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# The Wire

## Letters Against Isolation

August 2022

Without visitors or the ability to interact with the wider world, many older adults in Long term care facilities may be growing lonely. Senior loneliness is a well-documented issue and has effects not only on seniors' mental health but on their physical health. When growing demand for letters spread, Letters Against Isolation was created. Letters Against Isolation has since expanded to serve thousands of seniors in the US, Canada, the UK, Australia, and Israel. For more information on Letters Against Isolation, please visit their website: [Letters Against Isolation | Write letters to Self-isolating seniors](https://www.lettersagainstisolation.com/write-letters-to-self-isolating-seniors)

***Mission Statement: We fight senior loneliness one letter at a time. Through handwritten messages of love, hope, and joy, our volunteer community brings seniors connection and improves their mental and physical health.***

## How Letters Against Isolation Works

If you decide to get involved, every other week, Letters Against Isolation will send you a portal where you can sign up to send letters to any of the care homes in the US, Canada, the UK, Australia, and Israel that we serve. You've got the fun job of writing as many letters as you would like to! You can write about whatever you would like, but remember that these letters will be brightening days; try to make them cheerful, and be creative! Do not include your phone number or anything else that would identify yourself and do not send gifts. We ask that all letters are sent in physical form (not via email) to the seniors, since there is something very special about receiving something in the mail!



# 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.



## Salad

- 8 cups spinach leaves
- 1 cup strawberries
- 6 ounces blueberries
- 6 ounces raspberries
- 4 ounces feta cheese
- 1/4 red onion, thinly sliced
- 1 cup sliced or slivered almonds

## Sweet poppyseed dressing

- 1 cup oil
- 1/3 cup vinegar
- 1/2 cup sugar
- 1 tsp poppy seeds
- 1 tsp dried mustard
- 1 tsp salt

## Spinach Berry Salad with sweet poppy seed dressing

1. To make dressing: in a bowl or jar, add oil, vinegar, sugar, poppy seeds, mustard, and salt.
  - Shake well.
  - Refrigerate until ready to use.
2. Place spinach in a large salad bowl.
  - Top with sliced strawberries, blueberries, raspberries, feta cheese, red onion, and almonds.
  - Drizzle with poppy seed dressing

## Congregate Meals in RM of Macdonald

Let's Eat together!!

**Brunkild: August 8**

**Starbuck: August 3, 10 (Bingo), 17, 24, 31**

**Sanford: August 4, 11 (Bingo), 18, 25**

**La Salle: August 15, 22, 29**

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

**All meals are \$10 per meal. Call Leanne to sign up at least a couple days in advance.**

A handwritten letter can convey what technology simply can't—from the choice of paper to the type of card, the color ink of the pen to the postage used on the envelope, and even the beauty of each letter coming together to form a word on the page, writing a letter is an incredibly personal experience.

Pick up a swanky pen, some nice stationery and practice that cursive.

**Hand writing letters is good for you!**

When we write with use of paper and pen that is , we need to use our brains – we need to concentrate more because we write the script without aid of spell-check and grammar-check which is available on a computer. We need to focus on every word that we write. It requires concentration, world power, syntax, and forming sentences

A handwritten letter shows all the emotion and personality of the person who writes it.

## Handwritten letter

Come and join us for BINGO once per month after the meal program in Starbuck (Wednesday) and Sanford (Thursday.) We play 6-8 different Bingo games,. Prizes are awarded to the winners and may consist of items such as a jar of spaghetti sauce, a box of garbage bags, a can of soup or a box of cookies....next Bingo dates are Aug 10 (Starbuck) and Aug 11 (Sanford)

## Letters Against Isolation, continued

*Continued on page 3*

[Letters Against Isolation | Write letters to Self-isolating seniors](#)

### Individual or Group Letters:

If anyone is interested in a letter writing group, please let me know. We can send letters to a facility once per month. If you would prefer to pick the facility and write to multiple people, please sign up on the link above.

I can also help to sign anyone up who is interested. 204-735-3052



## Macdonald Headingley Programs

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

Fitness in the Park in Oak Bluff:

8 Wednesdays, July 6 to August 24, 7PM-8PM

Join Marci in the park for a fun 60-minute workout. This class combines cardio and strength to give you a total body workout. Each class is designed to be different and will challenge you each week. Marci will blast good tunes and keep it fun, but be ready to work! You will need to bring your own

dumbbells and a yoga mat each week!

Classes will be held in the Oak Bluff Recreation Centre on days when weather

is too bad to hold class outside! Details to follow.

\*There is no washroom access outdoors\*

Please register for these courses by calling our office 204-885-2444 or online at [MHRD](https://mhrd.ca).

Many fun and interesting workshops and classes are coming your way this fall!



**Macdonald-Headingley**  
RECREATION DISTRICT

# August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 No Meal	2	3 Starbuck Mary Brown's Chicken	4 Sanford Surprise a la Roy	5	6
7	8 Brunkild Lasagna	9	10 Starbuck Chili BINGO	11 Sanford Chili BINGO	12 Folk- lorama	13
14	15 La Salle Macaroni Casserole	16	17 Starbuck Spaghetti & Meatballs	18 Sanford Spaghetti & Meatballs	19	20
21	22 La Salle Pulled pork on a bun	23	24 Starbuck Teriyaki Chicken	25 Sanford Teriyaki Chicken	26	27
28	29 La Salle Teriyaki Chicken	30	31 Starbuck Liver n' Onions	1 Sanford Liver n' Onions		

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.

Menu subject to  
change

\$10 per person.

## MACDONALD SERVICES TO SENIORS

Leanne Wilson  
Box 283  
5-38 River Ave  
Starbuck, MB  
R0G 2P0

Phone: 204-735-3052

Email:  
info@macdonaldseniors.ca

### Macdonald Seniors Advisory 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

RM Rep: Barry Feller:  
204-736-4433

MHRD: Kathleen Low:  
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

Elsie-204-461-2999-La Salle

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.**

