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The Wire

What You Can Do to Keep Yourself Safe from Abuse

July 2022

Everyone has the right to be safe and free from abuse. No one should experience abuse. "It's not right!" If you are being hurt or neglected and you aren't sure how to protect yourself, this brochure can help you to set limits and stay safe. You may have neighbours, friends or family members who know a little about what is happening to you, but they may not know how to help. You can reach out for their support so that you are not alone. There are people in every community who want to help.

What Is Abuse? Abuse can be a hard word to accept. People from all walks of life have found themselves in abusive relationships—it can happen to anyone. Most situations of abuse occur in families and also in other relationships with people we know and trust. Abuse happens in different ways. Abuse can be financial, psychological, sexual, and spiritual, as well as neglect or physical violence. All forms of abuse cause harm. It is called abuse anytime people use their ability or influence to limit or control your rights and freedoms. The relationship is not equal because you are afraid that if you speak up or take action, you will be threatened, hurt, or the relationship

will end. **Abuse is never your fault.**

My forty-year-old son has been living with me for ten years. I have been afraid of him for most of this time and never told anyone. I was so thankful when I finally got information on how I can protect myself.

- Tell someone you trust about the abuse. Choose individuals who will respect your decisions and who can listen without telling you what to do. You might want to ask them to just listen so that they don't feel pressure to solve the problem for you. You may need to plan some next steps. Those steps should be realistic. **You are the expert in your own life and the best person to decide what you can do to set limits and to increase your safety.**
- If you are afraid the situation will get worse, make a safety plan that includes where you can go in an emergency and what you will take with you. Think about where you will stay and how you will get there.
- Consult a lawyer or legal service about your rights and options
- Keep track of your financial statements and other legal documents. Talk to your bank about how to protect your assets.
- Visit your local library health or community centre to find out information about other services that are available to support you. If you live with the abusive person and want to

look for services on your home computer, be sure to cover your tracks by erasing the history. To find out more about how to do this, go to: <http://www.neighboursfriendsandfamilies.ca/eng/coveryourtracks.php>

- If you are in danger, call 911 or the local police.

Staying Silent in an Abusive Relationship There are reasons why you may feel trapped in an abusive relationship. You are not alone. Older adults who experience abuse often feel conflicted about seeking help or telling others about what is happening. These are some of the most common reasons: n You may feel too afraid to speak up or take action.

- You are embarrassed.
- If you have been living with abuse for many years, you may not believe that you deserve help or you may believe the abuse is your fault.
- Your family believes that abusive behaviour is "normal" and that what goes on in a family should remain private.
- The person abusing you is well liked and admired in the community. You aren't sure anyone would believe you even if you reached out for help. n Your friends have problems of their own and you don't want to burden them.
- You live with the abuse because you don't know where else you could go.
- You feel protective of the

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.



Shortbread Crust:

- 1 cup flour
- 1/2 cup sugar
- 1/2 cup butter

Rhubarb Filling/Topping:

- 2 eggs
- 1 cup sugar
- 1/4 cup flour
- 1/8 tsp salt
- 3 cups chopped fresh rhubarb



Rhubarb Dream Bars

1. Preheat your oven to 350 degrees.
2. To make the shortbread crust I use a food processor. Pulse the flour, sugar and butter together until the mixture is like sand, this should only take about 30 seconds.
3. Line an 8x8 baking pan with parchment paper, then press the crust mixture into the pan. Don't press it too hard.
4. Bake the crust for 15 minutes.
5. While the crust is baking you can make the rhubarb filling.
6. Chop your fresh rhubarb into 1/2 inch chunks. Set aside.
7. Using a mixer, whip the eggs until they are smooth.
8. Add the sugar and continue mixing until the mixture starts to become fluffy.
9. Add the flour and salt, mix until the mixture is smooth and fluffy, almost like a meringue, but not as foamy.
10. Stir in the chopped rhubarb.
11. As soon as the crust is done baking, remove it from the oven and add the rhubarb mixture to the top of it. Smooth it out.
12. Return to the oven and continue baking for 40 – 45 minutes, or until the top of the dream bars are golden brown.
13. Once the bars are done baking, remove them from the oven and let them rest in the pan for at least 1 hour before cutting into it.
14. After the bars have had time to cool, cut into 16 pieces. Enjoy!

Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: July 11

Starbuck: July 6,13 (Bingo),20, (Presentation),27

Sanford: July 7, 14 (Bingo), 21 (Presentation),28

La Salle: July 4, 18, 25(Presentation)

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.

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."

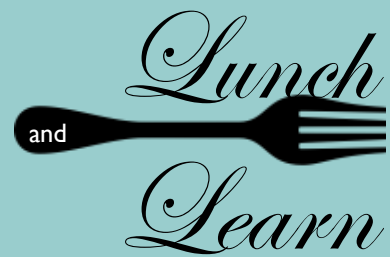
- ⇒ **Monday, July 18:** Caisse Community Centre, La Salle, 12:45 pm. Free! Call to book your spot by July 14
- ⇒ **Wednesday, July 20** Starbuck @ Starbuck Hall, 12:45 p.m. Free! Call to book your spot by July 18
- ⇒ **Thursday, July 21:** Sanford Legion, 12:45 pm. Free! Call to book your spot by July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

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

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 (\$10pp) or just for the presentation (FREE).



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...

The next Bingo games will be: Wednesday, July 13 at Starbuck Hall at 12:30
And Thursday, July 14 at Sanford Legion at 12:30

Folklorama 2022

Friday, August 12

\$85 p.p.

Visit 3 Pavilions all in one evening! Call Leanne at 204-735-3052 to reserve and pay for your spot on the bus by **July 23**. Don't delay – space is limited!

Italian: Appetizer plus 1 Cultural Alcoholic Beverage

Ukrainian: Meal plus 1 Domestic Alcoholic Beverage

Egyptian: Dessert plus 1 Non-alcoholic Beverage

Included in the price:

- Luxury motor coach transportation: pick up in **Starbuck, Sanford and Oak Bluff**
- No waiting in line – VIP Entrance
- Reserved seating at each Pavilion
- A tour of the cultural display at the first Pavilion
- Table Service
- Progressive meal through the evening

Safe from Abuse, continued

person who is mistreating you, especially if the person is your child. - You don't want to do anything to get them in trouble. - You are afraid they will end your relationship. - You feel it is your fault that they act the way they do. - They need you and you have to help them. n

- If the person abusing you is your spouse or partner you may - believe that keeping the family together is important, no matter what - feel guilty about staying in the relationship for so long - feel obligated to stay in the relationship

What You Need to Know

You have the right to be safe and free from abuse.

There is nothing you have done that causes the abuse. The person who is mistreating you is always responsible for their actions.

People who are abusive need help. Abuse rarely goes away by itself and it usually becomes worse over time.

If your children are abusive, they need help. They will never find peace in life without first taking responsibility for their actions

How to Find Help Abuse happens to older adults from all walks of life.

By staying involved with people and activities, you are less likely to find yourself alone in an abusive relationship.

Staying active and involved also helps you stay healthy.

People in your community need you as much as you need them. site to find services and support in your province or territory.

Go to: www.seniors.gc.ca and search for "Elder Abuse" or call 1-800-622-6232

If you or someone you know is experiencing abuse, please refer to address below for more information or call 1-800-622-6232

[It's Not Right | Neighbours, Friends and Families for Older Adults \(itsnotright.ca\)](http://itsnotright.ca)

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)

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

The Quilting Club will be meeting Sunday July 3rd at **Sanford Legion**. You can bring your own project to work on and it doesn't have to be quilting, it could be knitting as well. You can bring your sewing machines or do hand work. The group will be gathering from 9:00am to 4:00pm to work on projects, so bring a lunch and \$2.00 for coffee and tea! Bring your lunch!

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

July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31					1	2
3	4 La Salle BBQ Chicken	5	6 Starbuck Chicken Fettucine	7 Sanford Chicken Fettucine	8	9
10	11 Brunkild S & S Ribs (& Meatballs)	12	13 Starbuck S & S Ribs BINGO at 12:30	14 Sanford S & S Ribs BINGO at 12:30	15	16
17	18 La Salle Pickeral Emergency Preparedness at 12:45 Caisse Community Centre	19	20 Starbuck Lasagna Presentation: Emergency Preparedness at 12:45 Starbuck Hall	21 Sanford Lasagna Presentation: Emergency Preparedness at 12:45 Sanford Legion	22	23
24	25 La Salle Burgers	26	27 Starbuck Surprise a la Roy	28 Sanford Mary Brown's Chicken	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.

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 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

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.**

