



Inside this issue:

Cooking with 2  
Gwen

Tea, *continued* 3  
Brain Challenge

Upcoming Ac- 4  
tivities

Upcoming Ac- 5  
tivities MHRD

Upcoming Ac- 6  
tivities MHRD

# The Wire

Volume 4 Issue 5

February 2021

## Happy Heart Month! Have a cup of Tea for your Heart.

As you sit at home on a cold, snowy, winter day, sometimes you need something to warm you up. Tea is always a good option. Most have no calories. There are herbal and caffeine free options, and many flavours to choose from. There are over 1500 different varieties of tea, but they all come from one plant – the *Camellia Sinensis*.

The difference among the teas are the processing, growing conditions and geography. The main groups are: white, green, oolong and black, with more types acknowledged by tea aficionados. White tea is the least processed and made from the buds or immature leaves which are steamed and dried. Green tea is produced from freshly harvested leaves which are immediately steamed to prevent oxygen exposure. Oolong tea is exposed to oxygen for a short time for some oxidation while black tea is fully oxidized.



The results of different degrees of oxidation affects the health-promoting components which makes each type unique compared to one another. Both green and black teas are rich in compounds called flavonoids that help reduce inflammation, which is a cause of heart disease.

There is also research showing drinking these teas have been

# 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!



## INGREDIENTS:

### Filling:

- 2 (3.5 oz.) boxes vanilla instant pudding\*\*
- 3 c. milk
- 1 (8 oz.) container Cool Whip non-dairy whipped topping or 3 c. homemade whipped cream}
- 1 (14.4 oz) box graham crackers

### Topping:

- 1/3 c. unsweetened cocoa powder
- 1 c. granulated sugar
- 1/4 c. milk
- 1/2 c. butter {1 stick}
- 1 tsp. vanilla extract

## INSTRUCTIONS

**FOR THE FILLING:** Combine dry pudding mix and 3 cups milk; beat until well mixed. Stir in Cool Whip.

Place a layer of graham crackers in the bottom of a 9x13" dish. Spread 1/2 of the pudding mixture over the graham crackers. Repeat with another layer of graham crackers and pudding; then top with a final layer of graham crackers.

**FOR THE TOPPING:** In a medium-sized saucepan, bring cocoa, milk, and sugar to a full rolling boil; boil about 1 minute, stirring very frequently. Remove from heat and cool one minute. Add butter and vanilla; stir until butter is melted.

Pour chocolate topping over the top layer of graham crackers. Spread evenly to completely cover graham crackers.

Refrigerate over night (for sure!)

## 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.

linked to lower cholesterol and improved blood vessel function. Tea also contains caffeine, white having the least, black having the most, but, in general, it still has less caffeine than coffee. Herbal teas do not contain caffeine and are not made from the Camellia Sinensis plant, but rather other herbs and leaves. They are often a good choice before bedtime or for those avoiding caffeine.

Try a cup of peppermint tea on a cold day. Peppermint is made from mint leaves, it has no caffeine, and to sweeten it up a bit, try adding a little honey. The next time it snows, pick your favorite tea and make a cup while you look out the window at the beautiful landscape and feel warm inside! Follow the brewing tea chart below for a perfect cup of tea.

Type of Tea	Water Temp	Brewing Time
White Tea	70-80 C	2-3 Minutes
Green Tea	70-80 C	2-3 Minutes
Oolong Tea	80-90C	2-3 Minutes
Black Tea	95-100 C	3-5 Minutes
Infusions	95-100C	3-5 Minutes

## BRAIN Challenge

How many words can you make that are 3 letters or more with the word:

**VALENTINE**



Hint: there are 172

## Upcoming Programs

### *Free Telephone Bingo*

Every Wednesday at 1:30 p.m.

January 6th – March 31st



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

Fun! Fun! Fun! and a few prizes too!

## Sign up anytime! New players can start

\*\*\*\*\*

## SOUP to YOU: Feed your body, feed your brain!

Sign up to get a homemade, hearty soup delivered to you once per month: February –May.

Included in the soup package is a bowl of soup, biscuit or bun and a brain activity.

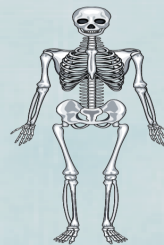
\*Gluten free available upon request

\$3.00 per Soup package or order all 4 months by Feb 12 for \$10.

This program made possible through funding from the R.M. of Macdonald

## Upcoming Programs: MHRD

# Speaking of Bones



Osteoporosis is a potentially crippling disease characterized by low bone mass and deterioration of bone tissue, leading to increased bone fragility and risk of fracture. It affects 1 in 4 women and at least 1 in 8 men over 50. A speaker with Osteoporosis Canada will share information on the impact of osteoporosis, how it is diagnosed and managed and what you can do to keep yourself healthy!



**www.mhrd.ca**  
**204-885-2444**  
**info@mhrd.ca**

**Online - Zoom**  
**Wednesday, February 10**  
**1:00 pm - 2:00 pm**  
**Free!**  
**Register by: February 3**

## VALENTINE'S DAY STRING ART FOR ADULTS



Thursday, February 11, 2021 / 6:00 pm - 8:00 pm / \$25.00 / Online - Zoom



Register by: Thursday, February 4  
**www.mhrd.ca 204-885-2444 info@mhrd.ca**

## SMART PHONE PHOTOGRAPHY WORKSHOP

Take your Smartphone photography to the next level! Learn how to get the most out of your Smartphone's camera settings and how to "see" with your device.

Wednesday,  
 February 24, 2021  
 6:00 pm - 9:00 pm  
 \$45.00  
 Online - Zoom



Register by: Wednesday, February 17  
**www.mhrd.ca 204-885-2444 info@mhrd.ca**

## Upcoming Programs MHRD , continued

Art Journaling to Navigate Stress and Anxiety

4 Mondays, March 1-22 7:00-8:30 p.m. Online ZOOM. Cost \$40.00

[www.mhrd.ca](http://www.mhrd.ca) for a complete program description or call 204-885-2444 or email: [info@mhrd.ca](mailto:info@mhrd.ca)

Coping with COVID: Finding Comfort in the months ahead

4 Wednesdays March 3-24 7:00-8:30 p.m. Online ZOOM Cost \$40.00

Register by Feb 24 [www.mhrd.ca](http://www.mhrd.ca) for a complete program description or call 204-885-2444 or email: [info@mhrd.ca](mailto:info@mhrd.ca)

## Scam Telephone Tip

I just got a call from a 304 area code. Thinking it was someone I know in WV, I answered. It was a man claiming to be from customer service (didn't say what company, only "customer service")

The first thing he asked was "Can you hear me?"

I remembered something I saw on Facebook saying people are calling and asking if you can hear them, then using the recording of your "Yes" reply as a way to sign you up for all kinds of stuff. So I replied "I hear you" to which he again asked "so you can hear me?"

Me: I hear you

Him: I just need a yes or no

Me: I hear you

Him: \*hangs up\*

Thanks to whoever posted that story. I probably would have answered Yes the 1st time he asked.

## **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 Advisory 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.**

