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The Wire

September 2022

Launch of Federal, Provincial and Territorial Ministers Responsible for Seniors Forum's public consultations on ageism

Ageism is often overlooked as an issue of diversity and inclusion. As a result, age-based stigma and discrimination are often tolerated instead of denounced.

On August 15, the Federal, Provincial and Territorial (FPT) Ministers Responsible for Seniors Forum launched public consultations in order to better understand and address the negative impacts of ageism toward older adults in Canada. These national consultations will play a key role in the important conversations on ageism and misconceptions about aging in Canada.

Canadians are invited to share their experience with ageism and on potential solutions to address this issue through an [online questionnaire](#) until September 30, 2022. In the fall of 2022, this public consultation will be followed by federal, provincial and territorial roundtables, community-led group discussions and engagement with members of First Nations, Métis and Inuit groups.

The information and knowledge gained during the consultations will provide insights into how ageism manifests in Canada, how older adults experience it and the damages that it causes. The consultations will help identify possible solutions to address and combat ageism in Canada.

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.



For the caramel sauce-

- ☐ 1 cup [sugar](#)
- ☐ 1/4 cup water
- ☐ 1 teaspoon [sea salt](#)
- ☐ 3/4 cup heavy cream
- ☐ 3 tablespoons butter
- ☐ 1 teaspoon [vanilla](#)

For the crumble-

- ☐ 1 cup [all purpose flour](#)
- ☐ 1/3 cup [packed brown sugar](#)
- ☐ 1/3 cup [granulated sugar](#)
- ☐ 6 tablespoons butter softened
- ☐ 1/2 teaspoon [salt](#)

For the apples-

- ☐ 4 granny smith apples peeled, cored and sliced
- ☐ 2 tablespoons lemon juice
- ☐ 2 tablespoons butter
- ☐ 1/4 teaspoon [salt](#)

The **Granny Smith**, also known as a **green apple** or **sour apple**, is an apple cultivar which originated in Australia in 1868.^[1] It is named after Maria Ann Smith, who propagated the cultivar from a chance seedling.

The fruit is hard, firm and with a light green skin and crisp, juicy flesh. The flavour is tart and acidic. It remains firm when baked, making it a popular cooking apple used in pies, where it can be sweetened. The apple goes from being completely green to turning yellow when overripe.

Salted Caramel Apple Crumble

For the caramel sauce-

1. Heat sugar and water in a small saucepan over medium heat to melt the sugar. Continue cooking and swirling sugar until it turns amber in color.

2. Whisk in sea salt and heavy cream. The mixture will bubble up violently briefly. Continue whisking until sauce is smooth.

3. Stir in butter and vanilla. Set aside.

For the Crumble-

1. Combine all ingredients together using a stand mixer. The mixture will be crumbly but stay together when squeezed. Set aside.

For the Apples-

1. Prepare apples and toss in lemon juice.

2. Cook apples in a large cast-iron skillet over medium-low heat in butter to draw out moisture. Sprinkle with salt to draw out all the moisture possible. Drain apples and place back into skillet. This process should take about 5-7 minutes of cooking.

3. Pour 3/4 of prepared caramel sauce into the apples and stir gently.

4. Top with the crumble topping.

5. Bake at 350 for 20 minutes and serve with remaining caramel sauce.

Free Frauds and Scams Presentation

"Millions of dollars are lost through frauds and scams. Thousands of people are victimized each year. All segments of the population are impacted, no one is immune from this type of crime and anyone can be a target. We all have role to play in fraud prevention. This presentation will help you recognize, report and prevent frauds. Different types of Frauds and Scams covered in this presentation include: Identity Thefts, Online, Email/text messages, Telemarketing, Mail, Door-to-door, Romance."

- Wednesday, Sept 7 : Starbuck Hall: 12:45
- Thursday, Sept 8: Sanford Legion 12:45
- Monday, Sept 12: Caisse Community Centre, La Salle at 12:45

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act **FAST**. Lifesaving treatment begins the second you call 9-1-1.

© Heart and Stroke Foundation of Canada, 2021.

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



Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: no meal in September

Starbuck: Sept 7(Frauds & Scams), 14, 21, 28

Sanford: September 8 (Frauds & Scams), 15, 22, 29

La Salle: September 12 (Frauds & Scams), 19, 26

See GEMS menu to find out what yummy delights are being prepared for each meal!

