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The Wire

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Insomnia among Seniors

Insomnia can affect up to 40% of adults over 65.

It is a common misconception that sleep needs decline with age. Older adults need the same amount of sleep as younger adults: 7 to 9 hours each night.

What causes sleep problems in Seniors?

A number of things can cause sleep problems. By the time an adult is over 65 years old, his or her sleep-wake cycle may not work as well as it did when he or she was younger. As we age, the body makes less growth hormone and melatonin, the chemicals and hormones that help us sleep well. Some lifestyle habits, such as smoking and drinking alcohol or caffeinated drinks, can cause sleep problems, as can illness, pain, or medications. Additional causes can include:

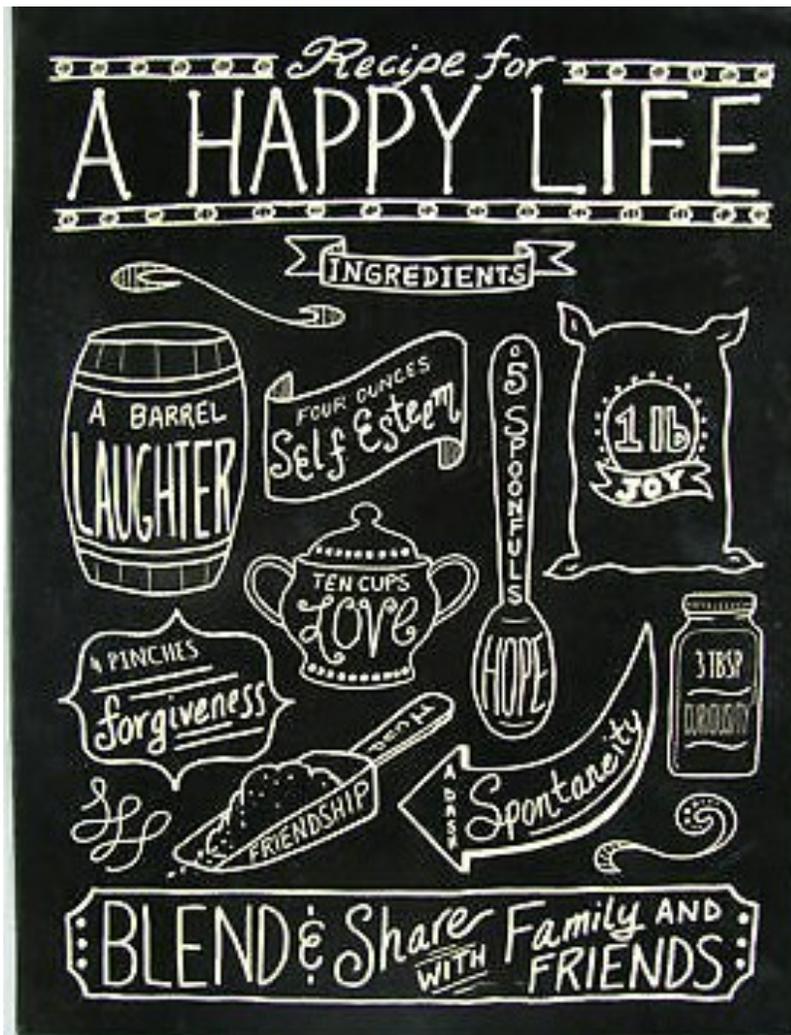
- **Insomnia** is the most common sleep problem in adults age 60 and older. People with insomnia have trouble falling asleep and staying asleep.
- **Sleep apnea** causes frequent, short pauses in breathing while sleeping. If not treated, sleep apnea can lead to other problems such as high blood pressure, stroke, or memory loss.
- **Movement disorders**, such as restless legs syndrome (RLS), a condition in which legs feel very uncomfortable when you are sitting or lying down; and periodic limb movement disorder (PLMD), a condition in which a person kicks one or both legs many times during sleep. Medications may help.
- **Alzheimer's disease** can cause some seniors to sleep too much, while others don't sleep enough. Some people wake up many times during the night; others wander or become agitated. Safety precautions around the home definitely need to be addressed for seniors with Alzheimer's.

Other health factors include gastroesophageal reflux disease (GERD), diabetes mellitus, renal failure, respiratory diseases such as asthma, and immune disorders. Parkinson's disease and multiple sclerosis (MS) also can cause problems sleeping.

No matter the reason, without a good night's sleep, the next day, a senior

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!



<https://www.ebay.com/usr/collectibles-jewelry-books-frames?>

Back by popular demand:

GWEN'S Salad Dressing

1 Cup mayonnaise

1/4 cup sugar

1/3 cup white vinegar

Mix together and enjoy on salads For different variations, try apple cider vinegar, rice wine vinegar or even white wine vinegar in place of the white vinegar. You will be surprised at the flavour changes

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.



Insomnia, continued

can be tired and irritable, unable to perform tasks, have memory problems or be forgetful, feel depressed, and be at risk for more falls or accidents.

Tips to help you have a better sleep:

Talk with your doctor:

- Ask your doctor for help if pain or other health problems are keeping you awake.
- Ask if any medicines could be keeping you awake at night. Medicines that can disrupt sleep include antidepressants, beta-blockers, and cardiovascular drugs.
- Limit the use of sleep aids and sleeping pills. Many sleep aids have side effects and are not for long-term use; sleeping pills don't address the causes of insomnia and can make it worse in the long run.

