

The Wire

September 2024

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Canadian Red Cross Friendly Calls Program



The Canadian Red Cross Friendly Calls program helps address feelings of loneliness and isolation that so many have experienced in the wake of the COVID-19 pandemic. It is a **free service**.

The program matches people over the age of 18 with trained Red Cross volunteers who connect with them regularly to check-in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

Volunteers provide wellness checks and weekly phone calls, and can help provide connections to community resources and other referral services.

Scheduled phone calls are tailored to meet each person's needs. Calls can range from a two-minute check-in to a longer, more social chat.

People can join the program by:

- contacting one of the program coordinators directly
- a referral from a family member or care provider
- a referral from community partners, such as social services, religious leaders, or seniors' group

Do you know someone who could benefit from the Friendly Calls program?

Would you like to train as a Red Cross Friendly Calls volunteer?

No experience necessary, all training provided.

Contact

Call: 1-833-979-9779

Email: friendlycallingmb@redcross.ca

I love waving at random people. Because you know for the rest of the day they're trying to figure out who i was. :P



Cooking with Gwen

Gwen is a Meal Coordinator for the Brunkild, Sanford and Starbuck meal programs. Many of her featured recipes are also prepared deliciously for the GEMS meal program.



Easy Baked Apples

- 4 good-quality apples (I like to use red apples, but baking apples, such as Granny Smith, work great to!)
 - 1/4 cup chopped walnuts , or pecans
 - 1/4 cup [light brown sugar](#) , packed
 - 2 Tablespoons butter , room temperature
 - 1/2 teaspoon [ground cinnamon](#)
 - 1/4 cup water
 - vanilla ice cream , for topping, optional
-
- Preheat oven to 350 degrees F. Use a paring knife or apple corer to remove the stem and seeds from the apples, making a deep hole where the filling will go.
 - Combine the brown sugar, butter and cinnamon in a small bowl and mix well to combine. Add the nuts. Spoon mixture evenly into each of the apples.
 - Add 1/4 cup of water to a baking dish and place apples on top.
 - Bake for about 40-45 minutes, or until apples are tender when pierced with a fork. Remove from oven and allow to cool for a few minutes.
 - Spoon the sauce drippings from the pan over the apples. Serve with ice cream, if desired.



[Easy Baked Apples Recipe - Tastes Better From Scratch](#)

Exercises with Liza

Riverdale Apartments | 12 Thursdays, Sept 26 - Dec 12, 2024 | 10 am – 11 am | It's Free!

Join Us for Gentle Exercise Sessions with Liza!

Looking to maintain muscle strength and improve your mobility? Our gentle exercise sessions are perfect for you! Led by Liza, these classes are designed to be both effective and accessible.

Program Details:

- **Gentle Exercises:** Suitable for all fitness levels.
- **Strength Training:** Use 1 lb weights and stretchy bands.
- **Flexible Participation:** Exercises can be done standing or sitting.

Comfortable Environment: Please wear comfortable clothing and footwear.

Join us and take a step towards better health and mobility!

Gentle Body Balance

Oak Bluff Recreation Centre | 12 Wednesdays, Sept 11 - Nov 27, 2024 | \$120.00

Join us for a holistic fitness experience designed to enhance your overall well-being through gentle and mindful movements.

Program Details:

- **Inclusive:** Perfect for individuals of all fitness levels.
- **Holistic Approach:** Focus on balance, flexibility, and core strength.

Supportive Environment: Relaxed and encouraging atmosphere.

Whether you're new to fitness or seeking a gentle yet effective workout, this class is ideal for achieving a balanced and healthy body.

Pep In Our Step – Older Adult Exercises!

Sanford Legion | 14 Wednesdays, Sept 11 - Dec 11, 2024 | 10 am – 11 am | It's Free!

Join Us for Gentle Exercise Sessions with Agnes!

Looking to maintain muscle strength and improve your mobility? Our gentle exercise sessions are perfect for you! Led by Agnes, these classes are designed to be both effective and accessible.

Program Details:

- **Gentle Exercises:** Suitable for all fitness levels.
- **Strength Training:** Use 1lb weights and stretchy bands.
- **Flexible Participation:** Exercises can be done standing or seated.

