



Inside this issue:

Cooking with Gwen **2**

Frauds and Scams, continued **3**

Lunch and Learn **4**
GEMS Meal Dates

MHRD Programs **5**

Donations gratefully accepted **6**

MHRD Programs continued

GEMS calendar

7

The Wire

October 2022

Tips to Protect Yourself from Scams and Frauds

In September, we had Constable Chris present to us on Scams and Frauds. We learned that millions of dollars are lost every year when people fall prey to Frauds and Scams. For anyone who may have missed his presentations, I have included his presentation handout.

Protect yourselves from Scams and Fraud

Scammers can target any Canadian or Canadian business. Here are some tips and tricks to protect yourself or your business.

Remember, if it seems too good to be true, it is.

Don't be afraid to say NO

Don't be intimidated by high pressure tactics. If a telemarketer tries to get you to buy something or to send them money right away:

- Request the information in writing
- Hang up

Watch out for urgent pleas that play on your emotions.

Do Your Research

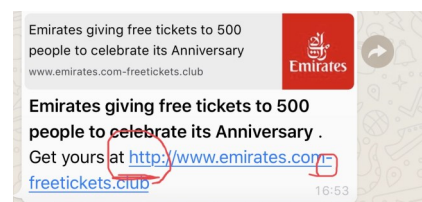
Always verify that the organization you're dealing with is legitimate before you take any other action:

- Verify Canadian Charities with the Canada Revenue Agency
- Verify collection agencies with the appropriate provincial agency
- Look online for contact information for the company that supposedly called you, and call them to confirm
- Verify any calls with your credit card company by calling the phone number on the back of your credit card

If you've received a call or a contact from a family member in trouble, talk to other family members to confirm the situation.

Watch out for fake or deceptive ads, or spoofed emails. Always verify the company and its services are real before you contact them

Don't Give Out Personal Information



Cooking with Gwen

Gwen is a Meal Coordinator for the Brunkild, Sanford and Starbuck meal programs. Many of her featured recipes are also prepared deliciously for the GEMS meal program.



Copper Pennies

Directions

2 pounds	Carrots (sliced)
1 stalk	Celery (chopped)
1	Green Bell Pepper (chopped)
1	Onion (chopped)
1 (10.75 ounce) can	Condensed Tomato Soup
0.3 cup	Vegetable Oil
½ cup	Distilled White Vinegar
¼ cup	White Sugar

- Bring a pot of water to boil, add carrots and boil until the carrots are just tender, approximately 10 minutes. Drain well.
- In a mixing bowl combine the celery, green pepper, carrots and onion.
- Bring tomato soup, oil, vinegar and sugar to a boil. Stir well.
- Remove the mixture from the heat and let cool, 10 to 15 minutes.
- Pour the mixture over the vegetables, mix until all of the vegetables are coated.
- Marinate this salad overnight before serving



"Knock Knock."

"Who's there?"

"Norma Lee."

"Norma Lee who?"

"Norma Lee I don't eat this much!"

Beware of unsolicited calls where the caller asks you for personal information such as:

- Your name
- Your address
- Your birthdate
- Your social insurance number
- Your credit card or banking information

If you didn't initiate the call, you don't know who you are talking to.



Beware of upfront fees

Many scams request you to pay fees in advance of receiving goods, services, or a prize. It's illegal for a company to ask you to pay a fee upfront before they'll give you a loan.

There are no prize fees or taxes in Canada. If you won it, it's free.

Protect your Computer

- Watch out for urgent looking messages that pop up while you are browsing online. Don't click on them or call the number they provide.
- No legitimate company will call and claim your computer is infected with a virus.
- Some websites, such as music, game, movie, and adult sites, may try to install viruses or malware without your knowledge. Watch out for emails with spelling and formatting errors, and be wary of clicking on any attachments or links. They may contain viruses or spyware.
- Make sure you have anti-virus software installed and keep your operating system up to date.
- Never give anyone remote access to your computer. If you are having problems with your system, bring it to a local technician.

Be careful who you share images with

Carefully consider who you're sharing explicit photos and videos with. Don't perform any explicit acts online. Disable your webcam or any other camera connected to the internet when you are using it. Hackers can get remote access and record you.

Protect your online accounts

By taking the following steps, you can better protect your online accounts from fraud and data breaches:

- Create a strong password by:
 - ◇ Using a minimum of 8 characters including upper and lower case letters, and at least 1 number and symbol
 - ◇ Creating unique passwords for every online account including social networks, emails, financial and other accounts
 - ◇ Using a combination of passphrases that are easy for you to remember but hard for others to guess.
- Enable multi-factor authentication
- Only log into your accounts from trusted sources
- Don't reveal personal information over social media

Report by phone Canadian Anti-Fraud Centre

Toll free: 1-888-495-8501

Monday—Friday, 9am —4:45 pm (Eastern time) and closed on holidays

Osteoporosis

"The Osteoporosis presentation will go over the description and diagnosis of Osteoporosis. We will review exercises and postures that are to be avoided in daily life as well as in exercise classes such as yoga. Joanne Gross will go over the exercises that are recommended to promote good bone health and prevent fractures in the BoneFit program. We will go over some of these exercises including balance, strength, posture and flexibility. There will be some handouts available.

- Wednesday, Oct 5: Starbuck Hall: 12:30 pm
- Thursday, Oct 13: Sanford Legion 12:30 p.m.

Social Media 101

Navigating social media as an older adult can be very daunting! ... but we're here to help!

