



The Wire

October 2024

Inside this issue:

Cooking with Gwen	2
MHRD	3
Lunch and Learns	4
GEMS	
Older Wiser Driver <i>continued</i>	5
Older Wiser Driver <i>continued</i>	6
Mature Driver Living Well	7
Calendar	8

The Older and Wiser Driver

Aging is inevitable - It happens to everybody. But growing older doesn't have to mean giving up an active life. While aging does impose physical limitations, many people achieved their greatest success when they were over 60. Almost everyone concerned with traffic safety wants to keep older drivers on the highways as long as they can drive safely. Age should never be mistaken as the sole indicator of driving ability. In fact, in Manitoba, drivers over 55 represent a wide range of abilities, and no individual will lose his or her licence solely because of age. However, the skills needed for safe driving – vision, reflexes, flexibility, hearing - begin to deteriorate around age 55 with an even greater loss after 75. Aging drivers can adjust their driving habits to cope safely with this decline, but to do this they must recognize their limitations and unsafe driving practices and be aware of actions they can take to make their driving safer.

Use the rating guide to compute your score and learn where your strengths and weaknesses lie. Then, read the Suggestions for Improvement section that corresponds to each question to see how to improve your driving. The central idea is to help you drive safely as long as possible.

Your score is based on your answers to a limited number of important questions. For a complete evaluation of your driving ability, many more questions would be required, along with medical, physical, and licensing examinations. Nevertheless, your answers and score give some indication of how well you are doing and how you can become a safer driver.

Quiz continued on page 6

Seasonal Flu Shots

Get the Shot, Not the Flu!

- ◆ Meadowbrook, Sanford: Wednesday, October 16, 2024, 3-6 pm
- ◆ Caisse Community Centre, La Salle: Wednesday, October 23, 2024, 3-6pm
- ◆ Starbuck Hall, Starbuck: Wednesday, October 30, 2024, 11 am-3 pm
- ◆ Oak Bluff Hall, Oak Bluff: Wednesday, November 6, 2024, 3-6 pm

Consent forms are required for all vaccines. Please visit:

https://www.gov.mb.ca/asset_library/en/covid/flupneumo_consentform_letter.pdf

Covid vaccines will be available based on supply.



Cooking with Gwen

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



Dill Pickle Soup

[Dill Pickle Soup - Lavender & Macarons](http://lavenderandmacarons.com)
(lavenderandmacarons.com)

Ingredients

- 2 tablespoon unsalted butter
- 1 medium onion finely minced
- 1 large carrot grated on large holes of box grater
- 1 c dill pickles cut in half lengthwise and then thinly sliced
- 5 c vegetable broth or chicken broth if you want
- 3 medium potato peeled and cubed
- 4 ½ tablespoon sour cream
- 1 ½ tablespoon flour
- 4-5 tablespoon pickle juice
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 4 tablespoon fresh dill chopped

Did you know...
You can pre-buy meals for the GEMS programs? This makes great gifts for Mother's Day, Father's Day, Christmas or anytime you want to make someone's day extra special. Give the gift of food and fellowship! Contact Leanne for more information.

Instructions

1. In a medium bowl whisk together sour cream, flour and 3 tablespoons of dill pickle juice.
2. Heat butter in large non-stick pan (avoid Teflon pans) over medium heat.
3. Add onion and carrot and cook until vegetables begin to soften, approximately 7 minutes. Stir in dill pickles and cook for 3 more minutes.
4. Meanwhile, add broth to a large stockpot and bring to a boil. Once boiling, add potatoes, reduce heat to medium low and cook for 10 minutes.
5. Stir in sautéed vegetables, salt, pepper, sour cream and flour mixture into the pot with potatoes and cook for another 5 minutes or until potatoes are tender when poked with a knife.
6. Remove from the heat, and serve immediately garnished with fresh dill.

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.

Gentle Body Balance

Oak Bluff Recreation Centre | 12 Wednesdays, Sept 11 - Nov 27, 2024 | \$120.00

Join us for a holistic fitness experience designed to enhance your overall well-being through gentle and mindful movements.

Miss Braun's Candles – Candle Making

Ages 14+

Starbuck Hall | Saturday, November 30 | 1:30 pm — 3:30 pm

Oak Bluff Recreation Centre: Board Room |

Saturday, October 26 | 1:30pm – 3:30pm |

\$55.00

Create Your Own Tooled Leather Key-chain or Bookmark

Tooled Leather Workshop

Sanford Legion | Saturday, November 16 |

1:00pm – 5:00pm | \$50.00

Discover the art of leather crafting in our upcoming workshop, where you'll have the opportunity to create your very own leather key-chain or bookmark.

