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# The Wire

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## The Importance of Staying Socially Connected

Staying connected socially helps you stay connected mentally. Research shows that regularly interacting with others may help lessen your risk of developing dementia. Social activity also helps people with dementia to continue to engage and feel fulfilled, improving their quality of life.

Maintain old friendships and make new ones. Stay social through work, volunteer activities, travel, hobbies, family and friends. Be open to new experiences.

Staying active and involved with life also helps to reduce stress, boost mood and keep relationships strong.

## Tips for Staying Social

- Accept invitations and extend a few of your own.
- Make the most of your daily opportunities to socialize – chat with your taxi driver or store clerk; make conversation in the elevator.
- Help someone – practice a random act of kindness.
- Talk on the telephone or correspond via e-mail.
- Participate in service clubs, volunteer work, or join a hobby group.
- Combine social interaction with physical activity (such as a walk or a fitness class) or a brain-challenging activity (such as a book club discussion or attending a play) – and enjoy yourself while you positively impact your brain health.
- Laugh – smile at someone.

<https://alzheimer.ca/en/Home/About-dementia/Brain-health/Be-socially-active>

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# Cooking with Gwen

Gwen is the Meal Coordinator for both Sanford and Starbuck GEMS Meal programs. Her love of Seniors and cooking is apparent as everything she makes is fantastic!

If you have not yet been to a meal program, check out our calendar and give us a call. We would love to see you!



## Apple Crisp

### Crumb Topping

2 Cups Flour  
2 Cups Oatmeal  
2 Cups Butter  
1 Cup Sugar  
1 tsp Baking Soda

Mix together and set aside

In a 9 x 13 pan, fill half of pan with peeled sliced apples, 1 tsp of cinnamon and 1 cup sugar. Mix well.

Top with Crumb mixture

Bake in 350 degree oven for 1 hour. Less time is required if you substitute sliced peeled apples with apple pie filling.

**Enjoy!**

### Some Apple Fun Facts

**Apples** are part of the rose family, just like pears and plums.

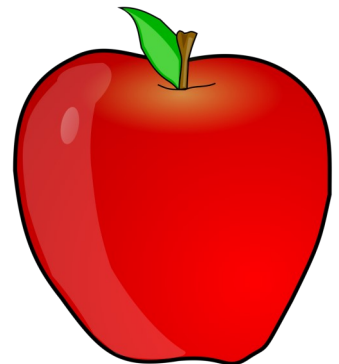
The **apple tree originated** in **Central Asia**. They have been grown for thousands of years in Asia and Europe, and were brought to North America by European colonists.

There are **more than 8,000 varieties** of apples – the largest variety of fruit to exist.

**Life expectancy** for an **apple tree** is about **100 years**.

Apples can help you **improve your memory**.

Apples contain **high levels of boron**, which stimulates electrical activity of the brain and increases mental alertness.



## Upcoming Programs

Macdonald Services to Seniors

### 13th Annual Seniors Christmas Luncheon

Friday, December 6 at Oak Bluff Rec Centre

11:30 a.m. – 2:30 p.m.

Tickets on Sale: October 15, 2019

Food catered by Starbuck Catholic Church

Door prizes, 50/50 & Lotto Raffles

Call Leanne 204-735-3052 for your tickets!



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### Speaking of Bones

Thursday, January 23 at 1pm at Sanford Legion

Cost Free

Presented by Osteoporosis Canada (OC).

You will learn what osteoporosis is, whether you are at risk, how osteoporosis is diagnosed, what you can do to maintain healthy bones, the role of exercise, nutrition and lifestyle choices, how osteoporosis is treated and how to live well with it.

If you are interested in attending lunch before the presentation, cost of the lunch is \$10 and you must pre-register.

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The Winter 2020 Program and Community Resource Guide will be coming mid-December!

Registration opens beginning of December. Go to [www.mhrd.ca](http://www.mhrd.ca)

**Macdonald-Headingley**  
RECREATION DISTRICT

## Exercises for Balance and Range of Motion (and Social Connectedness)

Held every Monday morning at Riverdale Apartments in Starbuck, Liza Rasmussen leads the group through a variety of chair and standing exercises. These exercises help to maintain range of motion and balance which in turn will help to maintain independence.

