



Inside this issue:

Cooking with
Gwen **2**

GEMS Meal Dates
Answers to Braain
Teaser Page 3

Brain Teaser **3**

MHRD Programs **4**

Burns Museum

Resources for Sen-
iors **5**

Burns Museum pics

GEMS calendar **6**

The Wire

July 2023

Manitoba Hearing Aid Program

Who is Eligible

Eligibility requirements for an individual to be approved for this grant are as follows:

- Be a resident of Manitoba
 - Be age 65 or over
 - Have a household net income below \$80,000 in the previous year
- Require hearing aids as prescribed by a certified hearing aid dealer licensed in Manitoba

What is covered?

Eligible applicants will receive up to \$2000 towards the cost of their hearing aid(s), hearing assessment, and fitting of the hearing aid(s).

How many claims can I make?

One grant of up to \$2000 per person can be claimed every 5 years. In the interim, replacement batteries, repairs, ear mold replacements, and loss or damage replacement costs will not be eligible.

Can I purchase hearing aids now and be reimbursed later?

No - individuals must apply and be deemed eligible prior to purchasing a hearing device.

What information will be required when I apply?

- A program application form
 - A 'Proof of Income' statement from Canada Revenue Agency
- A hearing assessment document from a certified hearing aid dealer licensed in Manitoba, indicating a degree of hearing loss that requires hearing aids

Folklorama 2023

Visit 3 pavilions in one night! No waiting in line. Progressive meal.

Reserved seating. Aug 18...\$85 per person.

Call Leanne for more information 204-735-3052

Book by July 18

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.



Gwen's Potato Salad or Macaroni Salad Dressing

1 cup mayo
1/4 cup sweet pickle juice
1 tbsp yellow mustard

Secret for creamy salad: Add 3/4 of dressing to your prepared salad. The dressing will mostly be absorbed by the potatoes or macaroni. Just before serving, add in the rest of the dressing.

You can make this recipe for every 2 pounds of potatoes or 8 ounces of dry macaroni.

Congregate Meals in RM of Macdonald



Let's Eat together!!

Brunkild: July 10 (presentation)

Starbuck: July 5, 12, 19, 26

Sanford: July 6, 13, 20, 27

La Salle: July 17, 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

Answers to the Brain Teaser on page 3

Man over board | understand | reading between the lines | mind over matter | backward glance
Touchdown | life after death | going on a diet | bi-level | tricycle
Banana split | lazy afternoon | crossroads | incomplete pass | jack in the box
Double cross | excuse me | tune-fish | long time no see | your under arrest
Big deal | scrambled eggs | circles under the eyes | foreclose | 6 feet underground

MAN BOARD	STAND I	READING	MIND MATTER	ECNALG
TOUCH V	DEATH LIFE	GOING DIET	LE VEL	CYCLE CYCLE CYCLE
BAN ANA	NOON LAZY	R ROAD A D	PAS	BJAOCKX
++	XQQQME	NAFISH NAFISH	TIME ABDEF	YOUR REST
DEAL	GESG	III III O O	CLOSE CLOSE CLOSE CLOSE	GROUND 𐀀𐀀𐀀 𐀀𐀀𐀀

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)

Fitness in the Park

8 Tuesdays: July 4 - August 22

7:00 pm - 8:00 pm

Join Marci in the park for a fun 60-minute workout. This class combines cardio and strength to give you a total body workout. Each class is designed to be different and will challenge you each week. Marci will blast good tunes and keep it fun, but be ready to work! You will need to bring your own dumbbells and a yoga mat each week!

Classes will be held in the Oak Bluff Recreation Centre on days when weather is too bad to hold class outside! Details to follow.

There is no washroom access outdoors

Macdonald-Headingley
RECREATION DISTRICT

Burns Museum Summer Barbecue

We had a glorious day at the Burns Museum on Ferndale Road. Thanks to Susan and Lyle Burns for hosting us and to everyone who helped prepare the food. Thanks also to Access Credit Union (Starbuck)



Manitoba Seniors' Guide

If you are an older adult, The Manitoba Seniors' Guide has valuable information for you. You can find it online or you can phone or email to ask for a paper copy.

- Online: https://www.gov.mb.ca/seniors/publications/docs/seniors_guide.pdf
- Paper copy (Seniors Information Line): 204-945-6565 or 1-800-665-6565 Email: mgi@gov.mb.ca

Community Supports /Resources for Seniors

Senior centres are places in the community where older people (55+ or retired) meet together. There are programs and activities that help you to be independent and connect with other people in your community. More information: Manitoba Association of Senior Centres: www.manitobaseniorcentres.com/ Resident services: <https://residents.gov.mb.ca/reference>.

A & O: Support Services for Older Adults A & O: Support Services for Older Adults helps with the issues you might have as an older adult. A & O will work with you and other seniors and community groups to make your quality of life better. They support, educate and offer many services to seniors. More information: <https://www.aosupportservices.ca/>

Housing

Housing and Aging in Place Options Many seniors want to live in their own homes. The Manitoba government provides financial help so seniors can renovate their homes and stay home longer. More information: <https://www.gov.mb.ca/seniors/housing.html> <https://residents.gov.mb.ca/reference>.

Adult Lifestyle Communities If you are retired from work and want to live on your own, an independent residence in a community with other people is a great choice. You can choose to live in a townhouse, condominium or a small house. Social and recreational activities are available on site. Residents pay the entire cost.

Retirement Homes Manitoba's retirement homes provide excellent retired living experiences. You can receive quality healthcare, a variety of senior services and a friendly atmosphere. There is also private housing for seniors in Manitoba, which offer convenient services and care to seniors.

<https://win.manitobastart.com/>

More Burns BBQ Pictures



July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31 La Salle Mild Butter Chicken					1
2	3 No Meal	4	5 Starbuck Parmesan Chicken	6 Sanford Parmesan Chick- en	7	8
9	10 Brunkild Baked Salmon -Lunch and Learn	11	12 Starbuck Sweet n' Sour Ribs	13 Sanford Sweet n' Sour Ribs	14	15
16	17 La Salle Chicken Cordon Bleu	18	19 Starbuck Surprise Meal	20 Sanford Surprise Meal	21	22
23	24 La Salle Cold Plate	25 Celebra- tions 11 am	26 Starbuck Spaghetti & Meatballs	27 Sanford Spaghetti & Meatballs	28	29

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
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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:

Carly —204-558-1012 -Domain, La Salle and Sanford

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.**

