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5 April 2022

Massage Therapy for Seniors-What you need to Know

A variety of aches and symptoms accompany aging. Some aches and pains are symptoms of natural aging, while others indicate more significant problems. Joint problems, muscular strains, and damage from slips and falls are all typical complaints among seniors. Most older adults can benefit from massage therapy to alleviate common aches and pains, mobility challenges, and even sleep problems. Here's what you need to know about massage therapy for seniors.

What Is Massage Therapy and What Does it Do?

Massage therapy is a type of manual treatment that uses pressure to improve the health and performance of muscles, joints, and tendons. Massage therapy is used to treat and manage various health conditions. Because each person has a unique condition that needs different treatments, massage treatment is done on a case-by-case basis.

Benefits of Massage Therapy for older adults. Massage therapy helps in more ways than merely relaxing and alleviating aches and pains. Numerous

studies have shown that massage treatment can reduce stress and improve mental health. Massage treatment has a plethora of benefits. The following are some of the benefits of massage therapy sessions for older patients.

- **Increased Blood Flow**—An older patient with weak circulation may experience discomfort as a result of fluids collecting in their lower extremities. The kneading and pressure on the muscles used in massage

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.



Amazing Cookies

- 2 1/2 cups mashed banana
- 1/2 cup peanut butter
- 1 cup oatmeal
- 1 cup of walnuts or pecans, chopped
- Dash of salt
- 1 teaspoon vanilla

No Sugar, No Flour
These cookies make for a healthy alternative to satisfy your cookie cravings.

Preheat oven to 400 F

- Mash bananas
- Add peanut butter and stir until well mixed.
- Add vanilla, salt, oatmeal, nuts
- Mix until well combined.

Drop by tablespoon. Bake for 20 minutes.
(Don't overcrowd on pan; these cookies will spread)

April is Volunteer Appreciation Month

Thank you to all our wonderful volunteers who help with our programs

**Macdonald
Advisory
Council**

GEMS meal helpers

Grocery getters

Drivers

Telephone friends



And everyone who helps to make the lives of the older adults around them better!

We really could not run our programs without YOU!

Upcoming Lunch and Learns

Emergency Preparedness:

This presentation by the Canadian Red Cross will discuss how to become prepared for emergencies. We will discuss the steps of 1)Knowing the Hazards 2) Making a Plan 3)Making a Kit. We will also cover same basics about the Canadian Red Cross and it's work in Emergency Management, and how to become a volunteer.”

- **Monday, April 18**
Caisse Community Centre, 12:45 pm. Free! Call to book your spot by April 14
- **Wednesday, April 20: Starbuck**
Starbuck Hall, 12:45 p.m. Free! Call to book your spot by April 18
- **Thursday, April 21: Sanford**
Sanford Legion, 12:45 p.m. Free! Call to book your spot by April 18

Join Us!

Join us once per month as we explore different topics—some health related, a few educational and some just for the fun of it.

Please call Leanne to book your spot at the table for lunch (\$9pp) or just for the presentation (FREE).



If there is a topic you would like more information on or you have an idea for an informational speaker, please let us know.

Lunch Riddles to Share

1. **What do penguins have for lunch?**
2. **What do sea monsters eat for lunch?**
3. **What did the computer do at lunchtime?**
4. **What is the wealthiest nut?**

- Answers
1. Ice berg-ers
 2. Fish and ships
 3. It had a byte
 4. Cashew

Massage therapy for seniors, *continued*

therapy can help to transfer blood to congested areas, improving circulation.

- **Improved Balance** The ability of the body to detect its position and movement is known as proprioception. The older patient's sense of balance improves as a result of enhanced blood circulation and proprioception, lowering the likelihood of dangerous falls and slips.
- **Softening of Hard Muscles** Muscles that are hard or tight can be caused by a variety of factors, including inactivity, poor posture, and accidents. By boosting circulation and kneading the tight muscles, massage treatment sessions can help soften them.
- **Feeling of Connection, Psychological Benefits** Some older persons, particularly those who may feel isolated as they contact fewer people may benefit from regular massage treatment sessions to alleviate feelings of loneliness.
- **Nervous System Stimulation** Massage therapies work by stimulating the nervous system's peripheral nerves. Massage therapy helps to keep the central nervous system and the autonomic nervous system in balance. Massage treatment sessions might assist the patient in getting some relaxation and allowing the healing process to begin.
- **Improved Sleep** Massage therapy can aid in the release of serotonin, which can

lead to feelings of relaxation. Massage treatment sessions on a regular basis can also help relax and soften rigid muscles, resulting in improved physical conditions and a better night's sleep.

