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The Wire

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Staying Safe Using your Email

Whether you use email software like Outlook, Outlook Express or Apple Mail, or read your email online through your browser, it's important to be cautious. Certain types of email messages and attachments can be risky.

- Get a security software program and ensure it is kept up-to-date.

Practice good email habits:

- Think about whether or not you know the source of an email before you open it or click on links within it.
- Don't assume that just because a friend sent you a link, it is safe because you trust your friend. For example, your friend's computer may be infected with a virus that sent the email to you.
- Don't click on an attachment unless you are sure it is safe.

What are Viruses, Worms and Trojans?

Viruses, worms and Trojans are malicious programs that can infect your computer and change the way it works.

How to protect yourself

- Be wary of email and instant messaging attachments or files, even if they are from people you know.
- Scan downloads with anti-virus software before installing them.
- Ensure your anti-virus software is up to date and reliable.

What are Junk Mail and Spam?

Spam messages (or "junk email") are unsolicited and unwanted emails for services and products. These sales pitches may be for anything, including health products, adult websites, software,

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Cooking with Gwen

Gwen is the Meal Coordinator for both Sanford and Starbuck GEMS Meal programs. Her love of Seniors and cooking is apparent as everything she makes is fantastic!

If you have not yet been to a meal program, check out our calendar and give us a call. We would love to see you!



Jello Cheesecake

Ingredients

1 Can evaporated milk
1/2 lb Cream Cheese
1 cup white sugar
Small Jello package, any flavour you love
1 Cup Boiling Water
Graham Wafer Squares, enough for 1 layer at bottom of 9 x 13 pan
Whipped topping

Instructions

Chill 1 can of evaporated milk. In a large bowl beat milk until it stands up in peaks.

Cream Cream Cheese with white sugar and add to milk.

Mix Jello with boiling water. Let cool.

When Jello is cool, combine with milk mixture. Refrigerate until set. Top with a dollop of whipped topping on each serving.

Enjoy!



Upcoming Programs

Upcoming Presentations for Fall

Back Health with Sandra Thompson, Thursday Sept 12

Health care Directives, TBA

Kidney Health, TBA

Hall Walking—Starbuck Hall

Contact: Maggie Crompton, 204.735.2378

Join us for warm indoor hall walking. Nineteen laps around the hall is one mile! *Please contact Maggie for more information.*

Thursdays, beginning September 5

10:00 am - 11:00 am, Free!

Winter Watercolours for Beginners

Instructor: Barb Batulla

Join us for a fun and relaxing introduction to the basic techniques of water colours. Add in some playful strokes

of your own and you will have a lovely picture for framing or to use as a greeting card. *No experience necessary!*

Please wear clothes you won't mind getting messy!

Sanford Arena - Legion

Thursday, November 14

1:30 pm - 3:30 pm

\$22.00

Register by: Thursday, November 7



clothing, financial services and many other things. The products and services may be legitimate, or they may be fraudulent, or the emails may be trying to get personal information from you in a specific type of fraud called "phishing".

How to protect yourself

- Share your email address only with companies and organizations you trust to keep it private, and avoid posting your email address on website forums or news-groups.
- Enable your Junk Mail filter.
- Don't respond to junk mail.
- Use an alternative (temporary) email address such as Hotmail or Gmail for non-personal purposes.

Distort your email address when posting it online so spam engines can't pick it up, for instance, type "john dot doe at bell dot net" instead of "john.doe@bell.net".

What is Phishing?

Phishing is a form of fraud that uses email messages with phony addresses, websites or pop-up windows to gather your personal information, which can then be used for identity theft.

Phishers circulate emails with legitimate-looking logos and design styles and may link to websites that also look legitimate.

For example, a phisher might send an email asking you to update your Bell MTS billing details to keep your account active. The email will ask you to click on a link taking you to a website that looks like Bell MTS, where you'll be asked for your login and account details.

Or, the email may say you have a computer problem and need to click on or open an attachment to solve it. But if you click on it, you could install something damaging to your computer, or trigger your computer to send your personal information to the phisher.

Phishing can also be in the form of those emails offering money for work-at-home jobs, or asking for help with frozen bank accounts, or offering discounted pharmaceuticals, trips, etc.

How to protect yourself

Here are some clues that you've been sent a phishing email:

- Requests for new personal information, or information that the company should already have.
- Logos that don't look right or bad spelling and grammar.
- Promises of large sums of money if you invest a small amount to help collect it.
- Work-at-home offers, business opportunities, make-money-fast schemes, credit offers and chain letter schemes.

Think before you click

- Be realistic; if it seems to be too good to be true, it probably is.
- Don't respond to requests for personal information such

as your bank account number in an email.

- Be wary of alarmist, seemingly urgent messages, slightly altered web or email addresses and emails with spelling and grammar mistakes.
- Don't forward virus warnings that come with "send this to everyone you know" requests, even if they appear to come from a credible source. These messages are hoaxes, and if they include any links or attachments, they can be dangerous to yours and your friends' computers.
- Be aware of the communication policies of the companies you use and what types of messages they will send.

What is Mail Bombing?

