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March 2022

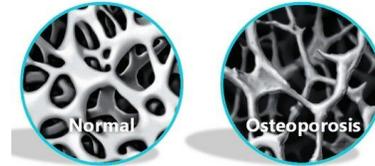
Osteoporosis, the Silent Thief

Known as the “silent thief”, bone deterioration can occur over a number of years without any symptoms. Unfortunately, by the time affected bones break or fracture, the disease is already fairly advanced and less treatable. The most common breaks are in the wrist, shoulder, hip and spine

(back)
Nutrition, especially calcium, plays an important role in preventing osteoporosis. In people who have healthy bones, adequate **calcium** intake on a daily basis is necessary to maintain bone health. For older adults, studies have shown that adequate calcium intake can slow bone loss and lower the risk of fracture. To reach these amounts, Canada’s Food Guide is recommending 3 servings per day of milk and alternatives for those over 50

Protein is another important nutrient for building and repairing body tissues, including bones.

Vitamin D, the “sunshine vitamin,” is produced when the sun’s rays interact with our skin. It helps build stronger bones by increasing the absorption of calci-



While Osteoporosis can affect people at almost any age, it is most common among Canadians 50 years of age or older.

- 2 million Canadians are affected by osteoporosis
- At least 1 in 3 women and 1 in 5 men will break a bone due to osteoporosis in their lifetime
- Fragility fractures represent 80% of all fractures in menopausal women over the age of 50
- Fractures from osteoporosis are more common than heart attack, stroke and

um. It also improves the function of muscles, which can improve your balance and decrease the likelihood of falling and suffering a fracture. In Canada, we don’t get as much sun as we need to produce adequate vitamin D. Further, the skin’s ability to make vitamin D decreases as we age. There are also very few food sources of vitamin D, making it nearly impossible for adults to get sufficient vitamin D from diet alone. Therefore, Osteoporosis Canada recommends those over 50 take 800—2,000 IU daily. The best supplement to purchase is vitamin D3

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.



Best Banana Pudding EVER

Ingredients:

5-6 bananas, sliced

3 cups milk

1 box Nilla Wafers

2 small boxes instant, French Vanilla pudding

1 8 oz. pkg. cream cheese

1 14 oz. can sweetened condensed milk

1 12 oz. container Cool Whip



Line a baking dish with Nilla Wafers. Slice your bananas and layer evenly on top of the wafers. Combine the milk and pudding mix and blend with a mixer. (The original recipe only calls for 1 box of pudding, but I think the 3 cups of milk, along with 2 boxes of pudding thickens it up a bit more.) **In a separate bowl, mix together cream cheese & condensed milk until smooth. Mix in the whipped cream. Add the cream cheese mixture to the pudding & blend together. Pour the mix evenly over the bananas in the baking dish. Top with another layer of Nilla Wafers and I always like to add some crushed up Wafer cookies to sprinkle on top.**

That's Bananas!

How did the banana get its name?

The healthy breakfast fruit, banana, is called such because it derives from the word, "*banan*" which is an Arabic word meaning "finger." Somewhat resembling the shape of a human digit, a single banana is called a finger and is attached to a group of other bananas called a "hand."



Is banana a berry?

Yes. One of the banana facts that many people may not know is that a **banana is classified as a berry** while a strawberry is not. The reason for this is that berries contain their seeds inside and not outside like strawberries.

Upcoming Lunch and Learns

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, March 21: La Salle Caisse Community Centre, 12:45 pm. Free! Call to book your spot by March 16**
- **Wednesday, March 23: Starbuck Starbuck Hall, 12:45 p.m. Free! Call to book your spot by March 18**
- **Thursday, March 24: Sanford Sanford Legion, 12:45 p.m. Free! Call to book your spot by March 18**

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."

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

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 (\$9pp) or just for the presentation (FREE).



So I was trying to grab a grape with my fork...

But it slipped. It seems as though my efforts were...