Starting January 15th, exercises will also be held at Mandan Manor in Sanford. A similar circuit of exercises for balance, strength and range of motion will be offered. The program will be held on Wednesdays from 11 a.m. – 12 p.m.. The cost is free!

### We have a new Foot Care Nurse

Alas, Brenda Grom our foot care nurse has decided to reduce her client size so she can spend more time with her grandchild. But, fret not, there is some good news. Before leaving, she found a replacement to take over her client base: Karen Dingman. Please call Leanne for more information.

**More about Karen Dingman:** “I moved to La Salle 6 years ago from Winnipeg. I'm a country girl originally from Dauphin. Nursing has been my passion for 34 years. I've worked in rural hospitals, Personal Care Homes, and for the last 11 years in acute care at Health Science Center. My business, Assure Step Foot Care is available for La Salle, Sanford, Starbuck, Oak Bluff, south and southwest Winnipeg. I travel to your home, and do foot care, which includes trimming nails, reducing callouses and corns, reducing thick nails and/or ingrown toenails. I can be reached at [204 996-2376](tel:2049962376) or [204-736-3164](tel:2047363164). Looking forward to being your foot care nurse! “



## Volunteer Spotlight

Macdonald Services to Seniors (MSS) loves our volunteers! This month, we have turned the spotlight on **Ray Kasur**, a valued and cherished member of the Sanford Community and our first Volunteer Spotlight feature. We posed some questions to Ray and his answers are below.

**How long have you volunteered with MSS?**

**Ray:** around 13 years

**Can you tell us a little about yourself?**

**Ray:** I am 78 years old and was raised on a farm near Wetaskiwin, Alberta. I attended high school in Wetaskiwin and Concordia College in Edmonton. I held various positions including Electronics buyer with MacLeods for 19 years. I also held various managerial positions with Fournier Mfg, Buhler Furniture, and Kasur Consulting and Marketing.

**Can you tell us a little about your family?**

**Ray:** While managing a MacLeods store in High River, Alberta, I met my soon-to-be bride, Joyce who worked as an LPN in the local hospital. We were married in Calgary on June 10, 1967. We were transferred to Winnipeg to Macleod's head office and lived in Crestview and later Charleswood. In 2006, I retired and we moved out to Meadowbrook in Sanford.

We have 2 married sons, Dale (Diane) and Dean (Patti). We have a beautiful 8 year old granddaughter, Vittoria.



### Fun Facts about Ray

**Favourite Ice Cream Flavour:**  
Chocolate

**Dream Vacation Destination:**  
Costa Rica & Antigua

**Favourite Sports Team:** The  
Winnipeg Jets

**Favourite Board Game:** Mo-  
nopoly

**Favourite TV Show:** Seinfeld

**Favourite Colour:** Green

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## TV Catch Phrases

How many popular television programs can you identify from the list of iconic catch phrases?

Long term memory  
Executive functioning

1. "An' a one...an' a two..." \_\_\_\_\_
2. "Just the facts ma'am" \_\_\_\_\_
3. "And the survey says..." \_\_\_\_\_
4. "I'm Larry. This is my brother Darryl. And this is my other brother Darryl." \_\_\_\_\_
5. "I know nothing!" \_\_\_\_\_
6. "Marcia, Marcia, Marcia!" \_\_\_\_\_
7. "Good night and good luck" \_\_\_\_\_
8. "Kiss my grits" \_\_\_\_\_
9. "Remember to have your pet spayed or neutered" \_\_\_\_\_
10. "The balcony is closed" \_\_\_\_\_
11. "Would you believe..." \_\_\_\_\_
12. "Up your nose with a rubber hose" \_\_\_\_\_
13. "Let's be careful out there" \_\_\_\_\_
14. "I pity the fool" \_\_\_\_\_
15. "Danger, Will Robinson" \_\_\_\_\_
16. "And now, for something completely different..." \_\_\_\_\_

1. The Lawrence Welk Show 2. Dragnet 3. Family Feud 4. Newhart 5. Hogan's Heroes  
6. The Brady Bunch 7. See it Now 8. Alice 9. The Price is Right 10. At the Movies (Siskel & Ebert) 11. Get Smart 12. Welcome Back Kotter 13. Hill Street Blues 14. The A Team 15. Lost in Space 16. Monty Python's Flying Circus



## 9 Winter Safety Tips You Need to Know

### 1. Bring out those hands!

Hold it! Don't remove those gloves or mittens yet. I mean, just think twice before walking outside with your hands in your pockets. Why? Keeping your hands in your pockets increases the risk of you falling or completely losing your balance in case you slip while walking on ice or snow.

