefs.
6. Shop Winnipeg's Indigenous boutiques including the new Anishinaabe Girl and Teekca's Boutique for handmade gifts and custom creations. Have a snack and cocktail at Sharecuterie.
7. Stroll Osborne Village for an afternoon of retail therapy and sweet treats at the iconic Baked Expectations.

## Bright Lights and Winter Nights in Winnipeg

8. Lace up and cruise the Nestaweya River Trail at The Forks. Not a skater? You can walk, ice bike or cross-country ski instead.
9. Warm up inside the collection of Warming Huts and see what winners of the annual art and architecture competition have created along the Nestaweya River Trail at The Forks.

10. Gear up and climb the ice tower in St. Boniface with a little help from your friends at the Club d'escalade de Saint-Boniface.
11. Mugs, bowls and platters from the potter's wheel await as you learn the art of hand-built pottery. Workshops happen at the Winnipeg Art Gallery.
12. Did you know that the first floor of WAG-Qaumajjuq is always free to visit? Shop, eat and view nearly 5,000 stone carvings in Ilavut, the glass vault.
13. Update your wardrobe in The Exchange with warm winter wear from Canadian Footwear, vintage treasures from the Clothing Bakery and slow fashion from Simone Rose and Anne Mulaire.
14. Fly high and have some fun at Winnipeg's indoor trampoline and adventure parks including The Flying Squirrel, Fun Park Canada and The Rec Room.
15. Explore Indigenous art and culture with visits to Urban Shaman Contemporary Aboriginal Art, the HBC Museum Collection at the Manitoba Museum and The Indigenous Perspectives gallery at the Canadian Museum for Human Rights.
16. Rent a pair of snowshoes from Wilderness Supply then hit the trails in Winnipeg and beyond.



# Discover winter experiences



**MANITOBA**  
CANADA'S HEART IS CALLING

**PLAN YOUR ADVENTURE ➔**

## Festivals and Fairs, oh my!

17. It's Canada's largest festival dedicated to contemporary art music. Grab a ticket for Winnipeg New Music Festival this January 21-29, 2026.
18. Take in the exquisite Royal Winnipeg Ballet performance of *T' l: The Wild Man of the Woods* on tour this January and February 2026.
19. Sample over 250 entries in the Winnipeg Whiskey Festival, March 6 and 7, 2026. Join a workshop to increase your knowledge of the spirit.
20. Dog sled races, sparkling ice castles and plenty of Northern hospitality abound at the Northern Manitoba Trappers' Festival in The Pas in February.

21. Workshops and screenings entertain multimedia lovers at Freeze Frame's International Film Festival for Kids in March.

22. See world-class show jumping, heavy horse competitions and top-notch live entertainers at the Royal Manitoba Winter Fair in Brandon.

23. With shows across the city, Winterupption is your excuse to leave the house for hot music this January.

24. Make it Morden for the annual Multicultural Winterfest. Ice carving, skating and plenty of indoor performances along with delicious food await.

25. Get your fill of piping hot pea soup, savoury tourtiere and maple syrup rolled in snow at Festival du Voyageur.



There's plenty more to do this winter in Manitoba, so for the remainder of the list (26 - 50), head on over to [TravelManitoba.com](http://TravelManitoba.com).

Author: Shel Zolkewich

## Let It Snow!

## Let It Snow! Let It Snow!

IT MIGHT BE COLD OUTSIDE, BUT IT IS GREAT JUST WHERE I AM.



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# 5

# Questions to Ask About My Multiple Medications

to help make decisions together with my doctor, nurse practitioner, or pharmacist



**What is the purpose of each of my medications?**

**Could I be experiencing any side effects or drug interactions?**

**Could lifestyle changes also improve my well-being?**

**Are all my medications needed?**

**What other information should I know about my medications?**

**Taking multiple medications usually means taking 5 or more medications**

For more information about the 5 Questions:



Click or Scan



Institute for Safe Medication Practices Canada  
Institut pour la sécurité des médicaments aux patients du Canada



deprescribing.org  
Reducing medications safely to meet life's changes



CDA-AMC

Canada's  
Drug  
Agency

L'Agence des médicaments du Canada



Tune into 'Insights on Social Connections' with host Jim Feeny on Wednesday, January 28, between Noon and 1 p.m.!

# 5 Tips for Managing Caregiver Stress



VICTORIA LIFELINE  
Safe and independent living.



## Your Health Matters Just as Much

## Tips for Caregivers

Caring for an aging parent is one of the most meaningful roles many adult children take on, but it can also be one of the most demanding. If you've recently spent more time with a family member over the holidays and noticed changes in their health or mobility, it's normal to feel overwhelmed.

Caregiving often starts with small tasks and gradually becomes a much larger responsibility.

You may find yourself coordinating appointments, running errands, managing medications, helping with household tasks, and worrying about falls or emergencies all while balancing your own family and career. And when someone resists help because they fear losing their independence, the emotional strain can grow even heavier.

