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# The Wire

February 2024

## Q DOCS: Virtual Healthcare from the comfort of your Home

QDoc is a Manitoba based health care organization that provides FREE online medical services to Canadian Residents when YOU need them. **QDoc connects you to quality doctors online** that are ready to see you for any medical issue.

By signing up, you can **virtually meet with a doctor, any place, any time.** We take care of all the hassles for you and for the doctors. Ensuring that the doctors can focus on you. Skip the waiting rooms,. At QDoc, the doctors wait for YOU.

QDoc offers a wide range of services and assistance through dedicated Manitoban QDoctors. From prescribing non-controlled medications, ordering lab tests, providing sick notes, and referring you to in-person care, QDoctors give you access to the care you need, all from the comfort of your home. QDoc can help with non-emergency episodic medical care. Our QDoctors can prescribe medications, refer you to a specialist, provide a sick note, and order lab tests.

[QDoc Virtual Clinic- How Online Doctors Help | Prescriptions](#)

**Have a question or need help setting up your QDoc account?** Please contact their administrative line for additional assistance, and their support staff will be happy to help you.

**QDoc technical support and office hours are 8:30 AM – 4:30 PM CST, Monday to Friday.  
Please call : 1-833-736-2362**

# 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.

## Sawdust Pie



### Ingredients

- |                                |                                  |
|--------------------------------|----------------------------------|
| 1 9" deep dish pie crust       | 1 1/2 cups white sugar           |
| 1 1/2 cups shredded coconut    | 1 1/2 cups graham cracker crumbs |
| 6 oz chopped pecans or walnuts | 1 cup egg whites (7-9 eggs)      |

### Instructions

1. **Preheat oven.** Adjust a baking rack in the centre of the oven and pre-heat to 350 F
2. **Prepare pie crust.** Refrigerate the crust as you make the filling.  
**Tip:** Skip this step if using a pre-made pie shell. Just note that a frozen pie shell needs to be thawed first.
3. **Mix filling.** Add the granulated sugar, shredded coconut, chopped nuts, and graham cracker crumbs to a large mixing bowl. Add the egg whites and stir until everything is combined and evenly moistened. The mixture will initially seem dry but comes together as you continue stirring. A wooden spoon or rubber spatula works well.
4. **Bake pie.** Pour the filling into the prepared pie crust. Using a spoon or spatula, smooth out the surface. Bake the pie for 45 to 55 minutes, until the top of the filling looks golden.
5. **Cool pie.** Remove the pie from the oven and let cool on a cooling rack. You can serve the pie warm, at room temperature, or cold. Let cool for at least 20 minutes for the pie to firm up.
6. **Serve.** Cut the pie into slices. Serve plain, with vanilla ice cream and caramel sauce, or blanketed with banana slices and whipped cream.
7. **Store.** Cover with plastic wrap and store leftover pie in the refrigerator and consume within 4-5 days.

A couple kids asked me today what it was like for me growing up...

...so I took their phones, shut off the internet, gave them a popsi-  
cle and told them to go outside until the street lights came on.

## 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)

### Pep in Our Step: Sanford

Join us for these gentle exercises that can help you maintain muscle, strength and improve mobility. Agnes will lead the group using 1 lbs weights and stretchy bands. These exercises can be done standing or seated. Program takes place in the Sanford Legion | | **Wednesdays, January 10 - March 20, 2024 Free**

### Exercises with Liza

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.

**10 Thursdays, January 11 - March 14, 2024 Free**

### Manitoba Museum-Virtual Tour

*Exploring the Night Sky*

*This program will cover the highlights of the cosmos that can be seen from Earth: constellations, planets, meteors, the northern lights, and the Milky Way. We'll explore the stars as we can see them from our backyard, and also as seen from the largest telescopes on Earth and in space.*

Thursday, March 14, 2024 , 6:30-7:30 p.m. \$10.00

## Fall 2023-Winter 2024 Program & Community Resource Guide



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

**Macdonald-Headingley**  
RECREATION DISTRICT

**Lunch and  
Learns  
Coming Up in  
2024**

## Healthy Habits for a Healthy Brain

Active Aging in Manitoba in collaboration with the Alzheimer Society of Manitoba has developed a 1-hour presentation/discussion on healthy habits that can contribute to a healthy brain and a positive outlook. This topic will look at Mental Well-being ...a state in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

Wednesday, Feb 7: Starbuck Hall-12:30 p.m.  
Monday, February 12: Brunkild Hall- 12:30 p.m.

### Coming Soon!

## Diner's Club is coming back!

Get together with others and visit different restaurants, tea houses, attractions once a month...More details to follow!



## Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: Feb 12

Sanford: Feb 1, 8, 15, 22, 29

La Salle: Feb 5, 26

Starbuck: Feb 7 (Presentation), 14, 21, 28

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**

# February 2024

# GEMS

| Sun | Mon  | Tue | Wed  | Thu  | Fri | Sat |
|-----|--|-----|--|--|-----|-----|
|     |  |     |  | 1 <b>Sanford</b><br><b>Surprise</b>                            | 2   | 3   |
| 4   | 5 <b>La Salle</b><br><b>S &amp; S Ribs</b>   | 6   | 7 <b>Starbuck</b><br><b>S &amp; S Ribs</b>                           | 8 <b>Sanford</b><br><b>S &amp; S Ribs</b>                      | 9   | 10  |
|     |  |     | <b>Healthy Brain</b><br><b>12:30</b>                                 |  |     |     |
| 11  | 12 <b>Brunkild</b><br><b>Lemon Chicken</b><br><b>Healthy Brain</b><br><b>12:30</b> | 13  | 14 <b>Starbuck</b><br><b>Lemon Chicken</b><br><b>Valentine's Day</b> | 15 <b>Sanford</b><br><b>Lemon Chicken</b>                      | 16  | 17  |
| 18  | 19 <b>No Meal</b><br><b>Louis Riel Day</b>   | 20  | 21 <b>Starbuck</b><br><b>Soup &amp; Sand-</b><br><b>wich</b>         | 22 <b>Sanford</b><br><b>Soup &amp; Sand-</b><br><b>wich</b>    | 23  | 24  |
| 25  | 26 <b>La Salle</b><br><b>Ham &amp; Texas</b><br><b>Potatoes</b>                    | 27  | 28 <b>Starbuck</b><br><b>Ham &amp; Texas</b><br><b>Potatoes</b>      | 29 <b>Sanford</b><br><b>Ham &amp; Texas</b><br><b>Potatoes</b> |     |     |

Please call Leanne at 204-735-3052 to sign up no later than a couple days before each week's meals. All meals start at 11:45 a.m.

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  
Judy Shirliff:  
204-997-7966  
Bernice Valcourt:  
204-272-5586  
Roy & Shirley Switzer:  
204-736-3744  
RM Rep: Barry Feller:  
204-736-4433  
MHRD: Susanne Moore:  
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  
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

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.**

