



The Wire

Volume 4 Issue 7

April 2021

COVID Scams

Inside this issue:

Cooking with Gwen 2

Covid Scams *continued* 3

April is Volunteer Month

BINGO 4

Trivia Question

Upcoming Programs, MHRD 5

More MHRD programs 6

Answers to Brain Challenge

Protect yourself, beware of:

- Private companies selling fraudulent products that claim to treat or prevent the disease
- Potential counterfeit COVID-19 vaccines
- Unapproved drugs threaten public health and violate federal laws
- Coronavirus-themed emails or text messages and COVID-19 vaccination themed emails or text messages that are trying to: trick you into installing malicious COVID-19 notification apps
- trick you into opening malicious attachments
- trick you to reveal sensitive personal and financial details
- Unsolicited calls claiming to be from a private company or health care providers offering home vaccination kits for an up-front fee
- Private companies offering fast COVID-19 tests for sale
- Only official health care providers can perform the tests
- No other tests are genuine or guaranteed to provide accurate results
- Questionable third-party companies offer to help you fill out applications, such as CERB
- Criminals using your identity to sign-up for CERB and receive payments
- Spoofed government, healthcare or research information
- Unsolicited calls, emails and texts requesting urgent action or payment and/or offering medical advice, financial relief, or government assistance and compensation

If you didn't initiate contact, you don't know who you're communicating to:

- Never respond or click on suspicious links and attachments
- Never give out your personal or financial details
- Unauthorized or fraudulent charities requesting money for

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!



Carrot Cake that will make the Easter Bunny Jealous!

INGREDIENTS

FOR THE CAKE

COOKING SPRAY

3 C. ALL-PURPOSE FLOUR

1 1/2 TSP. KOSHER SALT

2 TSP. BAKING SODA

2 TSP. CINNAMON

2 C. GRANULATED SUGAR

1 1/2 C. VEGETABLE OIL

4 LARGE EGGS

1 TSP. PURE VANILLA EXTRACT

3 C. GRATED CARROTS

1 C. PECANS, ROUGHLY CHOPPED,
PLUS MORE FOR GARNISH

1 C. RASISINS

FOR THE CREAM CHEESE FROSTING

1 (8-OZ.) BLOCK CREAM
CHEESE, SOFTENED

1/2 CUP BUTTER, SOFTENED

1 TSP. PURE VANILLA EXTRACT

4 C. POWDERED SUGAR

DIRECTIONS

1. Preheat oven to 350° and grease 2 - 8" round cake pans with cooking spray. In a large bowl, whisk together flour, salt, baking soda, and cinnamon.
2. In another large bowl with a hand mixer (or in the bowl of a stand mixer), beat together sugar and oil until well combined. Add eggs one at a time beating well after each addition, then add vanilla. Mix in dry ingredients until just combined. Stir in carrots, pecans, and raisins.
3. Divide batter evenly between prepared pans. Bake until a toothpick inserted into the middle comes out clean, 45 minutes. Let cool 15 minutes then invert cakes onto a cooling rack and let cool completely.
4. Make frosting: In a large bowl with a hand mixer, beat together cream cheese and butter until smooth. Add vanilla and powdered sugar and beat again until smooth and a spreadable consistency. Frost cake as desired and garnish with pecans.

[HTTPS://WWW.DELISH.COM/COOKING/RECIPE-IDEAS/RECIPES/A58283/BEST-CARROT-CAKE-RECIPE/](https://www.delish.com/cooking/recipe-ideas/recipes/a58283/best-carrot-cake-recipe/)



Did You Know?

3 carrots gives you enough energy to walk 4.8 km (3 miles) and that they were first grown as a medicine , and not food?

Covid scams , *continued*

- for victims, products or research
- Don't be pressured into making a donation
- Verify that a charity is registered.
- High-priced or low-quality products purchased in bulk by consumers and resold for profit. These items may be expired and/or dangerous to your health
- Questionable offers, such as:
 - miracle cures
 - herbal remedies
 - vaccinations
 - faster testing
- Fake and deceptive online ads, including:
 - cleaning products
 - hand sanitizers
 - other items in high demand

Reported Scams

- Phone calls offering home vaccination kits
 - A phone call from someone claiming to work for a pharmaceutical company and offering a "6 shot vaccine system" which you receive by mail after paying large sums of money

Refer to Government of Canada COVID-19 health, financial and security re-

sources and if you have questions about getting vaccinated, contact your family physician or local health care providers.

