



# The Wire

Volume 3 Issue 1

October 2019

## Oct 10th is World Mental Health Awareness Day

Inside this issue:

Cooking with Gwen 2

Up coming Programs 3

RISE 4

RISE *continued* 5

Trivia 6

24 Awesome things to do when you retire 7

Engage: End Isolation 8

More Info 9

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

World Mental Health Day 2019: focus on suicide prevention

World Mental Health Day, on 10 October, is a day for us to unite in our efforts to improve the mental health of people around the world. The theme selected for this year's Day is suicide prevention. We will begin our efforts to raise awareness of the scale of suicide around the world and the role that each of us can play to help prevent it on 10 September, World Suicide Prevention Day (#WorldSuicidePreventionDay), which has been observed for more than 15 years. Our efforts will continue throughout the following month, until 10 October. Every 40 seconds someone loses their life to suicide.

On this year's World Mental Health Day, in addition to events and activities taking place on or around 10 September, we are encouraging you to prepare to take "40 seconds of action" on 10 October to help us: improve awareness of the significance of suicide as a global public health problem; improve knowledge of what can be done to prevent suicide; reduce the stigma associated with suicide; and let people who are struggling know that they are not alone. **Put simply, this is an opportunity to show you care.** Everyone can take part in whichever way makes most sense. Your activity may be private, for example, initiating a conversation with someone you are worried about or sharing a message of hope with someone who is struggling; or it may be public, for example posting a video message for local or national authorities about action you would like them to take on this issue.

<https://www.who.int/news-room/events/detail/2019/10/10/default-calendar/world-mental-health-day-2019-focus-on-suicide-prevention>

*Continued on page 4*

# 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!



## Chickpea Salad

- 1 Can Chickpeas
- 1/2 Cup Celery, thinly sliced
- 1 Can Stewed tomatoes
- 1/2 Cup diced Red Pepper
- 1 Green Onion, thinly sliced

## Basil Mustard Dressing

- 2 tbsp. Olive Oil
- 2 tbsp white vinegar
- 2.5 tbsp chopped fresh parsley
- 2 tsp chopped basil
- 1/4 tsp dry mustard
- Garlic powder (optional)

**Combine all Dressing ingredients in a bowl. Drizzle over salad. Stir, cover and chill for at least 6 hours or overnight.**

**Enjoy!**

**Did you know?**

**One cup** of cooked chickpeas contains:

269 calories.

45 g of carbohydrate.

15 g of protein.

13 g of dietary fiber.

4 g of fat.

0 g of cholesterol.

## Upcoming Programs

### **MAID (Medical Assistance in Dying)**

Thursday, October 3 at Sanford Legion

Medical assistance in dying has been legalized in Canada. It is provided to legally eligible patients who must meet certain criteria. Learn who is eligible, how the request process works, and where and how the assistance may be provided.

This presentation is free and begins at 1:00p.m. Lunch is served at noon for those wanting to join us for lunch at a cost of \$10 p.p. Please call ahead to reserve lunch, 204-735-3052

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### **GEMS in Brunkild**

Please join us for lunch in Brunkild at the Brunkild Hall on Monday, Oct 28 at noon. Cost is \$10 per person and includes your meal, dessert and a beverage. Please call ahead to reserve your spot. Meal: Pork Cutlets

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### **Kidney Health, October 31 at Sanford Legion**

The Manitoba Renal Program will share information on kidney health and the impact of chronic kidney disease on Manitobans. Learn about keeping your kidneys healthy and how kidney disease is diagnosed and managed.

This presentation is free and begins at 1:00p.m. Lunch is served at noon for those wanting to join us for lunch at a cost of \$10 p.p. Please call ahead to reserve lunch, 204-735-3052

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#### 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!



# RISE on a Mission to Combat Loneliness and Isolation of Older People across Canada

Launched in 2015, the RISE campaign exists to help Canadians of all ages and in all regions gain a greater awareness of the impact of loneliness and isolation on older citizens. It also functions as a call to action for people to get involved and help address the problem. RISE is a national campaign that aims to share information and encourage concrete action across the country.

