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The Voice That Made Winnipeg Listen
Remembering
Winnipeg sportscaster
PETER YOUNG,



Scott Taylor with Peter Young (right)

A man who didn't just call the game — he filled the room



MANITOBA SPORTS

By Scott Taylor
Photos by Scott Taylor and Judy Owen

There are sportscasters you remember for a call. There are others you remember for a moment. And then there are a rare few whose voice becomes the soundtrack of a city.

In the 1980s and 1990s, Peter Young was that voice in Winnipeg.

For generations of Manitobans, Young didn't simply describe the action — he made it feel close, familiar, alive. Whether it was the Winnipeg Jets carving their identity in the WHA and NHL, the Blue Bombers chasing Grey Cup glory, or Canadian athletes stepping onto the Olympic stage, his voice carried authority without ego, enthusiasm without excess. It was trusted. It was warm. It belonged.

When Young died on Feb. 2, at the age of 79, after a courageous battle with cancer, the response was immediate and overwhelming. Tributes poured in from fans, colleagues, former co-workers and athletes — proof that his impact went far beyond the microphone.

True North Sports and Entertainment said it best, calling him "a man whose voice was synonymous with

Continued on page 4

BIG DADDY TAZZ

HEALTH & WELLNESS FEATURE
See pages 9-16



A King of Stand-up Comedy



A MANITOBA MOMENT

By Bud Ulrich

I first met Big Daddy Tazz several years ago at the Carman Golf Course. The Canadian National Institute for the Blind (CNIB - Manitoba) was holding a fundraiser and Tazz was asked to speak at the event. Somehow he found out about my career as a ref and quite often used "the referee guy" during his comedic routine. During a recent chat via Zoom on our computers, we connected and I mentioned the CNIB event at Carman. With a

chuckle, he clearly recalled the incident. From this conversation, it was obvious that Tazz hasn't changed much since I last saw him. He still has that jovial good nature which has warmed the hearts of many.

When he's not on the road, Tazz divides his time between Winnipeg and Summerland, BC with his wife, Lala. He says, "Basically, when it gets so cold outside my tongue sticks to my teeth, I head to Summerland!" It appears Summerland will be

Continued on page 7

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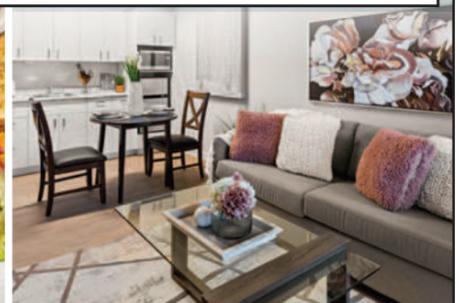
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Send your Letters or Community Story Submissions to: kelly_goodman@shaw.ca

What You Need To Know Before You Go

- Submitted

Thompson Seniors Community Resource Council (TSCRC) hosted a first-ever conference that attracted more than 100 people. The conference was called ‘What You Need To Know Before You Go’ and presented topics ranging from will planning to Medical Assistance in Dying.

“We didn’t know what to expect in terms of interest,” said TSCRC Coordinator Penny Byer. “Death and preparing for it is not a topic we have over coffee or cribbage games. In fact, it’s a topic we often avoid. So, we were amazed that, in a city where people wait until the last minute to register, we reached the capacity for the venue almost a week ahead.”



The two-day conference started off with a financial planner and lawyer talking about legal and financial considerations, government reporting, documentation, and the Powers of Attorney and Executor options. That led into the services a person can expect from a funeral home, Health Care Directives, Medical Assistance in Dying and Death Doulas.

Long-time resident Tom O’Brien was the Master of Ceremonies for Day One of the conference. He said: “In all the years I’ve lived in the north, I’ve never seen anything like this. And judging from the reactions of the people attending, it is information they’ve been wanting and needing.”

Day Two of the conference started off with Cancer Care Navigation and led to anticipated death at home and palliative care. A session on dealing with a sudden death versus a prolonged death of a loved one followed, as did a session on suicide awareness and prevention. Dealing with grief, what to say and what not to say to a person who is grieving, compassionate leave, and self-care for caregivers rounded out that portion of the day.

Finances and financial assistance options, the Northern Patient Transportation Program and a Winnipeg-based program called Get You There that helps those travelling to the city for medical services were also included.

