



Inside this issue:

Cooking with Gwen 2

Brain Challenge

Up coming Programs 3

Activities to do at home continued 4

Volunteer Spotlight 5

Volunteer Spotlight, continued 6

Let No One Be Alone 7

Happy Mother's day

Tell Me A Story 8

# The Wire

Volume 3 Issue 8

May 2020

## Activities you can do while Staying Safe at Home

**Get a workout in.** You don't need a gym membership to sweat it out. Pull on your favorite leggings, and start the MHRD Home Exercise Booklet and get your blood moving. Ask Leanne for more information.

**Write a letter.** In the age of text messages and FaceTime, we don't write out our feelings in long form. Get out some nice paper and spread some love to a friend or family member or join a pen pal club.

**Call a friend.** If you're usually a text person, pick up the phone or video call a faraway friend. The extra connection really makes you feel closer. Platforms for video calling include Facebook messenger, Skype or Zoom

**Watch a performance.** Instead of turning on Netflix, watch an online opera, ballet, or symphony.

**Learn a new language.** Thanks to apps like [Duolingo](#), you can stretch your mental muscles wherever you are.

**Have a dance party.** Turn on some tunes and get those socks hoppin'. Throw it back with oldies from your glory days or find some hot new stuff to shake your booty.

**Learn a dance.** Download the [Tik Tok app](#) and challenge yourself to learn one of the trending dances your grandchildren are doing.

**Make a custom photo book.** You don't need the talent of Michaelangelo to create a memorable photo book. A variety of

# 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!



## Texas Potatoes

2 lbs cubed hashbrowns

2 cups grated cheddar cheese

2 cups sour cream

2 cans cream of chicken soup

1 small onion chopped

Method:

Mix all ingredients together in a large bowl.

Place in a greased 9 x 13 pan. Bake at 350 for 1—1.5 hours, until top is golden brown.

Enjoy!

## Brain Challenge

How many words can you make with the word: **Potatoes**

Some words to start you off: Pot, top tape...

Hint: there are a lot!



## Upcoming Programs

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

### Macdonald-Headingley

RECREATION DISTRICT

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

[204-885-2444](tel:204-885-2444).

**Ran out of toilet paper  
and now using lettuce  
leaves.**

**Today was just the tip  
of the iceberg,  
tomorrow romaines to  
be seen.**

online services can help you collect your photos into a beautiful keepsake.

**Become a YouTube star.** Pretend you're Julia Child and film your own cooking show, or teach the camera how to DIY a craft or organization technique. The lifestyle of the rich and famous awaits.

**Check out Age and Opportunity's Seniors Centre Without Walls** to take part in some of their numerous programs.



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!**

## Volunteer Spotlight on Judy Shirliff

**How long have you been volunteering for Macdonald Services to Seniors?** since 2015

**Tell us about yourself:** Born in Winnipeg in 1956. Moved to Brandon when I was 9 years old. Schools: Maple Leaf school (Winnipeg) grades 1-3; Linden Lanes school grades 4-7; Earl Oxford grades 8-9; Neelin High school grades 10-12; Brandon University Bachelor of Teaching, Herzing College Winnipeg Certificate of Computer Programming Work: Western Medical Clinic while going to school; Co-op Implements and Standard Aero as a computer programmer/ jr analyst. Left to raise my family. Worked seasonally part-time for the Prairie Farmers' Buyers Guide (aka 'The Book') as an ad type setter while raising kids. When my youngest was in grade 3, I began working as an EA at a school in Portage la Prairie until 2015. I enjoy gardening, reading, music, and volunteering. I enjoy doing jigsaw puzzles, sudoku, and word puzzles. I FaceTime regularly with my son and grandson in TX. Family: Husband, Neil retired Ag Engineer now farms a little; 4 sons, 2 daughters-in-law, one grandchild. Jason (computer engineer) & his family live in Austin, TX, David (works in IT) & his wife live in Winnipeg, Ryan (brewmaster) lives in Barrie, ON and Andrew (chemical engineer) lives in Markham, ON



We lived in the Oakville area for 29 years and moved to the Starbuck area in 2014. We presently

### Fun Facts about Judy

**Favourite Ice Cream flavour?** Peanut Butter

**Dream vacation destination?** Australia/ New Zealand

**Favourite Sports Team?** Blue Jays, Blue Bombers, Green Bay Packers, Jets

**Favourite Board Game?** Clue is my favourite old board game

**Favourite Book?** Clan of the Cave Bears series, Outlander series, Dragon Riders of Pern series, The Forest House

**Favourite Movie or TV Show?** Star Trek, Star Wars - the original 3; Shrek, Sound of Music

**Favourite colour?** Red, blue, purple

have no pets unless you count the many deer, rabbits and squirrels that wander through our yard.

**My volunteer roles:** Oakville School grade 1, Starbuck School K-grade 1; GEMS luncheon - Starbuck; MacDonald Services for Seniors board Starbuck Neighbourhood Players Starbuck Seniors' Book Club leader, Layleader at St. Luke's Oakville Visitations to shut-ins/ seniors from my church

**Importance of volunteering:** I grew up with parents who volun-

*Continued on page 6*



teered, so it was natural for me to get involved in things. I began volunteering at an early age, tagging along with my parents. Then at church with Sunday School. Without volunteers, many events just would not happen, nor would there be children's organizations such as 4-H, sports, or other clubs. Volunteering is a way to help out in my community and a great way to meet people. Favourite Volunteer Memory: The smiles and appreciation that light up the face of a shut-in during a visit. If you could encourage someone to volunteer, what would you say? Perhaps remind them of events they enjoyed that was supported by volunteers or simply invite them to come along to try it out.