### 2. Mittens VS. Gloves

Gloves sure look fashionable but donning mittens can actually save your life. With your fingers touching each other inside mittens, they generate more body heat than they would inside gloves.

### 3. Warm up before shoveling

Before you get rid of all the snow and ice at your workplace, do some stretching exercises first. You can also march in place or walk for a couple of minutes. With your muscles all warm, not only will you work more efficiently, you also reduce the risk of injuring yourself.

### 4. Forget coffee and cigarettes

Before shoveling or doing any strenuous work, avoid caffeine and nicotine. They increase your heart rate and may cause your blood vessels to constrict.

### 5. Rock salt + Kitty Litter = Safer walkways

Have some rock salt and kitty litter on hand. Rock salt helps melt the ice on slippery surfaces and Kitty litter can give temporary traction.

### 6. Tin can + Matches + Candle + Paper Cup + Snow = Drinking water

Yes, you read the equation right. Before going on the road, you better prepare a tin can, candle, paper cup, and some matches. Should you get stuck in the middle of the road and run short on water, you can always melt some snow with the supplies above as part of your emergency kit.

### 7. Warm up before driving off

While it pays to do some stretching exercises before delivering goods or driving to work, you should warm up your vehicle, too. This helps reduce the moisture condensation on the inside of your car windows. But remember; don't warm up your vehicle in a closed garage.

### 8. Six inches equals danger

Be wary of floods. Be doubly cautious of running water that is 6 inches deep or more, or you run the risk of getting swept off your feet.

### 9. Report those damaged lines!

After a winter storm, immediately report any downed power lines or broken gas lines in your area or workplace. <https://www.peocanada.com/peo-blog/9-winter-safety-tips-you-didnt-know/>

**Volunteer Spotlight, *continued***

**Why do you think it is important to volunteer?** After retirement, you need to fill your retirement with productive things to do. It's relaxing and helps you both mentally and physically. It connects you with more people in your community, and you stay informed and learn something new about your community and residents.

**In what ways do you volunteer?** Serve on the Macdonald Services to Seniors Board and the Sanford Legion Board for nearly the whole time I've lived in Sanford, organize a Christmas Food Hamper Drive in Meadowbrook for the Sanford United Church, arrange and collect ticket requests for fall suppers and lunches, served on Sanford/Oak Bluff Credit Union Board, mentored on the Manitoba Marketing Network for 5 years...

**What is your proudest volunteer memory?** In 2010, our Sanford Legion applied for a federal grant to renovate and upgrade our facilities. After several frustrating attempts, we were finally able to secure funding. Today, the Sanford Legion is used for many community and private events.

**If you could encourage someone to volunteer, what would you say?** Since we have moved to Sanford, Joyce and I really enjoy volunteering in various ways. It has helped us to get to know our fellow community residents and we always learn something interesting and new. We enjoy living in a small community and its important to try and help each other. Most importantly, it's fun and rewarding!

*If you know of someone who should be "Spotlighted" for their commitment to Older Adults and Community, please forward their name to Leanne.*

Macdonald Services to Seniors has a Website!

Check us out at [www.MacdonaldSeniors.ca](http://www.MacdonaldSeniors.ca)



## **Macdonald Services to Seniors**

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Starbuck, MB R0G 2P0  
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mssi@mymts.net

### **Macdonald Seniors Advisory Council (MSAC)**

Ray & Joyce Kasur:  
204-736-3734

Vic & Viviane Bossuyt:  
204-895-0049

Carol & Dennis

Pascieczka:  
204-736-2681

Cindy Bestland:  
204-736-2667

Becki Ammeter:  
204-735-2380

Judy Shirliff:  
204-997-7966

Bernice Valcourt:  
204-272-5586

Barry Feller:  
204-736-4433

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, house-keeping, foot care, medical equipment loans, filling out forms, accessing information, Victoria Lifeline 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 Featured in Previous Issues:**

#### **Foot Care:**

Karen Dingman: 204-996-2376

Leanne Maes: 204-771-4030

#### **Hair Care:**

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

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 trans-  
portation or light house cleaning, please call Leanne.**