Over 8 million Canadians provide unpaid care to someone they love, and many are caring for aging parents. While caregiving is a meaningful act of love, the demands can lead to stress, fatigue, trouble sleeping, financial strain, and tension in personal relationships.

Recognizing early signs of caregiver stress is important. These may include feeling run down, increased anxiety, irritability, withdrawal from hobbies, difficulty concentrating, or feeling overwhelmed or alone.

## 5 TIPS TO HELP LIGHTEN THE CAREGIVING LOAD

### 1. Share the Load

Ask family and friends for support with errands, check-ins, or rides to appointments. Community programs and respite services can also give you a break.

### 2. Use Technology to Help Reduce Worry

Caregiving apps, medication reminders, and home automation tools can simplify routines. A medical alert service can provide peace of mind for both you and your loved one. Victoria Lifeline offers no-obligation consultations - call (204) 956-6777.

### 3. Talk to your Healthcare Provider

If you're feeling overwhelmed, reach out to your doctor for support or resources.

### 4. Build Your Resource List

Knowing what services are available, like meal programs or transportation options, can help you plan ahead. Victoria Lifeline's Senior Service Guide can help you build that list as well.

### 5. Prioritize Small Acts of Self-Care

A short walk, journaling, mindfulness, or getting enough sleep can help replenish your energy.

Caregiving is an act of love, and one you don't have to do alone. Victoria Lifeline is here to help every step of the way.



## Insights on Aging

Tune in DAILY at 10:37 a.m. and 3:37 p.m. for Insights on Aging, presented by the Manitoba Association of Senior Communities!

# YOUR PATH FORWARD



*to community & connection*

[alzheimer.mb.ca](http://alzheimer.mb.ca)

204-943-6622 (Winnipeg)

1-800-378-6699 (Manitoba)



January is Alzheimer's Awareness Month, a time to raise awareness and understanding of dementia and the supports available. Throughout the month, the Alzheimer Society of Manitoba is highlighting how it is ***your path forward to community and connection*** — and Lynn's story shows what this can mean for families living with dementia.

## Lynn's story: Finding my community of support

"After my husband, Barry, was diagnosed with vascular dementia, I knew we needed support. My first step was to look online — and that's how I found the Alzheimer Society of Manitoba.

I made that first call and met with a First Link® Client Support staff member, who was such a relief to talk to. She walked me through what to expect, shared resources and told me about a weekly support group for people living with dementia that she thought Barry might enjoy.

I signed him up right away. Once he started attending, we never looked back. He really enjoys the group. It's become an important place for him to connect with others who understand what he's going through.

And it's been meaningful for me too. Each week, when I dropped Barry off, I'd notice other women dropping off their husbands for the group. They invited me to join

them for coffee. At first, I said no — that hour felt like precious time to catch up on errands. But the next week, they asked again, and this time, I said yes. And I'm so glad I did.

We continue to meet for coffee every week, and our hour and a half together is really special. I know I can bring those hard moments to the table — things I can't always share with others — and they'll just get it. We're a community. We belong together, and that means so much.

If I could offer any advice to someone who's worried about dementia or newly diagnosed, it would be this: ***the Alzheimer Society is a place you can turn to.***

I truly recommend reaching out. It saved me — and it helps so many others. Being able to talk openly, to share the weight you're carrying, is good for the soul."

**Learn about the Society's programs and services this Awareness Month, along with more stories like Lynn's, at [alzheimer.mb.ca](http://alzheimer.mb.ca).**



Artistic Director Kelly Thornton welcomes you to the theatre.

## Happy New Year!

It is my pleasure to welcome you to Royal MTC for two remarkable offerings in both the Mainstage and Warehouse theatres. Ken Ludwig's adaptation of Agatha Christie's *Murder on the Orient Express* takes us into the sumptuous world of 1930s, with an array of intriguing characters on board the world's most luxurious train. Trish Cooper's *Holland*, on the other hand, brings us into a more present-day setting, the here and now of Winnipeg, with a cast of everyday heroes just trying to get by.

While the plays are vastly different, one period, one contemporary, one the epitome of opulence and privilege, the other an unglamorous exposé of a family in the system, both are united by a defining theme. Each play examines the nature of justice, both as a principle of the legal system but also as a broader ethical ideal.

As the famous Belgium detective Hercule Poirot weighs the evidence, deliciously dissecting each clue, we are

enveloped in a world of suspense. But at the heart of Christie's novel is a man who must confront everything he has known to be true, where his moral code comes face to face with the realization that the legal system is not infallible. Hercule has been described as a psychological detective, and indeed *Orient Express* is a masterful lesson in human behaviour, including his own. Similarly, Carrie and Paul's adherence to Children's Special Services for the support of their disabled son is without debate. But Cooper's play unveils a system that sometimes outweighs the individual as it processes people. If not personally frustrating, this system can push people to a breaking point, and Cooper explores this point of rupture to brilliant comic effect.

