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The Wire

Volume 2 Issue 7

May 019

May is National Vision Month

Dry Eyes and Cataract Surgery

A recent study has shown that taking care of dry eye syndrome before cataract surgery provides patients not only with more comfortable eyes but also better vision after surgery.

When the normally clear lens within your eye becomes cloudy and opaque, it is called a cataract. At some point, a cataract will blur your vision enough that it will start to interfere with your daily activities. When this happens, your optometrist will refer you to an ophthalmologist (eye surgeon) who may recommend the surgical removal of the cataract. During cataract surgery, the old cloudy lens is removed and an intraocular lens implant is inserted in your eye to serve as a new lens.

Since the incidence of dry eyes and cataracts both increase with age, it is no surprise that four out of five cataract patients may have moderate to severe dry eyes, but many do not know it. When a person has dry eyes, the measurements taken prior to surgery that determine the strength of the intraocular lens implants can be highly variable and as a result, inaccurate. Treating and managing dry eye even for four to six weeks prior to a consultation with the ophthalmologist can lead to better quality measurements and better surgical outcomes.

Since many people have dry eye syndrome without symptoms, be sure to discuss the possibility of dry eyes with your optometrist before you have cataract surgery.

<https://opto.ca/health-library/dry-eyes-and-cataract-surgery>

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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!



Black Bean Brownies

Ingredients

- 1 can black beans, rinsed and drained
- 3 eggs
- 3tbsp coconut oil or vegetable oil
- 1/4 cup unsweetened cocoa powder
- 3/4 cup sugar
- 1 tsp vanilla
- 1/2 tsp baking powder
- 1 pinch salt
- 1/2 cup chocolate chips

* Replace flour with pureed black beans for a surprisingly delicious gluten-free brownie

Instructions

1. Preheat oven to 350 degrees and grease an 8 x 8 pan
2. Place beans in a food processor and process until mashed. Add eggs, vanilla, cocoa powder, baking powder, salt, sugar and oil. Process until smooth.
3. Pour into pan and sprinkle chocolate chips on top. Bake for 30-35 min.

Upcoming Programs

Gut Health

Thursday, May 16, Sanford Legion, 1:00 p.m. – 2:00 p.m.

Lunch available at noon for a cost of \$8 p.p. Call Leanne, 204-735-3052 to reserve your spot for lunch

Cost: Free!

Please pre-register by calling Leanne at 204-735-3052 or MHRD office at 204-885-2444

Folklorama Tour 2019

Save the Date: Friday, Aug 9

Visit 3 pavilions and enjoy included food, beverages and cultural shows.

(No lines ups, reserved seating.)

Seating is limited and on a first come, first serve basis. Note: Seating is reserved for residents of R.M. of Macdonald until June 15th. After June 15th, friends and family who are not residents of the R.M. of Macdonald are welcome to join us.

More details to follow!

Vision Care Continued from page 1

The Aging Eye

As we grow older, our eyes might not show visible signs of aging, however, the same cannot be said for their functionality. Typically, beginning in the early to mid-40's, the eyes begin to deteriorate, a situation that becomes more pronounced as we age.

Here are some of the ways our eyes and vision change as we get older:

- **Is that blue or green?** The cells in our eyes that control the way we see colour become less sensitive as we age, which results in less colour vibrancy. This makes it more difficult to distinguish certain colour shades.
- **Changes in light levels.** Adjusting to changes in light levels (eg, going out into, or coming in from, a sunny day, or walking into a dimly lit theatre or restaurant) can take two to three times longer than it did when we were younger.
- **Fewer tears.** As we get older, the tear glands in our eyes produce fewer tears leading to more frequent stints of dry eyes and irritation. Blurry vision, eye fatigue and headaches may be the result of dry eye, and a sign you should see your optometrist.
- **More light please.** With age, our pupil sizes become smaller and less responsive to changes in light conditions, which means our eyes require more light than they once did to see clearly. Good lighting at home and at work help to prevent falls associated with poor lighting.
- **Increase the font size.** Small font sizes become a thing of the past as we age, the result of the lenses in our eyes becoming less flexible, making near objects less clear and more difficult to focus on. Proper eyeglass or contact lens prescriptions can correct issues associated with reading small font and can help prevent eyestrain.
- **Turn down the glare.** Glare is light that enters the eye and interferes with vision. Special lenses, sunglasses and even surgery can be required to deal with glare. Your optometrist can help determine which solution is best for you.
- **Ocular diseases** such as cataracts, glaucoma and age-related macular degeneration can lead to vision impairment and affect activities of daily living. Visit your optometrist regularly to manage your eye health and vision care.