Arthritic Pain Relief Massage therapy can give seniors the feeling of relief from arthritic pain by improving blood circulation and reducing inflammation in the joints.



[Massage Therapy for Seniors — What You Need to Know - Westwood Physiotherapy and Wellness](#)

Macdonald Headingley Programs

Check out the MHRD website for more information on their wide range of programs. [Macdonald Headingley Recreation District • Welcome! \(mhrd.ca\)](http://mhrd.ca)

La Salle

Functional Fitness (Tuesdays and Thursdays, April 12 to June 23, 9:10AM-10:10AM)

Pickleball (Mondays, Tuesdays & Thursdays, 1PM-3PM)

Watercolour Painting Series for Beginners (3 Tuesdays, May 24 to June 7, 1:30PM-3:30PM)

Yin Yoga (8 Mondays, April 18 to June 13, 7:45PM-8:45PM)

Oak Bluff

Gentle Yoga with Nicole (8 Mondays, April 11 to June 6, 6PM-7PM)

Pickleball (Wednesdays, April 6 to June 29, 6:30PM-8:30PM, Oak Bluff School)

Yoga for Men with Nicole (8 Mondays, April 11 to June 6, 7:30-8:30PM)

Sanford

Basic Alignment Yoga (8 Tuesdays, April 19 to June 7, 6:15PM-7:15PM, JA Cuddy)

Starbuck

Beekeeper for an Afternoon (Sunday May 29, 1PM-2:30PM OR 3PM-4:30PM)

Exercises with Liza (10 Thursdays, April 14 to June 16, 10AM-11AM, Riverdale Apts)

Yoga Asana with Karyn (10 Mondays, April 11 to June 20, 8PM-9PM)

Please register for these courses by calling our office 204-885-2444 or online at MHRD.

Macdonald-Headingley
RECREATION DISTRICT

April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Brunkild Hot Pork Sandwich	5	6 Starbuck Hot Pork Sandwich	7 Sanford Hot Pork Sand- wich	8	9
10	11 La Salle Easter Meal	12	13 Starbuck Easter Meal	14 Sanford Easter Meal	15 Good	16
17 Easter	18 La Salle Chicken Cor- don Bleu Presentation: Emergency Pre- paredness 12:45 Caisse Community Centre	19	20 Starbuck Shepherd's pie Presentation: Emergency Pre- paredness 12:45 Starbuck Hall	21 Sanford Shepherd's pie Presentation: Emergency Pre- paredness 12:45 Sanford Legion	22	23
24	25 La Salle Pulled pork on a bun	26	27 Starbuck Chicken Parmesan	28 Sanford Chicken Parmesan	29	30

Please call Leanne at 204-735-3052 to sign up no later than a couple days before each week's meals.

We will try to accommodate special dietary requests.

***Meal price will increase to \$10 on June 1 ***

Menu subject to change

\$9 per person.



**MACDONALD
SERVICES TO SENIORS**

**SEEKING
PART-TIME
CASUAL COOK**

GEMS - CONGREGATE MEAL PROGRAMS

**\$15/HOUR
18 HOURS PER MONTH**

If interested, contact Leanne,
Resource Coordinator at
Macdonald Services to Seniors:
204.735.3052 | info@macdonaldseniors.ca

**Congregate Meals in
RM of Macdonald**
We are back to eating in together!

Brunkild: April 4
Starbuck: April 6,13,20,27
Sanford: April 7,14,21,28
La Salle: April 11, 18, 25

See GEMS menu to find out what yummy de-
lights are being prepared for each meal!
All meals are \$9 per meal. Call Leanne to sign up
at least a couple days in advance.

204-735-3052

*****Due to rising food costs, the
GEMS meal price will be increasing
to \$10 per meal on June 1, 2022.*****



Soup to You is scheduled for the week of April 13: Delivery to Starbuck April 13 and all other locations on April 14. Sign up for the soup delivery by April 7 if you have not ordered before and we will deliver a delicious homemade soup and bun to your door. You just have to reheat and enjoy! Individual soups are \$3 each.



MACDONALD SERVICES TO SENIORS

Leanne Wilson Primary
Business Address
Address Line 2
Address Line 3
Address Line 4
Phone: 555-555-5555
Fax: 555-555-5555
Email:
someone@example.com

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
Roy & Shirley Switzer:
204-736-3744
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, housekeeping, 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 :

RM of Macdonald

Foot Care:

Karen Dingman: 204-996-2376

Hair Care:

Hair I Am Mobile Salon: Leah Macaulay—204-470-2727

Housecleaning Services:

Carly —204-558-1012 -Domain, La Salle and Sanford

Brenda—204-799-2185- Starbuck, Oak Bluff

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
transportation or light house cleaning, please call
Leanne.**