The two-day conference was video taped and will be edited into individual sessions by topic. The videos will be used for future less formal information sessions.

Special thanks go to the individuals and organizations who contributed their time and expertise: Dwayne Portey from Assante Wealth Planning, Olaide Oloko from Oloko Law, Chris Boardman from Northland/Boardman Funeral Home, Dr. Nathan Coleman, Margarethe Friesen, Rachelle Huculak, Lynelle Zahayko, Trent Laycock, Shelly Watt, Kristy Crate, Lucy Wood, Avery Venne, Maninder Kaur, Maya-Lois Yeboah, Stephanie Sudfeld, April Hopkins and Lori Landers from Northern Region Health Authority (NRHA), Rhonda Heskin and Darren Fulford from Canadian Mental Health Association (CMHA) and Jenelle Goodwin from This Moment Counselling and Psychotherapy.

The ad hoc committee which organized the event included Molly Stapleton, Chairperson of the TSCRC, Joan Goble, a member at large, Shelly Watt, Lynelle Zahayko, Lori Landers, Margarethe Friesen and Jennifer Whalen of the NRHA and Penny Byer. The committee is planning a follow-up for 2027.

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Winnipeg Councillor's generous offer for senior shuttle service - Claudia Brugger



City Councillor Vivian Santos donates funds so seniors can have free shuttle service to their grocer along with some reusable grocery bags.

Grocery shopping is easy for most of us as we just jump in our vehicles and go to the grocery store to buy what we need. But for many of our seniors, getting their weekly groceries is much more difficult as most of them no longer drive and don't have access to computers or phones to order food online.

In the past, a lot of grocery stores offered free shuttles to senior's buildings to draw more people to their stores, but after the pandemic hit our city, they shut down those shuttles and none of them ever brought them back. Which is a shame, because the need for seniors to get their groceries never got less! We reached out to our City Councillor Vivian Santos to see if there is any money in her budget that could be used

towards monthly grocery shuttles for the seniors living at St. Mary the Protectress Millennium Villa Inc. on Burrows, St. Josaphat Selo Villa and Ivan Franco Manor, both on McGregor in the North Point Douglas area.

The cost for each bus is approx. \$295.00 to take a group of seniors and bring them back home with their groceries. Councillor Santos generously offered us \$1100 from her year-end budget towards the shuttles, which will allow us to extend the shuttle for an additional 4 months – we are still looking for funding to pay for it beyond the 4 months, if anybody wants to sponsor 1 or 2 shuttles or knows of any grant streams towards something like that, we would be happy to talk to them about it! We are truly grateful to Vivian for her support! ■

Sri Lankan Seniors Manitoba - Submitted by Senaka Samarasinghe



Mahamevnawa Buddhist Monastery in Winnipeg conducted Pirith Chanting and Bodhi Vandana as a blessing for the New Year 2026 on Dec. 31st (SUN) 2025 at 6.00 pm.

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Remembering Peter Young, *cont'd from front page*

Winnipeg Jets hockey," a broadcaster who "brought the team to life" while telling the stories of community athletes all the way to the Olympic Games.

That phrase — *bringing things to life* — defines Peter Young as well as any.

Born in Fort William, Ont. — now Thunder Bay — Young began reporting on sports while still in high school, filing stories for the *Fort William Daily Times-Journal*. He juggled radio work with serving as sports editor of Lakehead University's *Argus* while studying, and even balanced broadcasting with teaching physical education and mathematics. His son Jason once recalled a stretch where his father co-hosted a morning radio show, taught all day, then anchored an evening television sportscast.

That work ethic followed him to Winnipeg in 1974. He arrived to pursue a master's degree in sports sociology. Instead, almost by accident, he became a star.

"An opening for sports director at CKY-TV appeared," Peter recalled. "I applied for it, sort of as a joke. I didn't expect to get it." But, of course, he was hired immediately and soon began shaping the modern identity of sports broadcasting in Manitoba.

Not only was he the first radio voice of the Winnipeg Goldeyes, but he remains the only broadcaster to have handled television play-by-play duties for the Winnipeg Jets in both the World Hockey Association and the National Hockey League.

