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January 2022

Happy New Year!

As you prepare to ring in the next year, full of hope and promise, take some time to remember 2021 and turn your sights on 2022.

New Year's Ritual

Write down the answers to the following questions.

- What am I grateful for in 2021?
- What did I learn?
- Is there anything else I want to say about 2021?

The past is done! Feel gratitude – but also feel completion.. Depending on the year you just had, you might want to do a little dance! Say goodbye to 2021!

When you're ready, you can start to call in 2022. Sitting quietly, allow yourself to dream and imagine.

Ask yourself the following questions:

- What do I want to call in for 2022?
- What do I want to learn?
- How will I contribute and serve?

When you've finished this, just sit quietly and reflect on what you have written.

At this point, when I feel the process is done, say a thank you to life itself. In your heart radiate happiness, peace, and joy to all.

I have attached a Kindness Calendar on page 4 that you may want to implement in your daily life. Doing small things for others, and yourself is a great way to keep that "Christmas in your Heart" feeling all year long.

Wishing you all a very Happy New Year filled with love, happiness, and good health!



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.



Kool Aid Pie

Ingredients

- 1 envelope Kool Aid, any flavour
- 1 can sweetened condensed milk
- 1 container frozen whipped topping
- 1- 9 inch graham cracker pie crust

Instructions

1. Whisk together Kool Aid and sweetened condensed milk in a bowl until thick and well combined.
2. Gently fold in whipped topping
3. Spread the filling mixture onto the crust.
4. Refrigerate at least 1 hour or overnight.



**I just found out the
Kool-aid man plays on a
baseball team.**

He's the pitcher.

What's Coming Up: Lunch and Learns

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

Hope to see you there!

Cyber Safety/ Identifying Scams/ Online Etiquette

An informative 45-minute presentation designed to help participants build an awareness of online presence and privacy. Topics will include how much personal information one should share online; how to protect personal information from hackers/cyber criminals; details of acquiring a VPN Network; limiting online risks; what to do if personal information is leaked; what creates a digital footprint; and ways to reduce one's digital footprint. Participants will leave with more online safety knowledge and confidence.

- **Monday, January 10: La Salle**
Caisse Community Centre, 12:45 pm. Free! Call to book your spot by January 6
- **Wednesday, January 12: Starbuck**
Starbuck Hall, 12:45 p.m. Free! Call to book your spot by Jan 10
- **Thursday, January 13**
Sanford Legion, 12:45 p.m. Free! Call to book your spot by Jan 11

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 some basics about the Canadian Red Cross and its work in Emergency Management, and how to become a volunteer."

- **Wednesday, February 23: Starbuck**
Starbuck Hall, 12:45 p.m. Free! Call to book your spot by Feb 21
- **Thursday, February 24: Sanford**
Sanford Legion, 12:45 p.m. Free! Call to book your spot by Feb 22
- **Monday, March 21**
Caisse Community Centre, 12:45 pm. Free! Call to book your spot by March 17

January 2022 Kindness Calendar

**Kindness is spreading sunshine into other people's lives
regardless of the weather—RAKtivist**

1

Wish everyone a Happy New Year

2

Share this calendar to inspire kindness in others

3

Send a Thank You card to someone

4

Let someone go ahead of you in line

5

Make a batch of cookies for your neighbour

6

Make an appointment to donate blood

7

Pay for a stranger's coffee

8

Smile at everyone you meet

9

Collect spare change & leave in a donation box

10

Start a Gratitude diary: write down 3 things every day

11

Donate pre-loved books to charity

12

Call Leanne to buy lunch for an older adult in the community

13

Sing a happy song out loud

14

Buy an extra food item and donate it

15

Stay in your pajamas and read a good book today

16

Leave a positive message for someone to find

17

Write a letter to someone in personal care

18

Take some treats to the teachers at school

19

Call up a neighbour and offer to run an errand for them

20

Send a Thank You card to someone

21

Send a snail mail letter to someone

22

Be gentle with yourself. You are doing the best you can.

23

Do something you love

24

Time to clean out your closet and donate what is not needed

25

Be generous with your compliments all day

26

Call up someone living alone and chat

27

Tell someone you are proud of them and why

28

Tell someone a silly joke

29

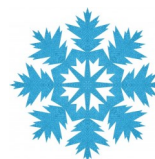
Contact someone you can't be with and see how they are

30

Forgive someone

31

Bundle up and go for a walk outside



MHRD Programs coming up for Fall



- Functional Fitness (La Salle – Caisse Community Centre) Tuesdays and Thursdays 9:05 am – Starts [Jan 11th](#)
- La Salle Art Club (Community Fellowship Church) – Tuesdays 7pm - starts [Feb 8th](#) at 1:30 pm and the following week at 7pm (Bring Your Own Art)
- Fluid Flow Yoga (La Salle – Caisse Community Centre) Mondays 6:30pm – Starts [Jan 10 FULL](#)
- Yin Yoga (La Salle Community Centre) Mondays 7:45
- Gentle Yoga with Nicole (Oak Bluff Recreation Centre) Mondays 6pm - Starts [Jan 10](#)
- Yoga for Men with Nicole (Oak Bluff Recreation Centre) Mondays 7:30pm – Starts [Jan 10](#)
- Exercises with Liza (Riverdale Apartments – Starbuck) Thursdays 10 am – Starts [Jan 13](#)
- Exercises with Cathie (Sanford Legion) Thursdays 10am – Start [Jan 13th](#)
- Stress Reduction for Times of Change (ONLINE) – Tuesdays 6:30 PM (5 weeks) Starts [Feb 8](#)
- Yoga Asana with Karyn (Starbuck Hall) Mondays 8pm (Yoga for all levels)
- Quilting Club (Sanford legion) 9am—4 pm Jan 9 Bring your own project and lunch

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 from 6-8pm in Starbuck Hall – Call Brenda Shirliff for more information [\(204.735.2880\)](#)

Congregate Meals in RM of Macdonald

Brunkild: Monday, Jan 3

La Salle: Mondays– Jan 10 (speaker), Jan 17, Jan 24, Jan 31

Starbuck: Wednesdays—Jan 5, Jan 12 (speaker), Jan 19, Jan 26

Sanford: Thursdays—Jan 6, Jan 13 (speaker), Jan 20, Jan

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 will resume the week of January 12: Sign up for the monthly soup delivery and each month we will deliver a delicious homemade soup and bun to your door. You just have to reheat and enjoy! Individual soups are \$3 each or pre-order all four for \$10. Book your first soup delivery by January 3rd, 2022

Macdonald Services to Seniors

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204-736-3744

Barry Feller:
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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.**

