

The Wire

August 2025

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Decluttering 101

Decluttering offers a range of physical, mental, and emotional benefits. Here are the key advantages:



1. Improved Physical Safety

- **Reduces tripping hazards:** Clutter can block pathways or create obstacles that increase the risk of falls. Clearing these out helps prevent accidents, especially in high-traffic areas like hallways and stairs.
- **Increased mobility:** With fewer items around, there's more space to move safely and comfortably, whether walking with or without assistive devices.

2. Enhanced Mental Well-being

- **Reduced stress and anxiety:** Clutter can be mentally exhausting. Having a tidy environment can help reduce feelings of being overwhelmed or stressed. A clean, organized space encourages calmness and relaxation.
- **Improved focus:** A cluttered environment can distract you and make it hard to concentrate. Decluttering clears the mind and helps maintain focus on what's truly important.
- **Sense of accomplishment:** Completing a decluttering project provides a tangible sense of success, which can boost confidence and elevate mood.

3. Better Sleep

- **More restful sleep:** A clutter-free bedroom promotes relaxation, reduces visual stimulation, and creates a peaceful atmosphere conducive to better sleep. Clean and organized spaces help signal to the brain that it's time to rest.



4. Emotional Clarity

- **Emotional release:** Letting go of old items—especially those with sentimental value—can be emotionally freeing. It allows seniors to focus on the present and the future rather than holding onto the past.
- **Aiding decision-making:** Fewer things can also lead to less decision fatigue, making daily tasks like choosing outfits or finding necessary items quicker and easier.

5. Increased Independence

- **Easier to find items:** Keeping only what's necessary and frequently used makes it easier to access belongings. This can be especially beneficial for seniors who want to maintain their independence but may have mobility or vision challenges.
- **Less reliance on others:** With less clutter, seniors can manage daily tasks on their own with more ease, from cooking to personal care.

Connections Café Recipe of the Month

Cholesterol Lowering Black Bean Salad

Ingredients

- 1 can (15 oz) black beans, drained and rinsed
- 1 ripe mango, peeled and diced
- 1 red bell pepper, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1 avocado, diced
- Juice of 1 lime
- 2 tablespoons olive oil
- Salt and pepper to taste



Instructions

1. **Prepare the Veggies:** Begin by chopping the red bell pepper, red onion, and fresh cilantro. Make sure everything is finely chopped for a well-blended salad.
2. **Dice the Mango and Avocado:** Peel the mango and avocado, then dice them into small, bite-sized pieces. Ensure the mango is ripe for optimal sweetness.
3. **Mix the Salad Base:** In a large mixing bowl, combine the drained black beans, diced mango, red bell pepper, red onion, and chopped cilantro.
4. **Add Avocado:** Gently fold the diced avocado into the salad. Be careful not to mash it, as you want the pieces to remain intact.
5. **Prepare the Dressing:** In a small bowl, whisk together the lime juice, olive oil, salt, and pepper. Adjust the seasoning according to your taste.
6. **Toss the Salad:** Pour the dressing over the salad and toss everything together gently, ensuring the dressing is evenly distributed.
7. **Serve and Enjoy:** The salad is now ready to be served. You can enjoy it immediately or let it chill in the refrigerator for about 30 minutes to allow the flavors to meld.

This salad is not only a burst of flavor but also a nutritional powerhouse: **Black Beans:** Rich in soluble fiber, which can help lower LDL cholesterol levels. **Mango:** High in vitamins, particularly vitamin C, which can support overall heart health. **Avocado:** Contains healthy fats known to improve cholesterol levels, specifically by lowering LDL and raising HDL cholesterol. **Olive Oil:** A source of monounsaturated fats, beneficial for heart health.

Incorporating a dish like this Black Bean & Mango Salad into your regular meal rotation can contribute to maintaining healthy cholesterol levels while delighting your taste buds. [Cholesterol Lowering Black Bean & Mango Salad – Oils We Love](#)



Decluttering, continued

6. Enhanced Social Interaction

- **Inviting environment:** A clutter-free home is more welcoming for visitors, whether family, friends, or caregivers. This can encourage more social interaction, which is important for maintaining relationships and reducing isolation.
- **Mental clarity for hosting guests:** It's easier to prepare for guests without the added stress of cleaning and organizing everything last-minute.

7. More Space for Meaningful Items

- **Focus on what matters:** By letting go of unnecessary items, seniors can make space for things that hold true personal value or bring joy. This can also mean prioritizing hobbies or interests that may have been put on the backburner.
- **Adaptable living spaces:** A decluttered space allows for easier adjustments if mobility aids or medical equipment are required.

8. Easier to Maintain

- **Less cleaning effort:** With fewer items to care for, cleaning becomes quicker and more manageable. It's easier to wipe down surfaces, vacuum, and maintain overall tidiness.
- **Long-term upkeep:** Regular decluttering helps avoid a buildup of unnecessary items that can become overwhelming over time. It also helps avoid accumulating things that don't add value to one's life.

