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The Wire

Volume 3 Issue 6

March 2020



Police Academy

The Police Academy: Older Adults Division is an innovative program focusing on skills and safety principles for older adults which empowers participants with information in a fun atmosphere.

Topics include:

Elder Abuse
Safe Banking Practices
Personal Safety
Frauds and Scams
Emergency Preparedness
Medication Safety
GRADUATION!

**This program will be held for three consecutive weeks at the Caisse Community Centre, La Salle. — 11:00-1:30
Please visit MHRD.ca to sign up or call 204-885-2444.**

Cost is \$20 and includes a graduation lunch on April 20.

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!



Irish Soda Bread

Ingredients

- 3 cups all-purpose flour
- 1 teaspoon salt
- 2 teaspoons baking soda
- 4 cups whole wheat flour
- 2 teaspoons white sugar
- 2 cups buttermilk
- 1 cup milk
- 1 tablespoon vegetable oil



Directions

1. Preheat oven to 400 degrees F (200 degrees C).
 2. In a large bowl, sift together all-purpose flour, salt and baking soda. Add whole wheat flour and sugar; stir to combine. In a separate bowl, mix together buttermilk, milk and oil.
 3. Add milk mixture to flour mixture; mix just until combined. Divide dough in half and form into two round, flat loaves. Place loaves on a lightly greased baking sheet.
- Bake in preheated oven for 15 minutes. Reduce heat to 375 degrees F (190 degrees C) and bake for an additional 25 to 30 minutes, until golden brown.

**Someone threw a
bottle of mayo at
me. I was like what
the Hellmann.**

Upcoming Programs

Advanced Care Planning, March 19, 1 pm Sanford Legion

Presenter: Palliative Care Manitoba

You never know when you may face an unexpected event or illness that may impact your ability to make your health care decisions known. Important and informative - this Advanced Care Planning session will also cover Health Care Directives and how to choose a Health Care Proxy.

** This **free** presentation will run for 1.5hrs.*

If you are interested in attending lunch before the presentation, cost of the lunch is \$10 and you must pre-register. Call Leanne at 204-735-3052

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

11a.m. – 1:30 pm

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.

The MHRD Spring 2020 Program & Community Resource Guide will be coming to mailboxes Mid-March. Online registration openings beginning of March!

PROVINCE WARNS AGAINST POSSIBLE TELEPHONE SCAM INVOLVING HEALTH CARDS

Manitoba Health, Seniors and Active Living is warning Manitobans of a possible phone scam involving Manitoba health cards.

A member of the public received a call from an automated service asking for their personal information related to a problem with their health card.

Manitoba Health, Seniors and Active Living does not use automated calls to contact the public about their health card.

If you receive such a call, do not provide any personal information and report the call to the local law enforcement agency.

