

The Wire

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Making New Year's Resolutions That Last

It's not always easy to keep New Year's resolutions. Sometimes there just doesn't seem to be enough time, energy or willpower to accomplish everything. Don't despair! If you spend some time reevaluating the way you make resolutions, this year can be different. Here are some tips that will help you make resolutions that last.

1. Set realistic resolutions and expectations

Choose one goal, then break it down into smaller, more manageable bits. For example, if you want to save \$1,000, think about it in terms of saving \$50 per month. That makes your goal less intimidating. Every time you save some money, praise yourself. Rewarding yourself for every positive step will help you have the confidence you need to hang in there.

2. Think of resolutions as opportunities to try new things

Resolutions are a time of the year not only to try and "fix" the problems in

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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!



Salmon Loaf

Ingredients

1 Can Salmon
1 egg
1/2 cup cream
1/2 tsp salt
Dash pepper
1/2 cup breadcrumbs
1/4 finely chopped onion

Sauce:
2 Cups Whipping Cream
dill weed
1-2 tbsp. corn starch

Instructions

1. Preheat oven to 350 F
2. Mix ingredients together and place in a loaf pan
3. Cook for 45 minutes

Sauce

1. Combine together and boil until sauce is nicely thickened.
2. Pour over cooked loaf.
3. Enjoy!

Macdonald Services to Seniors has a Website!

Check us out at

MacdonaldSeniors.ca

Upcoming Programs

Falls Prevention: Feb 6, Starbuck Hall and Jan 31, Sanford Legion

1:00 p.m

Presenter: Louise Hutton

Did you know that falls are the leading cause of injury among older Canadians? 20-30% of seniors experience 1 or more falls each year! This workshop aims to help participants learn about why falls happen, how to prevent falls, exercise rules, home exercises, home safety tips, and more!

**Lunch available at 12 p.m. for \$8 p.p. Call Leanne to register.
The presentation is Free!**

Do I Still need this Medication, Feb 21

Sanford Legion, 1:00 pm

Presenter: Allison Bell - Personal Care Home Pharmacy Manager, WRHA Long Term Care Manager

Please join Allison Bell, Pharmacist, member of the Canadian Deprescribing Network, and passionate advocate for safe medication use to find out about medication risks and essential questions to ask your health care provider to help you prevent medication harms! *Learn more at deprescribingnetwork.ca.*

Lunch available at 12 p.m. for \$8 p.p. Call Leanne to register.

Finding your Balance, March 14 at Sanford Legion, 1pm

Presenter: Lydia Baydak - D'arcy Bain Physio

Good balance is often taken for granted. Dizziness, vertigo, unsteadiness and falls are common symptoms of a vestibular dysfunction. Learn about common conditions that could affect the vestibular system and how Vestibular Rehabilitation Therapy could help improve these symptoms and your quality of life.

**Lunch available at 12 p.m. for \$8 p.p. Call
Leanne to register.**



New Year's Resolutions that Last, continued from page 1

your life, but also to try out a new way of being, a new activity or hobby, or a new attitude. Resolutions should not seem like punishments; if you try to make them fun, you will be more likely to stick with them. If your goal is to be healthier, try going for a 10-minute walk before work and enjoying your neighborhood. Think of January first as a chance to adopt a healthier lifestyle, not as the start of a period of denial

3. Make a plan early on and stick to it

Studies show that people who make impulsive resolutions are less likely to stick to them. Think about what is most important to you and create strategies to deal with the problems and setbacks that will come up as you move towards your goal. Tracking your progress will help as well; the more you monitor and praise yourself, the more likely you are to succeed.

4. Look at the bright side

Focusing on the positive side of things will give you more energy and enthusiasm to pursue your goals. People who believe that they can succeed are more likely to do so. For example, praise yourself for losing five pounds, but don't punish yourself for gaining one back. You will reach your goal more easily if you accentuate the positive.

5. Forgive yourself

Don't beat yourself up if you don't accomplish the small goals you set for yourself. Remind yourself that every day is a new day and an opportunity to try again.

