



The Wire

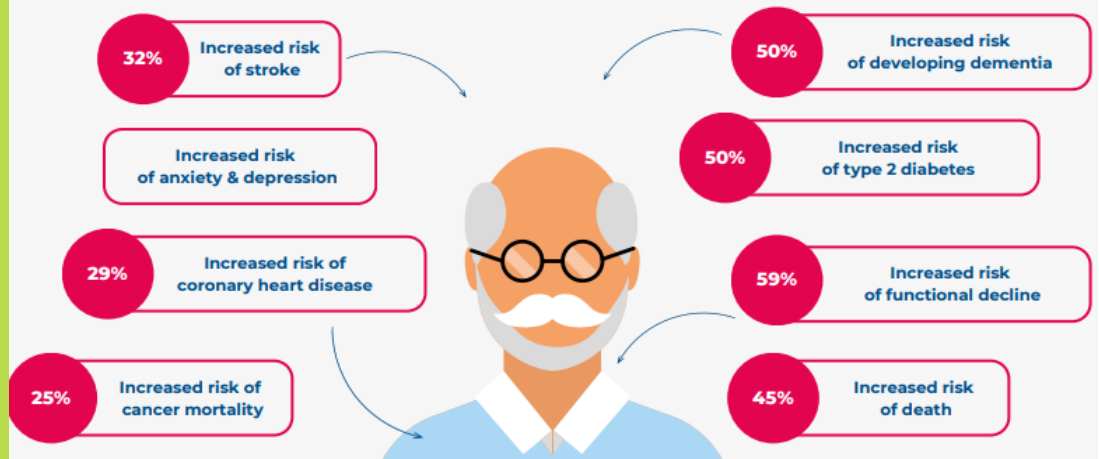
December 2024

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Being Socially Isolated is as Bad for your Health as Obesity or Smoking

Loneliness and Isolation for Older Adults' Health



The Negative Impacts of Loneliness on Society



Present research finds that lacking meaningful social connection and living within normative structures are associated with violent extremism.



Researchers have found that long term chronic isolation cause the build-up of a chemical in the brain that increases stress, aggression and fear.



68% increased risk of hospitalization & 57% increased risk of emergency room visits.



A recent study estimates the cost of severe loneliness to the Canadian economy at around \$40 billion a year

Cooking with Gwen

Gwen is a Meal Coordinator for the La Salle, Brunkild, Sanford and Starbuck meal programs. Many of her featured recipes are also prepared deliciously for the GEMS meal program.



Quick Beef Casserole

Ingredients

12 ounces wide egg noodles	1 teaspoon dried basil
1 pound ground beef	1 teaspoon dried oregano
1 medium chopped onion	1 teaspoon garlic salt
1 can diced tomatoes (14 oz, including liquid)	1/2 teaspoon ground black pepper
1 can tomato sauce (15 oz)	1/2 cup grated parmesan
1/2 cup beef stock	1 cup shredded mozzarella

Directions

1. Preheat your oven to 375°F (190°C).
Lightly spray a 9×13-inch casserole dish with non-stick cooking spray and set it aside.
2. Cook the egg noodles according to the package directions, but reduce the cooking time by 3 minutes to ensure they are slightly undercooked. This is important as they will continue to cook in the oven. Once done, drain the noodles and set them aside.
3. In a large skillet over medium heat, brown the ground beef along with the chopped onion. Cook until the ground beef is fully browned and the onion is translucent. Drain any excess fat from the skillet to reduce the grease.
4. To the browned beef and onion in the skillet, add the diced tomatoes, tomato sauce, broth, dried basil, dried oregano, garlic salt, and pepper.
5. Bring the mixture to a low boil over medium-high heat, then reduce the heat and let it simmer for 5-7 minutes to allow the flavors to meld together.
5. Add the cooked egg noodles to the skillet containing the beef and tomato mixture. Stir in the grated Parmesan cheese until everything is well combined.
6. Transfer the noodle and beef mixture to the prepared casserole dish, spreading it out evenly. Top the mixture with shredded mozzarella cheese.
Cover the casserole dish with foil and bake it in the preheated oven for 15 minutes. After 15 minutes, remove the foil and bake for an additional 10 minutes or until the cheese is bubbly and lightly browned.
7. Once the casserole is finished baking, remove it from the oven and allow it to cool for at least 10 minutes. This will help the flavors to set and make it easier to serve.

