

# The Wire

July 2024

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## March of Dimes Home Modification Program

Does anyone you know over the age of 65 years need home modifications?

Up to \$5,000 for basic and essential accessibility solutions, every three years, to a lifetime maximum of \$15,000.

· Up to \$6,500 for basic and essential accessibility solutions if the applicant resides in a rural or remote area of Manitoba, every three years, to a lifetime maximum of \$15,000.

Funded by the Manitoba Government Department of Health, Seniors and Long- Term Care

### Eligible Devices

· Ramps · Vertical platform lifts (VPLs) · Stair lifts · Transferring devices/poles · Ceiling tracks/Hoyer lifts · Grab bars · Bath bench · Commodes/RTS Applications for outdoor lifts and ramps requiring concrete pouring will only be accepted from April to October. · Portable roll-in shower · Environmental controls to operate appliances; switch lights and computers on or off; facilitate the use of a telephone; or to open, close and lock doors · Repairs to electrical or battery-operated devices funded by this program

### Eligible Adaptations

· Widening of doors and/or replacement of conventional doors by sliding or folding door · Rearrangement of bathrooms to permit safe use · Zero threshold showers · Rearrangement and lowering or raising of kitchen equipment and cupboards

### Eligibility Criteria

An eligible applicant must: · Be a permanent Manitoba resident. · Be 65 years of age or older. · Have a combined net household income of under \$60,000. · Have a permanent ongoing or recurring condition/limitation that impedes mobility and results in substantial restrictions in activities of daily living (eating, bathing, toileting, transferring, and mobility) and/or getting in and out of your home to access essential medical care or community services

### Required Documents

1. Acceptable Proof of Income 2. Occupational Therapist letter or Verification of Condition/Limitation form 3. Price quotes for devices or adaptation 4. Proof of home ownership (for adaptations only) 5. Application

### Verification of Condition/Limitation

· Assessment Tool · No need for a typed letter · Removes barriers to service for remote service users or others who can't immediately access an OT but urgently need devices/adaptations · Extreme safety issues resulting in home displacement

**Program Contact Phone: 1-866-906-6006**

**Email: [SHHS@marchofdimes.ca](mailto:SHHS@marchofdimes.ca)**

**Website: [www.marchofdimes.ca](http://www.marchofdimes.ca)**

# 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.



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.

## Stewed Rhubarb

Super quick to make and with 3 ingredients only, this Stewed Rhubarb Recipe makes a delicious fruity sauce that can be used to top your favourite desserts, cakes, yogurt or sweet breakfast dishes!

### Ingredients

500 gr (1 lb) Fresh Rhubarb

120 ml (1/2 cup) Water

80 gr (1/3 cup) White Sugar

### Instructions

Wash the Rhubarb and discard the bottom of the stalks and leaves.

Slice the Rhubarb into small pieces and place them in a medium size Pot. Add the Water, Sugar and Lime Juice & Zest (optional). Stir to combine.

Place on the stove on low to medium heat and leave to simmer for about 15 minutes, or until the rhubarb pieces are breaking apart, occasionally stirring. The stew is ready once most of the rhubarb chunks have turned into a thick sauce.

Remove from the heat and leave to cool down completely, then transfer into a sealed jar. Keep in the fridge for up to 2 weeks.

Freezing stewed rhubarb is very easy. Once the sauce has completely cooled down, transfer it into a freezer-friendly container or freezer bag.



What to do with stewed rhubarb:

- drizzle it over Yogurt, Ice Cream, Custard, Puddings,...
- use it as a Tart or Cake Filling / Topping
- enjoy it as a topping for Pancakes, Waffles, French Toast,... anything breakfast!
- serve it with Granola or Muesli
- pour it over Cheesecake
- eat it with fresh fruits like Berries

## Lunch and Learns

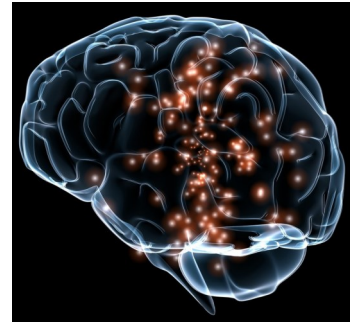
Presentations are free but you must register by calling 204-735-3052

### Understanding Dementia

Currently, more than 19,000 Manitobans have Alzheimer's disease or another dementia.

This presentation will provide information on:

- \* Alzheimer's disease and other dementias
- \* The warning signs of Alzheimer's disease
- \* What you can do to reduce your risk!
- \* Interacting with someone living with dementia
- \* Alzheimer Society of Manitoba Programs & Services



- Monday, July 15, Brunkild Hall at 12:30

- Monday, July 22, La Salle at 12:30

-Wednesday, July 17, Starbuck Hall at 12:30

-Thursday, July 25, Sanford Legion at 12:30

## Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: July 15

Sanford: July 4, July 11, July 18, July 25 (presentation)

La Salle: July 8, July 22 (presentation), July 29

Starbuck: July 3, July 10, June 17 (presentation), July 24, July 31

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.

204-735-3052

## Macdonald Services to Seniors has Moved!!

After 17 1/2 years, Macdonald Services to Seniors has moved out of the Riverdale Apartments in Starbuck and is now located in the RM office at 161 Mandan Drive in Sanford.

Our email address is the same but if you wish to contact me over the phone, please call the RM office at 204-736-2255.

# July 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 No Meal: <b>Canada Day</b>	2	3 <b>Starbuck</b> Salmon	4 <b>Sanford</b> Roast Beef	5	6
7	8 <b>La Salle</b> BBQ Chicken Breast	9	10 <b>Starbuck</b> Hamburger Steak	11 <b>Sanford</b> Orange Chicken	12	13
14	15 <b>Brunkild</b> Lasagna Understanding De- mentia @ 12:30	16	17 <b>Starbuck</b> Shepherd's Pie Understanding Demen- tia @ 12:30	18 <b>Sanford</b> Teriyaki Chicken	19 Goldeyes Game	20
21	22 <b>La Salle</b> Pork Cutlets Understanding De- mentia @ 12:30	23	24 <b>Starbuck</b> Liver n Onions	25 <b>Sanford</b> S&S Ribs Understanding Demen- tia @ 12:30	26	27
28	29 <b>La Salle</b> Chicken Fettucine	30	31 <b>Starbuck</b> Roast Pork			

**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.

## 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
- Judy Shirliff:  
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: 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  
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.**

