



The Wire

Volume 4 Issue 1

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Become a Joy Collector

We all want to be happy. It's a desire as universal as our want for water, food, and fresh air.

But happiness is a difficult thing to measure. It's a spectrum — not an absolute. There's a whole science behind our happiness levels, why they fluctuate, and what we can do to boost them.

Ironically, too much time and thought spent in the pursuit of happiness has been found to actually decrease a person's overall happiness. So it's fortuitous that scientists have identified a countless number of small, conscious steps a person can take to elevate their mood with minimal effort. So what have you got to lose? Check out our list of small things you can do to bring more joy into your life. The sooner you get started, the better you'll feel.

1. Talk to a Stranger: Smile, or better yet, strike up a conversation with a stranger in line at the grocery store or during your morning walk.

2. Send Snail Mail to a Friend: What's better than opening the mailbox to find an unexpected hand-written note from a friend, just because? This small act of love and friendship pays off two-fold, for you, too, get to experience a burst of joy knowing you've brightened the day of your letter's recipient. A simple envelope-sealed note will suffice, but feel free to let your imagination run wild with small gifts, puzzle cards, and other personal ideas.

3. Watch the Sun Rise: It happens 365 days a year. But how often do you make a point of seeing it? Watching the sun rise is actually an ancient method of healing. And there are numerous other benefits, like enjoying a beautiful show of color and light, and having quiet moments of stillness and reflection.

4. Volunteer: In helping others, you also help yourself. That's because altruism is proven to boost happiness. So spend some time volunteering for a community, charity, or religious organization.

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!



Poor Man's Pudding

Originally known as "Pouding Chomeur", this is a favourite French Canadian dessert that originates from the province of Quebec.

Ingredients

1 1/2 cups all purpose flour	1 cup milk
1 tbsp. baking powder	2 cups brown sugar
1/2 cup white sugar	1 1/2 cups hot water
1/4 cup vegetable oil	2 tbsp. butter, melted
1 egg	

Directions

1. Preheat oven to 350 F. Whisk the flour and baking powder together in a small bowl.
2. Beat the white sugar, oil and egg together in a bowl until smooth. Stir in the flour mixture alternately with the milk. Pour into a 9 inch square pan. Dissolve the brown sugar in the hot water then stir in the melted butter. Drizzle the syrup over the pudding.
3. Bake until the pudding firms and becomes golden brown on top, about 40 minutes.

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Jig Saw Puzzle Loan Program

If you love jig saw puzzles and would like to try different ones, give Leanne a call to arrange to borrow one.



Upcoming Programs

Via ZOOM

Advance Care Planning

Wednesday, October 21, 1:00 p.m.

Register by [October 20](#)**Add More Plants to Your Plate**

Thursday, October 29, 1:00 p.m.

Register by [October 28](#)**Italy Travels**

Tuesday, November 17

11:00 – Noon

Register by [November 10](#)**Art Journaling to Navigate Stress & Anxiety**8 Mondays, [September 28](#) – [November 23](#)

1:00 – 3:00

Register by [September 21](#)

Supply list will be provided upon registration.

Driving Safely[Monday, October 19](#)

10:00

Register by [October 13](#)

In Starbuck Hall

Exercises with Liza14 Tuesdays, [October 1](#) – [December 15](#)

10:00 – 11:00

There are many interesting and educational programs being offered online. If you are connected to the internet but are unsure on how to access these programs or would like some help with apps like ZOOM, call Leanne for information.

How to Shop for Groceries Online

Thursday, November 5, 1:00-2:30

Register by [October 29](#)**Functional Fitness**23 classes, Mondays & Fridays, [September 28](#) –
Dec. 18 (no class Oct. 12) 10:00 – 11:00Register by [September 21](#)Participants will need a set of light weights,
bands, and a yoga mat.**Mindful Based Stress Reduction**6 Tuesdays, [October 13](#) – [November 17](#)

6:30 – 8:30

Register by [October 6](#)

The more often you give back, the more self-satisfaction you'll receive. Volunteering will also help you live longer, according to some studies.

5. Exercise: A shot of endorphins to the brain will make you feel oh-so-good. And one of the best ways of getting this boost is with exercise. So pick your poison — running, pole walking, ice skating, a long walk in the woods. Get moving and get instant satisfaction.

6. Spend Time With Your Favorite Canine: Spending time with man's best friend is a fool-proof happiness booster. Not only do dogs improve our happiness, they have also been found to alleviate loneliness and improve our overall health. Dog owners have been known to have lower blood pressure and cholesterol levels, too.

7. Practice Forgiveness: By offering someone our forgiveness — no matter how grave the offense — we let go of the hurt and anger that person stirred in us, thereby creating more space for happier emotions. On our journey to collect joy from our everyday surroundings, we must also dispose of any residual negativity. Saying, "I forgive you," is a great start.

8. Create Something Artistic: Creativity breeds happiness. Painting, sculpting, jewelry making, and music writing are all examples of activities we can engage in to work our creative muscle, thereby inviting into our lives more happiness.

9. Keep a Journal: Believe it or not, you can write your way to happiness. Penning your feelings helps your brain process and expunge the negatives ones, leaving you more joyful.