Comfortable Environment: Please wear comfortable clothing and footwear.

Join us and take a step towards better health

Check out these other programs:

♦ Miss Braun's Candles – Candle Making

Oak Bluff Recreation Centre: Board Room | Saturday, October 26 | 1:30pm – 3:30pm | \$55.00

Starbuck Hall | Saturday, November 30 | 1:30 pm — 3:30 pm | \$55.00

♦ Tooled Leather Workshop: Create Your Own Tooled Leather Keychain or Bookmark

Sanford Legion | Saturday, November 16 | 1:00pm – 5:00pm | \$50.00

♦ Create Your Own Christmas Ornament

Oak Bluff Recreation Centre: Board Room | Sunday, December 8 | 1 pm – 5 pm | \$50.00

♦ Resin Jewelry Workshop with Britt

Caisse Community Centre:MPR | Wednesday, November 13 | 6:30pm – 8:30pm | \$60.00

For more information or to register, please visit [Macdonald Headingley Recreation District • Welcome! \(mhrd.ca\)](https://www.mhrd.ca)

MSS Living Well in the R.M. of Macdonald

Friday, Oct 11, 2024

- Presentations
- Display Booths
- Lunch
- Door prize
- 50/50 draw

Oak Bluff Rec Centre

9 a.m. - 2 p.m.

Tickets \$10 p.p.

For Tickets, please call:

204-736-2255



And More!!!

Tickets also available from:

Starbuck: Judy -204-997-7966

Sanford: Roy & Shirley -204-736-3744

Oak Bluff: Wendy - 204-770-2361 or Mike -204-770-7838

La Salle: Bernice -204-272-5586

Brunkild: Ronda -204-794-4821

Lunch and Learns

Presentations are free but you must register by calling 204-736-2255. There is a charge for the meal.

Frauds & Scams

Join us for an informative session on "Frauds and Scams Awareness" put on by the RCMP. Learn about common scams targeting older adults, how to recognize them, and practical strategies for prevention.

The presentation will cover financial, health, and tech-related scams, highlighting warning signs and protection tips. Attendees will also receive resources for reporting scams and seeking help. Empower yourself with the knowledge to stay safe and secure.

- **Monday, September 4, Starbuck Hall at 12:30**
- **Monday, September 23, La Salle at 12:30**
- **Thursday, Oct 3, Sanford Legion at 12:30**

Prairie Wildlife Rehab, Thursday, September 5 at Sanford Legion-12:30 p.m.

The Prairie Wildlife Rehabilitation Centre education team will bring a few of our ambassadors and talk about the who, what, when, and where of how we received our ambassadors in addition to their natural history in the wild.

Journey to Churchill update

We are just waiting for more information regarding VIA Rail's 2025 prices. Watch for more info in the October newsletter!



Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: September 16

Sanford: September 5 (presentation), September 12 (presentation), September 19, September 26

La Salle: September 9, September 23 (presentation)

Starbuck: September 4 (presentation), September 11, September 18, September 25

See the GEMS menu to find out what yummy delights are being prepared for each meal!

All meals are \$10 per meal. Call Leanne to sign up at least a couple days in advance.

204-735-3052



Senior Centre Without Walls – A & O: Support Services for Older Adults

(aosupportservices.ca)

Phone: 204-956-6440 in Winnipeg

Toll-free: 1-888-333-3121

Email: info@aosupportservices.ca

Senior Centre Without Walls through A & O: Support Services for Older Adults offers free educational and recreational programs over the phone. The program reaches out to socially isolated older adults 55+ living in Manitoba. Individuals and groups are welcome. There is no cost to register. We will call in all registered participants 10 minutes before programming begins. Participants will also be given a toll-free number to access programs on their own if needed (no pins or access codes required).

iPAD Loan program

If you are unsure about buying a tablet and don't want to commit hundreds of dollars to purchasing one, you can borrow one to take it for a test drive before making that purchase. Call Leanne to borrow one along with an in-depth user manual. 204-736-2255
Learn: digital security, top apps, email skills, ChatGPT, Camera, Photos, Safari, Contacts, face Time, Online Safety, Messages, Advanced Tools, Using AI, Social Media, Personalize your iPad



Handy App

Google Lens – Google Lens lets you search what you see. Using a photo, your camera or almost any image, Lens helps you discover visually similar images and related content, gathering results from all over the internet.

