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The Wire

January 2024

Phone It Forward-Donate your used Phone to the CNIB-

Phone it Forward is a CNIB program that gives smartphones to people with sight loss who need them.

Many people don't realize the tremendous impact modern smartphones have in the lives of individuals who are blind.

Today, accessible smartphone apps make it possible for people who are blind to do all kinds of things that may have seemed challenging before.

Modern smartphones allow people who are blind to:

- Read prescription labels and take medication safely
- Recognize the faces of loved ones
- Access emergency assistance from sighted volunteers
- Travel safely alone using GPS

And do hundreds of other day-to-day tasks most of us take for granted

Register Your Donation

Donate today! Go to the website [CNIB - Phone it Forward](#) and click the donate button to quickly register your phone and receive a tax receipt quote for your smartphone donation. Or you can call 1-833-554-5020.

Pick up your envelope at one of our sponsors Send In Your Donation

Pack your smartphone donation and the required, signed documents generated in the registration process, in the envelope and drop in any Canada Post mailbox.

Receive your Tax Receipt

Did you know?

All smartphones now offer built-in "voice over" technology, which reads aloud everything that appears on the phone's screen so that a person who is blind can access it.

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.



Meatballs

- 2 lbs hamburger meat
- 1/2 c bread crumbs
- 1 small onion chopped
- 1 egg
- 1 tbsp Italian seasoning
- 1 tsp salt
- 1 tsp pepper
- 1/4 c water

Mix everything up and roll into evenly sized balls (1 inch)
Place on baking sheet covered with parchment paper
Bake at 350 F for 35 minutes.

Add your favourite sauce (Sweet n' sour, gravy, pasta sauce...)

Congregate Meal Programs are more than you think!

Seniors often tend to eat alone. This can result in a sense of isolation and feelings of loneliness, especially at mealtimes.

These feelings, along with other changes you may experience as you age, can result in a loss of appetite. Eating less can impact your intake of important nutrients.

By eating with others more often, you can:

- make mealtime more sociable
- spend more time eating and enjoying a meal
- increase the amount of food you eat, which can help you get more of the important nutrients you need for health

Having a meal with friends or neighbours or participating in a community meal program are great ways to eat with others. [Eat meals with others - Canada's Food Guide](#)

Invite someone you know to attend one of the meal programs happening in your community or another community.

GEMS always welcomes new people! Call Leanne for more information or to register. 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)

Intro to iPad: Sanford

This 6 week course will support you in getting the most out of the Apple iPad. If you've taken the *Introduction to the iPad* course before, this course is the next step. Or if you are already comfortable using an iPad and are looking for more helpful tips and trick to better use your device, this course is for you!

In this program, your instructor will go over using social media, being aware of scams, threats and phishing, better understanding your settings, troubleshooting common device issues, and setting up iPad security. You can bring your own iPad and charger, a notepad and a pen. **6 Mondays, January 15 - February 26, 2024 \$30.00**

Pep in Our Step: Sanford

Join us for these gentle exercises that can help you maintain muscle, strength and improve mobility. Agnes will lead the group using 1 lbs weights and stretchy bands. These exercises can be done standing or seated. Program takes place in the Sanford Legion | **Wednesdays, January 10 - March 20, 2024 Free**

Exercises with Liza

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 seating. Program takes place in Starbuck's Riverdale Apartments lounge.

10 Thursdays, January 11 - March 14, 2024 Free

Fall 2023-Winter 2024 Program & Community Resource Guide



Macdonald-Headingley
RECREATION DISTRICT

*Recreation... It's More
Than You Think!*

Macdonald-Headingley
RECREATION DISTRICT

**Lunch and
Learns
Coming Up in
2024**

Healthy Habits for a Healthy Brain

Active Aging in Manitoba in collaboration with the Alzheimer Society of Manitoba has developed a 1-hour presentation/discussion on healthy habits that can contribute to a healthy brain and a positive outlook. This topic will look at Mental Well-being ...a state in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

Thursday, January 4: Sanford Legion-12:30 p.m.
Monday, January 8: Caisse Community Centre-La Salle 12:30 p.m.
Wednesday, February 7: Starbuck Hall
Monday, February 12: Brunkild Hall

Congregate

Meals in RM of Macdonald

Let's Eat together!!

Brunkild: Jan 15

Sanford: Jan 4 (Presentation), 11, 18, 25

La Salle: Jan 8 (Presentation), 22, 29

Starbuck: Jan 3, 10, 17, 24, 31

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

All the best for a
happy and
healthy2024!

Happy
New Year

January 2024

GEMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		2	3 Starbuck Lasagna	4 Sanford Lasagna Healthy Brain Presentation 12:30	5	6
7	8 La Salle Salmon Healthy Brain Presentation 12:30	9	10 Starbuck Pork Cutlets	11 Sanford Pork Cutlets	12	13
14	15 Brunkild Lasagna	16	17 Starbuck Liver n' Onions	18 Sanford Liver n' Onions	19	20
21	22 La Salle Tourtiere & Bannock	23	24 Starbuck Soup & Sand- wich	25 Sanford Soup & Sand- wich	26	27
28	29 La Salle Orange Chicken	30	31 Starbuck Surprise	1 Sanford Surprise		

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

Mike
Kukelko: 204-770- 7838
Wendy
Kukelko: 204-770-2361
Carol & Dennis
Pascieczka:
204-736-2681
Cynthia Bisson:
204-736-2976
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

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

If you offer services for seniors, and would like to be featured in this newsletter, please contact Leanne

**Macdonald Services to Seniors is in Need of
Drivers, and House and yard maintenance in all
communities.**

**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.**

