



Inside this issue:

Cooking with Gwen **2**

E.R.I.K.

MHRD **3**

Get your Flu Shot,
continued **4**

Lunch and Learns **5**

Seasonal Flu Vaccine
Dates

GEMS Meal Dates

GEMS Meal Calendar **6**

The Wire

November 2023

Flu (influenza): Get your flu shot

The flu shot is your best defence against the flu. The flu shot is recommended for almost everyone who is 6 months of age and older.

You need a flu shot every year

Flu vaccines protect against different strains of influenza A and B each year. The World Health Organization makes yearly recommendations on what strains should be included based on worldwide trends of what strains are circulating and current evidence.

This is why a new flu vaccine is produced every year. It's important that you get a new flu shot every year because:

- flu viruses can change over time
- the effectiveness of the flu shot can decrease over time, so receiving a flu vaccine each year helps to keep you protected
- The flu shot helps to protect you if you later get exposed to the virus by helping to:
 - prevent you from getting very sick from flu-related complications
 - protect people close to you because, when vaccinated, you're less likely to spread the virus to others
 - reduce the overall burden on the health care system during respiratory virus season
 - reduce your chances of being infected with the flu and other respiratory viruses at the same time, including COVID-19, which could lead to serious complications

The flu shot won't protect you against COVID-19, so it's also very important to be up to date with recommended COVID-19 vaccinations and any other recommended vaccines

Groups who should especially get the vaccine

The flu shot helps to reduce your risk of getting sick and developing serious illness and complications if you're exposed to the flu virus.

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.

Mmmmeatloaf

Meatloaf Ingredients

2 lbs hamburger
3/4 c. bread crumbs
3 eggs
2 tbsp Italian seasoning
1/2 tsp. salt
1/2 tsp pepper

Glaze

3/4 c ketchup
1 tsp Dijon mustard
2 tbsp brown sugar

Preheat oven to 350 degrees.

Combine all Meatloaf ingredients and place in loaf pans.

Combine Glaze ingredients and add to the top of the meatloaf.

Bake for 1.5 hours



Emergency Response Information Kits (E.R.I.K.)

Join us at the GEMS meal where Leanne will talk about E.R.I.K. and how to properly fill it out. Kits available to anyone who would like them. If you are not able to join us for lunch, this short presentation will begin at 12:30 p.m.

Monday, Nov 6: La Salle

Wednesday, Nov 8: Starbuck

Thursday, Nov 9: Sanford



Macdonald Headingley Programs

Check out the MHRD website for more information on their wide range of programs. [Macdonald Headingley Recreation District • Welcome! \(mhrd.ca\)](https://www.mhrd.ca)

Candle Making – with Sophie's Creations

\$55.00

Ages 14+

Participants will learn how to make their own soy candle, including the science behind it. You will get to choose the scent, container, and colour - making it a truly unique experience!

At the end of the workshop, participants will go home with their very own candle!

Due to the complexity as well as the safety factor (hot wax), workshop not recommended for people under 14 years old.

Oak Bluff: Nov 21 6-8 pm

Sanford: Nov 23 6-8 pm

Link: <https://www.mhrd.ca/programs/view/default/default/search/candle>

Emergency First Aid CPR C/AED

\$93.00

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.

This class consist of 6.5 hours of in-class instruction including a 15 min break in morning and afternoon, plus a 1 hour lunch.

Participants will receive a certificate from the Canadian Red Cross when course is completed. When you register, please use the name you would like on your card, an email address where you would like to receive the certificate, and an alternative email address if you have.

This class is for ages 12 +.

What to bring: Yoga mat (for knees when doing compressions on mannequin), lunch, water bottle and pen.

Starbuck: Nov 25 9 am—5 pm

Link: <https://www.mhrd.ca/programs/details/emergency-first-aid-cpr-caed/3221>

Exercises with Liza

Instructor: Liza Rasmussen

Location: Riverdale Apartments

Date: 14 Thursdays, September 14 - December 14, 2023

Time: 10:00 am – 11:00 am

Fee: Free!