Mail bombing is an excessive amount of email. It could be the same message repeated many times, or different messages from the same sender or group of senders.

How to protect yourself

- Don't post your email address on web forums or newsgroups.
- Block individual spam addresses by enabling your Junk Mail filter.

What is email harassment or cyber-bullying?

Email harassment is a message sent to you threatening (or implying) harm to you or your loved ones.

Cyberbullying is the use of e-mail, websites, instant messaging, chat rooms, social-networking sites or text messaging to damage someone's reputation and feelings of self-worth.

What you should do about it

Report any harassing messages directed at your children immediately to Cybertip.ca or by phone at 1 866 658-9022.

Parents can learn about the changing ways that their children are using the Internet by visiting BeWebAware.ca.

Learn about cyberbullying and what to do about it by visiting BeWebAware.ca's [cyberbullying page](#).

Block individual spam addresses by enabling your Junk Mail filter.

RUN The ALPHABET

FOREIGN CITIES

Can you come up with at least one non-Canadian city for every letter of the alphabet? For an extra brain boost, see how many you can name in 2 minutes.

Long term memory
 Working memory
 Executive functioning
 Processing speed

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____
- G. _____
- H. _____
- I. _____
- J. _____
- K. _____
- L. _____
- M. _____

- N. _____
- O. _____
- P. _____
- Q. _____
- R. _____
- S. _____
- T. _____
- U. _____
- V. _____
- W. _____
- X. _____
- Y. _____
- Z. _____

Some Programs offered through Macdonald Head-ingley Recreation

Pickleball in La Salle

Contact: Bernice Valcourt 204.272.5586

Come and play pickleball with us! This court sport combines the rules of ping pong, tennis and badminton. Pickleball can be played with 2 or 4 players using a paddle similar to a ping pong paddle and a plastic whiffle ball. Easy for beginners to learn but can develop into a fast paced competitive game for experienced players. Equipment available for beginners to try.

Please bring clean indoor shoes. Day and times may vary without notice.

Please register at any point to receive program updates as they arise.

La Salle - Caisse Community Centre

32 Tuesdays & Thursdays, September 3 - December 19

1:00 pm - 3:00 pm \$2/ Drop In, \$10/Month

What is misdirected email?

Just like getting a wrong number, you may accidentally get an email intended for someone else.

What you should do about it

- Simply ignore a misdirected email message.
- If you know the person who sent it, reply and tell them.

If it happens repeatedly or becomes a problem, block individual spam addresses by enabling your Junk Mail filter.

<https://www3.bellmts.ca/mts/support/billing+and+payment/security+and+fraud+prevention/how+do+i+use+email+safely>

Other MHRD Programs continued

Want to Start a Book Club—Oak Bluff?

Book clubs can be a great way to meet new people, enjoy stimulating discussions about interesting topics, and best of all, read great books! Let's see if there is sufficient interest in the community to get a club started! *Meeting times, location and reading lists to be determined by participants.*

Oak Bluff School - Library

Tuesday, October 15

7:00 pm - 8:00 pm

Free!



Answers to FOREIGN CITIES

Alexandria, Athens; Beijing, Beirut; Cairo, Copenhagen; Damascus, Dublin; Edinburgh, Ensenada; Florence, Freeport; Glasgow, Gdansk; Hong Kong, Hamburg; Istanbul, Inverness; Jerusalem, Jakarta; Krakow, Kyoto; London, Lima; Madrid, Moscow; Naples, Nuremburg, Oslo, Odessa; Panama City, Paris; Quito, Queenstown; Rio de Janeiro, Reykjavik; Sydney, Stockholm; Tehran, Tallahassee; Uberaba, Udine; Versailles, Venice; Warsaw, Wichita; Xiamen, Xavantina; York, Yokohama; Zurich, Zagreb

Macdonald Services to Seniors has a Website!

Check us out at www.MacdonaldSeniors.ca

Macdonald Services to Seniors

Leanne Wilson

Box 283

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Starbuck, MB R0G 2P0

Phone: 204-735-3052

E-mail:

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Macdonald Seniors Ad- visory Council (MSAC)

Ray & Joyce Kasur:

204-736-3734

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204-895-0049

Carol & Dennis

Pascieczka:

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Cindy Bestland:

204-736-2667

Becki Ammeter:

204-735-2380

Judy Shirliff:

204-997-7966

Rodney Burns:

204-735-2751

Bernice Valcourt:

204-272-5586

Barry Feller:

204-736-4433

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, house-keeping, foot care, medical equipment loans, filling out forms, accessing information, Victoria Lifeline 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 Featured in Previous Issues:

Foot Care:

A Step in Time Foot Care: Brenda Grom—204-509-1817

Leanne Maes (La Salle): 204-771-4030

Hair Care:

Hair I Am Mobile Salon: Leah Macaulay—204-470-2727

If you offer services for seniors, and would like to be featured in this newsletter, please contact Leanne

**Macdonald Services to Seniors is in Need of
Drivers, and House and yard maintenance
in all communities.**

**If you are interested in putting your name forward to
be contacted when someone requires help with trans-
portation or light house cleaning, please call Leanne.**