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)

Oak Bluff

- ✦ Cardio, Core and Strength (10 Thursdays, October 6 to December 8, 7PM-8PM, Oak Bluff Recreation Centre)
- ✦ Gentle Yoga (10 Mondays, October 3 to December 12, 6PM-7PM, Oak Bluff Recreation Centre)
- ✦ Yoga for Men (10 Mondays, October 3 to December 12, 7:30PM-8:30PM, Oak Bluff Recreation Centre)
- ✦ Pickleball (Wednesdays, 6:30-8:30, dates TBD, location TBD)

La Salle

- ✦ La Salle Art Club Bring Your Own Art Project! (September 20, October 18, November 15, December 13 in the La Salle Community Fellowship Church, 7PM to 9PM)
- ✦ Feeding Busy Families (Saturday October 15th, 9AM to 11:30AM, Caisse Community Centre)
- ✦ Emergency First Aid CPR C/AED (Saturday October 8th, 9AM to 5PM, Caisse Community Centre)
- ✦ Functional Fitness (11 Tuesdays and 11 Thursdays, September 27 to December 8, 9:10AM-10:10AM)
- ✦ Fluid Flow Yoga (10 Mondays, September 26 to December 5, 6:30PM-7:30PM)
- ✦ Yin Yoga (10 Mondays, September 26 to December 5, 7:45PM-8:45PM)
- ✦ Pickleball Lesson for Beginners (Thursday, September 15th from 11AM-1PM, Caisse Community Centre)
- ✦ Pickleball (Tuesdays and Thursdays, 1PM-3PM, Caisse Community Centre)
- ✦ ** Keep eye out for an art program with Art City in La Salle **

Sanford

- ✦ Yoga All Levels with Emily (10 Mondays, September 26 to December 5, 6PM-7PM, JA Cuddy School)
- ✦ Fusion Fitness (10 Tuesdays, October 4 to December 6, 6:30PM-7:30PM, JA Cuddy School)
- ✦ Quilting Club – Bring Your Own Projects! (Sunday September 4, Sunday October 2, 9AM-4PM)
- ✦ Drop In Basketball – Women Only! (18+) (Tuesdays, 7:30PM-8:30PM, JA Cuddy School)
- ✦ ** Keep eye out for an art program with Art City in Sanford! **

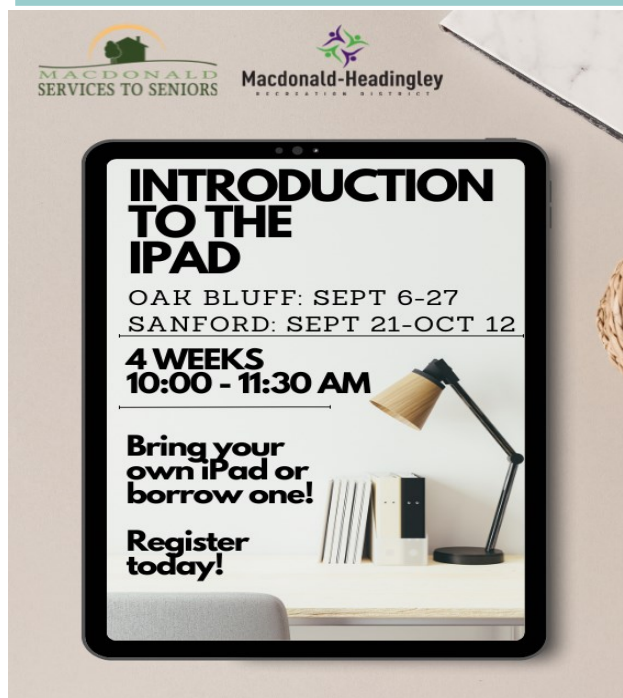
Starbuck

- ✦ Pickleball (Tuesdays and Thursdays, 7PM-8:30PM, location TBD)
- ✦ Yoga All Levels with Emily (10 Mondays, September 26 to December 5, 8PM-9PM, Starbuck Community Hall)
- ✦ Exercises with Liza at Riverdale Apts, 10 am. Everyone welcome.

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



Introduction to the iPad: Oak Bluff and Sanford

Free class: Please call Leanne at 204-735-3052 for more information.

Macdonald Services to Seniors is looking for crafters to help with a table centrepiece craft on October 21 for the MHRD Volunteer Service Awards being held in November. More details to follow in October.



Celebrations Dinner Theatre Matinee

Tuesday, Oct 18, 2022 at Canad Inns Pembina Hwy—Doors open at 11:00 a.m.

“GREASED”

Oh those 1950's. Malt shops and sock hops, hula hoops and hot rods. There were jocks and the squares, goodie two shoes and cheerleaders. And yes of course, those leather jacket drag racers who has more grease in their hair than their engines. Come back with us again to a time when life seemed simpler. Tap your toes and laugh with us as we parody one of the all-time great nostalgia trips. All your favourite rock and roll classics of the 50's are queued up and ready. All we need is you!

Tickets are \$45 and include meal and ticket to the show. Excellent front floor seats! Seats are limited. Call Leanne to book your seat at the table.

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Sanford Liver n'Onions	2	3
4	5 Labour Day	6	7 Starbuck Lemon Chicken Frauds & Scams	8 Sanford Lemon Chicken Frauds & Scams	9	10
11	12 La Salle Ethiopian Lunch Frauds & Scams	13	14 Starbuck Pork Cutlets	15 Sanford Pork Cutlets	16	17
18	19 La Salle Shepherd's Pie	20	21 Starbuck Pesto Chicken	22 Sanford Pesto Chicken	23	24
25	26 La Salle Roast Beef	27	28 Starbuck Roast Beef	29 Sanford Roast Beef	30 National Truth & Reconcil- iation Day	

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

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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.**

