



Inside this issue:

Cooking with Gwen 2

Manitoba 55+ Games 3

Where in the Municipality? 4

Manitoba 55+ Games, continued 5

Difference between Cleaning, Sanitizing and Disinfecting

The Wire

June 2021

To all the dads, step-dads, grand fathers, father-in-laws, great grand pop-pas and beyond,
Happy Father's Day!
Thank you for all that you do.
You are amazing!



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!



Healthy Lemon Chicken

- 4 boneless skinless chicken breasts
- 3 tablespoons butter
- 1/3 cup chicken broth
- 4 tablespoons fresh lemon juice
- 1 tablespoon honey
- 2 teaspoons minced garlic
- 1 teaspoon Italian seasoning
- salt and pepper to taste (I used 1 teaspoon salt and 1/4 teaspoon pepper)
- optional: fresh rosemary and lemon slices for garnish

INSTRUCTIONS

1. Preheat oven to 400 degrees and grease a baking sheet or large casserole dish.
2. Melt butter in a large skillet over medium-high heat. Add chicken and cook chicken 2-3 minutes on each side just until browned. Transfer chicken to prepared baking sheet.
3. In a small bowl whisk together chicken broth, lemon juice, honey, garlic, Italian seasoning, and salt and pepper.
4. Pour sauce over chicken. Bake 20-30 minutes (closer to 20 for smaller chicken breasts, closer to 30 for larger) until chicken is cooked through. Every 5-10 minutes spoon the sauce from the pan over the chicken.
5. Garnish with fresh rosemary and lemon slices if desired and serve.



Save the Date!



Manitoba 55+ Games

PRESENTED BY **PLAYNOW**
Virtually June 14- July 16, until we can meet again.

We want to count you in!

Get Involved, AAIM for Fun in the 2021 Virtual MB 55+ Games

WHEN: Monday, June 14 – Friday, July 16, 2021

WHERE: Close to home, safely in your community with the people in your 'bubble.'

Choose from many events available, register, track your activity and then let us know what you've done – it's that easy!

Registration is FREE! *Registration is required to be eligible for prizes*
For more information our website: www.activeagingmb.ca

2021 Manitoba 55+ Games are going VIRTUAL!

A month-long opportunity to participate!

The Manitoba 55+ Games have been in existence since 1983, encouraging older adults to participate, try new activities and have fun. Amid a pandemic, hosting a large-scale in-person event was not possible. AAIM has pivoted and re-focused the Manitoba 55+ Games virtually for 2021. Safety is our top priority; we are bringing the games to you, close to home. Events have been selected based on what we are able to do safely within our communities and individual 'bubbles' abiding by the current public health orders.

Participate at your own pace & safely, following public health guidelines. Join many other Manitobans, to connect virtually in the 2021 MB 55+ Games – it's simple, free and FUN!

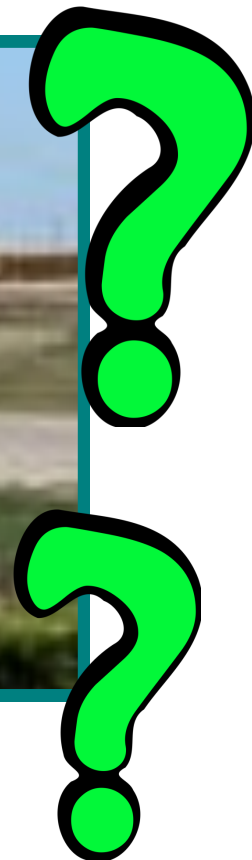
When: Monday, June 14 – Friday, July 16, 2021. You have an entire month to participate!

Where: Close at home, safely in your community with the people in your 'bubble.'

Registration is FREE: Registration is required to be eligible for prizes

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 June 15 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 but unfortunately, we didn't have a correct answer. The picture above is the same location but with a little more detail. Good luck.

Manitoba 55+ games, continued

Choose an Event or Activity:

*Walk or Run at Your Own Pace * Cycle at Your Own Pace * Bocce Ball
*Nordic Pole Walk at Your Own Pace *9 Hole Golf *18 Hole Golf
*Bocce Ball *Horseshoes
*Racket Sports: *Pickleball * Badminton * Tennis
*Cribbage *Whist * Scrabble
*Arts & Crafts

Download the MB 55+ Virtual Games Information Package:

Download the MB 55+ Virtual Games Information Package at

<https://activeagingmb.ca/55games/about-the-games/>

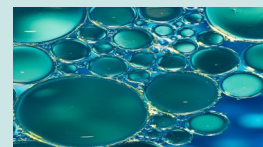
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[MB 55+ Virtual Games Activity Tracker](#) [Download](#)

[MB55+ Virtual Games Event Guide](#) [Download](#)

[MB 55+ Virtual-Games FAQ](#) [Download](#)

What is the difference between Cleaning, Sanitizing and Disinfecting?



Know the Difference.

- Cleaning removes dust, debris and dirt from a surface by scrubbing, washing and rinsing.
- Sanitizing **reduces** the bacteria identified on the product's label on surfaces and in laundry.
- Disinfecting **destroys or inactivates** both the bacteria and viruses identified on the product's label (like influenza and rhinovirus) on hard, nonporous surfaces.

Disinfecting hard, nonporous surfaces is one of the most reliable ways to help lower the risk of spreading germs from surfaces by touch.¹

Macdonald Services to Seniors

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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.**

