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**Health Issues
Used to Control
Our Lives
Now We Do**

**Get Better
Together**

Take control of your health with a workshop designed to help Manitobans with ongoing health conditions. Led by others living with health issues who understand the challenges of managing symptoms, medications and health care needs.

Build your confidence to manage better through group support and discussion of topics such as healthy eating, physical activity, communication and pain management.

Feel free to bring a friend, family member or other support to the sessions.

The Stanford model

Get Better Together is based on a program model developed by the Patient Education Research Center and Stanford University. People who participated in the Stanford program reported fewer days spent in hospital, more healthy behaviours and overall better health status, with changes lasting well beyond the end of the program.

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!



Ingredients

Meringue Rhubarb Dessert

- 2 cups all-purpose flour
- 2 tablespoons sugar
- 1 cup cold butter, cubed
- **FILLING:**
- 2 cups sugar
- 1/3 cup all-purpose flour
- 1 teaspoon salt
- 6 egg yolks, lightly beaten
- 1 cup heavy whipping cream
- 5 cups sliced fresh or frozen rhubarb
- **MERINGUE:**
- 6 egg whites
- 1/2 teaspoon cream of tartar
- 3/4 cup sugar
- 1 teaspoon vanilla extract

Directions

- In a small bowl, combine flour and sugar; cut in butter until crumbly. Press into a greased 13-in. x 9-in. baking dish. Bake at 350° for 20 minutes. Cool on a wire rack.
- In a large bowl, combine the sugar, flour and salt. Stir in egg yolks and cream. Add rhubarb. Pour over crust. Bake at 350° for 50-60 minutes or until set.
- In a large bowl, beat egg whites and cream of tartar on medium speed until soft peaks form. Gradually beat in sugar, a tablespoon at a time, until stiff peaks form. Beat in vanilla. Spread over hot filling. Bake for 12-15 minutes or until golden brown. Cool on a wire rack. Refrigerate for 1-2 hours before serving. Refrigerate leftovers.

Upcoming Programs

Something to look forward to in the fall:

Virtual Programs:

- ♦ Wills & Estates on Sept. 23
- ♦ Advance Care Planning on TBA

We have changed our meal delivery days! Now delivering meals Wednesdays to Starbuck, Oak Bluff, La Salle and Domain and Thursdays to Sanford, Brunkild. Please call Leanne at 204-735-3052 for more information.

Macdonald-Headingley
RECREATION DISTRICT

We are very sorry to have to cancel/postpone our Spring 2020 Program in-person sessions until further notice. We look forward to seeing everyone when we are able to resume our regular routines! Visit our website www.mhrd.ca or Facebook page www.facebook.com/MHRD2 for virtual classes and content. Please let us know if you have any questions.

Get Better Together is suitable as an added support for many conditions, including:

- Anxiety
- Depression
- Arthritis
- Asthma
- Diabetes
- Cancer
- Hepatitis
- Chronic back pain
- Lupus
- Heart disease
- High blood pressure
- Fibromyalgia
- Stroke
- Osteoporosis
- Parkinson's disease
- Chronic fatigue syndrome
- Weight issues
- Many other illnesses

Participating in Get Better Together

Get Better Together In-Person Group Workshops

We offer fully-funded in-person group workshops across Manitoba. There are three ways to register at any Winnipeg location... by phone at 204-632-3927... by email at:

gbt@wellnessinstitute.ca or

[register online](http://www.wellnessinstitute.ca) at www.wellnessinstitute.ca

Get Better Together Zoom Digital Classroom Workshops

Participate from home with an internet connection and Google Chrome browser. Call [204-632-3922](tel:204-632-3922) or [email](mailto:gbt@wellnessinstitute.ca) to book.

I Know I'm not the only one...

I needed to do the laundry, but then I realized I was out of detergent, so I went to write a shopping list and realized how unorganized the junk drawer was, and started checking pens for ink.

When I went to toss all the junk, I saw that the trash was full but before I took it out I wanted to get rid of old food in the fridge.

That's when I realized a juice jug had leaked so I needed to clean it up but when I went to grab a rag, I saw that the pantry closet was a nightmare so I started organizing it.

And that's how I ended up on the floor looking at my old photo albums from 1990's and not doing laundry.

Need a little Pick-me-up? Try Heart Focused Breathing

Heart-focused breathing is about directing your attention to the heart area and breathing a little more deeply than normal. As you breathe in, imagine you are doing so through your heart, and, as you breathe out, imagine it is through your heart. *(In the beginning, placing your hand over your heart as you breathe can help you in directing your focus to your heart.)* Typically, it is recommended that you breathe in about 5 to 6 seconds and breathe out 5 to 6 seconds. Be sure your breathing is smooth, unforced and comfortable. Although this is not difficult to do, it may take a little time to become used to it, but eventually you will establish your own natural rhythm.

Heart-focused breathing won't take a lot of time out of your day, but it can add lots of benefits to your life. Many people find that heart-focused breathing is an excellent way to start and finish their days, but there are times in between when it is especially beneficial. Try it during a break on the job, at school or while working around the house.



JULY 1st



Canada Day

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Canadian Trivia

1. In 1984, Gaetan Boucher became the first Canadian to win 2 gold medals at the winter Olympics in what sport?
2. Written in 1956 by marketing guru, Jerry Goodis, what slogan was created to promote Speedy Muffler King?
3. Whom did folk singer Sylvia Fricker marry in 1964?
4. In 1977, what television show did Winnipeg native, Monty Hall, bring to Canada where it was filmed by Vancouver's Panorama Studio?
5. What country is rumored to have developed the strategic Red Plan to invade Canada during the 1920's?
6. Until 1949, who greeted listeners to his CBC Radio Hockey broadcasts with the phrase "Hello Canada, and hockey fans in the United States and Newfoundland"?
7. In 1957, Paul Anka became the first Canadian to have a number one hit song in the United States. What song was it?
8. Established in 1903, this prairie city is known as the "Border City"?
9. Which province won the 1967 Centennial Voyageur Race from Rocky Mountain House to Montreal in its canoe, the *Radisson*?
10. What 1885 event did Pierre Berton feel was the realization of the national dream?

1. Speed Skating 2. "At Speedy, you're a somebody" 3. Ian Tyson 4. Let's Make a Deal 5. The United States 6. Foster Hewitt 7. Diana 8. Lloydminster 9. Manitoba 10. Completion of the Canadian Pacific Railway (CPR)

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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:

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.**

