



# The Wire

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Hello there!

During this time of social distancing, suspensions and cancellations of programs, we would like you to know that if you find yourself at home requiring groceries or prescriptions, Macdonald Services to Seniors will help you out in getting items delivered to you. If you would like a meal delivered to you, we have turned our GEMS program into a Meals on Wheels program and we can deliver that to you at lunchtime on Wednesdays if you sign up.

We will get through this together...apart!

Please check on your neighbours by telephone and pass on my contact information if they require supplies while hunkering down at home.

For anyone looking for something a little different, I have attached the link for **Senior Centre Without Walls**. You can look up their guide and participate in any of the free programs they are currently offering. <https://www.aosupportservices.ca/our-three-pillars/social-engagement/senior-centre-without-walls/> Just click on "Program Guide."

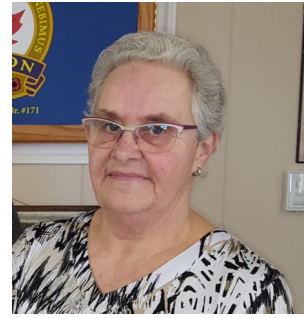
Please note these are all toll-free as well . Just call and leave your contact information and someone will get back to you

1-888-333-3121 (TOLL-FREE)

**Hope to see you all soon!**

# 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!



## Pineapple Sheet Cake

### Cake:

2 c sugar	2 c. flour
1/2 c veg oil	1—20 oz. can crushed pineapple with juice
1 tsp baking soda	1 tsp vanilla
1/4 tsp salt	

### Icing:

1 c sugar	1/2 c butter	2/3 c evaporated milk
3/4 c sweetened coconut	1/2 c pecans	

### Cake

Preheat oven to 375. Grease a 15 x 10x 1 inch pan.  
In a medium bowl, mix together cake ingredients until smooth. Pour into pan.  
Bake 20-24 minutes until toothpick comes out clean.

### Icing

Combine sugar, butter, evaporated milk in a pot. Bring it to a boil and reduce heat and simmer 10 minutes. Remove from heat. Add coconut.

Pour icing over hot cake. Spread pecans on top.  
Cool and serve. ENJOY!



**Q:** Why did the pineapple stop in the middle of the road?

**A:** Because he ran out of juice

## Upcoming Programs

All upcoming programs have been suspended until further notice.

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**Police Academy:** April 6, 13, 20 at Caisse Community Centre, La Salle

11a.m. – 1:30 pm

**POSTPONED**

Cost: \$20 p.p.

The Police Academy: Older Adult Division is an innovative program focusing on skills and safety principles for older adults which empowers participants with information in a fun atmosphere. This program has been developed to provide older adults with information on safety and security issues to enable them to make well-informed decisions.

Please bring a bagged lunch on April 6 and 13. A hot lunch will be provided on April 20.

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Let No One Be Alone Community Pancake  
Breakfast on Saturday, May 2, 2020 in Starbuck  
Has been **postponed until further notice.**

## Here's what you need to know about the COVID-19 scams popping up in Canada

Stop and think before you share personal information over the phone or click on COVID-19-related links — that's the advice coming from the Canadian Anti-Fraud Centre, as reports of coronavirus scams pop up across the country.

"Fraudsters are quick to pick up on world news," said Jeff Thomson, a senior RCMP analyst with the anti-fraud centre.

"[They're] really good at creating that situation of urgency or panic when they want people to react and do what they're saying right away."

The key, Thomson says, is to know that these scams are happening and to check with friends, family, or official government websites before giving away any of your information.

Here are some of the COVID-19 scams that have been reported:

### **Text messages offer free face masks**

The most prolific scam in Canada so far has been a text message, from a number claiming to be the Red Cross, offering free face masks. The message contains a link to a fake Red Cross website where the person is then asked to either make a payment, either for a donation or to pay for delivery of the mask, according to Thomson.

The Canadian Red Cross has confirmed that it is not sending out any text messages or emails like this and advises anyone who gets one to delete it immediately.

### **Phishing emails**

Fraudsters are sending emails pretending to be from the World Health Organization or the Public Health Agency of Canada with links purporting to provide updates on the organization's response to the COVID-19 pandemic.

Thomson says not to click on those links, because the website will likely try to trick you into providing personal information. Instead, if you're looking for information, you should visit the [federal government's official website](#) for updates.

### **Test results phone call**

Some people report receiving phone calls and voicemails from scammers pretending to be from a public health agency.

In these calls, the fraudster says the person has tested positive for the coronavirus and, to get a prescription, must provide the scammer with their credit card and health card numbers.

Real public health officials will not ask for your credit card information.

There have been some reports of scammers going door to door, either selling fake decontamination services or fake coronavirus testing kits.

Only hospitals and public health agencies are authorized to perform coronavirus tests, and will not charge. No other tests are genuine or guaranteed, according to Thomson.

Thomson also warns that more scams are likely to pop up in the days and weeks ahead.

These could include phone calls to businesses saying they have to update first aid kits, and loan scams exploiting of the financial fallout of the pandemic.

If you're the target of a COVID-19 scam, Thomson urges you to report it to the Canadian Anti-Fraud Centre or your local police department.

<https://www.cbc.ca/news/canada/toronto/coronavirus-scams-canada-1.5501958>

## April is Volunteer Month

Volunteers are worth their weight in gold. They share their time and talents without any compensation, and our programs would not be as effective without them and in many cases could not happen at all.

Macdonald Services to Seniors is sending out a big **Thank you so much!** to all their volunteers.

## Tell me a Story...

We are looking for your written stories each month on a chosen topic. It is our hope to put these stories together in a book to share with the younger generations and with each other.

Since we cannot meet to share our stories, I am giving you some homework. If you are comfortable using the computer, you may email me your stories and include pictures if you have them. If you are not comfortable using the computer, then give me a call and I will arrange for a volunteer to record your story on paper.

For space considerations, please keep your stories to no more than 2 pages.

For the month of April, you may give me a story on:

\*What was Easter like for you growing up? (What were your traditions, food, clothing, or a specific memory related to one particular Easter)

Or

\* What was your favorite thing to do as a kid? (What did you save your allowance for? What did you race home after school to do? What did you write, talk, and dream about?)



I look forward to reading your stories.

## Macdonald Services to Seniors

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Vic & Viviane Bossuyt:  
204-895-0049

Carol & Dennis

Pascieczka:  
204-736-2681

Cindy Bestland:  
204-736-2667

Becki Ammeter:  
204-735-2380

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204-997-7966

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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.**

