

The Wire

August 2024

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Coping with Loss

There are many forms of grief but while grief is usually associated with death, it can come with any type of loss. The more unexpected it is, the more fear it creates as we feel increasingly powerless and helpless.

The grief associated with the loss of a loved one tends to be the most intense grief we experience. But it is also helpful to know that grief can occur with any loss we go through in our life, **including relationship breakup; losing our health or career or finances; death of our pet; having a family member suffering from a serious illness; losing an asset of a sentimental value, such as family home . Grief can also be experienced with a loss of purpose or identity.**

Grief is a normal and natural response to loss, and losses can create a lot of pain and suffering.

The grieving process is very individualized and personal such that **every-one processes and experiences grief differently.** Whereas some might feel better after a few weeks, others might need years to feel better.

There is no set time. In all cases, it is important to cope with grief actively and not ignore it.

A variety of emotions are often experienced when we are in grief such as:

- Being in shock
- Feeling sad
- Feeling angry
- Feeling lonely, guilty or helpless
- Fear and anxiety.
- Feeling alone or that we won't be able to cope .

We also often experience a variety of physical symptoms including a reduced immune system which can make us more vulnerable to illnesses, feeling weak, body aches, nausea, reduced energy and fatigue, insomnia.

<https://www.camh.ca/en/camh-news-and-stories/coping-with-loss-and-grief>

People express or talk about grief in different ways, but we all feel grief after a loss. In most cases, people navigate through grief with help from loved ones and other supporters and, in time, go back to their daily life.

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.



Cool Whip Pudding Frosting

Ingredients:

- **Instant Vanilla Pudding Mix:** Adds flavor and helps create a creamy texture for the frosting.
- **Powdered Sugar:** Provides sweetness and enhances the overall flavor of the frosting.
- **Milk:** Helps to dissolve the pudding mix and create a smooth consistency.
- **Vanilla Extract:** Adds a hint of vanilla flavor to complement the sweetness of the frosting.
- **Cool Whip:** Adds lightness and fluffiness to the frosting, giving it a creamy texture and airy consistency.

How To Make It:

1. Prepare Pudding Mixture: In a large mixing bowl, combine the instant vanilla pudding mix, powdered sugar, milk, and vanilla extract. Beat with an electric mixer until smooth and creamy.

2. Incorporate Cool Whip: Once the pudding mixture is smooth, add the thawed Cool Whip and beat until fully incorporated. This will create a light and fluffy frosting with a creamy texture.

3. Ready to Use: Your frosting is now ready to be used! Spread it generously over cakes, cupcakes, brownies, or use it as a dip for fresh fruit. Refrigerate any leftovers in an airtight container until ready to use.

Did you know...
You can pre-buy meals for the GEMS programs? This makes great gifts for Mother's Day, Father's Day, Christmas or anytime you want to make someone's day extra special. Give the gift of food and fellowship! Contact Leanne for more information.

Journey to Churchill

We are investigating the potential of travelling by train from Winnipeg to Churchill next summer.

Some of the tours we are looking at:

- Beluga Whale tour
- Fort Prince of Whales Tour
- Discover Churchill (rocket range, Cape Merry, Miss Piggy plane wreck, Polar Bear jail, murals, radar station, wildlife management area)
- Itsanitaq Museum



If this is something you are interested in, please let Leanne know. We are just working on details and don't know how much the trip will be at this point...we are hoping for some group discounts if enough people sign up. We are estimating on \$1500 per person but will know more once the 2025 prices for the train, hotel, and tours are out. **Sign up now...no commitment until we have the finalized details.**

Tips to help with Grief

- Connect with caring and supportive people.
- Give yourself enough time.
- Let yourself feel sadness, anger, or whatever you need to feel.
- Recognize that your life has changed.
- Reach out for help.
- Plan for situations or events that might be hard.
- Take care of your physical health.
- Offer support to other loved ones who are grieving.
- Work through difficult feelings like bitterness and blame.

**Your grief
is as
individual
as you are.**

One of the most important things you can do is to **simply be there for your loved one**. Grief can feel overwhelming, but support and understanding can make a huge difference.

Tips for supporting a loved one:

- Understand that a loved one needs to follow their own journey in their own way and express their feelings in their own way.
- Ask your loved one what they need, and regularly remind them that you're there for support if they aren't ready to talk with others yet. Remember to offer practical help, too.
- Talk about the loss. It's common to avoid the topic and focus on a loved one's feelings instead, but many people find sharing thoughts, memories, and stories helpful or comforting.
- Remember that grief may be bigger than the loss.
- Include your loved one in social activities. Even if they often decline, it's important to show that they are still an important member of your community.
- Help your loved one connect with support services if they experience a lot of difficulties.
- Take care of your own well-being and seek extra help for yourself if you need it.

[Grieving - CMHA Manitoba and Winnipeg \(cmhaacrossmb.ca\)](https://www.cmhaacrossmb.ca)

Manitoba -Canadian Mental Health Association (CMHA):

To contact Service Navigation, you may:

Call the HUB direct line at [204-775-6442](tel:204-775-6442)

Email hub@cmhawpg.mb.ca

In-person at 930 Portage Avenue during CMHA hours of operation, 8:30am-4:30pm Monday to Friday (excluding holidays)

If you are in crisis or need to speak to someone right away Call the Klinik Crisis Line at [1-888-322-3019](tel:1-888-322-3019) Toll-Free 24 HRS

MyGrief.ca is an online resource to help people move through their grief from the comfort of their own home, at their own pace. It can help you understand your grief and approach some of the most difficult questions that may arise. It was developed by people who have experienced the death of someone important to them and grief specialists. It complements existing community resources and helps address barriers to grief services.

