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5 | February 2022

February is Heart Month

Your Heart and

Stress

Stress is a part of life for just about everyone. Sometimes it is not easy to recognize stress because we are caught up in the flow of life. The things in your life that cause you stress are called **stressors**. Often, stressors are things you cannot control. These could be events (like losing a job) or conditions in your life (like not getting along with a family member). Your responses to these stressors are your **stress reactions**.

These are different for all of us. For example, if you hate your job, losing it can make you feel free. For someone else, losing a job may be terrible. Although stress happens first in the mind, it has strong effects on the body.

Stress can damage your heart health.

Sudden intense stress increases the short-term risk of heart attack. Too much stress over a long time

(months to years) is called chronic stress. It can also increase the risk of coronary artery disease.

Recognizing your stress reactions

Everyone has his or her own individual stress reactions. Think for a moment about when you are stressed out or upset. What happens to you?

Thoughts: Emotions:

Body:

Do you have trouble concentrating? Do your thoughts race, or freeze up? Do you start to think "the worst"? Are you more likely to see yourself, your future or other people negatively? Does stress lead you to have angry, anxious or sad feelings?

How do you feel physically? What happens to your breathing? Are your muscles tighter? Does that create pain anywhere, like headache, back or jaw pain? What happens to your sleeping patterns? How does your stomach feel? Do you sweat, have dry



mouth, diarrhea or constipation? What happens to your heart rate? If you measured your blood pressure, what would you see?

Behaviour and actions:

All these signs point to something real that you can feel: your mind and body are connected. Stress happens first in the mind, but has effects all through the body, including, of course, the heart and circulatory system.

How can I manage stress?

It may be possible to change or remove the stressor – for example, you may be able to change your job, your work schedule, avoid difficult people or unpleasant situations. But in many cases removing the stressor is not possible. In this situation, you need to

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.



Heart Smart Cabbage Roll Casserole

This casserole provides all the flavour of cabbage rolls without the work of rolling them!

8 servings / 45 min Prep 5 min / Cook 40 min

Canola oil helps keep saturated fat content low.

Ingredients

- (1 cup/250 mL) 2 tbsp (25 mL) canola oil
- 1 medium onion, diced 3 cloves garlic, minced
- 1 lb (500 g) extra lean ground beef
- 1/4 tsp (1 mL) salt 1/4 tsp (1 mL) ground black pepper
- 2 cups (500 mL) chopped cabbage 1 can (796 mL/28 oz) diced tomatoes
- 3/4 cup (175 mL) long grain brown rice
- 1 cup (250 mL) sodium-reduced vegetable or beef broth

Directions

1. In large skillet with lid, heat canola oil over medium. Sauté onions and garlic about 5 minutes.
2. Add ground beef. Brown about 5 minutes over medium-high heat. Season to taste with salt and pepper.
3. Add cabbage, tomatoes, rice and broth and stir well. Bring to a boil. Reduce heat to low simmer, cover and cook for 30 minutes or until rice is tender.

If preferred instead, after bringing mixture to a boil, bake in oven-proof skillet with lid in 180 °C (350 °F) oven for about 40 minutes.

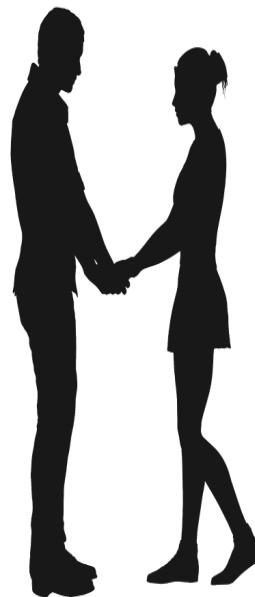
Nutritional info per serving Calories 200 Protein 14 g Total Fat 6 g Saturated Fat 1 g Cholesterol 30 mg Carbohydrates 22 g Fibre 2 g Sugars 5 g Added sugars 0 g Sodium 140 mg Potassium 101 m

[Recipes | Heart and Stroke Foundation](#)

Famous Couples Match Up

1. Bonnie and _____
2. Kermit the Frog and _____
3. _____and Ricky Ricardo
4. Sonny and _____
5. _____and Juliet
6. _____and Delilah
7. Adam and _____
8. Tarzan and _____
9. Mork and _____
10. _____and Olive Oyl
11. _____and June Carter
12. Fred Flinstone and _____

- a. Jane Porter
- b. Wilma
- c. Mindy
- d. Popeye
- e. Johnny Cash
- f. Clyde
- g. Lucille Ball
- h. Miss Piggy
- i. Cher
- j. Romeo
- k. Samson
- l. Eve



change your stress reaction.

