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November 2021

The Importance of Seeing a Foot Care Nurse

The feet experience more wear and tear in a lifetime than any other body part and reportedly are the most neglected part of the body. There is an abundance of evidence that foot problems can cause a great deal of pain and disability. Socrates is quoted as saying, "To him whose feet hurt, everything hurts." Although most people are born with healthy feet, as we grow older, three out of four Canadians will develop a foot problems that require medical attention.



Foot care nurses receive education specific to the prevention, diagnosis and management of common foot conditions and are dedicated to improving the health and well-being for clients with chronic diseases and/or disabilities throughout their lives.

The foot care nurse can help you with your feet including bunions, heel spurs, corns and calluses, ingrown toenails, diabetic foot, plantar fasciitis, fungus, plantar warts, hammertoes, Morton's neuroma, and Charcot foot.

If you would be interested in a visit by our foot care nurse, or would like more information, please call Leanne 204-735-3052

You may also visit the Manitoba Association of Foot Care nurses website:

<https://mafcn.ca/foot-health/>

RM of Macdonald Flu Clinics

Nov.1st Meadowbrook in Sanford 3-7pm

Nov.6th Caisse Community Centre in LaSalle 11-4pm

Nov.8th Oak Bluff Recreation 2:30-6:30pm



Cooking with Gwen

Gwen is a Meal Coordinator for the La Salle, Sanford and Starbuck meal programs. Many of her featured recipes are also prepared deliciously for the GEMS meal program.



BROCCOLI CHEESE SOUP

INGREDIENTS:

1 tablespoon + 4 tablespoons unsalted butter, divided

1 small or medium sweet yellow onion, diced small

1 clove garlic, peeled and minced finely

1/4 cup all-purpose flour

2 cups low-sodium vegetable stock (chicken stock may be substituted)

2 cups half-and-half*

2 to 3 cups broccoli florets, diced into bite-size pieces + 1 cups stems, optional (I used 3 cups florets and 1 cup stems)

2 large carrots, trimmed, peeled, and sliced into very thin rounds, about 1/16th-inch

3/4 teaspoon salt, or to taste

3/4 teaspoon freshly ground black pepper, or to taste

1/2 teaspoon smoked paprika or regular paprika, optional and to taste

1/2 teaspoon dry mustard powder, optional and to taste

pinch cayenne pepper, optional and to taste
(doesn't make soup spicy and serves to enhance flavor)

8 ounces grated high quality extra-sharp cheddar cheese, with a small amount reserved for garnishing

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why couldn't the green pepper practice archery?



...because it didn't habanero

What's Coming Up: Lunch and Learns

November 22, 2021: La Salle Community Centre 12:45 pm

Estate Planning: *Make sure you have an estate plan in place to protect your assets and other personal considerations when you pass. An effective estate plan gives you peace of mind, knowing that your assets will be distributed to your beneficiaries according to your wishes. Learn the many elements of estate planning - your executors may want to attend too!*

November 24, 2021: Starbuck Hall 12:45 p.m.

**Join Dr. James Duncan and Rusty the Long-eared Owl for a presentation called
"LONG EARS, SHORT TALE"**

In 2015, Long-eared Owls nested on Jim's property near his house giving him an opportunity to test a nest camera to learn about this enigmatic nocturnal species. Jim will tell us about the secret lives of this migratory owl based on an intensive analysis of 128,694 images collected over 15 days during the nestling period. Jim reveals new information on Long-eared Owl behaviour and diet. Experience their struggles to incubate eggs, and then raise and defend their young from extreme weather and predators.

Joining Jim to help deliver this presentation will be Rusty, a live female Long-eared Owl. She is one of Discover Owls education ambassadors, a dear feathered friend and occasionally a ruthless heckler.

November 25, 2021: Sanford Legion 12:45 p.m.

Estate Planning : see description above

Call Leanne to book your spot at the table for lunch (\$9). To attend just the presentation (free) call Leanne to register.

Please remember to bring your Vaccination card or QR code to the programs and to wear a mask upon entry to the facility.

Hope to see you there!

