



The Wire

September 2021

Learn to Use an IPAD

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We are very pleased to announce we have been approved by New Horizons grant program to offer an education series on how to use an IPAD. The course will cover all things you may want or need to know about using your IPAD and navigating the internet safely.



We will have tablets for loan for anyone without a tablet of their own. People with their own tablets can also participate.

If you are interested in this free program or if you have questions, please contact Leanne. We are hoping to begin this program mid-September. Please call Leanne if you are interested in learning more about tablets 204-735-3052

New Scam: Today I received a call . It was a recording from Canadian Border Services saying they had intercepted a package at the border which contained a suspicious item. Then, the recording told me the RCMP have issued a warrant for my arrest. "To speak to an agent, press 1." I hung up! I then called the anti-fraud centre to make a report on the scam. The lady I spoke to took my information on the scam and told me hanging up is the best thing to do. Never give a caller any personal information. She then proceeded to tell me that no government agency will ever phone you and ask for you for personal details or even ask for money. By giving them your name, address, s.i.n. is a great way to get your identity stolen. Never give them money. Many now want you to make a bitcoin deposit in order to remove the warrant. Once you deposit money into the bitcoin machine, it is never seen again.

The anti fraud centre's mandate is to gather information from people on scams they have been exposed to either over the phone, on their computer or through the mail. If you have received a fraudulent call, call the anti fraud centre at **1-888-495-8501**.

Cooking with Vanessa

Vanessa is a Meal Coordinator for the La Salle and Brunkild meal programs. Many of her featured recipes are also prepared deliciously for the GEMS meal program.

Eli's Favorite Blueberry Muffins

Ingredients for the streusel crumble:

¼ cup plus 1 tablespoon of sugar	2 tbsp all-purpose flour
2 tbsp cold, unsalted butter	

For the muffins:

cooking spray	1⅓ cups all-purpose flour
1 tsp baking powder	½ tsp salt
8 tbsp (1 stick) unsalted butter, softened	1 cup sugar
2 large eggs	1 tsp pure vanilla extract
½ cup sour cream (I use greek yogurt)	1 cup frozen blueberries, unthawed

Instructions

To make the streusel crumble: In a medium bowl, stir together the sugar and flour. Use a pastry blender (or your fingers) to cut in the butter, mixing it thoroughly until it resembles coarse crumbs. Refrigerate until ready to use.

To make the muffins: Preheat your oven to 350°F. Spray a 12-cup muffin pan with cooking spray. In a medium bowl, stir together the flour, baking powder, and salt. In a stand mixer with the paddle attachment, cream the butter and the sugar on medium speed until light and fluffy, about two minutes. Reduce the speed to low, then slowly add in the eggs and vanilla. Increase the mixer speed to medium-high, and mix until well incorporated. Return the mixer back to a low speed, and add in the flour mixture and sour cream. Mix until well incorporated. Fold in the blueberries. Fill your muffin cups about three-quarters full, then sprinkle the streusel crumble on top of each muffin. Bake about 24 – 28 minutes. If using a toothpick to test doneness, the toothpick should come out of the center of the muffin clean.

Store in an airtight container at room temperature.

"There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. "Well," she said, "I think I'll braid my hair today." So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head.

"Hm...mm..," she said, "I think I'll part my hair down the middle today." So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head.

"YAY!" she exclaimed. "I don't have to fix my hair today!"

~Author Unknown

What's Coming Up

10 Habits for a Healthy Lifestyle: La Salle

Monday Sept 20 Caisse Community Centre MPR 1 PM

An informative presentation to encourage older adults on ways to keep healthy, strong and flexible. The presentation covers the four determinants that play key roles in healthy aging: healthy eating, falls prevention, physical activity and smoking cessation

Healthy Brains: Starbuck

Wednesday, Sept 22: Starbuck Community Centre, 1 PM

Active Aging in Manitoba in collaboration with the Alzheimer Society of Manitoba has developed a 1-hour presentation/discussion on healthy habits that can contribute to a healthy brain and a positive outlook. This topic will look at Mental Well-being ...a state in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

10 Habits for a Healthy Lifestyle: Sanford

Thursday, Sept 23: Sanford Legion, 1 PM

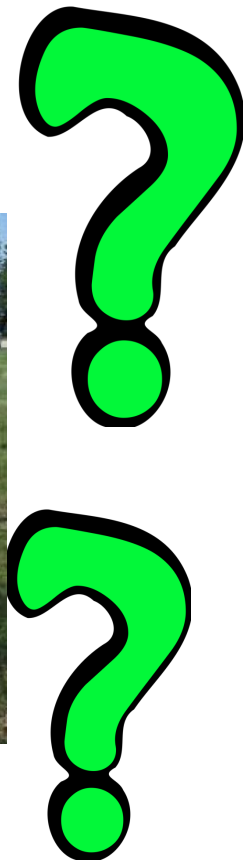


An informative presentation to encourage older adults on ways to keep healthy, strong and flexible. The presentation covers the four determinants that play key roles in healthy aging: healthy eating, falls prevention, physical activity and smoking cessation

To attend any of the presentations, call Leanne at 204-735-3052 or register with MHRD.ca

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...St Paul's Catholic Church in Starbuck!

Congratulations Marlene Podaima!

MHRD Programs coming up for Fall

- Karate for Beginner's (7 & Up, yes older adults can join!) – 10 Wednesday evenings, starts September 29th, La Salle, Caisse CC MPR
- Functional Fitness - Tuesdays and/or Thursdays starting Sept 21st, 9:15-10:15 am in La Salle, Caisse CC Gym
- Fluid Flow Yoga – Mondays (date TBD), 7-8pm in La Salle, Caisse CC MPR
- Pickle Ball TBD, Tuesdays and Thursday 1-3pm in La Salle, Caisse CC Gym
- Gentle Yoga – Mondays starting Sept 27th at Oak Bluff Rec Centre, 6-7pm
- Yoga for Men – Mondays starting Sept 27th at Oak Bluff Rec Centre 7:30-8:30pm
- Gentle Cardio, Balance & Stretch – 12 Tuesdays starting Sept 21st at Oak Bluff Rec Centre 11am -12pm
- Yoga with Emily – 12 Mondays starting Sept 13 in the Starbuck Hall, 8-9pm
- Exercises with Liza 12 Thursdays starting Sept 16th at the Riverdale Apts, 10am-11am
- Yin Restorative with Becky Online starting Sept 15th, 10am-11am

Macdonald-Headingley
RECREATION DISTRICT

**The Fall 2021
Program &
Community
Resource guide
will be online and
programs open
for registration
beginning of
September!**



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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

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.**