10. Get a Houseplant: You can elevate your mood simply by surrounding yourself with nature — even the potted kind. Plants will also improve indoor air quality. The more time you spend around leafy, green things, the better you're apt to feel.

11. Give Thanks: Grateful people are more likely to be happy and optimistic. So don't save it all for Thanksgiving. Make a habit of showing gratitude for the circumstances and people around you.

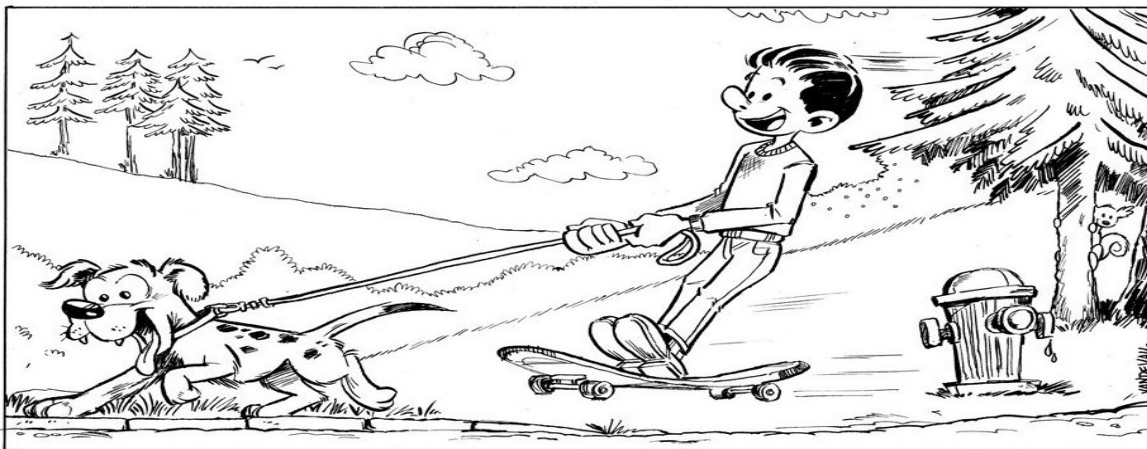
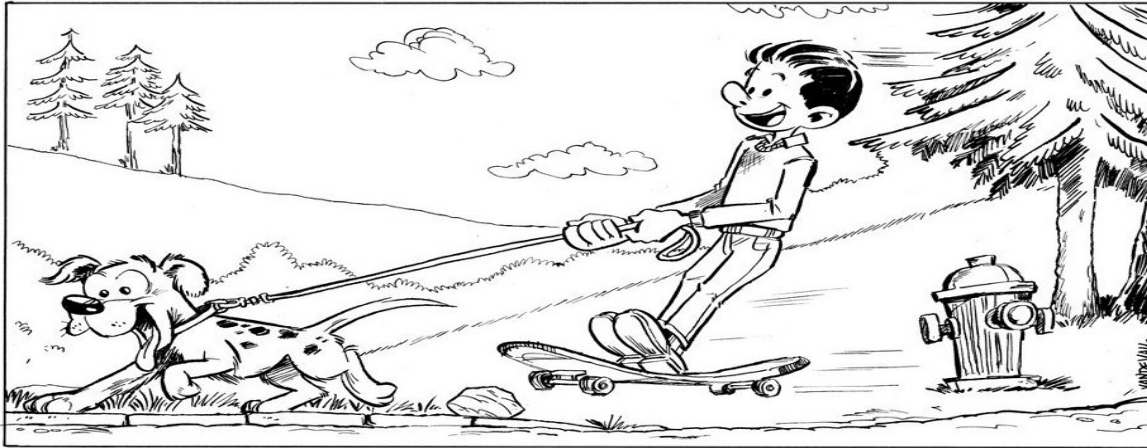
12. Breathe Deeply: Taking deep, slow breaths on a regular basis can help you relax. Breathing deeply also prevents disease, slows the aging process, and increases happiness.

There are many more small things you can do to bring joy into your life. The first step is to pick something and run with it. You will be amazed at how easy it is and what a difference it will make!

<https://www.wisebread.com/100-small-things-that-can-bring-you-joy>

SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!



Functional Fitness



Everyone benefits from functional fitness! Functional exercises will help you to build strength, improve your coordination and balance and enhance your ability to perform normal, daily activities. This program will help you increase your range of motion, muscle strength & cardiovascular conditioning.

LA SALLE:
23 Classes,
Tuesdays & Thursdays
October 1 - December 17
9 am—10 am
No Class September 29
Caisse Community Centre
Cost: \$115 OR
\$55 for 1 class per week
Register by: September 24



To Register:
Phone: (204) 885-2444
Website: www.mhrd.ca
Email: info@mhrd.ca

ONLINE:
23 Mondays & Fridays
September 28 - December 18
No Class October 12
10 am - 11 am
Online—Zoom
Meeting ID will be sent out
prior to first class
Cost: FREE!
Register by: September 21

Macdonald Services to Seniors

Leanne Wilson

Box 283

5-38 River Ave

Starbuck, MB R0G 2P0

Phone: 204-735-3052

E-mail:

mssi@mymts.net

Macdonald Seniors Ad- visory 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.**