For complete program descriptions or to register, please

visit www.mhrd.ca

or call 204-885-2444

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

Resin Jewelry Workshop with Britt

Caisse Community Centre:MPR | Wednesday, November 13 | 6:30pm – 8:30pm | \$60.00

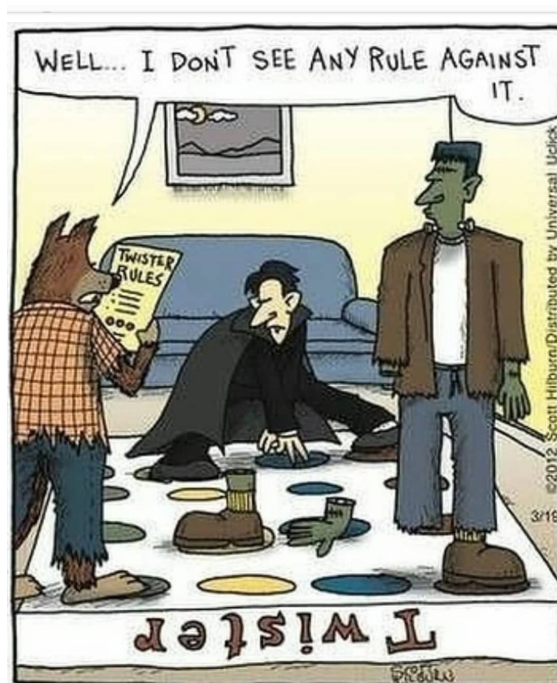
Come join us for an evening of creation, connection and community! This hands-on workshop is perfect for anyone looking to explore the art of resin jewelry making.

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



Macdonald-Headingley

RECREATION DISTRICT

Lunch and Learns

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

Frauds & Scams

Join us for an informative session on "Frauds and Scams Awareness" put on by the RCMP. Learn about common scams targeting older adults, how to recognize them, and practical strategies for prevention.

The presentation will cover financial, health, and tech-related scams, highlighting warning signs and protection tips. Attendees will also receive resources for reporting scams and seeking help. Empower yourself with the knowledge to stay safe and secure.

-Thursday, Oct 3, Sanford Legion at 12:30

Gordon Goldsborough, local author of Abandoned Manitoba, More Abandoned Manitoba, and On the Road to Abandoned Manitoba will be here to talk about his adventures. He will also be selling a few of his books to anyone interested in having a copy of their own.

-La Salle: Monday, October 28 @ 12:30

-Starbuck: Wednesday, November 13 @ 12:30

-Brunkild: Monday, November 18 @ 12:30

-Sanford: Thursday, November 21 @ 12:30

Answers to Halloween Superstitions, page 8
1. Black Cat 2. Mirror 3. Ladder 4. Bats 5. Salt 6. Albatross or Sparrow 7. Thirteen 8. Crows or Owls 9. Horseshoe
10. Rabbit's Foot 11. Jack O'Lantern 12. Spider

Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: October 21

Sanford: October 3 (presentation), October 10, October 17, October 24, October 31

La Salle: October 7, October 28 (presentation)

Starbuck: October 2, October 9, October 16, October 23, October 30

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.

204-735-3052

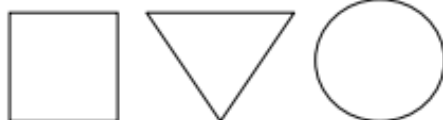
The Older and Wiser Driver Self Rating Form

Instructions: PRINT OUT this page and the following page. For each of the following 15 questions check the answer that applies to you.	Always or almost always	Some-Times	Never or Almost Never
1. I signal and check to the rear when I change lanes.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I wear a seat belt.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I try to stay informed on changes in driving and highway regulations.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Intersections bother me because there is so much to watch from all directions.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
5. I find it difficult to decide when to join traffic on a busy highway.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
6. I think I am slower than I used to be in reacting to dangerous driving situations.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
7. When I am really upset, I show it in my driving.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
8. My thoughts wander when I am driving.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
9. Traffic situations make me angry.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
10. I get regular eye checks to keep my vision at its sharpest.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I check with my doctor or pharmacist about the effect of my medications on driving ability. <i>(If you do not take any medication, skip this question)</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I try to stay abreast of current information on health practices and habits.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. My children, other family members or friends are concerned about my driving ability.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	None	One or Two	Three or More
14. How many traffic tickets, warnings, or "discussions" with officers have you had in the past two years?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. How many accidents have you had during the past two years?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>