Winter 2025
Program & Community
Resource Guide

**Winter 2025
Registration
is OPEN!**

Children & Youth
Parent & Child
Workshops
Leisure
Fitness
Yoga
Dance
Sports
Art

Recreation...
*It's More
Than You Think!*

Macdonald-Headingley
204-885-2444 | info@mhrd.ca | mhrd.ca

Exercises with Liza

Riverdale Apartments | 12 Thursdays, Sept 26 - Dec 12, 2024 | 10 am – 11 am | It's Free!

Join Us for Gentle Exercise Sessions with Liza!

Looking to maintain muscle strength and improve your mobility? Our gentle exercise sessions are perfect for you! Led by Liza, these classes are designed to be both effective and accessible.

Create Your Own Christmas Ornament

Oak Bluff Recreation Centre: Board Room | Sunday, December 8 | 1 pm – 5 pm | \$50.00

Creating with Leather and Beads

Unleash your creativity and add a personal touch to your holiday decorations in this hands-on workshop! Join us as we guide you through the process of

Pep In Our Step – Older Adult Exercises!

Sanford Legion | 14 Wednesdays, Sept 11 - Dec 11, 2024 | 10 am – 11 am | It's Free!

Join Us for Gentle Exercise Sessions with Agnes!

Looking to maintain muscle strength and improve your mobility? Our gentle exercise sessions are perfect for you! Led by Agnes, these classes are designed to be both effective and accessible.

Program Details:

- **Gentle Exercises:** Suitable for all fitness levels.
- **Strength Training:** Use 11lb weights and stretchy bands.
- **Flexible Participation:** Exercises can be done standing or seated.

Comfortable Environment: Please wear comfortable clothing and footwear.

Join us and take a step towards better health and mobility!

For complete program descriptions or to register, please

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










Social Connection Challenge

Humans are wired to maintain close relationships with about 150 people, but the most important layer consists of just 3 to 5 individuals. These are the people you trust and rely on for emotional support, whether they are family, friends, neighbors, colleagues, or classmates. Having these core relationships is crucial for mental and physical well-being, helping you navigate life's challenges more effectively.

Building relationships across different groups— family, friends, neighbors, colleagues, or volunteers— is key. Each group offers different kinds of support, helping you through different stages of life. By nurturing these connections, you create a strong foundation that makes you more resilient and better equipped to thrive.

Challenge yourself to complete a new Social Connection task each day.

-  Day 1: **Say hello to someone new:** greet someone you have never spoken to and engage them in a brief chat
-  Day 2: **Share a story:** Share a personal story with another person and encourage one in return. This exchange builds trust and opens the door to deeper connections.
-  Day 3: **Express gratitude:** Thank someone whether it's for a small favour or their presence in the community. Gratitude builds positive relationships and uplifts both parties.
-  Day 4: **Group activity:** Organize or participate in a group activity like a puzzle, a casual game. Shared activities create natural opportunities for conversation and bonding.
-  Day 5: **Give a Compliment:** Give at least one genuine compliment to someone else. It could be something as simple as acknowledging a smile or complimenting their outfit.
-  Day 6: **Eat with Someone New:** Sit with someone different during a meal or invite someone to join you. This creates new connections beyond regular routines.
-  Day 7: **Reflect and Celebrate:** Reflect on your experiences from the week and share a positive moment you had.

Lunch and Learns

Presentations are free but you must register by calling 204-736-2255. There is a charge for the meal.

Beginning Genealogy—FREE

You will learn how to become family history detectives. You will participate in discussions, learning along the way how to find, and evaluate clues in actual case studies; helping you develop the skills necessary to pursue your own family history.

Each presentation usually takes approximately two, to two and a half hours depending on participation, and any follow up questions after.

Thursday, January 9: Sanford Legion

Monday, January 20: Caisse Community Centre-La Salle

Please register by calling Leanne at 204-736-2255 or by registering online at [MHRD](#)

Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: December 16 (presentation)

Sanford: December 5, 12 (presentation), 19

La Salle: December 2, 9 (presentation)

Starbuck: December 4, 11 (presentation), 18

See the 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.

