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# The Wire

May 2021

To all the mothers, step-mothers, grand mothers, mother-in-laws, great grand-mothers and beyond,  
Happy Mother'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!



## Vegan Apple Broccoli Salad

### For the Salad:

- 4 cups broccoli cut up and shredded (about 2 medium heads)
- 3 apples of your choice, diced right before you add them to the salad, I used Gala
- ¼ cup onion red, diced
- ½ cup raisins
- ½ cup sunflower seeds shelled

### For the Dressing:

- ¼ cup apple cider vinegar
- ½ cup extra virgin olive oil
- 2 cloves garlic minced
- 1 tablespoon maple syrup you could use up to 2 tablespoons
- ½ teaspoon salt
- ¼ teaspoon black pepper

### INSTRUCTIONS

#### To prepare the salad:

1. Wash broccoli under running water. Cut the florets from the stalks and set the stalks aside.
2. Cut the florets into very small pieces. Place in a large bowl.
3. Cut the hard outer skin off of the stems to get down to the tender inside. Discard the outer peelings.
4. Cut the tender inside stems into matchsticks. . The idea is to have very small sticks of raw broccoli stems. They will hold their shape.
5. Add to the large bowl along with the florets. Add the apples, red onion, raisins and sunflower seeds.

#### To make the dressing:

1. In a medium bowl whisk together all of the dressing ingredients.
2. Add the dressing to the salad and toss. Chill until ready to serve.



## Improving your memory is all about Lifestyle practices

"Both meditation and physical exercise will help improve your memory and your ability to focus," says Blondin, "but that's just one of at least 50 different reasons why you should start developing those two habits." Blondin suggests that even one minute per day of meditation can have an impact.

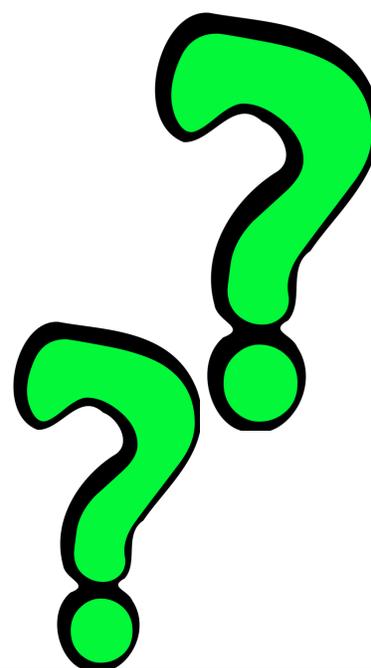
"Diet is, of course, very important for all kinds of reasons," notes Blondin, "but as long as you have a relatively healthy diet, I don't think eating one thing instead of another has a big effect on memory. I know at least one former World Memory Champion with a terrible diet."

Sleep is at the top of Blondin's recommended lifestyle practices. He thinks that getting sufficient sleep, and quality of sleep, is the single most important thing you can do for your health, your mood, your energy level and your ability to focus and memorize. "It will help a lot with every single thing in your life, including your memory. It's possible to cram for an exam all night long and perform alright, but don't confuse that with real learning. Real learning requires sleep both before, for focus, and after, for consolidation. Without that, nothing will stick."

To read the full article, please visit; <https://www.cbc.ca/life/wellness/a-memory-expert-shares-tips-for-improving-your-recall-abilities-1.5429987>

## 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](mailto: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 May 15 to be entered into the draw.



### Wellness Calls

Macdonald Services to Seniors is looking for volunteers to help with Wellness calls. If you are able to give 15 minutes of your time once or twice a week to chat over the phone with someone living alone, then contact me.

If you are someone living on your own and would like a phone chat from someone once or twice a week, then contact me and I will try to arrange for someone to call you. **204-735-3052**

## Upcoming Programs: MHRD



**Backyard Composting**  
ONLINE!

www.mhrd.ca    Tuesday, May 4  
204.885.244    1:00 pm - 2:30 pm  
info@mhrd.ca    Cost: \$10.00

**Macdonald-Headingley**  
RECREATION DISTRICT

# Macdonald-Headingley

RECREATION DISTRICT

There are many more programs being offered. Check out their website at:

<https://www.mhrd.ca/>



**MANITOBA MUSEUM**

# Manitoba Museum - Virtual Tour

## Save the Lake!

**Macdonald-Headingley**  
RECREATION DISTRICT

Online - Zoom  
Tuesday, May 18  
1:00 pm - 2:00 pm  
**FREE!**

Register by: May 11  
www.mhrd.ca  
info@mhrd.ca  
204.885.2444

## 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

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.**