## At the Grocery Store

**DIRECTIONS:** Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

T	J	L	M	E	J	H	K	W	F	R	E	S	H	F	L	O	W	E	R	S	M	O
E	P	P	G	E	E	S	L	D	L	J	I	S	E	I	L	P	P	U	S	T	E	P
K	Q	Y	E	R	A	T	V	J	E	D	O	O	F	N	E	Z	O	R	F	A	B	P
R	A	E	F	T	E	T	N	C	H	E	C	K	O	U	T	L	T	Y	B	H	J	P
A	F	Q	P	U	R	C	H	A	S	E	Y	C	I	L	O	P	N	R	U	T	E	R
M	M	Y	D	C	G	B	B	A	R	C	O	D	E	B	I	T	C	A	R	D	A	R
R	Y	R	E	K	A	B	C	D	R	A	C	T	I	D	E	R	C	R	D	C	T	O
E	T	E	K	R	A	M	I	N	I	M	U	N	Z	U	T	O	D	R	K	L	Z	S
P	E	E	T	I	D	C	A	N	N	E	D	G	O	O	D	S	Q	B	C	G	S	I
U	S	C	N	H	U	S	D	O	O	G	D	L	O	H	E	S	U	O	H	N	C	V
S	T	C	U	D	O	R	P	Y	R	I	A	D	D	T	S	T	Y	U	R	I	I	R
R	M	F	O	D	S	R	E	Z	E	E	R	F	N	B	X	C	M	N	Y	G	N	E
L	B	T	C	E	O	E	Z	C	T	Y	X	M	A	N	A	G	E	R	X	A	O	P
C	H	R	S	X	O	R	G	V	E	D	F	E	I	M	T	R	F	H	R	K	R	U
O	C	A	I	P	D	T	P	A	P	I	Q	N	R	W	S	G	E	B	E	C	T	S
S	O	C	D	R	R	N	L	I	R	G	P	A	E	F	E	W	A	A	I	A	C	C
M	U	U	E	E	S	I	U	C	A	E	H	T	M	F	L	N	L	I	H	P	E	A
E	P	S	L	S	N	H	C	F	R	P	V	Q	C	H	A	N	G	E	S	E	L	L
T	O	T	I	S	I	S	N	E	E	Q	K	E	L	A	S	N	O	R	A	L	E	E
I	N	O	V	L	O	I	R	N	U	R	Y	C	B	H	Z	V	P	B	C	R	E	S
C	I	M	E	A	C	F	T	E	K	S	A	B	O	M	J	K	X	U	N	I	Y	T
S	N	E	R	N	T	N	E	M	T	R	A	P	E	D	H	T	E	W	L	B	A	G
U	K	R	Y	E	D	E	L	I	C	A	T	E	S	S	E	N	V	J	O	B	U	Y

AISLE  
 BAG  
 BAKERY  
 BARCODE  
 BASKET  
 BEVERAGES  
 BUY  
 CANNED GOODS  
 CART  
 CASHIER  
 CHANGE  
 CHECK-OUT  
 COINS  
 COSMETICS  
 COUPON  
 CREDIT CARD  
 CUSTOMER  
 DAIRY PRODUCTS  
 DEBIT CARD  
 DELICATESSEN  
 DELIVERY  
 DEPARTMENT  
 DISCOUNT  
 ELECTRONICS  
 EXPRESS LANE  
 FISH  
 FREEZER  
 FRESH FLOWERS  
 FROZEN FOOD  
 GUARANTEE  
 HOUSEHOLD GOODS  
 MANAGER  
 MEAT  
 MINE-MARKET

ON SALE  
 PACKAGING  
 PET SUPPLIES  
 PHARMACY  
 PRICE  
 PRODUCE  
 PURCHASE  
 RACK  
 RECEIPT

REFUND  
 RETURN POLICY  
 SALES TAX  
 SCALES  
 SELL  
 SHELF  
 SHOP  
 SUPERMARKET  
 SUPERVISOR



Due to Covid -19, the Let No One Be Alone Community Pancake Breakfast has been postponed. This is always such a great way to connect with each other, especially those who live alone (and the pancakes are pretty good too!)

So if you know someone living alone, check in on them, ask if you can run an errand or pick something up for them. Now more than ever they may need your help!



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### 5 Favourite Momisms

1. Don't sit so close to the television.
2. You just wait until your father gets home.
3. Money doesn't grow on trees.
4. Put a coat on, you'll catch pneumonia.
5. Because I told you so, that's why.



## 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 May, you may give me a story on:

**\*Spring on the farm**

Or

**\* A spring activity or event that impacted you**

I look forward to reading your stories.



**Today I stopped at this roadside stand that said lobster tails \$2. So I paid my \$2 and the guy said, "Once upon a time there was this lobster..."**



## 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.**