Whether a murder mystery or an outrageous comedy, both these plays are wildly entertaining and wrestle with complex ideas of what it means to be human.

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## Prairie Theatre Exchange presents **BIG STUFF** - a hilarious & heartfelt examination of the stuff we leave behind

A married couple is driving back to Canada from Los Angelos with a U-Haul full of boxes – the remnants of their parents' lives after the last parent had passed away. The boxes are full of random stuff, and the debate begins. Keep, or toss it out?

Real-life married couple and celebrated comedy duo Matt Baram and Naomi Snieckus (who met while performing with Toronto's Second City) discovered that they have diametrically opposed views about the sentimentality of objects. She wants to keep everything. He wants to throw it all away! Is she a pack rat? Is he a monster? This hilarious and highly addictive couple wants you to decide.

*Big Stuff* turns some of life's big questions into big laughs and some tears. With quick wit, sharp chemistry and astounding vulnerability, Baram and Snieckus bring

their signature mix of storytelling and improvisation to take on all of the "stuff" that accumulates in our lives. Whether it's the physical stuff piled up in our basements or the emotional stuff that lives rent-free in our hearts, *Big Stuff* is a hilarious and heartfelt exploration of what we leave behind.

*"How often do you get to call a show 'lovable'? You leave with tears in your eyes and a smile on your face."*

— Liz Nichols, 12th Night (Edmonton)

*Big Stuff* runs January 20 – February 1, 2026.  
Tickets and information at [www.pte.mb.ca](http://www.pte.mb.ca).

Senior discounts available.



# Let Your New Year's Resolutions Inspire Self-Kindness

As we roll into 2026, New Year's resolutions are at the front of everyone's mind. Because of that, it's easy to feel that you're under a lot of pressure. Pressure to fulfill personal promises of change, or through healthy habits that encourage personal growth. However, sometimes reality doesn't match the plan, and self-criticism can creep in quickly. This is where compassion matters most.



Being too hard on yourself when you struggle to meet your resolutions is a quick way to snuff out that drive to better yourself. Change rarely comes easy, as most of us know.

Life brings unexpected demands, setbacks, and ups and downs that nobody can really anticipate. Falling short does not mean you lack discipline or commitment. Instead, it means you are human and that you can most certainly have another go at it. This isn't a one-and-done thing.

Self-judgment often leads to discouragement, which makes it harder to continue on this personal journey of yours. When resolutions become a source of guilt or shame, they lose their purpose. The goal of setting intentions for the new year is not perfection, but progress. Small steps, even inconsistent ones, still move you forward. Nobody (yourself included) should expect some sudden change when there's work to be done, and that's okay!

Practicing self-kindness allows you to reflect healthily. Instead of asking, "Why did I fail?" try asking, "How can I work on this?" This shift turns setbacks into tangible steps on how to move forward instead of a source of self-doubt. It also builds resilience and the ability to keep going even when motivation fades.

Remember that your worth is not measured by streaks, checklists, or timelines. Growth takes time, and sometimes rest, patience, or recalibration is the most productive choice you can make.

As you start to tackle your 2026 resolutions, give yourself the same grace you would offer a friend. Progress rooted in compassion lasts far longer than change driven by self-criticism, and if you can reframe your mindset in this way, there's nothing that can stop you!

Happy New Year, everyone!

Brian Finlayson  
Editor

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on Unsplash*

# BECOMING A CJNU MEMBER HAS ITS PERKS!



CJNU is a not-for-profit broadcasting cooperative, owned by our members. Membership is open to all, and membership dues are a huge part of what keeps the radio station on the air.

Want to learn more about what our memberships look like and the perks that accompany them? Visit [CJNU.ca/perks](http://CJNU.ca/perks) for more.

## It could be U...



CJNU loves to run contests that give you, our listeners, the opportunity to win a variety of prizes. Here are our lucky winners from recent contests.

**Wyndham Gardens**  
Gary L. • Ron H.

**Chacha Wow**  
Gary L.

**Frenchway Cafe**  
Ron H.

## HAPPY NEW YEAR!

From all of us at CJNU, we hope you have a safe and happy New Year as the calendar flips to 2026!



# Faces & Places



Carmen Puente, General Director of Training & Empowerment Women Congress MB, joined Tom Dercola as a guest on December 8.



(L-R) Karen Fowler of the St. Boniface Hospital Foundation, Ashley Seymour of Volunteer Manitoba, and Lisa Thomson Stifora and Cathy Auld of The Winnipeg Foundation joined CJNU's Adam Glynn for a special program on Giving Tuesday.



CJNU's Adam Glynn (R) was joined by Kirsten Halden, Director of Major Gifts at the St. Boniface Hospital Foundation (L), and Kelley Turnbull, a former cardiac patient and advocate for women's heart health (C), for Community Champions



(L-R) Julie Tomaino, Director / Choreographer for RMTC's "Elf" and Rachelle Blatta, Communication and Social Media Director, RMTC, joined Tom Dercola on November 24.