His calls carried fans through the Jets' formative years, when the franchise — and the city — was discovering what big-league hockey meant. He later covered CFL games nationally, hosted or produced more than 100 episodes of *CTV Wide World of Sports*, worked Olympic Games in Sarajevo, Los Angeles and Calgary, and became a fixture of Grey Cup weekends for more than a decade.

Yet even with a résumé that spanned continents, Young never lost his local grounding. Winnipeg was home. Community mattered.

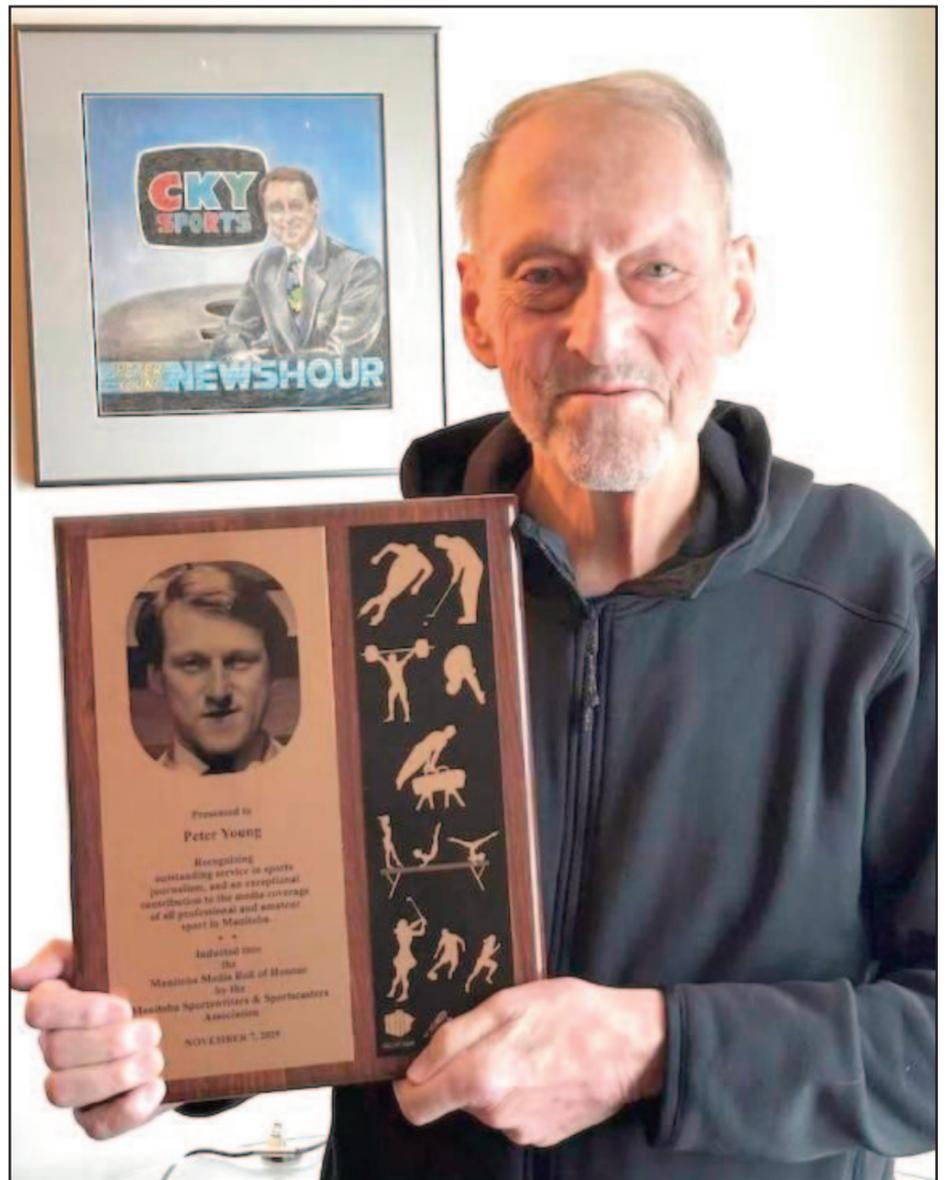
Those who worked beside him remember that clearly. Judy Owen of *The Canadian Press* called him "a legend in the local media community," noting that his pride wasn't rooted in his own accomplishments but in the young reporters he mentored.