6. Team up with a friend or loved one

Make a list of your goals and share them. You are now accountable to two people: yourself and a friend. You will also get a sense of satisfaction from helping your friend accomplish his or her goals, too. Such an informal pact can help hold your feet to the fire when you feel discouraged or want to give up.

7. Try, try again

If you don't succeed at first, don't be discouraged. Not many people are able to reach their goals on the first try. Try again! There's no shame in not succeeding on our first try and although it may be a little discouraging, it doesn't have to be an excuse to stop.

8. Remember, you do have the power to change

Only you can make the commitment to change your life. Maybe you can't accomplish everything you want to do in one year. Accept that. But ask yourself this: one year from now, do you want to be exactly where you are, or do you want to be closer to your goal, even if only a small step closer?

Life is about choices. Make choices, set goals, and help yourself accomplish them.

<https://psychcentral.com/lib/making-new-years-resolutions-that-last/>

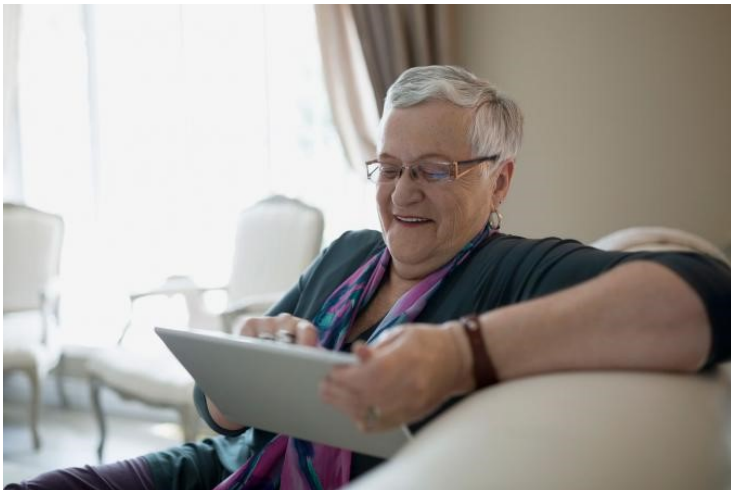
Volunteer Opportunities

GEMS is looking for people to help out with the meal program on Wednesdays in Starbuck and Thursdays in Sanford.

Time commitment: 2-3 hours once every 4–5 weeks, depending on the number of volunteers.

Duties: setting tables, making coffee and tea, serving, helping with the clean up and helping the Meal Coordinator as needed.

Mind Games for Seniors



Just as seniors need to keep their muscles fit and loose, it's important to keep your mind in shape as well. Brain games designed for seniors and mentally-stimulating leisure activities have been shown to help maintain cognitive abilities as people age. Senior mind games can keep you sharp.

Benefits of Mentally-Stimulating Mind Games for Seniors

A New England Journal of Medicine study reported results of a study that fol-

Mind Games for Seniors, continued from page 5

lowed the leisure activities of seniors for 20 years. One area of the study looked specifically at whether participants developed dementia. Mentally-stimulating games took into consideration those games that challenged participants to think, such as crossword puzzles, board games or cards, and other activities like reading or playing a musical instrument. It also took into consideration the amount of physical activity in participants' lives. The results showed that those who kept both their minds and bodies active proved to be less likely to develop dementia. In fact, the study showed a direct (negative) correlation between the two: the more active a person was, the less likely he or she was to develop dementia.

Those who participated in physical and mentally-stimulating activities once a week reduced their risk of dementia by 7 percent. Those who played mind games for seniors more often and who lived a more dynamic lifestyle with activities like dancing, tennis or even walking, reduced their risk by 63 percent. Along with reducing the risk of dementia, research suggests that playing mind games can help promote brain health and strengthen critical thinking. Crossword puzzles and word search games are examples of such games, but today's mind games can also be found online.