At night:

- Establish a regular, relaxing bedtime routine. Read, take a bath, or listen to soft music before bed.
- Maintain a regular bed and wake time schedule, and avoid napping in the late afternoon or evening.
- Create a sleep-conducive environment that is dark, quiet, comfortable, and cool.
- Sleep on a comfortable, supportive mattress and pillows, and with suitable blankets.
- Finish eating at least 2-3 hours before bed, and avoid nicotine, alcohol, and caffeine.
- Naturally boost melatonin levels. Artificial lights at night can suppress production of melatonin.
- Use low-wattage bulbs where you can. Turn off the TV and computer at least one hour before bed.

During the day:

- Engage with others and perform daily tasks to help prepare the body for a good night's sleep.
- Improve your mood. A more positive mood and outlook can reduce sleep problems.
- Exercise at regular times each day with physician approval, but not within 3 hours of your bedtime, to release endorphins that can boost mood and reduce stress, depression, and anxiety.
- Get out in the sunlight each day. Bright sunlight helps regulate melatonin and sleep-wake cycles.

<https://www.comfortkeepers.ca/solving-sleep-problems-seniors/>

Leanne's Tip to Getting to Sleep

Rather than tossing and turning and letting your mind wander to many number of thoughts which will just continue to stress you out and further prevent sleep, try building a log cabin in the woods.

You don't have to be a master builder to build a log cabin in your mind. You don't need to have an engineering degree or even know the proper names of the tools you will need.

The first step in building your log cabin is to make a mental list of the types of equipment you will need like a saw, an axe, a log peeler thing-a-ma-jig....

Decide how many logs you will need. How large would you like your log cabin? 1 room, 2 rooms, enough for your family? You can count the number of trees you will have to cut and peel. Once your logs are cut, you can start placing them in your cleared area. You will need a door, and maybe a few windows. Keep adding features until you have completed your cabin or until you are...**"sawing logs" !**

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 prizes too!

Sign up anytime!

New players can start any week

Brain Challenge

Find as many words (excluding proper nouns) of four or more letters as you can by moving from one square to the next in any direction, without going through any square again. Can you find the nine-letter word hidden in the square?

E	T	S
M	O	Y
E	C	S

Upcoming Programs: MHRD



Art Journalling to Navigate Stress & Anxiety

Session 2:
4 Mondays, March 1 - 22
7:00 pm - 8:30 pm
Online - Zoom
Cost: \$40.00
Meeting ID provided with registration

Let's talk about fear and anxiety.

Both can dictate our emotions and our behaviors. Fear and anxiety are attempts to get our attention so that we can deal with the issues, heal, grow, and move forward in life. The longer we avoid their nudging, the louder and messier they can become.

Learning about fear and anxiety, and why we respond the way we do, can help us put into context what we may be experiencing with COVID-19 or what we have experienced in the past. Creative practices like art or writing can help to shift our mind, reduce stress, and promote relaxation.

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

Coping with Covid

Finding Comfort in the Months Ahead

As we look ahead to the long winter months in the middle of a pandemic, it is not surprising to feel a sense of doom and gloom. This pandemic has been hard, and we are all feeling the impacts in one way or another. You are not alone.

This dynamic series will ask the question: "What can I do in these winter months to make myself comfortable?" We will explore emotional health, identify ways to decrease distress, discuss healthy coping strategies, and create unique care plans to help us through these winter months. There will be elements of hope and fun, opportunities to connect with one another through group discussions, and even a few surprises that will be sure to make you laugh. Participation is welcomed to whatever extent you feel comfortable.

4 Wednesdays,
March 3 - March 24
7:00 pm - 8:30 pm
Online - Zoom
Fee: \$40.00
Register by: February 24

www.mhrd.ca
info@mhrd.ca 204.885.2444



Macdonald-Headingley
RECREATION DISTRICT

Your Mental Health is Important

During this time of social isolation, you may be experiencing feelings you are not familiar with. If you would like to speak to someone about feelings of difficulty coping to change, fear, anger, frustration, feelings of losing control or thoughts of suicide, please call the number below.

Your mental health and emotional well-being is an ever-changing part of who you are. By being self-aware, you are able to take positive steps towards mental health and wellness when the balance between health and illness is disrupted. Positive mental health, feeling well, functioning well and being resilient in the face of life's challenges improves quality of life and is an important part of your overall health and well-being. Even when there are ongoing limitations caused by mental health problems and illnesses.

Mental Health Access

If you are living with mental illness, know that you can experience recovery and hope. Among many supports, Community Mental Health services will assess, provide counselling, education and referral services to adults, children, seniors and adolescents. Following an assessment, psychiatry and psychology consultations are available when necessary, with services provided in many communities in Southern Health-Santé Sud. To access Community Mental Health services, call **888-310-4593**.

Mental Health Crisis

If you are experiencing a mental health crisis: you are not alone and we can help. It starts with a call to Crisis Services at **888-617-7715** or attend your local emergency department for immediate assistance.

Answers to Brain Challenge: 9 letter word-ecosystem, comets, system, comet, emote, cost, cote, cots, cyst, most, mote, some, tome, toys

Macdonald Services to Seniors

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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.**

