

# The Wire

April 2024

## April 2 is Caregiver Appreciation Day

At some point in their lives, nearly half (46%) of Canadians have provided care to a family member or friend with aging needs, a disability, or a long-term health condition. In honour of National Caregivers we want to thank these dedicated caregivers.

**1st Tuesday in April** – unanimously adopted by the Members of Parliament of Canada to recognize the importance of the “invisible” unpaid work. Known as National Caregiver Day, this day marks the beginning of our formal recognition of caregivers and their contributions.

### 5 ways you can show you care on Caregiver Appreciation Day

1. Let the person know you are always available to listen when they feel over-whelmed and need to talk.
2. Do little things – they mean a lot. If you are going shopping phone and ask if you can pick something up for them.
3. Give the caregiver a break, encourage them to look after themselves.
4. Provide a change of scenery to that person, make it so easy for them to join in they can't resist.
5. Phone them, e-mail them, send a note – anything will matter to them.

Is there someone in your life you wish to thank?

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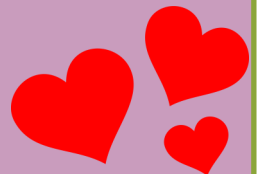
Marlene Podaima and Elaine Janke, just two of the lovely people who volunteer for MSS!

## April is Volunteer Appreciation Month

To all our community and program volunteers:

We **THANK YOU**

from the bottom of our hearts. We are all better off for your generous contributions of time and caring. We just couldn't do this without **YOU!**



# 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.



## Cheeseburger Soup

### INGREDIENTS

1 lb ground beef	4 tbsp butter
3/4 c chopped onion	3 cups chicken broth
3/4 c shredded carrots	4 c. peeled diced potatoes
3/4 c diced celery	1/4 c flour (gluten-free is ok too)
1 tsp dried basil	1 brick cream cheese
	1 1/2 c milk

### Instructions

1. In a 3 qt saucepan, brown beef over medium-high heat, drain and set aside
2. In the same saucepan over medium heat, saute onion, carrots, celery, basil in 1 tbsp of butter until vegetables are tender, about 10 minutes.
3. Add broth, potatoes and beef; bring to a boil. Reduce heat, cover and simmer for 10 -12 minutes or until potatoes are tender.
4. Meanwhile, in a small skillet, melt remaining butter. Add flour; cook and stir for 3-5 minutes or until bubbly. Add to soup; bring to a boil. Cook and stir for 2 minutes.
5. Reduce heat to low. Add cheese, milk, salt and pepper; cook and stir until cheese melts. Remove from heat. Enjoy!

## Congregate Meals in RM of Macdonald

Let's Eat together!!

**Brunkild: April 15 (presentation)**

**Sanford: Apr 4, 11, 18 (presentation), 25**

**La Salle: Apr 1, 8, 22 (presentation), 29**

**Starbuck: Apr 3, 10, 17, 24 (presentation)**

See the attached 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**

## Macdonald Headingley Programs

Check out the MHRD website for more information on their wide range of programs. [Macdonald Headingley Recreation District • Welcome! \(mhrd.ca\)](http://mhrd.ca)

### Make your own Leather Wallet

Location: Trinity Lutheran Church / Basement

Date: Saturday, May 4

Time: 1:00 pm – 5:00 pm

Fee: \$50.00

Course description:

I can smell the leather, can you? Make your very own wallet from cowhide. This is a simple style with a blanket stitch that features a main sleeve and two pockets. All skill levels will be able to create this beautiful piece.

### Puzzle Mania!

Location: Starbucks Hall

Date: Friday, May 10

Time: 6:30 pm – 9:00 pm

Fee: \$20 for a team of 2-4

Course Description:

Why was the puzzle so happy? Because it had everything together! Grab a friend for a fun evening out.

Prizes are awarded in this 500-piece competition. Are you the next puzzle master?

### Restorative Yin Yoga

Instructor: Tanys Garrioch

Location: Caisse Community Centre: MPR

Date: 10 Wednesdays, January 17 – March 20, 2024

Time: 10:00 am – 11:00 am

Fee: \$120.00

Course description:

Restorative Yin Yoga is a class focused on slowly stretching tight muscles and loosening stiff joints. A class designed to help guide you towards flexibility and stress relief. We will move through longer held passive poses, utilizing breath while encouraging the mind and body to connect. Creating balance within the mind and body, this meditative practice is for all levels. It is encouraged to bring a yoga strap and two yoga bricks to deepen your practice.