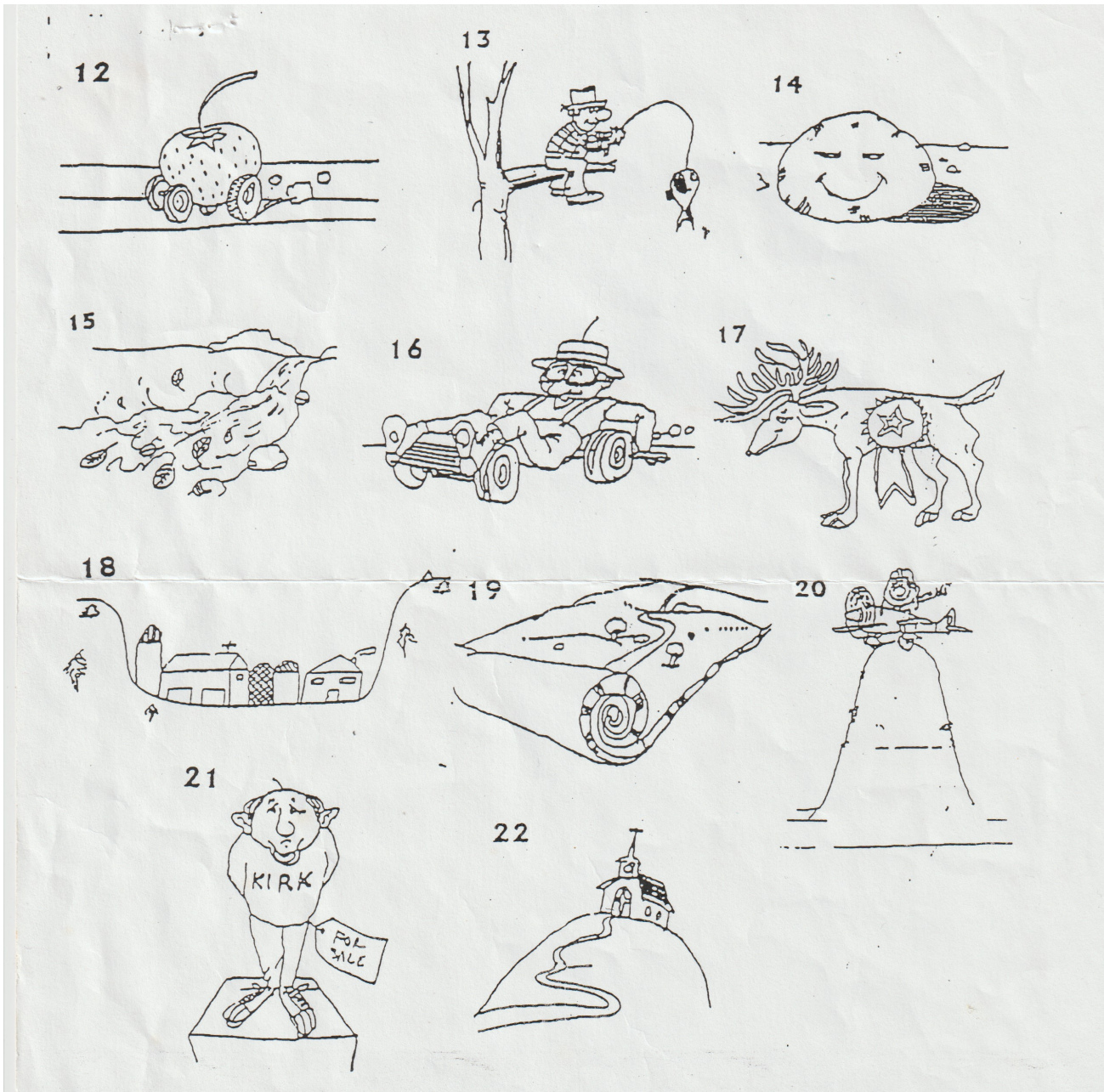
For more information on what to do if you receive a fraudulent call, visit the Canadian Anti-Fraud Centre's website at www.antifraudcentre-centreantifraude.ca/index-eng.htm.

Have you received a call from 1-888-495-8501?

This is the toll free number for the Canadian Anti-Fraud Centre and it's being spoofed. No representative from our office is trying to reach you. Fraudsters are masking their phone number with ours.

When you miss a call and the caller doesn't leave a message, don't return the call. If it's important, they'll call you back. If it's a long distance number, you could be charged long distance fees.

Can you name these Manitoba Towns ? Part 2



12. Carberry 13. Fisher Branch 14. Gladstone 15. Leaf Rapids 16. Carman 17. Starbuck
18. Lowe Farm 19. Roland 20 Pilot Mound 21. Selkirk 22. Churchill

Let No One Be Alone Family Pancake Breakfast

Saturday, May 2, 2020

Starbuck Community Hall

9-11 a.m.

Get Your Tickets in Advance

Adults: \$8

Children 2-10: \$5

Under 2: Free





Exercises at Mandan Manor

Sanford

Wednesdays,
Beginning January 15
11:00 am – 12:00 pm
Mandan Manor – Common Room
Fee: FREE!

visit mhrd.ca
call 204.885.2444
email info@mhrd.ca

Macdonald-Headingley
RECREATION DISTRICT



Exercises at Riverdale

Instructor: Liza Rasmussen

24 Mondays,
January 6 – June 29
(No class February 17 or May 18)
10:00 am – 11:00 am
Riverdale Apartments
Fee: FREE!

visit mhrd.ca
call 204.885.2444
email info@mhrd.ca

Macdonald-Headingley
RECREATION DISTRICT

Hall Walking

Take a break from the cold while still getting in those steps! Walking the halls is a great way to stay active and break a sweat.

Caisse Community Centre: Tuesdays and Thursdays
10-11 a.m.

Starbuck Hall: Thursdays 10:30-11:30 am

Did you know?

The average person walks about 7,500 steps per day. If you stick to that average step count and live to be 80 years old, you'll walk about 110,000 miles in your lifetime.



Macdonald Services to Seniors has a Website!

Check us out at www.MacdonaldSeniors.ca

Macdonald Services to Seniors

Leanne Wilson
Box 283

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Starbuck, MB R0G 2P0
Phone: 204-735-3052
E-mail:
mssi@mymts.net

Macdonald Seniors Advisory 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

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:

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.**

