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The Wire

March 2024

The Canadian Dental Care Plan

The Government of Canada has launched the [Canadian Dental Care Plan \(CDCP\)](#) which aims to ease financial barriers to accessing oral health care for eligible Canadian residents who have an adjusted family net income of less than \$90,000 and do not have access to dental insurance.

Accessible. Affordable. Essential.

Oral health is an important part of our overall health and well-being. Regular visits to an oral health professional have proven to reduce the risk of tooth decay, gum disease and other serious health issues such as cardiovascular disease and stroke.

The Canadian Dental Care Plan (CDCP) will help ease financial barriers to accessing oral health care for up to nine million uninsured Canadian residents who have an adjusted family net income of less than \$90,000. To improve oral health outcomes, the CDCP will help cover a wide range of oral health care services, on the recommendation of an oral health care provider, when needed.

In Canada, most older adults (ages 60 to 79) have had a cavity and are experiencing gum disease. Of those, 16% have untreated tooth decay. As we age, our teeth, gums and other tissues in the mouth undergo changes. Sometimes these changes are affected by chronic diseases and the use of medications and may include:

sensitive teeth – teeth can be sensitive to hot or cold foods and/or **touch-dry mouth** – increases the risk of tooth decay because saliva helps keep harmful germs in check

exposed roots – gums may start to pull away from our teeth as we age, which can lead to roots being exposed to bacteria that can cause cavities

loss of natural teeth – older adults are part of the age group that is most likely to lose their natural teeth

Applications are being accepted in phases, starting with seniors, followed by adults who have a valid Disability Tax Credit certificate and children under 18. All remaining eligible Canadian residents can apply starting in 2025.

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.



Easy Cherry Pineapple Dump Cake

INGREDIENTS

- 1 can (540mL each) cherry pie filling
- 2 cans (398mL each) crushed pineapple (or 1 20 ounce can)
- 1 (15.25oz.) white or yellow cake mix
- 1/2 cup butter

INSTRUCTIONS

1. Preheat oven to 350°F. Spray the bottom of a 9×13-inch baking dish with non-stick cooking spray.
 2. Spread both cans of crushed pineapples in the bottom of the prepared 9×13-inch baking dish. Spread out evenly with a spatula.
 3. Spread the canned cherry pie filling on top of the crushed pineapple, smoothing out with a spatula.
 4. Evenly sprinkle the dry cake mix on top of the pie filling.
 5. Cut butter into squares and place evenly on top of the dry cake mix. Do not stir.
 6. Bake in 350°F oven for 50 to 55 minutes until light golden brown and bubbling at the edges.
- Serve with a scoop of vanilla ice cream or a dollop of whipped cream and enjoy!

Canadian Dental Care Plan, continued

It is important to note that seniors aged 70 and over who may be eligible will receive a letter inviting them to apply, with instructions on how to validate their eligibility and apply by telephone.

The Government of Canada released the [list of oral health care services](#) covered by the CDCP that will help your clients keep their teeth and gums healthy, and prevent and treat oral health care issues and diseases.

Macdonald Headingley Programs

Check out the MHRD website for more information on their wide range of programs. [Macdonald Headingley Recreation District • Welcome! \(mhrd.ca\)](https://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

11 Wednesdays, January 10 - March 20,
2024 Free

Candle Making – with Sophie’s Creations

Ages 14+

Participants will learn how to make their own soy candle, including the science behind it. You will get to choose the scent, container, and colour - making it a truly unique experience!

At the end of the workshop, participants will go home with their very own candle!

Due to the complexity as well as the safety factor (hot wax), workshop not recommended for people under 14 years old.

Caisse Community Centre: MPR

Register in advance.

Wednesday, March 20th

6:00 pm – 8:00 pm

\$55.00

Exercises with Liza

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 Starbucks’s Riverdale Apartments lounge.

10 Thursdays, January 11 - March 14,
2024 Free

MHRD Spring – Summer
2024 Program &
Community Resource
Guide
COMING MARCH 15TH!

Macdonald-Headingley
RECREATION DISTRICT

Lunch and Learns

Oral Health

Healthy Mouth: Key to a Healthy Body

Active Aging in Manitoba in collaboration with the Manitoba Dental Hygienists Association (MDHA) has developed a 1-hour presentation/discussion on the importance of maintaining a healthy mouth for healthy aging. This presentation will inform you about:

- The mouth-body-health connection & why oral health is important
- Warning signs & how to maintain a healthy mouth
- How to take control of your oral health
- Challenges in maintaining oral health & ways to overcome those challenges
- How to talk to your dental care team

Caring for your oral health and others in your life

Monday, April 1: La Salle @ 12:30

Monday, April 15: Brunkild @ 12:30

Thursday, April 18: Sanford @ 12:30

Wednesday, April 24: Starbuck Hall-12:30

Diner's Club

Tuesday, May 7: The Leaf-Guided Biome Tour

The Leaf is an iconic experience like no other in Canada. Find yourself immersed in a vibrant display surrounded by colour, texture, and fragrance as you learn about the exotic plants and their stories on this guided tour. The general biome tour will travel through four distinct biomes; the Hartley and Heather Richardson Tropical Biome, Mediterranean Biome, Shirley Richardson Butterfly Garden, and the seasonally changed Babs Asper Display House.

Length: 60 minutes

Price: \$36 p.p.

Lunch to follow at The Capital Grill on Roblin. Pay your own meal.

Please book and pay by April 19. Cheques payable to RM of Macdonald

Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: Mar 11

Sanford: Mar 7, 14, 21, 28

La Salle: March 4, 18, 25

Starbuck: March 6, 13, 20, 27

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

March 2024

GEMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31					1	2
3	4 La Salle Chicken Fettu- cine	5	6 Starbuck Apricot Chicken	7 Sanford Apricot Chicken	8	9
10	11 Brunkild Roast Beef	12	13 Starbuck Liver and On- ions	14 Sanford Liver and On- ions	15	16
17	18 La Salle Irish Lunch	19	20 Starbuck Irish Lunch	21 Sanford Irish Lunch	22	23
24	25 La Salle Sesame Chick- en	26	27 Starbuck Chili	28 Sanford Chili	29	30

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
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Starbuck, MB
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Macdonald Seniors Ad- visory Council (MSAC)

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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
La Salle Cleaning Services: 204-805-4249 call for service
area

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.