"Loneliness can be defined as a subjective, unwelcome feeling of lack or loss of companionship. It happens when we have a mismatch between the quantity and quality of social relationships that we have, and those that we want."

According to their [website](#), loneliness and isolation are defined and differentiated as follows: "Loneliness can be defined as a subjective, unwelcome feeling of lack or loss of companionship. It happens when we have a mismatch between the quantity and quality of social relationships that we have, and those that we want. Loneliness is linked to social isolation, but it is not the same thing. Isolation is an objective state whereby the number of contacts a person has can be counted. One way of describing this distinction is that you can be lonely in a crowded room, but you will not be socially isolated."

## Some Programs offered through Macdonald Headingley Recreation

### DIY – Beautiful Beaded Bracelets

Instructor: Jane Currie, Dragonfly Jewelry

Enjoy a fun and creative afternoon designing 2 beautiful bracelets with semi-precious stones, findings and charms. Creating your own jewelry is a great way to express your unique style!  
*All supplies included.*

Sanford Legion 1:30 – 3:00 p.m. Fee is \$36. Register by Oct 3

### Want to Start a Book Club?

Book Clubs can be a great way to meet new people, enjoy stimulating discussions about interesting topics, and best of all, read great books! Let's see if there is sufficient interest in the community to get a book club started. Meeting times, location and reading lists to be determined by participants. Location: Oak Bluff School Library, Tuesday Oct 15 7-8 pm

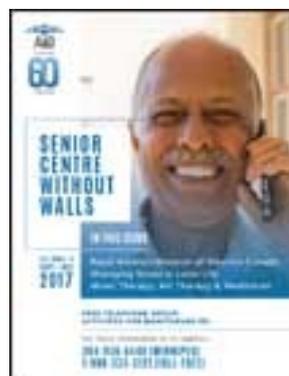
Seniors are vulnerable to social isolation if they have limited assistance with routine activities, lack emotional support, have reduced opportunity for leisure activities or live alone. Seniors also face a higher rate of social exclusion if they live in urban areas, if they have lost or do not have a partner or spouse, if they have activity limitations because of health or if they have lower levels of education. Other factors that contribute to social isolation and loneliness include disability, lack of access to transportation, low self-esteem and reduced social networks.

By encouraging organizations to work together, RISE hopes to create a chain reaction where groups and individuals will commit to working together to end loneliness and isolation in seniors and recruit others to work toward that same goal.

The collective goal of RISE is to lessen the number of seniors who are lonely and isolated by increasing their access to services and activities. Early action is key: individuals who are assisted in the early stages of isolation are less likely to have their situation worsen. RISE is passionate about awareness, believing the more that the public is made aware of the problem of isolation for seniors, the more likely it is that everyone will come together to help. If communities come together, they can develop effective initiatives to help the seniors in their areas.

**Do you know an older person – a friend, a relative, a friend – who may be experiencing social isolation or loneliness? You can make a difference. November 6th is RISE Sunday, a national day to contact a senior in your life. A simple phone call can make a big difference.**

<https://www.demandaplan.ca/post/rise-on-a-mission-to-combat-loneliness-and-isolation-of-older-people-across-canada>



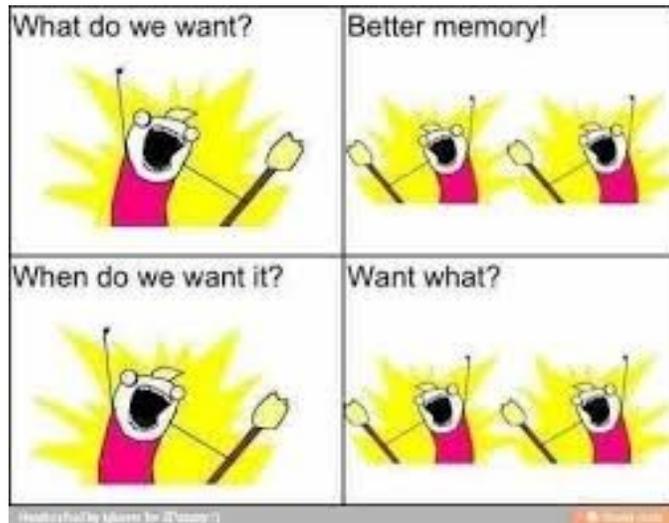
Continued on page 7

## Double Trouble

Working memory  
Executive functioning

Compound words are made up of two smaller words such as *hayloft* or *watchtower*. In this game, we give you the second half of some compound words. You must identify the one word that precedes each of them to make a compound word. For example, given the words *coast*, *weed*, and *sick*, the one word that makes each a compound word is *sea* (*seacoast*, *seaweed*, *seasick*).