Young didn't care about labels or barriers. He hired on talent, period — helping launch the careers of Rod Black, Ashleigh Banfield, Shelley Swirski, Lisa Bowes, Mike O'Hearn, Dan Palsson, Steve Vogelsang, Kim Babij and of course, Leslie Braun, the first female in Manitoba history to anchor a daily dinner-hour and late-night TV sportscast.

Bowes remembers Young as a boss who never stopped being a champion.

"He gave me my big break at CKY — among many others — but he continued to support my endeavours for 35 years," she said. "That is extremely rare and a true gift."

Steve Vogelsang put it more colourfully: "The list of people who owe their careers



Not long before his passing, Peter is inducted into the Manitoba Sportswriters and Sportscasters Hall of Fame

to Pete is approximately the length of Portage Avenue."

For me that legacy outweighs everything else.

I don't remember the exact moment I met Peter Young. It was just organic. It was the '70s, we were young guys, new in town from smallish Ontario cities, suddenly playing racquetball together and calling a Canada-Yugoslavia basketball game on CTV.

Those racquetball matches became legendary — especially the so-called "full-contact" showdowns against Glen Sather and Rod Phillips at the old Court Sport Club on Taylor Avenue. There were Grey Cups shared, Olympic Games chased, and even near-misses in professional hockey management, including one project that collapsed only after someone realized there was no ice in Kissimmee, Florida.

Through it all, Young remained unmistakably himself — curious, competitive, generous, and endlessly enthusiastic.

After leaving CTV, he became the first play-by-play voice of the Goldeyes, founded a sports consulting company, and served in management roles with franchises in Florida, Arizona and Calgary. He was inducted into the Northwestern

Ontario Sports Hall of Fame in 2023 and into the Manitoba Sportswriters and Sportscasters Association's Media Roll of Honour in 2025 — an honour many were grateful he received in person.

And yet, for those who knew him best, Peter Young's greatest contribution wasn't the games he called — it was the people he unleashed upon the sports world. No one, anywhere in Canada, can say he or she launched the careers of national play-by-play icon (Rod Black), a CNN anchor (Ashleigh Banfield), a bestselling author (Lisa Bowes), an NHL executive (Mike O'Hearn) and a bank-robber with a critically-acclaimed documentary about his life (Steve Vogelsang).

That, more than any call or credential, is the measure of a life well-lived.

Those closest to him will remember the laugh — big and unmistakable — and the booming voice echoing across a golf course or a football field, or holding court at a rink or press box. They'll remember a man who loved sports, but loved people more.

Peter Young didn't simply describe the action. He also gave others the microphone.

And because of that, long after the final call fades, his voice will still be heard. ■

Sri Lankan Seniors Manitoba

2025 Christmas Ceremony continues in January

By Senaka Samarasinghe

Sri Lankan Seniors Manitoba annually organizes the Christmas Ceremony in January. In January 2026, it was continued. The specialty was that there were more than forty participants. It is our duty to convey sincere thanks to all those who organized Christmas Celebrations.

They arranged yummy food and games. Prizes were offered to those who won games. Sang Christmas Carols in three languages: English, Sinhala, and Tamil. All participated in other planned activities. We wish everyone a very happy New Year 2026. ■



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Portage la Prairie – Enjoyment on a Cold Winter Day



A MANITOBA MOMENT

By Bud Ulrich

A Country Christmas Express Tour to Portage la Prairie was available through RWB Get-A-Ways tour company on Sunday, December 14th, departing from Winnipeg on Via Rail. A Sharpe Family concert was being held at the Herman Prior Activity Center in Portage la Prairie, followed by a turkey dinner at Tornado's Restaurant including a performance by a young girl of eleven years who plays the guitar and sings. The return to Winnipeg was scheduled via Beaver Bus Lines capped off by a tour of the holiday light show at Red River Exhibition Park.

Now, here's what really happened. We experienced a typical Winnipeg winter day – it was very cold and windy. The four of us, Donna Eastoe, Pat Braun, Patti Bews, and I headed to VIA Rail mid-morning in Pat's vehicle. It took several minutes to secure a parking pass due to the frozen buttons on the pay machine. Perhaps this was a sign of things to come.

The walk from the VIA Rail parking lot to the station was as cold as it gets. We spotted other friends, Gil Boileau and his partner Flo Marcoux who had experienced the same challenge in securing a parking pass. Gil was wearing a rather light winter jacket but seemed to brave the cold wind as best he could. He hustled his way to the station as fast as possible.

