

The Wire

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Benefits of Pole Walking

If you're like most Canadians, you're probably not spending enough time being active. Given that, how do you get the most bang for your buck, so to speak, when it comes to exercise? Nordic pole walking might be just the ticket. It uses roughly 90% of the muscles in your body and has been a fitness staple in Europe for decades. So, what are the benefits of pole walking — and why is it one of the best forms of exercise for seniors and older adults? Read on to find out.

Nordic pole walking — sometimes called Nordic walking, pole walking, or even urban pole walking — turns a simple walk into a full-body workout by incorporating the upper body and core muscles to a much greater degree. Compared to other forms of exercise, pole walking uses up to 60% more muscles and burns up to 900 calories per hour. Compare this to 240 calories per hour for regular walking or 440 calories for an aerobics fitness class, and it's easy to see why pole walking is such a fantastic

What's more, it also improves your endurance, heart health, blood flow, strength, and resting metabolic rate (the number of calories you burn while at rest). Many clinical studies have shown the vast benefits of pole walking, especially for seniors. Pole walking contributes to faster weight loss, healthy weight maintenance, and improved posture, all of which become more challenging workout



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!



Homemade Brownie Mix

Dry Ingredients

- 1 cup granulated sugar
- 1/3 cup unsweetened cocoa powder
- 1/2 cup all purpose flour
- 1/4 tsp salt
- 1/4 tsp baking powder

Wet ingredients:

- 1/2 cup butter
- 2 eggs
- 1 tsp vanilla

Instructions

1. Sift together all dry ingredients and place in a large ziplock bag or jar.
2. On a gift tag or label, write the wet ingredients and quantities and then directions. "Melt butter and set aside to cool slightly. In a medium bowl, beat 2 eggs with the vanilla. Add in and gently stir dry ingredients. Pour the melted butter into the brownie mixture and mix until just incorporated. Spread batter in prepared 8 inch square pan and bake for 20-22 minutes at 350 degrees."
3. Share this mix with grandkids, neighbours or any brownie lovers in your life.



Upcoming Programs

All Macdonald Services to Seniors programs have been suspended until further notice.

We are still running the GEMS program on Wednesdays as a home delivery meal program. Please call Leanne at 204-735-3052 for more information.



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.

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 by the Monday before. Call Leanne at 204-735-3052

Please check on your neighbours by telephone and pass on my contact information if they require anything while isolating at home.

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." The new May-August calendar is now online.

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!



Caring for your mental health is important during the COVID-19 pandemic. AbilitiCBT is a new digital therapy program from Morneau Shepell, available to all residents of Manitoba age 16 or older experiencing mild to moderate symptoms of anxiety due to the pandemic.

<https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

The Benefits of Walking Poles, *continued from page 1*

in your later years. For people recovering from knee or hip surgery or anyone with balance issues, Nordic pole walking can help you get moving again with the added support of the poles.

If pole walking is such a fantastic exercise for seniors, why is it that most North American's have never heard of it? Nordic pole walking was developed in Finland in the early 1990s as a way for Nordic (cross-country) skiers to train during the warmer months. It took off as a low-impact form of exercise in Europe in the ensuing decades. It's now one of the most popular types of exercise for seniors — and others — in Northern Europe. It wasn't until recently, though, that it started gaining popularity this side of the Atlantic. Why exactly it remains largely unknown isn't clear, but what is clear is that you should try adding it to your routine. All you need is a set of poles (available from most sporting goods stores or online) and a willingness to try something new. The benefits of pole walking speak for themselves.

<https://www.retireathome.com/benefits-of-pole-walking-for-seniors-and-older-adults/>

For more information, check out this Youtube video:

<https://www.youtube.com/watch?v=jUJvdyqPEEU>

<http://www.nordicwalkingwinnipeg.weebly.com/>

If you are interested in trying out a set of walking poles,

please call

Macdonald Headingley Recreation

204.885.2444

or

Leanne at 204.735.3052

Grandparents Make Kitchen Memories!

The kitchen is a place that connects and comforts us all. It's where generations can find common ground and share old traditions while making new ones. In this age of physical distancing, why not try something new and schedule a zoom date with your grandchildren to make the Homemade Brownies featured in page 2 of this newsletter.

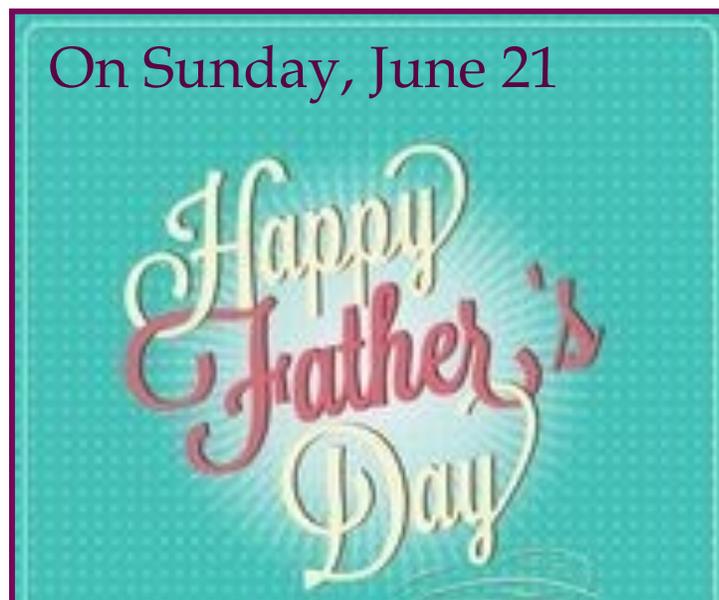
1. Schedule a Meeting and Download Zoom.

While there are plenty of video-apps, we like Zoom because it doesn't require everyone to use the same type of device. Zoom allows you to have real-time "in-person" video calls with friends and family. To use Zoom, you'll need **one** of the following: a phone, tablet, or computer. [Download the Zoom app](#). If you and your grandchildren use another app like Facetime or Facebook messenger, those work great as well.

2. Choose Your Recipe in Advance and Gather Your Ingredients.

Send the list of ingredients to your grandchild to have on hand and ready for your cooking date.

During the Zoom, you'll be cooking alongside each other, albeit in separate kitchens. When you add 2 cups of flour to a mixing bowl, your grandchild will do the same!



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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.**