How many words can you make using 3 letters or more from

REMEMBRANCE DAY

Hint: there are 568 possibilities



RECIPE CONTINUED FROM PAGE 3

DIRECTIONS: In a small saucepan, add 1 tablespoon butter, the diced onion, and sauté over medium heat until the onion is translucent and barely browned, about 4 minutes. Stir intermittently.

Add the garlic and cook about 30 seconds, stirring constantly so it doesn't burn. Remove from heat and set pan aside.

In a large heavy-bottom pot, add 4 tablespoons butter, flour, and cook over medium heat for about 3 to 5 minutes, whisking constantly, until flour is thickened.

Slowly add the vegetable stock, whisking constantly.

Slowly add the half-and-half, whisking constantly.

Allow mixture to simmer over low heat for about 15 to 20 minutes, or until it has reduced and thickened some. Whisk intermittently to re-incorporate the 'skin' that inevitably forms, this is normal.

While mixture is simmering, chop the broccoli and carrots. After simmering 15 to 20 minutes, add the broccoli, carrots, and the onion and garlic you previously set aside.

Add the salt, pepper, optional paprika, optional dry mustard powder, and optional cayenne. If you don't have these seasonings on hand, it's okay, but they do add subtle depth of flavor. Stir to combine.

Allow soup to simmer over low heat for about 20 to 25 minutes, or until it has reduced and thickened some. Whisk intermittently to re-incorporate the 'skin' that inevitably forms, this is normal.

While soup simmers, grate the cheese. It's important to use a high-quality cheese because the flavor of the soup depends on it. Do not use pre-grated cheese in ziptop bags because that cheese is resistant to melting and won't incorporate well. After simmering about 20 to 25 minutes, add most of the cheese, reserving a small amount for garnishing bowls. Stir in the cheese until melted and incorporated fully, less than 1 minute.

Transfer soup to bowls, garnish with reserved cheese, and serve immediately. Soup will keep airtight for 5 to 7 days in the fridge. Reheat gently in the microwave. I find the soup is less likely to 'break' or separate when reheated in the micro rather than on the stovetop, but do what you think is best. I don't recommend freezing the soup because I feel like the cheese and half-and-half will not do well upon thawing and soup could break, but I haven't actually tried freezing it. <https://www.averiecooks.com/best-broccoli-cheese-soup-better-panera-copycat/print/>

MHRD Programs coming up for Fall



- The La Salle Art Club gets together every Tuesday evening in the Community Fellowship Church, its Bring Your Own Art!
- Quilting Club – Bring sewing machines for quilting or knitting material. 9am to 4pm in Sanford Legion on November 7th and December 9th.
- Exercises with Liza – Riverdale apts on Thursdays at 10 am!
- Exercises with Cathie: Sanford Legion, 1:30 pm Nov 9-30

Pickleball:

- La Salle – Tuesdays and Thursdays from 1-3pm, in Caisse Community Centre. Call Bernice Valcourt for more information ([204.479.0514](tel:204.479.0514))
- Oak Bluff – Wednesday Evenings from 6-8pm (time subject to change), in the Oak Bluff Rec Centre. Call Shawnda Muir for more information ([204.479.6791](tel:204.479.6791))
- Starbuck – Thursdays starting October 7th from 6-8pm in Starbuck Hall – Call Brenda Shirtliff for more information ([204.735.2880](tel:204.735.2880))

Congregate Meals in RM of Macdonald

Brunkild: Monday, Nov 15

**La Salle: Monday, Nov 8, Monday, Nov 22 with a Speaker: Estate Planning 12:45 pm
And Monday, Nov 29**

Starbuck: Wednesdays—Nov 3,10,17,24 with a Speaker: Dr James Duncan & Rusty the Long Eared Owl

Sanford: Thursdays—Nov 4, 18, 25 with speaker: Estate Planning 12:45 pm,

See GEMS menu to find out what yummy delights are being prepared each meal!

All meals are \$9 per meal. Call Leanne to sign up at least a couple days in advance.

Where in the Municipality?

Answer to last month's "Where in the Municipality???"

Oak Bluff School Historical marker.

There were no guesses. I stumped everyone!

Macdonald Services to Seniors

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Macdonald Seniors Advisory Council (MSAC)

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204-895-0049

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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

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.**