*Please bring a yoga mat to every class.*

### Woodburning Workshop

Location: Sanford Area/Upstairs

Date: Saturday, April 13

Time: 1:00 pm – 5:00 pm

Fee:

\$40.00 Includes 3 wooden spoons

\$55.00 includes 6 wooden spoons

Course description:

This hands-on beginners workshop will teach you foundational wood-burning techniques and skills. You will learn temperatures and pressures to use for shading and detailing. Creating beautiful spoons that display your skill and works of art.

### Gemstone Bracelet Making (ages 14+)

Instructor: Caitlin McEachern

Location: Caisse Community Centre / MPR

Date: Thursday, May 9

Time: 6:30 pm – 7:30 pm

Fee: \$60.00

Course description:

*Recharge and connect in an evening of crystals, energy & bracelet making. Experience the energy of crystals, learn how they interact with us and how you can use them as tool to help align your energy. You will leave with your very own crystal bracelet creation and the knowledge of how to program your crystal so that it works in harmony with you and your energy!*

### Starbuck Walking Club

Location: Starbucks Hall

Date: 10 Tuesdays, April 2 - June 4, 2024

Time: 10:00 am – 11:00 am

Fee: Free!

Course description:

Come join us for an enjoyable hour and get in some exercise and conversation.

If you are interested in volunteering for this free program, please reach out to Leanne Wilson, at (204) 735-3052.

**Macdonald-Headingley**

RECREATION DISTRICT

## Lunch and Learns

Presentations are free but you must register by calling 204-735-3052

### Oral Health

#### Healthy Mouth: Key to a Healthy Body

Active Aging in Manitoba in collaboration with the Manitoba Dental Hygienists Association (MDHA) has developed a 1-hour presentation/discussion on the importance of maintaining a healthy mouth for healthy aging. This presentation will inform you about:



- The mouth-body-health connection & why oral health is important
- Warning signs & how to maintain a healthy mouth
- How to take control of your oral health
- Challenges in maintaining oral health & ways to overcome those challenges
- How to talk to your dental care team

Caring for your oral health and others in your life

-Monday, April 15: Brunkild @ 12:30

-Thursday, April 18: Sanford @ 12:30

-Monday, April 22: La Salle @ 12:30

-Wednesday, April 24: Starbuck Hall @ 12:30

### Understanding Cannabinoids

This free information session will provide an overview of how the various cannabinoids found in cannabis can interact with your body to provide potential health and medical benefits such as pain relief, anti-inflammation, and assistance with sleeping.

You'll learn about THC, CBD, CBN, and their potential effects.

We'll also discuss dosing strategies and the pros and cons of different consumption methods.

Bring your questions and we'll make sure to have a Q&A at the end of the session.

-June 3: Caisse Community Centre, La Salle at 12:30

-June 10: Brunkild Hall at 12:30

-June 13: Sanford Legion at 12:30

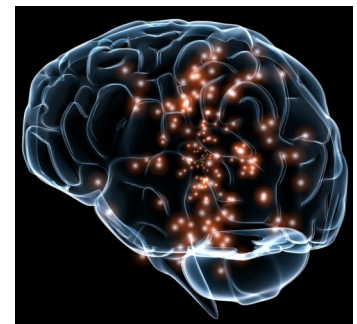
-June 19: Starbuck Hall at 12:30

### Understanding Dementia

Currently, more than 19,000 Manitobans have Alzheimer's disease or another dementia.

This presentation will provide information on:

- \* Alzheimer's disease and other dementias
- \* The warning signs of Alzheimer's disease
- \* What you can do to reduce your risk!
- \* Interacting with someone living with dementia
- \* Alzheimer Society of Manitoba Programs & Services



- Monday, July 15, Brunkild Hall at 12:30

-Wednesday, July 17, Starbuck Hall at 12:30

- Monday, July 22, La Salle at 12:30

-Thursday, July 25, Sanford Legion at 12:30

# Diner's Club

## Tuesday, May 7: The Leaf - Guided Biome Tour

The Leaf is an iconic experience like no other in Canada. Find yourself immersed in a vibrant display surrounded by colour, texture, and fragrance as you learn about the exotic plants and their stories on this guided tour. The general biome tour will travel through four distinct biomes; the Hartley and Heather Richardson Tropical Biome, Mediterranean Biome, Shirley Richardson Butterfly Garden, and the seasonally changed Babs Asper Display House.