Self scoring

Count the number of checkmarks you placed in response to the previous questions in squares, triangles and circles, and record the totals for each in the shapes below:

Total:



These are your Check Mark Totals

Scoring: There are 5 steps:		
Step 1:	Write the Check Mark Total recorded in the square  above =	
Step 2:	Write the Check Mark Total recorded in the triangle  above =	
Step 3:	Multiply the checkmark total for  X 5 =	
Step 4:	Multiply the checkmark total for  X 3 =	
Step 5:	Add the results of Steps 3 and 4.	
Your score is:		

No matter what your score, look at the **Suggestions for Improvements** section (SEE NEXT PAGES) for each area in which you checked a square or triangle. These are the areas in which you can improve the most.

Score	Meaning
0 to 15	GO! You are aware of what is important to safe driving and are practicing what you know. See the Suggestions for Improvement in the following section of this booklet, to learn how to become an even safer driver.
16 to 34	CAUTION! You are engaging in some practices that need improvement to ensure safety. Look to the Suggestions for Improvement section (<i>in the pages ahead</i>) to see how you might improve driving.
35 and over	STOP! You are engaging in too many unsafe driving practices. You are a potential or actual hazard to yourself and others. Examine the areas where you checked squares or triangles. Read the Suggestions for Improvement section (<i>in the pages ahead</i>) for ways to correct these problem areas.

Mature Driver Workshop

Manitoba's varying road conditions emphasize the importance of refreshing driving skills as we age. Increase your confidence and driving ability by taking advantage of our Mature Driver Workshop.

Who should attend?

This workshop is being offered to experienced drivers who wish to brush up on their skills and enhance their driving performance.

The Mature Driver Workshop will:

- Teach you defensive driving techniques
- Show you how to enhance your driving skills
- Update your knowledge of traffic laws and road safety rules
- Discuss if you can compensate for any changes that may occur in hearing, vision, flexibility, and reaction time

Benefits

- Fewer accidents and claims
- Learn the physical and cognitive effects that aging has on driving

For more information :

Contact Lynda at [204.949.1085](tel:204.949.1085) or by email ishaw@safetyservicesmanitoba.ca

If you would be interested in attending a workshop in your community, please call Leanne at 204-736-2255

MSS

Living Well in the R.M. of Macdonald

Friday, Oct 11, 2024

- Presentations
- Display Booths
- Lunch
- Door prize
- 50/50 draw

Oak Bluff Rec Centre
9 a.m. - 2 p.m.
Tickets \$10 p.p.

For Tickets, please call:
Leanne-204.736.2255

MACDONALD SERVICES TO SENIORS

MUNICIPALITY OF MACDONALD

Macdonald-Headingley RECREATION DISTRICT

October 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Starbuck BBQ Ribs	3 Sanford Roast Pork Frauds & Scams	4	5
6	7 La Salle Hamburger Steak	8	9 Starbuck Shepherd's Pie	10 Sanford Ham Casserole	11 Living Well Oak Bluff	12
13	14 No Meal Thanksgiving	15	16 Starbuck Chili	17 Sanford Liver n'Onions	18	19
20	21 Brunkild Pesto Chicken	22	23 Starbuck Sesame Chicken	24 No Meal	25	26
27	28 La Salle S & S Ribs Gordon Goldsborough	29	30 Starbuck Lasagna	31 Sanford Spooky Surprise		

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.

1. It is considered bad luck if one of these crosses your path.
2. Breaking one of these will give you seven years bad luck.
3. Walking beneath an open one of these passes you through a triangle of evil ghosts and spirits.
4. If these fly around your house on Halloween night 3 times, death is inevitable.
5. To ward off bad luck, throw a pinch over your shoulder and all will be well.
6. Thought to carry the souls of the dead, it's bad luck to kill one.
7. This number is very unlucky; there are many high rises lacking this numbered floor.
8. These birds are commonly viewed as a bad omen, often foretelling death
9. Placing one of these over a door will ward off witches. Must be lost by an animal and then found by you with an open end facing your way.
10. Good luck charm. The older this gets, the more good luck it is said to bring.
11. A burning candle inside one of these on Halloween keeps evil spirits and demons at bay.
12. If you happen to see this on Halloween then the spirit of a loved one is watching over you.

Answers on page 4

MACDONALD SERVICES TO SENIORS

Leanne Wilson
Box 283
5-38 River Ave
Starbuck, MB
R0G 2P0

Phone: 204-735-3052

Email:
info@macdonaldseniors.ca

Macdonald Seniors Ad- visory 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
Stokotelny
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
Wendy Robson: 204-981-9924
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.

