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December 2021

A Checklist to Help You Prevent Falls

While anyone can have a fall, if you are 65 years of age or older you are at greater risk of falling. A fall can result in serious injuries that affect your mobility, independence and lifestyle.

- One in three Canadians age 65 years and over fall at least once per year
- Falling is not a normal part of aging
- Most falls can be prevented

The following checklist can help you identify the things that put you at risk of falling. Answer the questions below to help you stay on your feet and prevent falls.

Check if Yes

Have you had a fall in the last year?

If you have previously fallen, your chance of falling again is higher. This makes it especially important that you take action to prevent falls.

Completing this checklist is a good start.

Do you have trouble with your balance, are you unsteady on your feet or do you have difficulty getting up from sitting?

Do balance and strength exercises 15 minutes each day, such as Tai Chi, or a specific balance exercise program.

Visit www.preventfalls.ca for a series of home balance exercises or to find a balance exercise program in your community.

Do you spend less than 30 minutes each day being physically active?

Many falls are the result of weak muscles and/or poor balance. Stay strong and healthy by walking, swimming, cycling, exercising in a group or doing other activities that you enjoy.

Do you take three or more medications a day?

Do you take medications for sleeping, blood pres-

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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.



Do Nothing Tornado Cake

Ingredients

- 2 cups all purpose flour
- 1 teaspoons baking soda
- 2 cups granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 20oz can crushed pineapple

Topping

- 1/2 cup salted butter
- 1/2 teaspoon vanilla extract
- 2/3 cup evaporated milk
- 1 cup granulated sugar
- 1 cup chopped pecans
- 1 cup sweetened coconut flakes

Instructions

1. Preheat your oven to 350 degrees and grease a 9x13" baking pan with butter
2. In a large mixing bowl, mix together your flour, sugar, baking soda, eggs, vanilla, and crushed pineapple
3. Pour into your baking pan and bake for 40-45 minutes or until golden brown
4. Poke several holes in the cake with the handle of a wooden spoon
5. In a medium sized sauce pan, heat your butter, sugar, evaporated milk, and vanilla until it reaches a boil
6. Mix in your pecans and coconut and continue cooking for about 5 minutes on medium heat, stirring constantly

Pour your topping evenly over your cake, slice, and enjoy!

Which cake do baseball players like most?

What's Coming Up:

Christmas Lunches and BINGO!

The holiday season is upon us! Unfortunately, we are not having our large gathering in Oak Bluff again this year but we have opted for smaller Christmas meals throughout the Municipality. And as a BONUS, we are calling on all the BINGO players out there to stay after the meal for an afternoon of free BINGO BINGO BINGO! Even if you are not an avid BINGO enthusiast, we welcome you to stay and play. You may just enjoy yourself!

All meals will begin at 11:45 with Bingo to start after the meal.

- * **Monday December 6: Brunkild Hall**
- * **Wednesday, December 8: Starbuck Hall**
- * **Thursday, December 9: Sanford Legion**
- * **Monday, December 13: La Salle Caisse Community Centre**



Call Leanne to book your spot at the table for lunch (\$9). BINGO is free to play. Prizes for winners!

If you have BINGO chips, or other things to mark your cards like pennies, or candies, please bring them. Cards will be provided.

You must pre-register for the program by calling Leanne at 204-735-3052 a minimum of 2 days before.

Please remember to bring your Vaccination card or QR code to the program and to wear a mask upon entry to the facility.

Hope to see you there!

sure, mental health, or pain, or any medications that make you drowsy or light headed?

Some side effects and combinations of medications can increase your risk of a fall. Have your medications, over-the-counter drugs and herbal supplements reviewed by your doctor, pharmacist or nurse once per year and whenever new medications are started.

Do you take less than 1000 IU of vitamin D each day? Do you eat less than three nutritious meals every day?

For good health, take a 1000 IU vitamin D supplement each day and eat nutritious foods from all four food groups. Limit your alcohol intake.