9. Financial Benefits

- **Increased potential for selling:** Items that are no longer useful or needed can be sold or donated, which can either directly generate income or provide a charitable tax deduction.
- **Reduced costs:** By decluttering, there's less need for storage, fewer items to maintain, and less likelihood of accidentally buying duplicates.

10. Positive Impact on Future Transitions

- **Downsizing for a move:** For seniors planning to move to a smaller home or senior living community, decluttering makes the transition smoother and less stressful.
- **Prepares for the future:** In the event that a senior needs to move in with family or require assistance, having an organized home makes it easier for family members to manage the transition and take care of necessary arrangements.

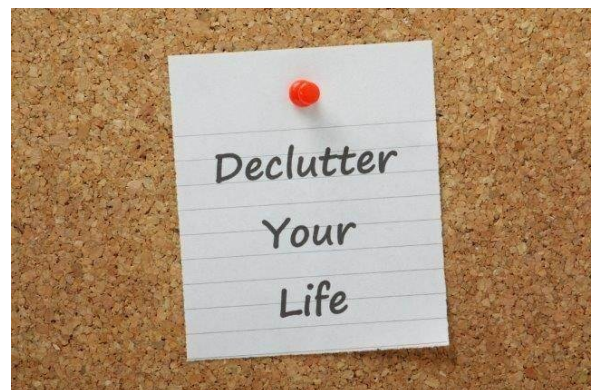
Ready to Start Decluttering your Space?

1. Plan Ahead

- Set clear goals (e.g., downsizing, safety, simplicity)
- Prioritize areas (start with the least sentimental areas like bathrooms or linen closets)
- Schedule short sessions (1–2 hours to prevent fatigue)

2. Gather Supplies

- Boxes or bins labeled: *Keep, Donate, Sell, Trash, Unsure*
- Cleaning supplies
- Safety gear (e.g., gloves, masks if dusty)



Fall 2025 Program & Community Resource Guide



MHRD Fall 2025 Program & Community Resource Guide goes LIVE on August 11!

Registration opens at 12:00 pm
sharp, so set your reminder!

They've got an amazing lineup
of programs for all ages and
interests, including:

- Fitness, Yoga, Pilates & Zumba
- Fun Zone - Kids Drop In
- Stay & Play
- Pre-School Programs
- Active Aging
- Home Alone & Babysitter's Training
- ...and much more!

Mark your calendar
and be ready to sign
up!

Join MHRD's email list today:
<https://tinyurl.com/mr38zpyb>

For complete program
descriptions or to register, please

visit www.mhrd.ca
or call 204-885-2444



Macdonald-Headingley
RECREATION DISTRICT

Decluttering, continued

3. Start Small

- Tackle one drawer, shelf, or surface at a time
- Focus on **easy wins** to build momentum
- Avoid overwhelming them with big decisions early

4. Sort Items

- Use the **“One-touch rule”**: pick up an item and decide immediately
- Ask yourself these guiding questions:
 - “Have you used this in the last year?”
 - “Would you buy this again today?”
 - “Does this have strong sentimental value?”

5. Handle Sentimental Items Gently

- Allow time to reminisce
- Take photos of cherished items before donating
- Consider keeping a **“memory box”** or digitizing memories

6. Ensure Safety

- Clear walkways and remove tripping hazards
- Rearrange essentials to be within easy reach

7. Dispose Responsibly

- Donate to meaningful charities (especially local)
- Recycle or use municipal waste services for large items

8. Organize What's Kept

- Use clear labels and containers
- Create **logical zones** for items (e.g., medications, hobbies)
- Make frequently used items easily accessible

Connections Café Meals in RM of Macdonald

Let's Eat together!!

Brunkild: August 25

Sanford: August 7, 14, 21, 28

La Salle: August 11, 18

Starbuck: August 6, 13, 20, 27

See the Connections Café 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.

August 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 No meal Terry Fox Day	5	6 Starbuck Roast Chicken	7 Sanford Ribs	8	9
10	11 La Salle Meatloaf	12	13 Starbuck Salad & Sand- wiches	14 Sanford Beef Stew	15 Folklorama	16
17	18 La Salle Turkey Sloppy Joe's	19	20 Starbuck Farmer's Sau- sage & Perogies	21 Sanford Salmon	22	23
24	25 Brunkild Ham and Texas Potatoes	26	27 Starbuck Salisbury Steak	28 Sanford Turkey Chili	29	30
31						

All meals served at 11:45 a.m.

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

Lunch and Learn Presentations start at 12:30

All meals \$10 p.p.

We will try to accommodate special dietary requests.

Menu subject to change.

MACDONALD SERVICES TO SENIORS

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Sanford, MB

Phone: 204-736-2255

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Macdonald Seniors Advisory Council (MSAC)

- Mike Kukelko:
204-770- 7838
- Wendy Kukelko:
204-770-2361
- Jane Kroeger
204-227-2975
- Nancy Langlois:
204-471-7056
- Ronda Karlowsky:
204-794-4821
- RM Rep: Barry Feller:
204-736-4433
- MHRD: Christee
Stokotelnny
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
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.

