

# The Wire

June 2024

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## World Elder Abuse Awareness Day (WEAAD), June 15

World Elder Abuse Awareness Day (WEAAD) was launched in June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. WEAAD also supports the United Nations International Plan of Action that acknowledges the significance of elder abuse as a public health and human rights issue.

WEAAD involves activities to bring greater recognition of mistreatment of older adults wherever they live throughout the world, and to highlight the need for appropriate action. It is intended to give abuse and neglect of older adults a global relevance that will sustain and move prevention efforts forward throughout the year and for years to come.

### What is Elder Abuse?

Elder abuse is any action or inaction that threatens the health or wellbeing of an older adult. Some people call it senior abuse or abuse of older adults.

Older adults have the right to live safely, to be treated with respect, and to manage their own affairs. When someone violates those rights and causes harm, that's abuse. Often the person causing the harm is someone in a position of trust, like a family member, friend, or caregiver.

All abuse is an abuse of power and a violation of trust in a relationship. The harm can be physical, emotional, financial, sexual, or involve some other breach of a person's rights and freedoms. Neglect is also a form of abuse.

The abused person may or may not realize that their rights have been violated. The person causing the harm may or may not know that their action or inaction is abusive. Bystanders might suspect something is wrong, but be unwilling to get involved or unsure about what to do.

Abuse can happen to anyone at any age. It is a myth that abuse only happens to dependent, frail, elderly people. Abuse often happens to capable, fully functioning older adults. People are usually ashamed to find themselves in an abusive relationship. They might ask themselves: How did this happen to me? How did I get here?

Some abusive behaviour is illegal; all abuse is wrong.

### Forms of Elder Abuse

- Physical abuse: It is physical abuse if somebody hits an older adult or handles the person roughly, even if there is no injury. Giving a per-

# 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.



## Pineapple Sunshine Cake

- 1 box yellow cake mix
- 4 eggs
- 1/2 cup oil, (I used vegetable oil)
- 1 (8 oz) can crushed pineapple with juice

### FROSTING:

- 1 (8 oz) container whipped topping, thawed
- 1 small box instant vanilla pudding
- 1 (8 oz) can crushed pineapple with juice

## Instructions

- Preheat oven to 350 degrees. Spray a 9x13 pan with cooking spray.
- In a large bowl, combine cake mix, eggs, oil, and 1 can of crushed pineapple with the juice. Mix well.
- Pour into prepared baking pan and bake for 25-30 minutes, or until toothpick inserted in center of cake comes out clean. Allow to cool completely on a wire rack.



- In a medium sized bowl, fold together whipped topping, box of vanilla pudding, and one can crushed pineapple with the juice. Spread over the top of cooled cake. Enjoy!

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.

### Did you know?

Pineapples are an excellent source of Vitamin C and are a rich source of antioxidants that may reduce your risk of heart disease, diabetes, and some cancers.

## Lunch and Learns

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

### Understanding Cannabinoids

This free information session will provide an overview of how the various cannabinoids found in cannabis can interact with your body to provide potential health and medical benefits such as pain relief, anti-inflammation, and assistance with sleeping.

You'll learn about THC, CBD, CBN, and their potential effects.

We'll also discuss dosing strategies and the pros and cons of different consumption methods.

Bring your questions and we'll make sure to have a Q&A at the end of the session.

**-June 3: Caisse Community Centre, La Salle at 12:30**

**-June 13: Sanford Legion at 12:30**

**-June 10: Brunkild Hall at 12:30**

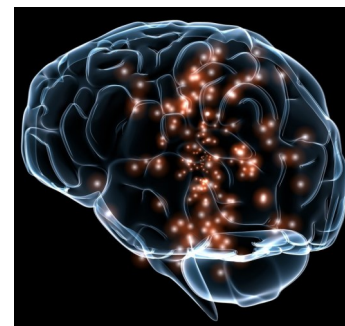
**-June 19: Starbuck Hall at 12:30**

### 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: June 10**

**Sanford: June 6, June 13 (presentation), June 20, June 27**

**La Salle: June 3 (presentation), June 17, June 24**

**Starbuck: June 5, June 12, June 19 (presentation)**

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**

## Batter up!

Join us as we take a bus trip to watch the **Winnipeg Goldeyes** take on the **Sioux City Explorers** on Friday, June 14 at 7pm. Price is \$55 p.p. and includes your ticket and bus transportation to and from the game. Seating is limited! Bus pick up is in Sanford and Oak Bluff. Book your ticket with Leanne by June 4, 2024



# Folklorama

Friday,  
August 16

Visit 3 Pavilions all in one evening! \$80.00 per person if you book and pay by June 28.