As we entered the VIA Rail station, there were an incredible number of open market display booths of amazing indigenous merchandise like we've never seen before. The rotunda was very busy with large crowds of people. The Christmas spirit was in the air.

The tour group of 50 people inside the hallowed halls of the train station headed towards the tour director, Alison McDonald. Shortly afterwards we were herded into a back room where we received news of our Portage train delay. Cold weather was the culprit resulting in the need for repairs to the water system and an alternative travel plan was needed. It was unknown



Road-side attraction - a giant grey owl constructed from 6,000 pieces of steel.

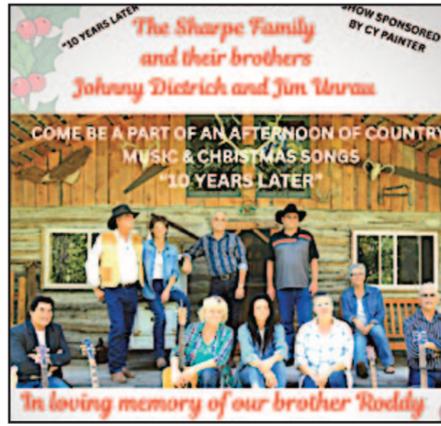
how long the train delay might be, and as the concert was scheduled for 3:00 pm, we were given two options – take the chartered bus to Portage la Prairie or wait for the train repairs. The group was unanimous in choosing the bus ride to ensure our attendance at the concert. We were most thankful to our tour director for having an excellent back-up plan.

Upon our arrival to the outskirts of Portage la Prairie, we were treated to a few outstanding road-side attractions – a giant grey owl constructed from 6,000 pieces of steel, standing 4 meters (13.12 ft.) high, weighing 952 kilograms (2,099 lbs.). Nearby, a 3.66 meter (12 foot) golden eagle was sitting high on a pole. This was a tribute to the survivors of the residential school system and is located by the still-standing residential school. It's regarded as a form of reconciliation.

The bus arrived some 30 minutes prior to the start of the concert. A sold-out



Golden eagle - located by the still-standing residential school.



The Sharpe family performing at the Herman Prior Centre in Portage.

crowd of 300 people filled the hall. The large stage was decorated with several poinsettia plants, along with several guitars and nine chairs that were soon occupied by a family of musicians and vocalists. For the next two hours the Sharpe family, a gifted family of five sisters and four brothers, entertained a responsive audience with a variety of country songs and well-known Christmas songs. The concert was a tribute to Roddy, one of their brothers who passed away. The stage presence, harmony, and beautiful voices of several soloists delighted the crowd. Indeed, this performance was first-class.

The turkey dinner at Tornado's Restaurant with all its trimmings was well received by a hungry group. The food and service were as good as it gets. During our dinner we were entertained by Jo-Hannah Atchison, a most delightful young girl of 11 years, who is blind. She plays the guitar and sings. Clearly, her talents are extra special.

I had the pleasure of chatting with Jo-Hannah and her mom via FaceTime. Her mom, Samantha, sings and plays the piano. When Jo-Hannah was at an early age, Samantha placed tactile stickers on the piano keys for Jo-Hannah to know



Jo-Hannah Atchison performing at Tornado's restaurant in Portage la Prairie

where to place her fingers. After the family's move to Brantford, Ontario, Jo-Hannah took guitar lessons from Thomas Wade, a Canadian country artist. The Atchison family now resides in Portage la Prairie and Jo-Hannah has appeared on the local radio station, as well as several other events. When asked, "Who is your favourite singer," she quickly responded – "Dolly Parton." In addition to her repertoire of country songs, she can yodel with the best them. Obviously, she loves to sing. This young girl is living her dream.

We boarded the bus heading back to Winnipeg, and just outside the perimeter highway we pulled into Canad Inns Winter Wonderland Holiday Light Show at Exhibition Park. There were over two million lights that dazzled us as we drove through the route. It was a really nice way to complete our fun-filled and entertaining journey provided by the excellent RWB Get-A-Ways tour company.