April is Volunteer Appreciation Month

Macdonald Services to Seniors would like to extend our sincerest thanks to all the volunteers who help out and make a difference in the lives of older adults in our communities!



Upcoming Programs

Free Telephone Bingo

Every Wednesday at 1:30 p.m.

January 6th – April 28



Call Leanne at 204-735-3052 to get your cards and telephone access code.

Fun! Fun! Fun! and a prizes too!

Sign up anytime!

New players can start any week

Trivia Question

In 2016, Guinness World records judged that Joe Atherton, from Malvern, UK, had grown the world's longest carrot. What was the actual length?

- A) $20 \frac{3}{10}$ feet
- B) $25 \frac{3}{5}$ feet
- C) $20 \frac{9}{10}$ feet

Answer on page 6



Upcoming Programs: MHRD

Backyard Composting
ONLINE!

www.mhrd.ca
204.885.2444
info@mhrd.ca

Tuesday, May 4
1:00 pm - 2:30 pm
Cost: \$10.00

Macdonald-Headingley
RECREATION DISTRICT

LUNCH & LEARN
DEMENTIA CARE

It's time to change how we empower those living with dementia and their care partners. Challenge what you know about this disease through a mix of brain science and creative thinking. Learn a number of practical tips to support a care partner in your life when you might not be sure what to do or say.

Tuesday, April 7 | 1:00 pm - 2:00 pm | Free!

Macdonald-Headingley
RECREATION DISTRICT

www.mhrd.ca 204.885.2444 info@mhrd.ca

LUNCH & LEARN
SENIOR CENTRES WITHOUT WALLS

Senior Centre Without Walls (SCWW) provides educational and recreational programming in a fun and interactive atmosphere. Learn how all programming is provided over the phone!

Thursday, April 15 | 1:00 pm - 2:00 pm | Free!

Macdonald-Headingley
RECREATION DISTRICT

www.mhrd.ca 204.885.2444 info@mhrd.ca



There are many more programs being offered. Check out their website at:

<https://www.mhrd.ca/>

Macdonald-Headingley
RECREATION DISTRICT

MOBILITY, STRETCH & FOAM ROLL

6 THURSDAYS, APRIL 22 - MAY 27 | 6:00 PM - 6:45 PM

FEE: \$54.00 | ONLINE - ZOOM | REGISTER BY: APRIL 15

WWW.MHRD.CA | 204.885.2444 | INFO@MHRD.CA



Macdonald-Headingley
RECREATION DISTRICT

Answers to Trivia

Question:

A) 20 3/10 feet

Science & Benefits of Healthy Breathing

with Bonnie Schroeder

Learn about the benefits and science behind more consciously breathing and how various breathing techniques can help you decrease the negative impacts of stress.

Online - Zoom Register by: April 14

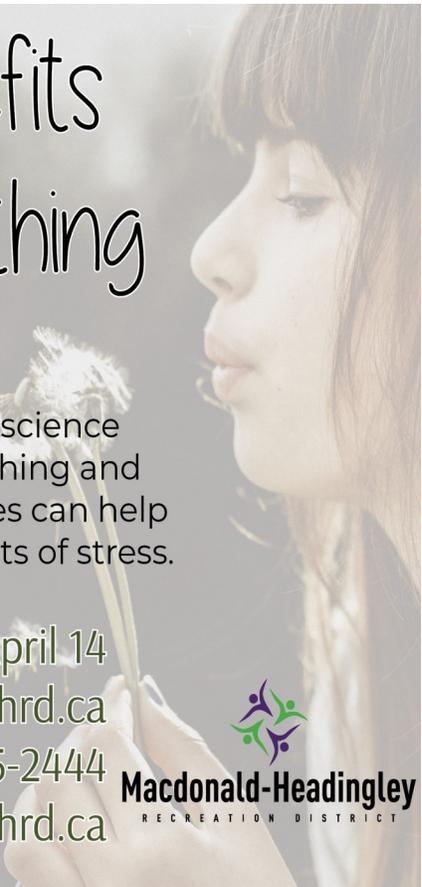
Wednesday, April 21 www.mhrd.ca

6:00 pm - 8:30 pm 204-885-2444

Fee: \$25.00 info@mhrd.ca



Macdonald-Headingley
RECREATION DISTRICT



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)

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.**