How do your habits and behaviours change? Do you eat more or have more junk food and sugary drinks? Do you stop exercising? Do you start smoking? Drink more alcohol, use prescription or non-prescription drugs? Do you become nervous or keep to yourself? Is there anything else you notice?

Mental responses: You cannot control all parts of your life, but you can control your response to stress and keep a positive attitude.

Identify your “thought habits” that can make stress worse (most of us have at least one). Deciding right away that it is going to be really bad, without even looking closely at the facts. Looking only at the bad parts and not seeing the good. Worrying about problems that are really not yours.

Emotional responses: Figure out your emotional reactions to stress and talk about them.

Physical responses: Try deep breathing and relaxation exercises.

Behavioural responses: Decide what you can change about the stressor – for example, you may be able to change your job, your work schedule, avoid difficult people or unpleasant situations. Take action and do it. Keep up your healthy habits. Spend time with friends and family.

What else can I do to have less stress in my life?

- Take care of your health and lifestyle.
- Do what your healthcare team suggests.
- Follow a healthy, balanced way of eating.
- Watch how much alcohol you drink.
- Cut down or stop the use of stimulants such as coffee, tea, chocolate, soft drinks and energy drinks.
- Get enough sleep.
- Exercise regularly and be physically active.
- Quit smoking.
- Make sure you have enough rest.
- Take time for relaxation. Practice deep breathing and relaxation exercises, meditation or yoga.
- Laugh and use your sense of humour. Make sure you have time for fun.
- Do only one task at a time instead of multitasking.
- Set goals you know are reachable to avoid feelings of frustration and failure.
- Learn to say no and get other people to help.
- Talk about your needs and emotions.
- Let yourself cry.
- Don't get upset about things you cannot control. Let them go



For more information on heart health, please visit: [Heart and Stroke Foundation of Canada | Home](#)

MHRD program being offered in February may just be what the doctor ordered!

Stress Reduction for Times of Change
See page 4 for more details!

Macdonald Headingley Programs

Check out the MHRD website for more information on their wide range of programs. You may still be able to jump into some courses that have already started!

[Macdonald Headingley Recreation District • Welcome! \(mhrd.ca\)](http://mhrd.ca)

In-Person:

Functional Fitness in La Salle at 9:10am: Instructor Andrew's expertise is older adult exercises. Everyone benefits from functional fitness! Functional exercises will help you to build strength, improve your coordination and balance and enhance your ability to perform normal, daily activities. This program will help you increase your range of motion, muscle strength & cardiovascular conditioning.

Online:

Gentle Yoga with Lorraine, Tuesdays on Zoom at 10:30am: Join Lorraine for a gentle yoga practice! You will stretch your large muscle groups (legs, arms, back) and increase your flexibility, improve circulation and reduce stress throughout your body. Using deep and slow breaths, fresh blood and oxygen will be pushed to the brain and vital organs while holding yoga poses to strengthen muscles, improve balance, flexibility and posture. Gentle yoga can be practiced from the mat or in a chair. Each individual can choose the options that best suits their limitations and strengths or just enjoy resting poses that relax and stretch the entire body. You will need a yoga mat and 2 blankets.

Yin/Restorative Yoga, Wednesdays on Zoom at 10:00am: Come as you are! Slow down and soften to soothe and nurture awareness of the mind, body + spirit. You'll be guided through long held passive poses to soften connective tissues, creating space in the hips, spine and pelvis. This practice is meditative, rejuvenating and restorative. An opportunity to melt away the stress, anxiety and tension that we carry physically, emotionally, mentally and energetically. A great practice if you suffer from symptoms of arthritis or carry a lot of tension and stiffness in your body. Class is beginner and prenatal friendly.