Although we didn't get to board the train from Winnipeg to Portage la Prairie, I think it's safe to say, "Manitobans understand the changes in weather, particularly in the winter season, and regardless, will enjoy whatever comes their way. And we did! ■"

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BIG DADDY TAZZ, cont'd from front page

their more permanent home in the future. I mentioned the beautiful view of the hoar frost on the trees in Winnipeg a few weeks ago, and Tazz said, "I love that look, but you know what – the warmth and the view of Lake Okanagan without a lick of snow anywhere appeals to me." After many years in the "Peg", he's adjusting to a warmer climate.

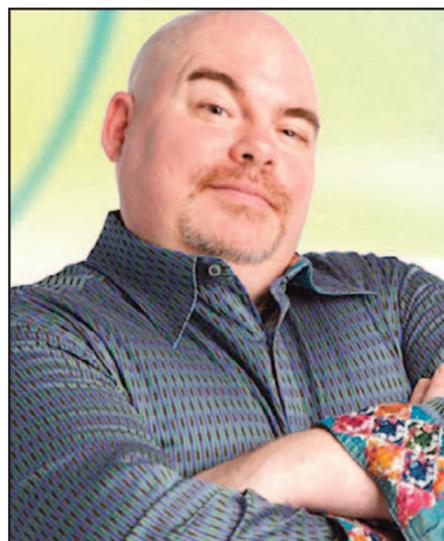
Tazz was born in Regina, Saskatchewan. "I'm not bragging, but that's where I was born," he said. He follows the Saskatchewan Roughriders (football) somewhat. He's not a big sports guy, unless he can make a joke about it. He prefers to watch the highlight reels rather than take in the whole game. Tazz has two sisters - one is older by fifteen years and the other is younger by five years and they live in Manitoba. "They are both wonderful loving human beings." With a chuckle, Tazz said, "They are much more mature than I, which makes me everybody's favourite." He said he's still this little insecure kid who wants to be loved. "Having people laughing with you, or even at you, is a form of love." Tazz has two boys, age eighteen and thirty-one. Knowing his eighteen-year-old is now independent provides some comfort to him.

When Tazz was a student in Grade 9, he was being a pain to the teacher and tripped and fell. The teacher said, "What are you trying to prove?" He said, "Gravity!" The laugh he got was amazing. He still thinks about that sometimes. This may have been the origin of his career in comedy. There was also a darker lead-up to his comedy. He says his mom and dad were wonderful human beings, but they should never have been parents. Tazz and his sisters have agreed on this many times. However, there were still some good times with much laughter.

It was interesting to hear Tazz's explanation of comedians. "Comedians evolved from jesters, and in olden times jesters were the most valuable people in the kingdom. They would tell the kings and leaders what the people were wanting – in a humorous way to avoid getting beheaded."

During Tazz's routine, he enjoys pointing out negative things in a positive way. On one occasion when Tazz was challenged by a fan, he was quick to defuse the comment and in a jesting manner, out of the blue, he quickly said, "I love my dog, but I wouldn't let him drive my car." This can be interpreted a number of ways, and it was Tazz's way of keeping things light.

When Tazz was asked about his special way with kids, he said, "I'm just a giant elderly toddler with a Mastercard. I love kids.



Big Daddy Tazz

I love making them laugh. No matter how tough my day might be, their smiles and laughs make me feel ten feet tall. Which is what my cardiologist says I should be for this weight!"

Tazz once told a youngster, "If it rains, you can't unmelt a snowman. And if you say something nasty, you can't take back what you said. So, it's important not to say nasty things." The youngster said, "Well, I'll just have to get an umbrella for my snowman." You can never predict what a child might say or think. During another one of Tazz's interactions with a youngster, she questioned where his hair went. "It just fell off," he said. "Did it fall off, or did it get sucked in? Because there's lots of hair coming out of your nose," the youngster quipped. These delightful stories continued one after another with much laughter along the way.

Tazz has travelled from coast to coast in Canada and in the United States of America. "Memphis, Tennessee, is an amazing place with many friendly people," he said. He also loves to perform in small towns, as he enjoys the homespun atmosphere and down-to-earth people. He grew up in a small town, and at an early age he discovered that drinking water out of a tap on a farm shouldn't hurt your fillings. He gave his famous chuckle once again.