**Length:** 60 minutes

**Price:** \$36 p.p. (includes ticket to the guided tour and transportation cost)

Lunch to follow at Taverna Rodos on Roblin. Pay your own meal.

Please book and pay by April 19.

## Batter up!

Join us as we take a bus trip to watch the **Winnipeg Goldeyes** take on the **Sioux City Explorers** on Friday, June 14 at 7pm. Price is \$55 p.p. and includes your ticket and bus transportation to and from the game.

Seating is limited! Bus pick up is in Sanford. Book your ticket with Leanne by May 24, 2024



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### MHRD Programs, continued

#### Sanford

##### Pep in our Step

Location: Sanford Legion

Date: 10 Wednesdays, March 27 – May 29

Time: 10:00 am – 11:00 am

Fee: Free!

Course description:

Join us for these gentle exercises that can help you maintain muscle, strength and improve mobility. Agnes will lead the group using 1 lb weights and stretchy bands. These exercises can be done standing or seated.

*Please wear comfortable clothing and footwear.*

#### Starbuck

##### Exercises with Liza

Location: Riverdale Apartments

Date: 10 Thursdays, April 4 - June 6

Time: 10:00 am – 11:00 am

Fee: Free!

Course description:

Join us for these gentle exercises that can help you maintain muscle, strength and improve mobility. Liza will lead the group using 1 lbs weights and stretchy bands. These exercises can be done standing or sitting. *Please wear comfortable clothing and footwear.*

#### Oak Bluff

##### Tai Chi

Location: Oak Bluff Recreation Centre

Date: 6 Fridays, April 5 – May 10

Time: 1:30 pm – 2:30 pm

Fee: \$60.00

Course description:

Come try Tai Chi! No experience is necessary. It is a fun series of movements performed in a controlled, slow, focused manner and accompanied by deep breathing. Regular practice can help to improve concentration, coordination, circulation, and balance. Tai Chi can be practiced by all ages and abilities and may even be done seated. *Please wear loose, comfortable clothing and flat shoes.*

**Macdonald-Headingley**  
RECREATION DISTRICT

# April 2024

# GEMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>La Salle</b> Easter Meal	2	3 <b>Starbuck</b> Easter Meal	4 <b>Sanford</b> Easter Meal	5	6
7	8 <b>La Salle</b> Teriyaki Chick- en	9	10 <b>Starbuck</b> Chicken Fettuci- ne	11 <b>Sanford</b> Chicken Fettuci- ne	12	13
14	15 <b>Brunkild</b> Pork Cutlets Presentation @ 12:30	16	17 <b>Starbuck</b> Surprise	18 <b>Sanford</b> Surprise Presentation @ 12:30	19	20
21	22 <b>La Salle</b> Lasagna Presentation @ 12:30	23	24 <b>Starbuck</b> Meatloaf Presentation @ 12:30	25 <b>Sanford</b> Meatloaf	26	27
28	29 <b>La Salle</b> Chicken Par- mesan	30			29	30

Please call Leanne at 204-735-3052 to sign up no later than a couple days before each week's meals. All meals start at 11:45 a.m.

We will try to accommodate special dietary requests.

Menu subject to change

## MACDONALD SERVICES TO SENIORS

Leanne Wilson  
Box 283  
5-38 River Ave  
Starbuck, MB  
R0G 2P0

Phone: 204-735-3052

Email:  
info@macdonaldseniors.ca

### Macdonald Seniors Ad- visory Council (MSAC)

Mike  
Kukelko: 204-770- 7838  
Wendy  
Kukelko: 204-770-2361  
Carol & Dennis  
Pascieczka:  
204-736-2681  
Judy Shirliff:  
204-997-7966  
Bernice Valcourt:  
204-272-5586  
Roy & Shirley Switzer:  
204-736-3744  
RM Rep: Barry Feller:  
204-736-4433  
MHRD: Susanne Moore:  
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

**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.**