204-736-2255

School Trustee by-election for Ward 1

(Oak Bluff, Springstein and Starbuck)

A person is eligible to vote if he or she is:

1. a Canadian citizen and at least 18 years of age on election day; and
2. a resident of Ward 1 for at least six months prior to election day.

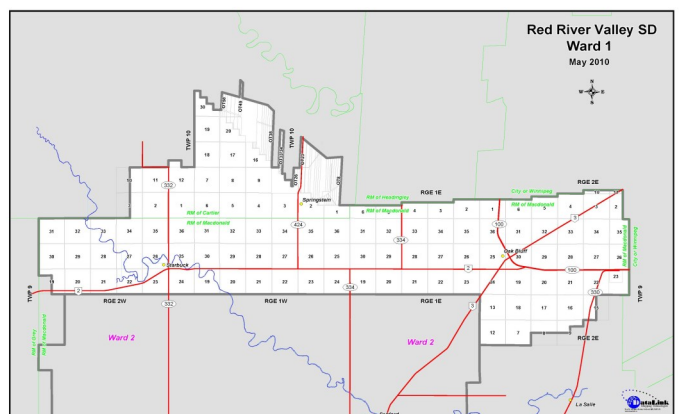
Voting places will be open for voting on **Wednesday the 4th** day of **December, 2024** between **8:00 a.m.** and **8:00 p.m.** at:

- Oak Bluff Community School, Oak Bluff, MB
- Springstein Mennonite Church, Springstein, MB
- Starbuck School, Starbuck, MB

For more information, please visit:

[RM of Macdonald - Local Notices](#)

Candidates
BUSH, Jason
WINKER, Andrew
MOSSET, Melodie



Digital Estate Planning: How To Plan For The Unexpected



The Plan

1. Take an **inventory of all your digital accounts** and assets.
2. Regularly **review and update your inventory list** and close any accounts you aren't currently using.
3. **Classify your accounts**—sort them according to which accounts should be taken care of first in an emergency situation.
4. Figure out **to whom, when and how you will give out your passwords**.

Consider:

- Using a password manager to keep track of all your passwords for all your accounts and giving a trusted family member the master password in case of emergency.
 - Using a password manager and including the master password in legal estate planning documentation such as your will or Power of Attorney.
5. **Set legacy contacts** for any accounts that offer that option.
 - A legacy contact is someone you designate to manage and access your digital accounts and data in case of emergency and after you pass away.
 - Password Managers: Most offer the ability to set someone as your emergency/legacy contact.
 - Apple, Google, and Facebook have well known options for legacy contacts that schedule account memorialization, or deletion, and access data like photos and contacts. Visit their help centres to learn how to set those up and look for similar options on any other accounts you use.

Remember

Many online services (ex. bank accounts) have terms that restrict the transfer of accounts or impersonation of another by sharing passwords so plan accordingly and contact those services for assistance.

Make sure to store MFA codes and security question answers in your secure password manager. Make a list of MFA methods you use and include device passcodes and instructions for your trusted emergency contact.

Don't delay your planning! It will make things easier on your loved ones in case of an emergency. Plus, unmanaged accounts are vulnerable to scammers and if taken over by them can cause harm to the people you are connected to online.

Note: There is no need to pay a “digital estate planner” when you can do everything yourself for free.

December 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 La Salle Pork Cutlets	3	4 Starbuck Salmon	5 Sanford Homemade Soup	6	7
8	9 La Salle Holiday meal & Games Lauren Stone, MLA	10	11 Starbuck Holiday Meal & Games Lauren Stone, MLA	12 Sanford Holiday Meal & Games Lauren Stone, MLA	13	14
15	16 Brunkild Holiday Meal & Games Lauren Stone, MLA	17	18 Starbuck Meatloaf	19 Sanford Chili	20	21
22	23 No Meal	24	25 No Meal	26 No Meal	27	28
29	30 No Meal	31	1 No Meal	2 No Meal		

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.



Happy Holidays!
 Office is closed Dec 23-Jan 5

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
- Bernice Valcourt:
204-272-5586
- Roy & Shirley Switzer:
204-736-3744
- Ronda Karlowsky:
204-794-4821
- RM Rep: Barry Feller:
204-736-4433
- MHRD: Christee Stokotelný
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.