...Fruitless

Osteoporosis, con't

Too Fit to Fall or Fracture

Strength Training *At least 2 days/week*

- ▶ Exercises for legs, arms, chest, shoulders, back
- ▶ Use body weight against gravity, bands, or weights*
- ▶ 8 - 12 repetitions per exercise

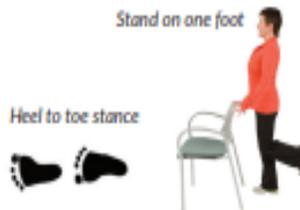
Try these to get started:

- ☐ Classes at YMCA/community centre
- ☐ Consult a physical therapist/kinesiologist
- ☐ Contact Osteoporosis Canada



Balance Exercises *Every day*

- ▶ Tai Chi, dancing, walking on your toes or heels
- ▶ Have a sturdy chair, counter, or wall nearby, and try (from easier to harder): shift weight from heels to toes while standing; stand heel to toe; stand on one foot; walk on a pretend line



Posture Awareness *Every day*

- ▶ Gently tuck your chin in and draw your chest up slightly
- ▶ Imagine your collarbones are wings - spread your wings slightly without pulling your shoulders back



Aerobic Physical Activity *At least 150 mins/week*

- ▶ Bouts of 10 mins or more, moderate to vigorous intensity*
- ▶ You should feel like your heart is beating faster and you are breathing harder
- ▶ You might be able to talk while doing it, but not sing

Examples:

- ☐ Brisk walking
- ☐ Dancing
- ☐ Jogging
- ☐ Aerobics class

(cholecalciferol). While most multivitamins or calcium supplements contain some vitamin D, the amounts can vary, so it's important to read the label carefully to ensure you are getting the amounts you need. If you aren't sure about the amounts in the supplements you are taking, please check with your pharmacist. recommends routine vitamin D supplementation for Canadian adults year-round.

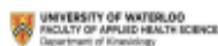
For more information, or before starting an exercise regimen please talk to your doctor. For more information on osteoporosis, please visit, <https://osteoporosis.ca/>

*If you have a spine fracture, consult a physical therapist/kinesiologist before using weights, and choose moderate, not vigorous aerobic physical activity

Questions? Want a free physical activity booklet? Contact Osteoporosis Canada: English 1 800 463 6842 /

French 1 800 977 1778 or www.osteoporosis.ca

Locate a Bone Fit™ trained instructor: English 1 800 463 6842 / French 1 800 977 1778 or www.bonefit.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)

- La Salle Art Club is meeting a couple more times before Spring, March 1st and March 15th at the Fellowship Church from 7pm-9pm. Bring your own art project!
- Quilting Club meets Sunday, March 6 from 9-4 in the Sanford legion! Any crafty projects are welcome!
- MHRD Spring Programming will be available to check out the 1st week of March!

Learn to use an iPad



MACDONALD
SERVICES TO SENIORS



La Salle (Caisse Community Centre)
6 Mondays, March 7 - April 18
10:00am to 11:30am

Starbuck (Riverdale Apts)
6 Tuesdays, March 8 - April 12
10:00am-11:30am

Sanford (Sanford Legion)
6 Wednesdays, March 9 - April 13
10:00am-11:30am

**TO REGISTER, CONTACT LEANNE:
204.735.3052
INFO@MACDONALDSENIORS.CA**

March 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Starbuck Sesame Chicken	3 Sanford Sesame Chicken	4	5
6	7 Brunkild S & S Ribs	8	9 Starbuck S & S Ribs	10 Sanford S & S Ribs	11	12
13 Daylight Savings Time Starts	14 La Salle Stew	15	16 Starbuck Stew	17 Sanford Stew	18	19
20	21 La Salle Greek turkey meatballs with lemon potatoes Presentation: Cyber Safety 12:45 Caisse Community Centre	22	23 Starbuck Meatloaf Presentation: Cyber Safety 12:45 Starbuck Hall	24 Sanford Meatloaf Presentation: Cyber Safety 12:45 Sanford Legion	25	26
27	28 La Salle Salsa Chicken	29	30 Starbuck Liver n Onions	31 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

\$9 per person.

MHRD Programs



Pickleball:

- La Salle – Tuesdays and Thursdays from 1-3pm, in Caisse Community Centre. Call Bernice Valcourt for more information ([204.479.0514](tel: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](tel:204.479.6791))
- Starbuck – Thursdays starting rom 6-8pm in Starbuck Hall – Call Brenda Shirliff for more information ([204.735.2880](tel:204.735.2880))

Congregate Meals in RM of Macdonald

We are back to eating in together!

Brunkild: Mar 7

Starbuck: Mar 2,9,16,23, 30

Sanford: Mar 3,10,17,24, 31

La Salle: Feb 14, 21, 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 March 23: Delivery to Starbuck March 23 and all other locations on March 24. Sign up for the soup delivery by Mar 17 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

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 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

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 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**

