



Inside this issue:

Cooking with Gwen **2**

GEMS Meal Dates

MHRD **3**

Advance care Planning, continued **4**

Lunch and Learns

GEMS Meal Calendar **5**

The Wire

August 2023

Do you have an Advance Care Plan?

Advance care planning helps you describe your wishes at the end of life, if you cannot speak for yourself. Your plan may include information about your values, goals and preferences for procedures that you do or don't want to have, as well as other information about your care at the end of life. The most important aspects of advance care planning are naming one or more Substitute Decision Makers – someone who will speak on your behalf and make decisions for you when you are not able to do so yourself – and having a conversation with them about your wishes. Your plan can be changed at any time. Your Substitute Decision Maker will only use it if you are not capable of speaking for yourself. You may never need your plan – but if you do, you'll be glad to know that your voice will be heard, and that your loved ones will have the confidence to speak for you.

1. Think about what's right for you. What are my values, beliefs and understanding about end of life care and specific medical procedures? What's important to me?
2. Learn about medical procedures There are many medical procedures that can be offered at the end of life. Some may improve your quality of life, others may only prolong life. Different people have different thoughts about these procedures. Learn about various medical procedures.
3. Choose your Substitute Decision Maker :Choose someone who would honour and follow your wishes, and is able to speak for you if you can't speak for yourself
4. Talk about your wishes: Talk with your Substitute Decision Maker, family members and friends who are important to you. Tell your health care team – and if you have a written plan, share it with them.
5. Record your wishes It's a good idea to write down your wishes or making a recording or video. There are also forms available in most provinces and territories. Find provincial / territorial resources
6. Review your plan It's important to review your plan regularly to make sure it reflects your wishes, especially if something in your life changes. Continue the conversation

What is a Substitute decision Maker?

This is the person(s) who will make medical decisions on your behalf in the event you are unable to speak for yourself due to sudden or serious illness. Or just in the event you become unable to consent or refuse treatment or other care options. They may also be called a Medical Proxy, a Medical Agent or a Power of Attorney for Personal Care.

How do I choose a Substitute Decision Maker?

It's important to choose someone who you trust and feel will be comfortable

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.



Chickpea Salad

2 cans chickpeas, drained and rinsed
3 sweet peppers (red, green, orange), diced
2 cans water chestnuts, drained
6 stalks celery, chopped
1/2 cup green onion, chopped

Dressing

1/4 cup Sundried Tomato
1/4 cup Raspberry Vinaigrette

Also known as Garbanzo beans, chickpeas aren't just an essential ingredient in hummus or a delectable ingredient in chili but are also very healthy, boasting vitamins, minerals, fiber, and protein. These characteristics may support weight management, blood sugar regulation, and brain health while reducing your risk of chronic ailments like [heart disease](#) and cancer.

Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: Aug 21

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

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

La Salle: Aug 14, 28



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)

Fall 2023-Winter 2024

Program & Community Resource Guide



Macdonald-Headingley
RECREATION DISTRICT

*Recreation... It's More
Than You Think!*

Macdonald Headingley Recreation District

Fall 2023 – Winter 2024 Program & Community Resource Guide

COMING AUGUST 15TH!

Be the first to know.

Subscribe to the MHRD newsletter at www.mhrd.ca

Macdonald-Headingley
RECREATION DISTRICT

Advance care Plan, continued

carrying out and communicating your wishes. Don't forget to have the conversation – it's important that your Substitute Decision Maker knows about their role and your wishes.

- Do I trust this person to make health care decisions that reflect my wishes?
- Can they communicate clearly with my health team?
- Can they make difficult decisions during stressful times?
- Is this person willing and available to speak for me if I couldn't speak for myself?

Legal requirements regarding the appointment of a Substitute Decision Maker vary across the country. Some provinces require you to complete certain legal forms.

When does this planning come into effect?

Your substitute decision maker is only called upon if you are unable to make your own health care decisions (e.g. you are in a coma or your illness has impaired your ability to make decisions). Also, any written documents/plans are only referred to under these circumstances. If you have a written document, your substitute decision maker can use it to guide your care and advocate for your wishes.

Can my plans change?

You can change your plans as often as you like. Just make sure that the person representing you understands your wishes and has a copy of your most recent written document(s).

For more information or to start your online, downloaded or printed workbook, please visit:

[Individuals & Families - ACP in Canada | PPS au Canada \(advancecareplanning.ca\)](http://www.advancecareplanning.ca)

Lunch and Learns Coming Up

Active Living

An interactive presentation to engage older adults in a discussion about the health benefits of active living. Active Aging in Manitoba speakers are older

adults who themselves have embraced an active living lifestyle. The topics include:

- Why active living is so important.
- Assessment of the participant's current lifestyle.
- Motivational Tips
- Making a commitment to be more active.

Wednesday Sept 6: Starbuck Hall @ 12:30

Monday, Sept 25: La Salle Caisse Community Centre @ 12:30

Monday, Oct 2: Brunkild Hall @ 12:30

Thursday, Oct 26: Sanford Legion @ 12:30



August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Starbuck Pork Cutlets	3 Sanford Pork Cutlets	4	5
6	7 No Meal	8	9 Starbuck Lasagna	10 Sanford Lasagna	11	12
13	14 La Salle Surprise meal	15	16 Starbuck Liver n'Onions	17 Sanford Liver n'Onions	18	19
20	21 Brunkild Surprise Meal	22	23 Starbuck Surprise Meal	24 Sanford Surprise Meal	25	26
27	28 La Salle Enchiladas	29	30 Starbuck BBQ Ribs	31 Sanford BBQ Ribs		

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

**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

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:

Elsie-204-461-2999-La Salle

Margret-204-745-0863-call for service area

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.**