<https://opto.ca/health-library/the-aging-eye>



Continued on page 5

How Eye Exams can help detect and manage Diabetes

Over the course of the next nine years, 6.4 million Canadians will be diagnosed with type 1 or type 2 diabetes. What's more, one third of Canadians today already have diabetes or prediabetes and many don't know it.

November is Diabetes Awareness Month and optometrists are encouraging everyone to have their eyes checked. You may be thinking to yourself, 'What does diabetes have to do with my eyes?', the Canadian Diabetes Association explains:

“Diabetes is a leading cause of blindness in Canada. People with diabetes are more likely to develop cataracts at a younger age and are twice as likely to develop glaucoma, but diabetes’ effect on the retina is the main threat to vision.”

A comprehensive eye exam conducted by an eye doctor can not only lead to early detection of diabetes (type 1 and 2), but it can also reveal the effects of poor diabetes management to existing diabetics, indicating a need for lifestyle and diet changes, better compliance with treatment, or medication modification.

One of the most common misconceptions about eye exams is that they're only testing your sight- this isn't the case. Here are the key differences between a sight or screening test and a comprehensive eye exam:

Sight test or screening test (performed by a non-doctor)- Only measures how well you can see and individual is not trained or licensed to test or diagnose the eyes.

VS.

Comprehensive eye exam (performed by optometrist or ophthalmologist) - Only an eye doctor can conduct a comprehensive eye exam. A high-powered microscope is used to examine the tiny structures inside of your eyes, including a close-up look at your blood vessels, optic nerves, and other complex eye structures, all of which may contain clues to conditions that could pose a serious risk to your health, such as diabetes.

Doctors of optometry can assist in identifying underlying health conditions that are often first detected through an eye exam, and then provide referrals to specialists and other health care professionals, such as family physicians. Annual eye exams from a local doctor of optometry are recommended for all ages, but most specifically for people with diabetes.

<https://opto.ca/health-library/how-eye-exams-can-detect-and-help-manage-diabetes-0>

Run the Alphabet

This trivia will stretch your long term memory , working memory and executive functioning and processing speed.

From A to Z how many OCCUPATIONS or PROFESSIONS can you come up with in 2 minutes.

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. _____

What's the Missing Number

- | | |
|---------------------------------|----------------------------|
| 1. _____ Minutes (TV) | 2. _____ minutes of fame |
| 3. _____ Pennsylvania Avenue | 4. _____ Sunset Strip (TV) |
| 5. _____ Wheel Drive | 6. _____ Dollar Question |
| 7. _____ Heinz Varieties | 8. _____ Finger Discount |
| 9. _____ Keys on a piano | 10. _____ Arabian Nights |
| 11. _____-wheeler | 12. The _____ Steps |
| 13. _____ Degrees of Separation | |

Answers on page 7



Answers to Occupations Trivia

A. Architect/Attorney B. Banker?Bookkeeper C. Carpenter/Chef D. Dancer/Doctor
 E. Economist/Electrician F. Firefighter/Farmer G. Geologist/Graphic Designer
 H. Hairdresser/Historian I. Interior designer/Industrial Engineer J. Janitor/Judge
 K. Kindergarten Teacher/Karate Instructor L. Librarian/Locksmith M. Mathematician/
 Miner N. Nurse/Nuclear Engineer O. Optometrist/Orthodontist P. Plumber/Professor
 Q. Quarterback R. Radiologist/Roofer S. Secretary/Social Worker T. Teacher/Tailor
 U. Umpire/Upholsterer V. Veterinarian/Violinist W. Waiter/Writer X. X-ray Technician
 Y. Yoga Instructor Z. Zoologist/Zookeeper

Answers to What's the Missing Number Trivia

1. 60 2. 15 3. 1600 4. 77 5. 4 6. 64 000 7. 57 8. 5 9. 88 10. 1 001
 11. 18 12. 39 13. 6

Macdonald Services to Seniors has a Website!

Check us out at

MacdonaldSeniors.ca

Macdonald Services to Seniors

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Bernice Valcourt:
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Barry Feller:
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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

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 cleaners
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.**

