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The Wire

October 2023



The Emergency Response Information Kit or E.R.I.K.® is a Manitoba Homegrown Patient Safety Initiative that was developed by the Boni-Vital Council for Seniors and continues to be supported by Seniors Resource Coordinators across the province.

In March 2023, Honourable Scott Johnston, Minister of Seniors and Long-Term Care, and the provincial government announced funding to support the production and distribution of 200,000 E.R.I.K.s® to older adults in Manitoba.

This kit is ideal for seniors, chronically ill persons, those who live alone or who have caregivers, and others who have speech difficulties or communications barriers. You may want to take a copy with you when you travel or go to the hospital in a non-emergency situation.

In the E.R.I.K., you will find a Health Care Form, a Health care Directive, a sticker for your door, an organ donor info card, and a Safe to Ask Medication card.

To get your kit, please contact Leanne at 204-735-3052



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.



Pumpkin Shaped Meatball Biscuits

Ingredients

- 1 16 ounce package (8) jumbo refrigerated biscuits
- 1 cup shredded mozzarella cheese (4 oz.)
- 4 teaspoon purchased basil pesto
- 8 frozen cooked 1-inch meatballs
- 100% cotton kitchen string
- 8 fresh rosemary leaves

Directions

Step 1: Preheat oven to 375°F. Line baking sheet with parchment paper. Separate biscuits. Roll or pat each piece of dough to 4 1/2-inch diameter.

Step 2 Place 2 tablespoons cheese in the center of one piece of dough. Top with 1/2 teaspoon pesto and one meatball. Bring dough up around meatball and pinch to seal at top. Loosely tie 100% cotton kitchen string vertically 1 1/2 inch intervals around balls to resemble striations of a pumpkin.



Step 3 Place on prepared baking sheet; bake 20 to 25 minutes or until golden brown. Cool 5 minutes. Carefully remove kitchen string and place rosemary leaves on top of each roll to resemble a stem. Serve warm.

[25 Easy Appetizers That Will Be a Hit at Your Halloween Party \(bhg.com\)](http://bhg.com)



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)

La Salle:

Getting The Most Out of Your iPad

Instructor: Karen Lough & Leslie Malcolm

Location: Caisse Community Centre: MPR

Date: 6 Mondays, Oct 23 - Nov 27, 2023

Time: 10:00 am – 11:30 am

Fee: \$30.00

Description: Do you have an iPad but you are not quite sure how it works and what to do with it? We can help! You will learn how to navigate your iPad, customize your settings, connect to the internet/Wi-Fi and how to search and share. We will explore the apps that come with your device and how to find the best apps using top charts and customer ratings.

This 6-week course is an introduction to the iPad. You can bring your own iPad and charger, a notepad and a pen. If you don't have an iPad, please contact Leanne Wilson (Macdonald Senior Services Co-ordinator) at 204-735-3052 or info@macdonaldseniors.ca.



Sanford:

Introduction to the iPad – Sanford

Instructor: Macdonald Senior Services

Location: Sanford Legion

Date: 6 Mondays, Oct 2 - Nov 13, 2023 (No class Oct 9)

Time: 10:00 am – 11:30 am

Fee: \$30.00

Description: This 6 week course will support you in getting the most out of the Apple iPad. If you've taken the *Introduction to the iPad* course before, this course is the next step. Or if you are already comfortable using an iPad and are looking for more helpful tips and trick to better use your device, this course is for you!

In this program, your instructor will go over using social media, being aware of scams, threats and phishing, better understanding your settings, troubleshooting common device issues, and setting up iPad security. You can bring your own iPad and charger, a notepad and a pen.

If you have a Samsung device, you can still join the class!

Please register online to save your spot or call the Macdonald Headingley Recreation District office at 204-885-2444.



[Halloween Jokes That Are Actually Funny 2022 – Get Halloween 2022 News Up-date](#)

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Starbuck

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 the Riverdale Apartments' lounge.

Equipment: Please wear comfortable clothing and footwear.

Oak Bluff

Social Dance classes

Beginner Level

Instructor: Allison Grover

Location: Oak Bluff Community Centre

Date: 4 Dates: Oct 25, Nov 1, Nov 8, Nov 15

Time: 3pm-4pm

Fee: \$44.00

This class will teach you how to be confident on the dance floor in any social setting.

Jive Waltz Cha Cha Foxtrot

Couples and Individuals welcome

Please wear clean, comfortable footwear with non-rubber soles.



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.

Monday, Oct 2: Brunkild Hall @ 12:30

Thursday, Oct 26: Sanford Legion @ 12:30

Call Leanne to book your spot.

This is a free presentation. Lunch served at 11:45 for \$10 p.p. 204-735-3052

Seasonal Flu Vaccine Clinics

Sanford (Meadowbrook Clubhouse): Wed

Nov 1: 3–7 pm

La Salle: Sat Nov 4: 1-4 pm

Oak Bluff: Mon Nov 6: 3-7 pm



Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: Oct 2 (presentation)

Starbuck: Oct 4, 11, 18, 25

Sanford: Oct 5, 12, 19, 26 (presentation)

La Salle: Oct 16, 23, 30

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

October 2023

GEMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Brunkild Minute Steak Presentation	3	4 Starbuck Liver n'Onions	5 Sanford Liver n'Onions	6	7
8	9. No Meal Thanksgiving Day	10	11 Starbuck S & S Meatballs	12 Sanford S & S Meatballs	13	14
15	16 La Salle Ham	17	18 Starbuck Roast Pork Cribbage	19 Sanford Surprise a la Roy Cribbage	20	21
22	23 La Salle Lasagna	24	25 Starbuck Scary Surprise	26 Sanford Scary Surprise	27	28
29	30 La Salle Spooky Salmon	31 Halloween	 <div> <p>What does a skeleton order at a restaurant?</p> <p><i>Spare ribs</i></p> </div>			

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

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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.**

