



Inside this issue:

Cooking with Gwen 2

Immunization Card for Covid-19 Vaccine \*updated\* 3

Transport Chair

Where in the Municipality? 4

MHRD GEMS update 5

# The Wire

August 2021

## Learn to Use an IPAD \*\*\*Coming Soon\*\*\*

We are very pleased to announce we have been approved by New Horizons grant program to offer an education series on how to use an



IPAD. The course will cover all things you may want or need to know about using your IPAD and navigating the internet safely.

We will have tablets for loan for anyone without a tablet of their own. People with their own tablets can also participate.

If you are interested in this free program or if you have questions, please contact Leanne. We are hoping to begin this program mid-September. More information will be available soon!

## FREE Zoom Bereavement Support Group—Fall 2021

A & O: Support Services for Older Adults has an upcoming Bereavement Support Group that will be offered FREE via Zoom this coming Fall 2021. Last day for registration will be September 15, 2021 to allow time to distribute materials.

To register for this group or for more information, contact: Intake at 204-956-6440

# Cooking with Gwen

Gwen is a Meal Coordinator for the La Salle, Sanford and Starbuck meal programs. Many of her featured recipes are also prepared deliciously for the GEMS meal program.

## Copper Carrots

- 2 lbs carrots
- 1 green pepper sliced
- 1 large onion
- 1 cup white sugar
- 1 cup vinegar
- 1/2 cup oil
- 1 small tin tomato soup
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 tsp paprika



Clean and slice carrots. Cook until tender (not soft). Drain and cool.

Combine sugar, vinegar, oil, soup and spices in a sauce pan.

Heat to boiling. Cool and add to cooked carrots, green pepper and onions.

Refrigerate for several hours before serving.

## Eat Carrots for Improved Eye sight

Not just a myth, add carrots to your diet for healthy eyes. Also add the following for improved eye health:

- A. Dark leafy vegetables (kale, spinach, romaine lettuce, collard greens)
- B. Orange vegetables (yams, sweet potatoes, carrots, apricots, tomatoes, and pumpkin)
- C. Fatty fish (salmon, tuna, sardines, mackerel)
- D. Wheat germ
- E. Broccoli
- F. Beans (lentils, chick peas, kidney beans and other legumes)

**New Immunization Card for those who have received both doses \*UPDATED\***

Some of the immediate benefits to having a vaccine card will mean no longer requiring to self quarantine upon returning to Manitoba from another province, expanded visitation benefits in hospitals and care homes, and no longer needing to isolate if you have been identified as a close contact under direction of Manitoba Health. As well, fully vaccinated will be able to enjoy other amenities like visiting a casino, movie theater, concert, or sporting event.

In order to get your Vaccine Immunization card you must:

- have a Manitoba Health card
- have received 2 doses of a vaccine
- wait 14 days after getting the second dose so it has time to take effect

Please visit <https://immunizationcard.manitoba.ca>

People who would like to request their card but do not have internet access can contact 1-844-MAN-VACC ([1-844-626-8222](tel:1-844-626-8222)) and follow the prompts to request their immunization card.

**If you require help to get your vaccine card, please call Leanne at 204-735-3052. I can either print you off your paper copy until your new card comes in the mail or I can set it up to go directly to your phone with the card to follow in the mail.**

## We have a Transport Wheelchair for Loan

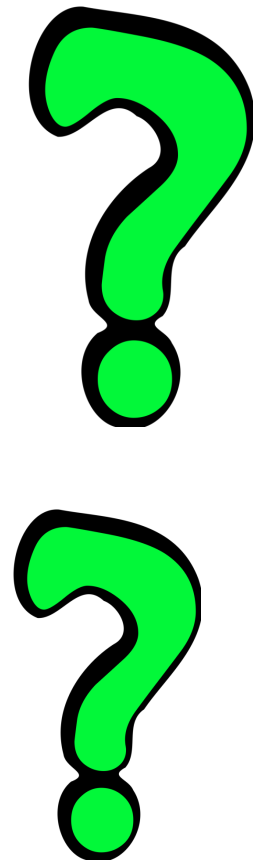
Did you know that if you require a wheelchair for medical appointments or as a transportation aid for getting your vaccines, Macdonald Services to Seniors has a transport wheelchair which you can borrow.

The transport chair is a lightweight wheelchair with foot pedals which can be easily lifted in and out of your vehicle. As we only have one to loan, we ask that you book it for the day you need it and make arrangements for it to be picked up when you are done using it.

Call Leanne at-204-735-352 to book the transport chair.

## Where in the Municipality?

Every month, I will post a photo of something located within the R.M. of Macdonald. If you recognize the item and location, email (mssi@mymts.net) or phone me (204-735-3052) with your answer. Anyone submitting the correct answer will be entered in a draw for a Rise and Shine Care package. Your answer must be submitted by July 20th to be entered into the draw.



Update to last month's "Where in the Municipality???"

Thanks to all who took a guess at the picture. Our lucky winner guessed correctly...the Elevator located in Brunkild!

**Congratulations Michelle Grabowski!!**



**Macdonald-Headingley**  
RECREATION DISTRICT

# SUMMER VIRTUAL YOGA



SLOW FLOW YOGA **\*\*NOW IN EVENING\*\***  
INSTRUCTOR: REBECCA WATSON  
6 MONDAYS | 6:00 PM - 7:00 PM  
ONLINE - ZOOM | FEE: \$54.00

YIN/RESTORATIVE YOGA  
INSTRUCTOR: REBECCA WATSON  
8 WEDNESDAYS | 10:00 AM - 11:00 AM  
ONLINE - ZOOM | FEE: \$72.00

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

People are still able to register at anytime and pay a prorated fee for Summer Virtual Yoga. More information can be found: <https://www.mhrd.ca/programs/view/default/default/search/>

**The Fall 2021 Program  
& Community  
Resource guide will be  
online and programs  
open for registration  
beginning of  
September!**

## Meal Program Update

With the change of the restrictions from code Red to code Orange, Manitoba Public Health has laid out some instructions for Meal programs to follow in order to comply with in person dining.

As with restaurants, we are able to offer in person dining. All our facilities can offer the meal program to all seniors in the area. We do have to allow for social distancing between vaccinated and unvaccinated diners. Anyone producing their vaccine code, the QR code on paper or phone can sit together at a table. Anyone not able to produce these will be required to sit at a separate table.

Small steps toward getting back to normal! Please call Leanne to reserve your spot at the meal program.

We will still be delivering to anyone who is not ready to attend the in person dining programs!

## 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

Roy & Shirley Switzer:  
204-736-3744

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.**

