



The Wire

May 2024

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Hello readers of The Wire!

My name is Brooke Robinson. I live on a small acreage near Fannystelle with my family. I like to keep busy, but in my spare time I enjoy being outdoors, gardening, baking, reading, or learning something new. I am a lifelong learner!

I am a Registered Nurse and Certified Nurse Psychotherapist (qualifying) with 10 years of health care experience. I am excited to share that I am opening a private nursing practice called *The Robin's Nest Family Wellness*. I

will be serving communities in the RM of MacDonald, RM of Grey, RM of Dufferin and beyond. My goal in starting this business is to fill gaps in local health care services. I offer a wide range of services across one's life span. Our slogan is "Guidance Through Birth, Death & the Rest". I provide hands-on care, emotional support, and education to those who are pregnant and postpartum. I specialize in lactation and infant feeding. As a Nurse Psychotherapist(q) I have the additional education required to offer counselling sessions to all who are in need. I am also an end-of-life doula. I help individuals plan and prepare for end-of-life, support decision making, provide hands-on care and respite. I offer education about the dying process and grief. I support individuals and their loved ones through the end-of-life journey and through grief. My services are offered virtually, in-home and in clinic. The clinic is in Carman.

If you are interested in learning more about my private practice and how I might be able to assist you or someone you know, please do not hesitate to contact me for more information or visit my website!



Phone: 1 (204) 361-5683

Email: robinsnestfamilywellness@gmail.com

Website: therobinsnest.ca

Do you need Bathing Equipment?

Someone left the Bathing Equipment machine on and now we have a bunch to give away!

As we will be moving office locations, we are looking to re-home some gently used bath seats and bath benches. If you could use them or you think you could use them in the future, please call Leanne to adopt yours today!



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.



Chicken Dumpling Soup

INGREDIENTS

For Soup

- 3 tablespoons unsalted butter
- 1 small yellow onion diced
- 2 large carrots diced
- 2 celery stalks diced
- 2 garlic cloves
- 2 teaspoons dried parsley
- 2 teaspoons dried basil
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons all purpose flour
- 4 cups chicken stock
- 2 bay leaves
- 2 cups cooked chicken (cubed)

- 8 oz heavy cream

For Dumplings

- 1 cup all purpose flour
- 2 teaspoons baking powder
- 1 teaspoon sugar

Instructions

1. Melt the butter over medium heat in a large stock pot.
2. Add the onions, carrots, celery, and garlic. Season with parsley, basil, salt, and pepper and cook until soft, about five to seven minutes.
3. Whisk in the flour until fully combined. Slowly add the chicken stock. I like to whisk in about 2 tablespoons at a time to start, whisking it into the butter and flour mixture until fully combined before adding more. You can add it more quickly at the end.
4. Add the bay leaves and bring to a simmer. Allow to simmer for five minutes. You should see bubbles that are about the size of peas.
5. While the soup is cooking, make the dumpling batter. Whisk together flour, baking powder, sugar, and salt.
6. Using a fork or pastry cutter, cut in cold butter.
7. Gently mix in milk until just combined and there are no more streaks of flour.
8. Make sure you still see your soup bubbling before gently dropping about a tablespoon of the dough at a time into the soup. Boil until just cooked through over medium heat. About four minutes uncovered.
9. Finally, gently stir in the cooked chicken and heavy cream, stirring to combine and cooking about one minute more until combined. Remove bay leaves and serve.

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: Starbuck 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?

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.

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.

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: Starbuck 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.

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.

"Join anytime! Call 204-885-2444 or email info@mhrd.ca to register. Fees will be prorated."

Macdonald-Headingley
RECREATION DISTRICT

Lunch and Learns

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

Mindfulness

Life can be busy! We may be busy thinking about yesterday or busy planning for tomorrow. When we focus on the past or future, we aren't paying much attention to the present or where we are right now. Mindfulness is simply an invitation to really focus on what you are doing, thinking, and feeling in this present moment.

Studies suggest that focusing on the present can have a positive impact on health and well-being. Mindfulness has been shown to reduce anxiety and depression, lower blood pressure, improve sleep and manage pain.

In this presentation you will learn:

What mindfulness is.

How you can incorporate mindfulness into your daily life.

How mindfulness can benefit you.

-Wednesday, May 1: Starbuck Hall @ 12:30 Thursday, May 23: Sanford Legion @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 13: Sanford Legion at 12:30

-June 10: Brunkild Hall at 12:30

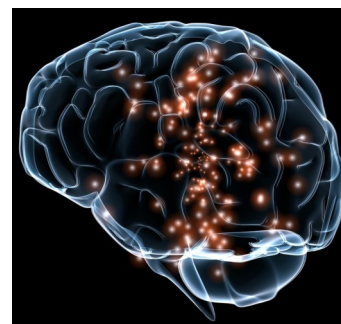
-June 19: Starbuck Hall at 12:30

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

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

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

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

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



Friday,
August 16

Visit 3 Pavilions all in one evening! \$80.00 per person if you book and pay by June 28.

\$85 after June 28 until Aug 2. Don't delay – space is limited! Call Leanne at 204-735-3052 to reserve and pay for your spot on the bus

We will be visiting:

1. Celtic-Irish pavilion: appetizer and cultural alcoholic beverage
2. Brazilian pavilion: entrée and domestic alcoholic beverage
3. British Isles pavilion: dessert and coffee or tea

Included in the price:

- Luxury motor coach transportation: pick up in **Oak Bluff only**
- No waiting in line – VIP Entrance
- Reserved seating at each Pavilion
- A tour of the cultural display at the first Pavilion
- Table Service
- Progressive meal through the evening

Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: May 13

Sanford: May 2, 9, 16, 23 (presentation), 30

La Salle: May 6, 27

Starbuck: May 1 (presentation), 8, 15, 22, 29

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

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.



Family Pancake Breakfast

Starbuck Hall 9am-11am



A Visit by Pip,
the clown!

Tickets: \$8.00 p.p. 10 and up
\$4.00 per child 3-9

Free for children under 3

For tickets, call Leanne at

204-735-3052

**Invite someone who is
living alone out for
breakfast!**

Saturday
May 11

This year's "Let No One Be Alone" week of awareness is May 5th - 11th. This week is meant to draw attention to the very real effects of social isolation & loneliness. It's scientifically proven that your social connectedness is one of the strongest determinants of longevity.

Remember, reaching out to others and building meaningful relationships not only enriches our lives but also plays a crucial role in promoting mental and emotional well-being.

Thanks to Sanford Legion and Prairie Roots Co-op for their generous support!

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

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.

