



# The Wire

July 2025

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## Medications and Heat

### Why are medications a concern when it's hot?

Medications used to treat mental health conditions, seizures, Alzheimer's disease, Parkinson's disease, high blood pressure and cardiac conditions, including angina and arrhythmias, can affect the body's ability to adapt to heat. Drugs for some other health conditions may also increase your risk of heat illness.

It's important to ask your health care provider or pharmacist whether the medication you're taking affects your ability to cope with heat.

**What can I do to protect myself?** You can reduce your risk of heat related illness by:

- Staying aware and being prepared – Know daytime and night-time temperatures – both outdoors and indoors – by checking your local weather forecasts and the thermostat in your home. – Stay up to date on weather alerts so you know when to take extra-care. – If you have an air-conditioner, make sure it's working properly before the hot weather starts.

Staying hydrated – Drink plenty of water (that's the best liquid) before you feel thirsty.

- Staying cool and keeping out of the sun – Plan outdoor activities for cooler parts of the day, but remember to wear insect repellent since mosquitoes are out too. – If you are outdoors during the hottest part of the day, shade yourself from the sun with an umbrella or a wide-brimmed hat with lots of ventilation (to allow the sweat on your head to evaporate), wear loose-fitting, breathable, light-coloured clothing, and remember to wear sunscreen to limit ultra-violet (UV) ray exposure. – If there is no air-conditioning at home, go to a cool place such as an air-conditioned mall, public library, or community centre. – Take a cool bath or shower or go for a swim to cool off. – Avoid using your oven or other appliances that could heat your home more. – Limit physical activities during the hotter parts of the day or exercise in an air conditioned place.
- Taking care of yourself – During hot weather, stay in contact with family members, neighbours or friends – especially if you live alone. Let them know immediately if you are not feeling well. Make sure they know if you are taking a drug that makes you more sensitive to heat. – Continue taking your medication when it's hot out. Talk to your health care provider if you are concerned about the drug you are taking. – Share this fact sheet with

# Connections Café Recipe of the Month

## Loaded Potato & Meatloaf Casserole

### Ingredients

#### For the Meatloaf Layer:

1 ½ pounds ground beef (85% lean)  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 cup plain breadcrumbs  
1 large egg  
1 cup milk  
1 tablespoon Worcestershire sauce  
1 tablespoon ketchup  
1 teaspoon dried oregano  
1 teaspoon dried basil  
Salt and pepper to taste

#### For the Loaded Potato Topping:

4 large russet potatoes  
2 tablespoons butter  
1 cup sour cream  
1 cup shredded cheddar cheese  
½ cup chopped green onions  
1 cup shredded mozzarella cheese (optional)  
Salt and pepper to taste  
Optional Garnish:  
Extra shredded cheese  
Additional chopped green onions  
Drizzle of sour cream



### Instructions

#### 1. Prepare the Meatloaf Base

Preheat your oven to 375°F (190°C). In a large mixing bowl, combine ground beef, onion, garlic, breadcrumbs, egg, milk, Worcestershire sauce, ketchup, oregano, basil, salt, and pepper. Mix gently until just combined—don't overmix or the meatloaf can turn tough. Press the mixture evenly into a greased 9×13-inch baking dish or loaf pan. Bake for 40-45 minutes, until the meatloaf is cooked through (internal temperature of 160°F).

#### 2. Make the Loaded Potato Topping

While the meatloaf bakes, scrub the russet potatoes and poke a few holes in each. Bake them in the oven or microwave until fork-tender. Once cool enough to handle, scoop the insides into a large bowl.

Mash with butter, sour cream, salt, and pepper until smooth and creamy. Fold in the cheddar cheese and green onions. You can also stir in the mozzarella for extra gooeyness.

#### 3. Assemble and Finish Baking

Once the meatloaf is done, carefully spread the mashed potato mixture over the top. Sprinkle with extra cheese and green onions if using.

Return the casserole to the oven for an additional 10–15 minutes, until the cheese is melted and bubbly. For a golden top, broil for 2-3 minutes.

Let it sit for a few minutes before slicing and serving.

For complete program descriptions or to register, please visit [www.mhrd.ca](http://www.mhrd.ca) or call 204-885-2444



### **La Salle Walking Club - It's FREE!**

Wednesdays, May 14 - August 27 - Join any-time!

Caisse Community Centre: Outdoors

10:00 am - 11:00 am

Join our Outdoor Community Walking Club for fresh air, friendly faces, and feel-good movement! We meet every Wednesday Morning for group walks that welcome all ages and fitness levels—no pressure, just good company and a chance to enjoy the outdoors together.



## **Folklorama 2025**

Friday, August 15, 2025

3 pavilions, 1 night

We will be visiting **Croatia, Germany, and Caribbean/Africa.**

No waiting in line, table service, progressive meal including  
2 alcoholic beverages per person.

Air conditioned bus transportation-pick up in Oak Bluff

Space is limited. Call Leanne to book and pay by June 30-\$85 p.p.

After June 30, \$90 p.p. if there is space available.

the people around you so they can recognize heat illness. – Avoid using hot tubs and saunas and limit exposure to other hot environments. – Contact Health Links-Info Sante or your health care provider if you have questions about your health.

- Knowing the symptoms of too much heat and getting help early – Some of the symptoms of a heat illness include: - headache, - nausea, - dizziness, - weakness or tiredness, - fainting, - confusion, - swelling of the ankles, feet or hands, - muscle cramps, - rapid breathing or rapid pulse - dehydration, and - elevated body temperature. If you experience these symptoms, get help immediately. Heat illness can be fatal and urgent medical attention may be needed. While waiting for help to arrive, move to a cool or shaded place immediately, drink sips of water, lie down and sponge yourself with cool water, if possible.

**Where can I get more information?** For more information on heat and your health: Manitoba Government: [www.manitoba.ca/health/publichealth/environmentalhealth/heat.html](http://www.manitoba.ca/health/publichealth/environmentalhealth/heat.html) Health Canada: [www.hc-sc.gc.ca/hl-vs/iyh-vsv/environ/heat-chaleur-eng.php](http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/environ/heat-chaleur-eng.php)  
Call Health Links-Info Santé at 788-8200 or toll-free 1-888-315-9257

#### Medications and Heat



**Wishing you all a  
very Happy and  
Safe Canada Day!**

### **Connections Café Meals in RM of Macdonald**

**Let's Eat together!!**

**Brunkild: July 14**

**Sanford: July 3, 10, 17, 24, 31**

**La Salle: July 7, 21, 28**

**Starbuck: July 2, 9, 16, 23, 30**

**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.**

# July 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <b>Starbuck</b> Lemon Dill Salmon	3 <b>Sanford</b> S & S Meatballs	4	5
6	7 <b>La Salle</b> Spaghetti	8	9 <b>Starbuck</b> Meatballs	10 <b>Sanford</b> Chicken Parm	11	12
13	14 <b>Brunkild</b> Ribs	15	16 <b>Starbuck</b> Baked Ribs	17 <b>Sanford</b> Veal Cutlets	18	19
20	21 <b>La Salle</b> Chicken Stirfry	22	23 <b>Starbuck</b> Egg Salad & Beef Barley Soup	24 <b>Sanford</b> Meatloaf	25	26
27	28 <b>La Salle</b> Pork Chops	29	30 <b>Starbuck</b> Creamy Garlic Chicken	31 <b>Sanford</b> Tuna Casserole		

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

Leanne Wilson  
Box 100  
161 Mandan Dr  
Sanford, MB

Phone: 204-736-2255

Email:  
info@macdonaldseniors.ca

### 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.**