I sensed there is a serious side to Tazz, and I wasn't wrong. "I'm a sunshine easy kid with a mind knee-deep in darkness. The curtains open and the sunshine comes in. I'm a very serious guy. I struggle with the childhood memories and voices in my head that are chastising me for being 'not good enough', for being too much or fat or an idiot. As I grew older, I queried the voices in my head and realized



were inspired to seek help. It is this kind of feedback he receives which creates that "spark" to keep him going forward and making a difference in people's lives. He has been told by some that he is a healer through the science of comedy. He believes that some of the most effective people who can help others with mental health issues are people who have experienced difficulties themselves. He has taken this concept and has been running with it for the past 35 years.

A typical day for Tazz starts without the need for setting an alarm clock, because he usually wakes up before the alarm anyway. He's up and working on his physical health, losing a few pounds along the way. He had a heart attack in February 2025 which he thinks might have been a wake-up call and so he's made a few changes in his lifestyle.

Clearly, Tazz is a gifted individual who has the unique ability to make people feel good. He exudes his love of life. I thoroughly enjoyed our conversation. No matter where Tazz goes, he entertains people, be it in a classroom, restaurant, hotel meeting room, or on an airplane. His laughter is genuine and it's something that comes naturally to him. ■

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Achievable New Years Resolutions For Seniors

- Heart to Home Meals - Fred Pennell

We are 1 month into another New Year we have the fresh opportunity to re-commit to ourselves for self care and self-improvement. As we get older, these commitments (or resolutions, as most people call them) take on a very different tone. While we can make resolutions in the heat of the moment we can now take to reflect for the rest of the year. It's not too late to still make a difference in 2026!



For younger folks, it may be as simple as working on their beach bod for the summer or improving their grades at school. But for seniors, New Year's resolutions can help you focus on keeping and improving your health, quality of life, and even emotional well-being.

Making the conscious choice to actively care for yourself is the first and arguably most important step you can take when thinking about a resolution. Consider what changes you can make in your life that will measurably improve it and then create a strategy around how you're going to reach your goal.

Key Components of Effective New Year's Resolutions

There are some general rules for making a resolution that you can stick to, regardless of age group. The first to consider is setting a goal worth keeping - in other words, think big! While there's nothing wrong with making easily attainable goals, like tidying up or expanding your garden, the New Year really gives us an opportunity to be ambitious with our goals.

This year, think about the goals you've been putting off because they seem intimidating. Maybe it's learning a new instrument, finishing a classic novel, or learning to knit - whatever it is, make sure it's something you'd be proud to achieve.

For seniors, resolutions can also have the added benefit of giving you something to enhance your well-being and quality of life. Making a commitment to eating healthier or pursuing some gentle exercise can ensure you remain healthy, mobile and independent for a long time. The first step towards these goals can begin with this New Year. Just make sure to always consult with your doctor before making any sudden dietary or exercise changes!

And to help achieve these ambitious goals, it's a good idea to break them into bite sized chunks so that you're not overwhelmed by the scale of your task. Finishing a 1000-piece puzzle starts with placing the first one, so take time to identify your first few pieces before launching into it.

Resolutions for Your Body, Mind and Mood

Keeping your body healthy, your mind sharp and your mood lifted are all essential to ensuring you have wonderful, comfortable senior years. When you're making

your New Year's resolutions, consider how they factor into these three categories:

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The fuel you power your body with is essential to your physical health. Before you consider an exercise, routine or set any weight loss goals with your doctor, consider your meal plan.

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For Your Mind:

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Continued on page 10

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Spirit Mobility was created to support individuals facing mobility challenges—whether due to injury, aging, chronic conditions, or temporary medical needs. Our product selection includes mobility scooters, power chairs, walkers, rollators, lift chairs, ramps, bathroom safety equipment, and a wide range of home-care essentials. Each

item is chosen with care, ensuring durability, comfort, and ease of use. But what truly sets Spirit Mobility apart is the guidance that comes with every product. Our team takes the time to understand each person's lifestyle, physical needs, and goals, offering recommendations that feel thoughtful, practical, and genuinely supportive.

A major strength of Spirit Healthcare Group is our Mobility storefront location at 1495 St. James Street, Winnipeg, designed intentionally as a welcoming, accessible space where people can explore mobility options in person. The storefront is more than a place to shop—it's a community resource. Visitors can test equipment, compare models, and receive hands-on dem-

onstrations from knowledgeable staff who are committed to helping them make informed decisions. The layout is open and comfortable, allowing individuals and caregivers to move freely, try products safely, and ask questions without feeling rushed or pressured.