Benefits of Online Brain Games

Aside from the obvious brain-stimulating benefits that are the result of playing mind games, many game sites offer opportunities for social interaction through forums and chats. Grandparents can even stay connected with their grandkids by playing multiplayer games together, which is not only a great way to stay sharp but also an ideal way to stay connected with loved ones and/or friends.

Braingle

Braingle is more than a game site. They also offer daily exercises designed to help improve memory and manage stress. This site offers plenty of games to entertain and stimulate your thinking and also lets you rate their puzzles and quizzes if you become a registered member. Registration is free and allows access to a selection of exclusive games. Along with these features, members can join a large online community of others who enjoy brain teasers, puzzles, and quizzes. You can make friends on the forum boards and chat with others.

Sharp Brains

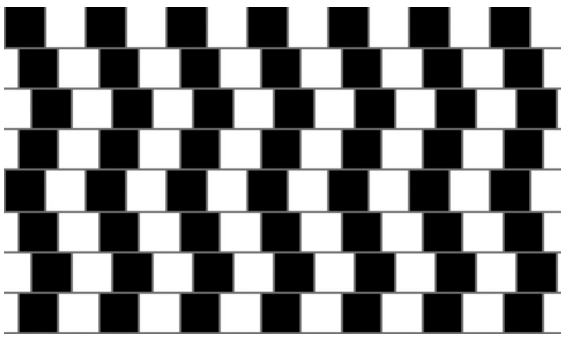
Sharp Brains not only offers plenty of brain teasers and games, they also teach you about your brain. For those interested in learning more, they provide a list of popular articles dealing with brain care and fitness.

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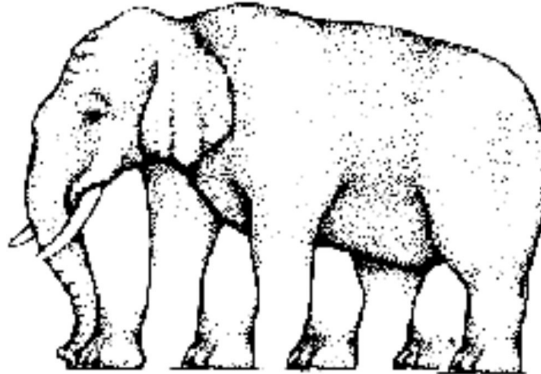
Mind Games for Seniors, continued from page 6

Perception

Are the horizontal lines straight or crooked?



How many legs does this elephant have?



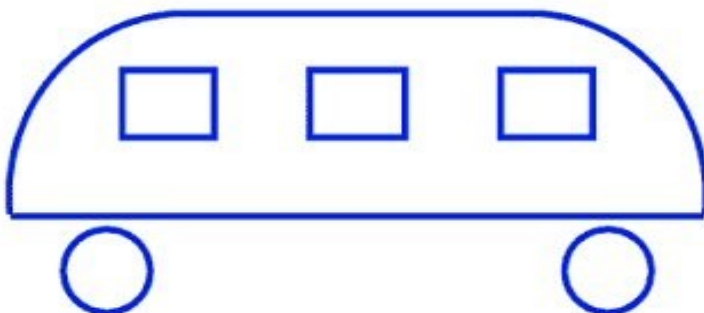
Attention

Looking for some fun, and free, cognitive stimulation? Here you have a few quick brain teasers to exercise your attention and your working memory—the ability to keep information in your mind while working on integrating, processing it. Given them a try...they are not as easy as they seem.

1. Say the days of the week backwards, then in alphabetical order.
2. Say the months of the year in alphabetical order. Easy? Well, why don't you try doing so backwards, in reverse alphabetical order.
3. Find the sum of your date of birth, mm/dd/yyyy.
4. Name two objects for every letter in your first name. Work up to five objects, trying to use different items each time.
5. Look around wherever you are and, within two minutes, try to find 5 red things that will fit in your pockets, and 5 blue objects that are too big to fit.

Brain Teaser

In which direction is the bus pictured below traveling?



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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:

A Step in Time Foot Care: Brenda Grom—204-509-1817

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 cleaners
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.**