Description: 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 Starbuck's Riverdale Apartments lounge.

Equipment: Please wear comfortable clothing and footwear

Get Your Flu Shot, continued

This reduces your chances of being infected with COVID-19, or another respiratory illness, and the flu at the same time. Having multiple infections could lead to more serious complications. You should especially receive the flu shot this season if you're:

- at high risk of severe disease from the flu or COVID-19
- at increased risk of spreading the flu or COVID-19 to those at high risk of severe illness or complications

The flu vaccine is especially important for the following groups:

- Indigenous people
- People who are pregnant
- People 65 years and older
- Children 6 months to less than 5 years of age
- Adults and children with chronic health conditions, such as:
 - kidney disease
 - morbid obesity
 - heart or lung disorders
 - diabetes and other metabolic diseases
 - anemia or other blood disorders and diseases
 - neurological or neurodevelopmental conditions
 - cancer and other immune compromising conditions
- People of any age who live in nursing homes or other long-term care facilities

The flu shot protects against 3 or 4 different strains of the flu virus each season. The flu shot can still provide protection even when there's a less-than-ideal match between the vaccine and a circulating strain. This can result in lower effectiveness against one strain of the virus but will still provide some protection.

Safety information

- You **cannot** get the flu from the flu shot.
- Side effects after a flu shot are generally mild and resolve on their own within a few days.
- Severe reactions are very rare.

For more information:

[Flu \(influenza\): Get your flu shot - Canada.ca](https://www.canada.ca/en/health-canada/services/flu-influenza/get-your-flu-shot.html)

Lunch and Learns Coming Up

Lunch with Reeve Brad Erb

Join us for a leisurely lunch with R.M. of Macdonald Reeve, Brad Erb.

Reeve Erb will take us through his role and responsibilities in the R.M. He will also try to answer any questions you may have

Monday, November 13: Brunkild Hall @ 11:45

Monday, November 20: Caisse Community Centre, La Salle @ 11:45

Wednesday, November 22: Starbuck Hall @ 11:45

Thursday, November 23: Sanford Legion @ 11:45

Call Leanne to book your spot.

Lunch served at 11:45 for \$10 p.p. 204-735-3052

Seasonal Flu Vaccine Clinics

Starbuck: Nov 1: 1-3 pm (Starbuck Hall)

**Sanford (Meadowbrook Clubhouse): Wed
Nov 1: 3-7 pm**

La Salle: Sat Nov 4: 1-4 pm (Caisse Community Centre)

Oak Bluff: Mon Nov 6: 3-7 pm (Oak Bluff Rec Centre)



A limited number of Covid boosters will be available to those who have been 6 months since their last dose.

Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: Nov 13 (lunch with the Reeve)

Starbuck: Nov 1 (flu clinic), 8, 15, 22 (Lunch with the Reeve), 29

Sanford: Nov 2, 9, 16, 23 (Lunch with the Reeve), 30

La Salle: Nov 6, 20 (Lunch with the Reeve), 27

See the attached 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

November 2023

GEMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Starbuck Chicken Fettucine	2 Sanford Chicken Fettucine	3	4
5	6 La Salle Chicken Parmesan Presentation: ERIK	7	8 Starbuck Lasagna Presentation: ERIK	9 Sanford Lasagna Presentation: ERIK	10	11
12	13 Brunkild Meatloaf Lunch with the Reeve	14	15 Starbuck Ham & Texas Potatoes Cribbage	16 Sanford Ham & Texas Potatoes Cribbage	17	18
19	20 La Salle Honey garlic pork chops Lunch with the Reeve	21	22 Starbuck Surprise Meal Lunch with the Reeve	23 Sanford Surprise Meal Lunch with the Reeve	24	25
26	27 La Salle Beef Stew	28	29 Starbuck Chili	30 Sanford Chili		



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)**

Mike
Kukelko: 204-770- 7838
Wendy
Kukelko: 204-770-2361
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, 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.**