Do your shoes have high heels, slippery soles or fit poorly? Do you wear slippers or socks or stockings without shoes?

Proper footwear is a key to preventing falls. Wear shoes that fit well and provide good support outdoors and indoors. Do not wear just socks or slippers in your home.

Have you had a stroke? Do you have arthritis, diabetes, Parkinson's Disease, or problems with your heart, blood pressure or bladder?

Many health conditions can increase your risk of falling. If your health changes, see your doctor as soon as possible.

Has it been more than two years since your eyes were tested or one year since your glasses were checked?

Have your eyes checked every two years by your eye doctor and have your eyewear checked for fit each year. Your vision may have changed without you noticing.

Do you do activities that put you at risk of falling such as climbing a ladder? Are there hazards in your home that could cause you to fall such as scatter rugs, clutter on the floor or stairs, or poor lighting?

Always give your full attention to what you are doing and ask for help with activities that could put you at risk of a fall.

If you answered "yes" to one or more of these questions you have identified your personal risk factors for falling. To find out how you can reduce your risk and stay on your feet, read the sections in this book that apply to your risk factors. Share this checklist with your family, close friends, or care providers so they can help support your efforts to prevent falls. To learn more, visit www.PreventFalls.ca

Check out one of our exercise classes being offered through MHRD to help with your balance, strength and stability.

MHRD Programs coming up for Fall



- Functional Fitness (La Salle – Caisse Community Centre) Tuesdays and Thursdays 9:05 am – Starts [Jan 11th](#)
- La Salle Art Club (Community Fellowship Church) – Tuesdays 7pm -starts [Jan 11th](#) (Bring Your Own Art)
- Fluid Flow Yoga (La Salle – Caisse Community Centre) Mondays 7pm – Starts [Jan 10](#)
- Gentle Yoga with Nicole (Oak Bluff Recreation Centre) Mondays 6pm - Starts [Jan 10](#)
- Yoga for Men with Nicole (Oak Bluff Recreation Centre) Mondays 7:30pm – Starts [Jan 10](#)
- Exercises with Liza (Riverdale Apartments – Starbuck) Thursdays 10 am – Starts [Jan 13](#)
- Exercises with Cathie (Sanford Legion) Thursdays 10am – Start [Jan 13th](#)
- Stress Reduction for Times of Change (ONLINE) – Tuesdays 6:30 PM (5 weeks) Starts [Feb 8](#)

Pickleball:

- La Salle – Tuesdays and Thursdays from 1-3pm, in Caisse Community Centre. Call Bernice Valcourt for more information ([204.479.0514](tel:204.479.0514))
- Oak Bluff – [Wednesday](#) Evenings from 6-8pm (time subject to change), in the Oak Bluff Rec Centre. Call Shawnda Muir for more information ([204.479.6791](tel:204.479.6791))
- Starbuck – Thursdays starting [October 7th](#) from 6-8pm in Starbuck Hall – Call Brenda Shirliff for more information ([204.735.2880](tel:204.735.2880))

Congregate Meals in RM of Macdonald

Brunkild: Monday, Dec 6: Christmas Meal & BINGO

La Salle: Monday, Dec 13: Christmas meal & BINGO, and Monday, Dec 20

Starbuck: Wednesdays—Dec 1, Dec 8: Christmas Meal & BINGO, Dec 15, and Dec 22

Sanford: Thursdays—Dec 2, Dec 9: Christmas meal and BINGO, Dec 16, Dec 23

There will be no meal Dec 27, 29 or 30. See you January!

See GEMS menu to find out what yummy delights are being prepared for each meal! All meals are \$9 per meal. Call Leanne to sign up at least a couple days in advance.

204-735-3052

Soup to You will resume the week of January 12: Sign up for the monthly soup delivery and each month we will deliver a delicious homemade soup and bun to your door. You just have to reheat and enjoy! Individual soups are \$3 each or pre-order all four for \$10. Book your first soup delivery by January 3rd, 2022

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

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.**