1. House, robe, water, tub \_\_\_\_\_
2. Dream, break, light, time \_\_\_\_\_
3. Cut, brush, dresser, spray \_\_\_\_\_
4. Lord, mark, slide,  
locked \_\_\_\_\_
5. Mail, smith, berries,  
jack \_\_\_\_\_
6. Beam, shine, walk,  
light \_\_\_\_\_
7. Holder, luck, belly,  
hole \_\_\_\_\_
8. Shield, fall, pipe,  
swept \_\_\_\_\_
9. Bell, knob, mat, way \_\_\_\_\_
10. Bee, comb, dew, moon \_\_\_\_\_
11. Back, boy, hanger, weight \_\_\_\_\_
12. Sty, pen, tail, skin \_\_\_\_\_



### Answers Below

1. Bath 2. Day 3. Hair 4. Land 5. Black 6. Moon 7. Pot 8. Wind 9. Door 10. Honey 11. Paper 12. Pig

# 24 AWESOME THINGS TO DO WHEN YOU RETIRE



1 HANG OUT WITH YOUR GRANDKIDS

2 TRAVEL THE WORLD

3 GO ON A CRUISE

4 GARDEN

5 VOLUNTEER

6 START A BLOG

7 RE)DISCOVER YOUR INNER MUSICIAN

8 LEARN A NEW LANGUAGE

9 GO ON A ROAD TRIP

10 NORDIC POLE WALK

11 JOIN A BOOK CLUB

12 UNLEASH YOUR INNER ARTIST

13 ADOPT A PET

14 SLEEP IN

15 HIKE THE EL CAMINO

16 WRITE A BEST-SELLING NOVEL

17 HAVE A DANCE PARTY

18 GO TO CAMP FOR ADULTS

19 BECOME A MASTER CHEF

20 TAKE UP A NEW SPORT

21 SNOWBIRD

22 SKYDIVE

23 JOIN RTO/ERO

24 ABSOLUTELY NOTHING



[WWW.RTO-ERO.ORG/JOIN-US](http://WWW.RTO-ERO.ORG/JOIN-US)

 [facebook.com/rto.ero](https://facebook.com/rto.ero)  [@rto\\_ero](https://twitter.com/rto_ero)

## Engage: End Isolation

Throughout our lives, we thrive on our relationships. Meaningful connections with family, friends, neighbours, colleagues and our communities keep us engaged and socially active, contributing to happiness and better emotional, mental and physical health.

But social isolation can affect anyone, especially retired individuals. Often, after losing a spouse, or experiencing decreased mobility or cognitive decline, seniors may become increasingly isolated from their friends, family and community.

### Social Isolation Awareness Month

The RTO/ERO Foundation's month-long Engage: End Isolation campaign will deepen the national dialogue on connecting and engaging Canada's seniors by:

- Raising awareness through information, facts, tips and action ideas
- Empowering people to recognize and help those who are socially frail
- Supporting programs and research on social isolation

### Join the Challenge

This October, reach out and connect with aging Canadians in your community. Through the RTO/ERO Foundation's Engage: End Isolation Campaign, we will send you ideas during October on how to raise awareness and take action on moving Canada's seniors from isolation to inclusion.

Visit [www.embrace-aging.ca/endisolation](http://www.embrace-aging.ca/endisolation) to join the challenge.

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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Phone: 204-735-3052  
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## Macdonald Seniors Ad- visory 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

Rodney Burns:  
204-735-2751

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:

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

Leanne Maes (La Salle): 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.**

