



#### Inside this issue:

Cooking with Gwen **2**

Upcoming Lunch and Learns **3**

World Elder Abuse Awareness Day

Folklorama **4**

Little Black Book of Scams, *continued*

MHRD Programs **5**

GEMS Calendar **6**

# The Wire

5 June 2022

## The Little Black Book of Scams -2nd Edition

[The Little Black Book of Scams 2nd edition - Competition Bureau Canada](#)

Click on the link above to access the Canadian Version of The Little Black Book of Scams.

Every year, Canadians lose millions of dollars to the activities of scammers who bombard us with online, mail, door-to-door and telephone scams. We are pleased to bring you the first Canadian edition of The Little Black Book of Scams. We hope this book will increase your awareness of the vast array of scams that target Canadians and share with you some easy steps you can take to protect yourself. SCAMMERS DO NOT DISCRIMINATE Scammers target people of all backgrounds, ages and income levels. Fake lotteries, Internet frauds, get-rich-quick schemes and miracle health cures are some of the favoured means of separating the unwary from their money. New varieties of these scams appear all the time. The Competition Bureau has seen the devastating effects scams can have on people and their families. One of the best ways to combat this kind of fraud is to take measures to prevent yourself from being caught in the first place. PROTECT YOURSELF If you want to stay on top of scams, inform yourself on how to recognize the various types of scams and protect your personal information by visiting law enforcement organizations' websites, the Canadian Anti-Fraud Centre ([www.antifraudcentre.ca](http://www.antifraudcentre.ca)) or other reputable organizations.

### Identity theft

#### Help ensure your identity remains yours alone!

Scammers are always on the lookout to collect or reproduce your personal information to commit fraud. Thieves can make purchases using your accounts, obtain passports, receive government benefits, apply for loans, and more. This could turn your life upside down.

Fraudsters use techniques that range from unsophisticated to elaborate. Offline, they can go through trash bins or steal mail. Online, they can use spyware and viruses, as well as hacking and phishing.

They look for credit card information, bank account details, full name and signature, date of birth, social insurance number, full address, mother's maiden name, online usernames and passwords, driver's licence number, and passport number.

Identity theft is a serious crime!

#### Tips to protect yourself:

- Never provide your personal information over the phone, via text message, email or the internet.
- Avoid public computers or Wi-Fi hotspots, such as in coffee shops, to access or

# 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.



## Easy Peach Cobbler

2 cans sliced peaches in syrup  
3/4 tsp cinnamon  
1 box vanilla cake mix  
3/4 cup melted butter

- Preheat oven to 350. Spray 9 x 13 baking dish with cooking spray.
- Open 1 can of peaches and empty into baking dish.
- Open and drain the syrup out of 2nd can of peaches and add peaches to baking dish.
- Sprinkle cinnamon over the peaches.
- Sprinkle the dry cake mix evenly over the peaches.
- Pour butter evenly over the cake mix. **Do Not Stir!**
- Bake for 50-55 min until top is golden.



## Congregate Meals in RM of Macdonald

We are back to eating in together!

**Brunkild: June 13**

**Starbuck: June 1,8,15,22 (Presentation),29**

**Sanford: June 2,9,16,23 (Presentation),30**

**La Salle: June 6, 27 (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.

**204-735-3052**

**\*\*\*Due to rising food costs, the GEMS meal price will be increasing to**

## 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."

- ⇒ **Wednesday, June 22:** Starbuck @ Starbuck Hall, 12:45 p.m. Free! Call to book your spot by June 20
- ⇒ **Thursday, June 23:** Sanford Sanford Legion, 12:45 pm. Free! Call to book your spot by June 20
- ⇒ **Monday, June 27:** Caisse Community Centre, 12:45 pm. Free! Call to book your spot by June 23

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).

*Lunch*

and *Learn*

**HAPPY**  
**FATHER'S**  
  
**DAY**

Father's Day is June 19

Thank you Fathers,  
Stepfathers, Grandfathers  
and Fathers-in-

## Wear Purple on June 15 for World Elder Abuse Awareness Day

**1 senior abused is 1 too many. Unfortunately, when it comes to showing just how urgent a problem elder abuse is, the numbers don't lie.**

- **1 in 2 people** are prejudiced against older people (Global Report on Ageism, World Health Organization)
- **1 in 5 Canadians** say older people are a burden on society (Report on Ageism, Revera, 2012)
- **An estimated 7.5% of Canadians 55 and older** experienced abuse (Into the Light National Survey on the Mistreatment of Older Canadians, National Initiative for the Care of the Elderly, 2015)
- **1 in 6 people over the age of 60** are victims of elder abuse (World Health Organization)
- **Women aged 55-64 years** comprised the largest proportion of victims of femicide (19%) (Call it Femicide Report, Canadian Femicide Observatory for Justice and Accountability, 2020)
- **Nearly 8 in 10 seniors** report age discrimination in healthcare (Report on Ageism, Revera, 2012)

# 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 **June 29**. 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

### Little Black Book of Scams, continued

provide personal information; they put you at risk.

- Create strong and unique passwords for each of your online accounts. Password-protect your devices and home Wi-Fi network.
- Use a secure and reputable payment service when buying online—look for a URL starting with "https" and a closed padlock symbol.
- Avoid giving out personal information on social media. It can be used along with your pictures to commit fraud.
- Always shield your PIN when using your card. If you hand it over to a cashier, never lose sight of it.
- Shred and destroy documents with personal information.

### Phishing and smishing scams

**Be on the lookout. Messages are easily fabricated!**

As we spend more time online, fraudsters are getting more creative with scams in the digital space.

Phishing is when you get an unsolicited email that claims to be from a legitimate organization, such as financial institutions, businesses or government agencies. Scammers ask you to provide or verify, either via email or by clicking on a web link, personal or financial information, like your credit card number, passwords and social insurance number.

**Smishing is the same thing, except it occurs via text messages.**



**If you suspect a scam, always report it.**

[www.antifraudcentre.ca](http://www.antifraudcentre.ca) or call 1-888-495-8501

## 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) **It's not too late to join!**

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

**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

**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)

The Quilting Club will be meeting Sunday June 5th 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!

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

# June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Starbuck Roast Beef	2 Sanford Roast Beef	3	4
5	6 La Salle Chicken Quesadillas	7	8 Starbuck Liver n Onions (or substitute)	9 Sanford Liver n Onions (or substitute)	10	11
12	13 Brunkild Sesame Chicken	14 Celebrations matinee 11:00 am	15 Starbuck Lemon Chicken  World Elder Abuse Awareness Day	16 Sanford Lemon Chicken	17	18
19	20 No Meal	21	22 Starbuck Meat Loaf  Presentation: Emergen- cy Preparedness at 12:45 Starbuck Hall	23 Sanford Meat Loaf  Presentation: Emergen- cy Preparedness at 12:45 Sanford Legion	24	25
26	27 La Salle Spaghetti Presentation: Emergency Preparedness at 12:45 Caisse Community Centre	28	29 Starbuck Roast Pork  Last day to register for Folklorama	30 Sanford Roast Pork		

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

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

change

\$9 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

Barry Feller:  
204-736-4433

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.**