\$85 after June 28 until Aug 2.  
Don't delay – space is limited!  
Call Leanne at  
204-735-3052 to reserve and pay  
for your spot on the bus

Included in the price:

- Luxury motor coach transportation: pick up in **Oak Bluff only**
- No waiting in line - VIP Entrance
- Reserved seating at each Pavilion
- A tour of the cultural display at the first Pavilion
- Table Service
- Progressive meal through the evening

We will be visiting:

1. Celtic-Irish pavilion: appetizer and cultural alcoholic beverage
2. Brazilian pavilion: entrée and domestic alcoholic beverage
3. British Isles pavilion: dessert and coffee or tea

## Macdonald Services to Seniors is Moving!!

After 17 1/2 years, Macdonald Services to Seniors will be moving out of the Riverdale Apartments in Starbuck and will be relocating to the RM office at 161 Mandan Drive in Sanford.

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

You can expect the transition to take place before the end of June.

# June 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 La Salle Salmon Understanding Cannabinoids	4	5 Starbuck Chili	6 Sanford Hamburger Steak	7	8
9	10 Brunkild Beef Stroganoff Understanding Cannabinoids	11	12 Starbuck Shepherd's Pie	13 Sanford Teriyaki Chicken Understanding Canna- binoids	14 Goldeyes Game	15 World Elder Abuse Aware- ness Day
16	17 La Salle Meatloaf	18	19 Starbuck S & S Ribs Understanding Canna- binoids	20 Sanford Pork Cutlets	21	22
23	24 La Salle Lasagna	25	26 Starbuck No Meal	27 Sanford Picnic Active Aging Mini Games Day	28	29
30	<p>All meals served at 11:45. Please call ahead-Call Leanne at 204-735-3052 All meals \$10 p.p. We will try to accommodate special dietary requests. <span style="float: right;">Menu subject to change.</span></p>					

## Elder Abuse, con't

son too much or too little medication, or physically restraining a person, are also forms of physical abuse.

- **Sexual abuse:** It is sexual abuse if somebody forces an older adult to engage in sexual activity. This may include verbal or suggestive behaviour, not respecting personal privacy, sexual touching, or sex without the person's consent.
- **Emotional abuse:** It is emotional abuse if somebody threatens, insults, intimidates, or humiliates an older adult, treats the person like a child, or does not allow them to see their family and friends. Emotional abuse can devastate a person's sense of identity, dignity, or self-worth.
- **Financial abuse:** It is financial abuse if somebody tricks, threatens, or persuades older adults out of their money, property, or possessions. Misusing a power of attorney is a common form of financial abuse.
- **Violation of rights and freedoms:** It is a violation of rights and freedoms if somebody interferes with an older adult's ability to make choices, especially when those choices are protected under the law. Examples include interfering with spiritual practices or traditions; withholding mail or information; denying privacy; preventing visitors; dictating how someone else can spend their own money; or keeping someone in an institution without a legitimate reason.
- **Neglect:** It is neglect if somebody fails to provide the necessities of life, such as food, clothing, a safe shelter, medical attention, personal care, and necessary supervision. Neglect may be intentional or unintentional. Sometimes the people providing care do not have the necessary knowledge, experience, or ability.
- **Systemic abuse:** (also called institutional abuse) refers to rules, regulations, policies, or social practices that harm or discriminate against older adults. Systemic abuse includes rules that are developed for an apparently neutral purpose, but that hurt the person. Examples include using physical restraints as an easy way to prevent falls; or diapering a person instead of helping them to the washroom, simply to save time or effort. Sometimes staff shortages can lead to systemic neglect.

**SENIORS ABUSE SUPPORT LINE: 1-888-896-7183**

**EMERGENCY: 911**

**NON-EMERGENCY: 204-986-6222**

**Please note that if you call the Seniors Abuse Support Line outside of their staffed hours of 9:00-4:30, please leave a message and someone will get back to you once the office hours resume. If it is an emergency, please call 9-1-1.**

## 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  
Ronda Karlowsky:  
204-736-4387  
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  
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.**