Install the app and you'll be able to use Google Lens with your camera in real time on your Phone (though not on iPad, sadly), as well as searching with images that are already saved to your camera roll.

To get started, **download the latest version of the Google app from the App Store.**

With Google Lens open, you can **swipe left and right to switch between the various modes**, the names of which will appear along the bottom of your screen.

Once you've selected the relevant mode, simply **aim your camera at the object you'd like Google Lens to search with**. White circles will appear across the screen as Google analyzes the contents of the live image.

When it identifies an object in the frame, a larger white circle will appear over it. If it recognizes multiple objects, each will be marked with a white circle. To select the object you want to search with, **just aim your camera at the appropriate circle until it turns blue**. A prompt will appear which says 'Tap the shutter button to search'.

Google will take a moment to communicate with its servers before presenting you with a list of results tailored to the item detected and the mode you selected. Note that you'll need an active Wi-Fi or mobile data connection for this process.

September 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 No Meal Labour Day	3	4 Starbuck Roast Beef Frauds & Scams at 12:30	5 Sanford Chicken Parmesan Wildlife Rehab at 12:30	6	7
8	9 La Salle Ham & Texas Potatoes	10	11 Starbuck Liver n' Onions	12 Sanford S & S Meatballs	13	14
15	16 Brunkild Chicken Parmesan	17	18 Starbuck Meatloaf	19 Sanford Lemon Chicken	20	21
22	23 La Salle Hamburger Steak Frauds & Scams at 12:30	24	25 Starbuck Ham & Texas Potatoes	26 Sanford Homemade Soup	27	28
29	30 No Meal National day for Truth & Reconciliation				30	31

All meals served at 11:45 a.m.
Please call ahead-Call Leanne at 204-736-2255
All meals \$10 p.p.

We will try to accommodate special dietary requests.

Menu subject to change.

Did you know...

You can pre-buy meals for the GEMS programs! This makes great gifts for Mother's Day, Father's Day, Christmas or anytime you want to make someone's day extra special. Give the gift of food and fellowship!

Contact Leanne for more information. 204.736.2255

MACDONALD SERVICES TO SENIORS

Leanne Wilson
Box 100
161 Mandan Dr
Sanford MB
R0G 2J0

Phone: 204-736-2255

Email:
info@macdonaldseniors.ca

Macdonald Seniors Ad- visory Council (MSAC)

- Mike
Kukelko: 204-770- 7838
- Wendy
• Kukelko: 204-770-
2361
- Judy Shirliff:
204-997-7966
- Bernice Valcourt:
204-272-5586
- Roy & Shirley Switzer:
204-736-3744
- Ronda Karlowsky:
204-794-4821
- RM Rep: Barry Feller:
204-736-4433
- MHRD: Christee
Stokoteln 204-885-2444

Helping seniors remain in their own homes

M.S.S. is a service to all older adults within the R.M. of Macdonald.

We can help with transportation, home and yard maintenance, housekeeping, foot care, medical equipment loans, filling out forms, accessing information, and **ERIK**. Please call for information.

M.S.S. relies on volunteers and service providers to help older adults remain in their own homes for as long as possible.

If you have a few hours to give, please call Leanne to see how you can be of service. We are always looking for people to help with transportation, light house cleaning, or even friendly visiting.

Service Providers :

RM of Macdonald

Foot Care:

Karen Dingman: 204-996-2376
Melanie Cotroneo (204) 250-2260

Hair Care:

Hair I Am Mobile Salon: Leah Macaulay—204-470-2727

Housecleaning Services:

Elsie-204-461-2999-La Salle
Margret-204-745-0863-call for service area
Wendy Robson: 204-981-9924
La Salle Cleaning Services: 204-805-4249 call for service
area

Grief Counselling & Family Wellness: Brooke Robinson
(204) 361-5683

If you are interested in putting your name forward to be contacted when someone requires help with transportation or light house cleaning, please call Leanne.