The top two social media platforms older adults use are Facebook and YouTube. Older Adults are using social media in growing numbers. But there's also huge benefits. In this presentation, we will go over everything you wanted to know about social media but were too afraid to ask. We are going to cover:

Differences between social media platforms

Benefits and challenges of social media

Social media etiquette (oversharing, comments, false information)

Acronyms (What do they know? What are some handy ones to know?)

Safety/Scams; how to identify bots, scammers, a suspicious friend request, click bait.

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).



Groups & pages

- Monday, Oct 17 at Caisse Community Centre 12:30
- Wednesday, Oct 19 at Starbuck Hall at 12:30
- Thursday, Oct 20 at Sanford Legion at 12:30

Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: October 3

Starbuck: Oct 5(Osteoporosis), 12, 19 (Social media 101), 26

Sanford: Oct 6, 13 (Osteoporosis), 20 (Social media 101), 27

La Salle: Sept 17 (Social media 101), 24, 31

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



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)

Emergency First Aid CPR/AED Every household can benefit from having someone certified with Emergency First Aid CPR C/AED, especially in rural areas!

This is a basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. **La Salle**

Saturday October 8th 9AM-5PM

Yin Yoga (There's still room!) Yin Yoga is a slower pace style of yoga that incorporates principles of traditional Chinese medicine with asanas or postures. **a Salle**

Mondays 7:45PM-8:45

Exploring Self-Expression Through Art Did you know that art is good for the heart...and soul? Join instructors from Art City Inc., who will help you explore different mediums of self-expression! You might have a go at drawing, painting and more. **La Salle**

2 2:00PM-4:00PM

Wednesday October 5 to November

Functional Fitness (There's still room!) Everyone benefits from functional fitness! *What does functional fitness mean? Functional fitness refers to exercises that help with you with everyday movements and activities like reaching for something in a high cupboard or looking for something under a chair. These 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 and cardiovascular conditioning.* **La Salle**

Tuesdays and Thurs-

days 9:10AM-10:10AM

La Salle Art Club Bring your own project! Free! **Tuesday October 18th 7PM-9PM in the Community Fellowship Church!**

Pickleball La Salle Tuesdays and Thursdays 1PM-3PM

Pickleball for Beginners La Salle Wednesdays 11AM-1PM

Fall Crafting Extravaganza! Join us in creating enchanting center pieces for the Macdonald Volunteer Service Awards. During one afternoon, we are inviting older adults and young people to work together on this project for the community. This inter-generational approach will give the opportunity for older adults to share their crafting expertise with the next generation of crafters, and share moments to connect with each other. Together, the group will create 1, 2, or 3 different center pieces and may even get to take one home! **Sanford**

Friday October 21st 1PM-4PM

Macdonald-Headingley
RECREATION DISTRICT

Monetary Donations Gratefully Accepted

The end of the year is fast approaching. If you are looking to make a financial donation and keep it in the community, consider giving to Macdonald Services to Seniors. The money donated help to offset the costs of our programs. Charitable tax receipts will be issued for use on your 2022 Income Tax return if the donation is received by Dec 31, 2022.

Cheques can be made out to RM of Macdonald. On the description line add: donation to MSS
Please mail your donation to Macdonald Services to Seniors. Box 283. Starbuck, MB R0G 2P0

MHRD Programs continued

Quilting Club Bring your own project to work on it doesn't have to be quilting, it could be knitting or card making as well. You can bring your sewing machines or do hand work. **Sanford Sunday October 2 9AM-4PM**

Exercises with Liza Join us for these gentle exercises that can help you maintain muscle, strength and improve mobility. Liza will lead the group using 1 lbs weights and stretchy bands. These exercises can be done standing or seating. Program takes place in the Riverdale Apartments' lounge. **Starbuck Thursdays 10AM-11AM**

Starbuck Walking Club (Starts November 1!) Come join us for an enjoyable hour and get some exercise and conversation. This group will meet once per week in the Starbuck Community Hall this Fall. There are many benefits to joining an indoor walking club:

1. An indoor space means a climate-controlled setting, not too hot, not too cold!
2. Increased safety - using an indoor track can be safer than walking outdoors, and no worries about speeding cars.
3. Close amenities, water and washroom nearby.
4. Social interaction - a walking club is an opportunity to socialize and make new friends!
5. Medical response, having someone around can provide peace of mind in case an emergency happens.

If you are interested in volunteering for this free program, please reach out to Leanne Wilson, (204) 735-3052.

Please consult a Health Care Professional before starting any new exercise program to help decide if it's right for you. **Starbuck Tuesdays 10AM-11AM**

October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Brunkild Parmesan Chicken	4	5 Starbuck Lasagna Osteoporosis	6 Sanford Lasagna	7	8
9	10 Thanksgiving Day	11	12 Starbuck Sesame Chicken	13 Sanford Sesame Chicken Osteoporosis	14	15
16	17 La Salle Teriyaki Chicken Social Media 101	18 Celebra- tions 11 am	19 Starbuck Roast Pork Social media 101	20 Sanford Roast Pork Social media 101	21 Craft Ex- travaganza at San- ford le- gion 1-4	22
23	24 La Salle Honey Glazed Ham	25	26 Starbuck Zombie Loaf	27 Sanford Zombie Loaf	28	29
30	31 La Salle Zombie Loaf (Meatloaf) Halloween					

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

Cynthia Bisson:
204-736-2976

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.**

