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CONNECT Program for Adults 65+

The CONNECT Program for Adults 65+ who are experiencing loneliness, social isolation, and co-occurring challenges with mood and anxiety. The CONNECT Program will take place through Webex Audio over 6, weekly, 1.5 hour sessions for Adults 65+. This group is offered in collaboration with A & O Support Services for Older Adults.

The next program will be run July 7— August 11 from 1:30–3pm. Please contact the study coordinator at (204) 880-1791 if you are interested in hearing more, or participating in a screening for program eligibility.

Cool Streets Winnipeg

Ready to get outdoors and explore safely?

Cool Streets Winnipeg is taking place once again. In it's fifth year, eight walking bridges throughout the city have been artistically transformed. Check out the displays on

- John Bruce Road
- Pont Voyageur in north St. Boniface
- Tremblay Street and Edgewood Street
- Niakwa Trail near Fermor Avenue
- Niakwa Road Bridge
- Bunn's Creek Park (visit three new bridges on Bunn's Creek Trail)

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 Vanessa

Vanessa is the Meal Coordinator for the monthly Brunkild meal program. She also cooks once a month for the La Salle program.

Strawberry Summer Cake

6 tablespoons (85 grams) unsalted butter, at room temperature
1 1/2 cups (188 grams) all-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon table salt
1 cup (200 grams) plus 2 tablespoons (25 grams) granulated sugar
1 large egg
1/2 cup (118 ml) milk
1 teaspoon (5 ml) vanilla extract
1 pound (450 grams) strawberries, hulled and halved



- Preheat oven to 350°F (180°C).
 - Butter a 9-inch spring form pan
 - Whisk flour, baking powder and salt together in a small bowl.
 - In a larger bowl, beat butter and 1 cup sugar until pale and fluffy with an electric mixer, about 3 minutes.
 - Mix in egg, milk and vanilla until just combined.
 - Add dry mixture gradually, mixing until just smooth.
 - Pour into prepared pan.
 - Arrange strawberries, cut side down, on top of batter, as closely as possible in a single layer (overlapping is okay)
 - Sprinkle remaining 2 tablespoons sugar over berries.
 - Bake cake for 10 minutes then reduce oven temperature to 325°F and bake cake until golden brown and a tester comes out free of wet batter, about 50 minutes to 60 minutes.
- (Goosey strawberries on the tester are a given.) Let cool completely before removing the ring and serving.

STOP AND SMELL THE STRAWBERRIES!

**CONSIDERED MEMBERS OF THE ROSE FAMILY,
THEY GIVE OFF A SWEET FRAGRANCE AS THEY
GROW.**

New Immunization Card for those who have received both doses

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.

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 the insured benefits branch of Manitoba Health and Seniors Care at 204-786-7101 or 1-800-392-1207 (toll-free) to request a card. Individuals are encouraged to seek assistance from family and friends before contacting the province.

We have a Transport Wheelchair for Loan

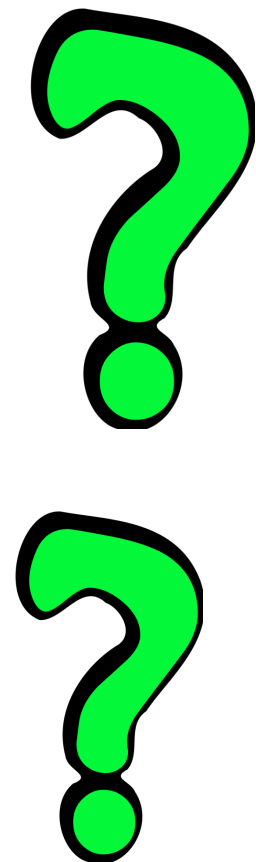
Did you know that if you require a wheelchair for medical appointments or as a transportation aid for getting your vaccines, Macdonald Services to Seniors has a transport wheelchair which you can borrow.

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 War Cenotaph in Sanford!

Congratulations Bev Fossay!!

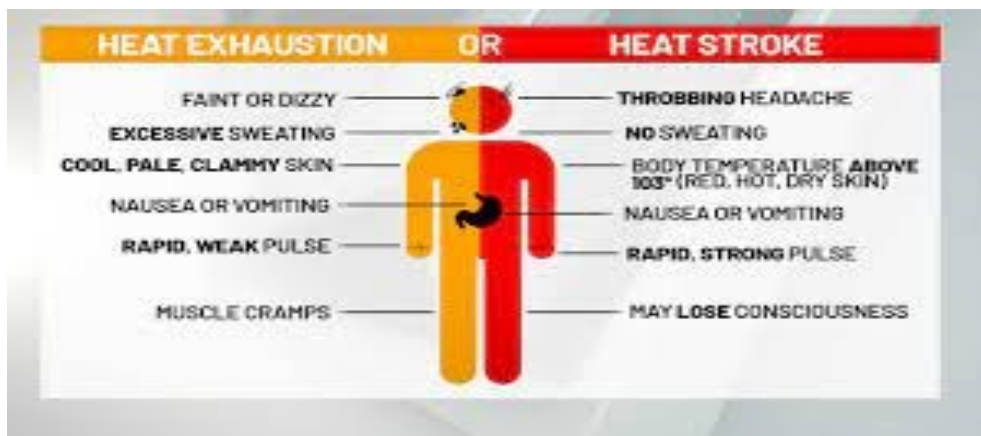
GEMS Meal program adds a new cook to the program

My name is Vanessa Vanderhooft. I'm the second cook for the GEMS program. I love to cook and bake, especially pie and buns! I grew up in Sanford and moved back a couple of years ago. Outside of the kitchen I love to spend time with my family. I enjoy quilting, bike riding, camping and reading stories with my husband, pooch, and 2 young sons."

Welcome to the family, Vanessa!



Is it Heat Exhaustion or Heat Stroke?



- Get out of the heat quickly and into a cool place, or at least shade.
- Lie down and elevate your legs to get blood flowing to your heart.
- Take off any tight or extra clothing.
- Apply cool towels to your skin or take a cool bath. This will help regulate and lower your internal body temperature.
- Drink fluids, such as water or a sports drink. Do not guzzle them, but take sips. Do not drink fluids with caffeine or alcohol.

Call 911 if:

- Symptoms don't improve or they still have a fever of 102°F after 30 minutes of initial treatment.
- The person goes into shock, faints, or has seizures.
- The person is not breathing. You also should begin CPR right away to try and revive them.

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. We are in the process of reviewing the protocols with respect to these new orders and will update you shortly. We are expecting to be able to announce in person dining for fully vaccinated people shortly. Stay tuned!

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

Roy & Shirley Switzer:
204-736-3744

Barry Feller:
204-736-4433

Susanne Moore:

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.**