Stress Reduction for Times of Change, 5 Tuesdays Starting February 8th, on Zoom at 6:30pm: Any of these familiar? Experiencing overwhelm . Trouble sleeping. Living from crisis to crisis . No time left in your day for you . Anxiety . Chronic pain . High blood pressure . Grieving . Can't catch your breath . At a transition point in your life . Struggling in relationships. Wanting to be a better leader . Dreaming of a more fulfilling life . At home . At work . At school . Simply wanting to take that next step in your life . Why not now? You willing to say YES!

SNOWSHOE AND WALKING POLE LOAN PROGRAM: Try Snowshoeing or Walking Poles this Winter! Borrow a pair of snowshoes or walking poles to take the path less traveled! Contact the MHRD office to make arrangements. You can call [204-885-2444](tel:204-885-2444) or email us at info@mhrd.ca. Pickup from our office at 179 Seekings Street in Headingley. Our office hours are **Monday - Friday, 8:30 am - 4:30 pm**. Be sure to let us know when you are coming or contact us to make alternate arrangements!

February 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Starbuck	3 Sanford	4	5
			Roast beef	Roast beef		
6	7 Brunkild	8	9 Starbuck	10 Sanford	11	12
	Pork Cutlets		Pork Cutlets	Pork Cutlets		
13	14 La Salle Shrimp Scampi Valentine's day	15	16 Starbuck Lasagna	17 Sanford Lasagna	18	19
20	21 No meal Louis Riel Day	22	23 Starbuck S&S Meatballs	24 Sanford S&S Meatballs	25	26
27	28 La Salle Turkey Chili					

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

\$9 per person.

MHRD Programs

- Functional Fitness (La Salle – Caisse Community Centre) Tuesdays and Thursdays 9:05 am – **still taking registrations**
- La Salle Art Club (Community Fellowship Church) – Tuesdays 7pm -starts at 7pm (Bring Your Own Art) dates: Feb 15, March 1, March 15
- Gentle Yoga with Nicole (Oak Bluff Recreation Centre) Mondays 6pm - **still taking registrations**
- Yoga for Men with Nicole (Oak Bluff Recreation Centre) Mondays 7:30pm – **still taking registrations**
- Exercises with Liza (Riverdale Apartments – Starbuck) Thursdays 10 am – **suspended for February**
- Exercises with Cathie (Sanford Legion) Thursdays 10am – **suspended for February**
- Stress Reduction for Times of Change (ONLINE) – Tuesdays 6:30 PM (5 weeks) Starts **Feb 8** –**still time to register**
- Yoga Asana with Karyn (Starbuck Hall) Mondays 8pm (Yoga for all levels)-**still time to register**
- Quilting Club (Sanford legion) 9am—4 pm Bring your own project and lunch—**next date is Sunday, Feb 6th**



RECREATION DISTRICT

Pickleball:

- La Salle – Tuesdays and Thursdays from 1-3pm, in Caisse Community Centre. Call Bernice Valcourt for more information ([204.479.0514](#))
- Oak Bluff – **Wednesday** Evenings from 6:30-8:30pm (time subject to change), in the Oak Bluff Rec Centre. Call Shawnda Muir for more information ([204.479.6791](#))
- Starbuck – Thursdays starting rom 6-8pm in Starbuck Hall – Call Brenda Shirtliff for more information ([204.735.2880](#))

Congregate Meals in RM of Macdonald

Due to rising case numbers within our province, the GEMS meal program will continue to offer pick up or delivery options only for the month of February.

Brunkild: Feb 7

Starbuck: Feb 2,9,16,23

Sanford: Feb 3,10,17,24

La Salle: Feb 14,28

See GEMS menu to find out what yummy delights 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



Soup to You is scheduled for the week of February 16: Sign up for the soup delivery by Feb 9 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

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 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 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 Shirtliff:
204-997-7966

Bernice Valcourt:
204-272-5586

Roy & Shirley Switzer:
204-736-3744

Barry Feller:
204-736-4433

Susanne Moore:
204-885-2444

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