Lunch and Learns

Presentations are free but you must register for either by calling 204-736-2255. There is a charge for the meal. Lunch-\$10 p.p.

Get your Groovy Games on - Join Krista from MHRD for a fun-filled afternoon of games and socializing with friends. Share ideas about what types of recreation and leisure activities you would like to see come to your community and have fun while being active!



Join us for lunch and games:

- Thursday, Aug 8 at Sanford Legion,
- Monday August 12 at Caisse Community Centre,
- Wednesday, Aug 21 at Starbuck Hall, Monday,
- August 26 at Brunkild Hall.

Frauds & Scams

Join us for an informative session on "Frauds and Scams Awareness" put on by the RCMP. Learn about common scams targeting older adults, how to recognize them, and practical strategies for prevention.

The presentation will cover financial, health, and tech-related scams, highlighting warning signs and protection tips. Attendees will also receive resources for reporting scams and seeking help. Empower yourself with the knowledge to stay safe and secure.

- Monday, September 4, Starbuck Hall at 12:30
- Monday, September 23, La Salle at 12:30
- Thursday, Oct 3, Sanford Legion at 12:30

Prairie Wildlife Rehab, Thursday, September 5 at Sanford Legion-12:30 p.m.

The Prairie Wildlife Rehabilitation Centre education team will bring a few of our ambassadors and talk about the who, what, when, and where of how we received our ambassadors in addition to their natural history in the wild.

Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: August 26 (games afternoon)

Sanford: August 1, August 8 (games afternoon), August 15, August 22, August 29

La Salle: August 12 (games afternoon), August 19

Starbuck: August 7, August 14, August 21 (games afternoon), August 28

See the 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.

204-736-2255



Fall Guide coming August 15

Children & Youth
Parent & Child
Workshops
Leisure
Fitness
Yoga
Dance
Sports
Art



204-885-2444 | info@mhrd.ca | mhrd.ca

Health Symposium

Living Well in the R.M. of Macdonald.

Mark your calendars for a day of speakers and interactive display booths on October 11 at the Oak Bluff Recreation Centre.

The event runs from 9am-2pm and includes lunch. Tickets on sale after August 23. For more information, contact Leanne at 204-736-2255

Technology!

iPAD Loan program

If you are unsure about buying a tablet and don't want to commit hundreds of dollars to purchasing one, you can borrow one to take it for a test drive before making that purchase.

Call Leanne to borrow one along with an in-depth user manual. 204-736-2255

Learn: digital security, top apps, email skills, ChatGPT, Camera, Photos, Safari, Contacts, face Time, Online Safety, Messages, Advanced Tools, Using AI, Social Media, Personalize your iPad



Handy Phone App Tip

Google Maps – Remember Where You Parked

Everyone has experienced a time when you get ready to leave somewhere and realize you have no idea where you parked. If you find this happening frequently, your phone can help you out. But you don't have to download an extra app to remind you where your car is because this feature is included in the most popular navigation app.

In Google Maps, click on the blue dot showing your location, click "Set as parking location" from the menu that pops up, and it'll save it. Then, when you are ready to navigate back to your car, click the blue "Directions" icon and choose "Saved parking." This app is also great for getting directions when you're going somewhere new or get lost while driving.

August 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Sanford Spaghetti & Meatballs	2	3
4	5 No Meal Civic Holiday	6	7 Starbuck Meatballs with gravy	8 Sanford Cold plate Games with Krista	9	10
11	12 La Salle Roast Beef Games with Krista	13	14 Starbuck Pesto Chicken	15 Sanford Ham & Texas Potatoes	16 Folk- lorama	17
18	19 La Salle Fried Chicken	20	21 Starbuck Lasagna Games with Krista	22 Sanford Liver n'Onions	23	24
25	26 La Salle S&S Meatballs Games with Krista	27	28 Starbuck Soup & Sandwiches	29 Sanford Pulled pork on a bun	30	31

All meals served at 11:45a.m.

Please call ahead-Call Leanne at 204-736-2255

All meals \$10 p.p.

We will try to accommodate special dietary requests.

Menu subject to change.

What does idk stand for?

Everyone I ask says
"I don't know".



To do list-

- 1- Go to pet store.
- 2- Buy bird seeds.
- 3- Ask how long it will take for the bird to grow.
- 4- wait for the reaction.



MACDONALD SERVICES TO SENIORS

Leanne Wilson
Box 100
161 Mandan Dr
Sanford, MB
R0G 2J0

Phone: 204-736-2255

Email:
info@macdonaldseniors.ca

Macdonald Seniors Ad- visory Council (MSAC)

- Mike
Kukelko: 204-770- 7838
- Wendy
• Kukelko: 204-770-
2361
- Judy Shirtliff:
204-997-7966
- Bernice Valcourt:
204-272-5586
- Roy & Shirley Switz-
er:
204-736-3744
- Ronda Karlowsky:
204-736-4387
- RM Rep: Barry Fell-
er:
204-736-4433
- MHRD: Christee
Stokotelny
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 access transportation, home and yard maintenance, house-keeping, foot care, medical equipment loans, filling out forms, accessing in-formation, 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
Melanie Cotroneo (204) 250-2260

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
Wendy Robson: 204-981-9924
La Salle Cleaning Services: 204-805-4249 call for service
area

Grief Counselling & Family Wellness: Brooke Robinson
(204) 361-5683

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.