Our storefront also serves as a hub for education and ongoing support. Many people come to us unsure of what equipment they need or how to navigate insurance and funding options. We walk them through the process step by step, helping remove barriers that often prevent individuals from accessing essential mobility tools. We also provide guidance on maintenance, repairs, and long-term care planning, en-

suring that customers feel supported long after their initial purchase.

At Spirit Healthcare Group, we believe healthcare should feel human. That belief shapes every interaction—whether someone is visiting our storefront for the first time or returning for continued support. Spirit Mobility embodies that philosophy by offering not just equipment, but understanding, compassion, and a commitment to improving quality of life.

Through our storefront presence and our focus on mobility solutions, Spirit Healthcare Group continues to uplift the communities we serve, helping people move more freely, live more independently, and feel more confident every day. ■

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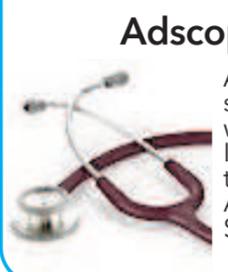
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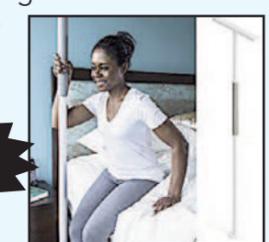
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Gullwing Care Services is owned and operated by Parivinderjeet Khosa (Bobby), a long-time leader in Winnipeg's medical transportation sector with nearly two decades of industry experience.

The foundation of the business dates back almost 20 years, when Bobby established Maple Leaf Transit, a wheelchair transportation company serving Winnipeg's healthcare community. In 2025, the company expanded its services by launching Gullwing Care Services to meet the growing need for professional stretcher transportation.

After years working within the medical transportation field, Bobby recognized the need for services that prioritized compassion, professionalism, and punctuality. Gullwing Care Services was created to raise the standard of patient transport and better serve Winnipeg's healthcare system.

The company offers a full spectrum of non-emergency medical transportation,

including stretcher transfers, wheelchair transportation, stair chair services, companion assistance, and health aide support — all delivered by trained professionals.

Gullwing Care Services specializes in safe, reliable non-emergency stretcher and wheelchair transport, with a strong focus on serving personal care homes, long-term care facilities, hospitals, and healthcare organizations throughout Winnipeg and the surrounding region.

Services will be expanding in the future. Future growth will focus on expanding specialized vehicles, strengthening healthcare partnerships, enhancing staff training, and continuing to invest in advanced patient transportation equipment to meet increasing community demand.

The most rewarding aspect is providing dependable, dignified transportation that helps patients access care safely while giving families and healthcare providers peace of mind.

Gullwing Care Services is proudly Manitoba-owned and operated, with a fully licensed team of First Aid-certified professionals. Operations are based at a 2.5-acre facility located at 1400 Valour Road, reflecting the company's long-term commitment to serving Winnipeg's healthcare community with excellence. ■

See advertisement on front page

Heart to Home Meals: Achievable New Years Resolutions for Seniors...

cont'd from page 8

hobbies, skills and interests too. But it's about more than just finding your new favourite pastime.

Learning a new skill or even taking up a new interest is a great way to keep your mind sharp. Like any muscle that goes unused, your mind and memory can weaken when they're not tested. By teaching yourself something new, whether it's how to play sudoku or the history of ancient Rome, you're actually strengthening your mind.

For Your Mood:

When your body feels healthy and your mind feels sharp, your mood often benefits as a result. But there's a lot that can affect how you feel emotionally, and it's just as important to make resolutions that focus specifically on your mental health and mood as it is to make resolutions that focus on your body and brain. Feelings of purpose, connection, and joy don't always happen automatically - they often grow from small, intentional habits practiced over time.

Making a resolution to stay socially connected can have a powerful impact on emotional wellbeing. Regular conversations, shared activities, or simply checking in with loved ones can help reduce feelings of loneliness and boost mood. Other meaningful resolutions might include making time to practice gratitude or finding moments of calm and relaxation each day. These small but intentional choices can support a more positive outlook and help make everyday life feel more fulfilling.

New Year, New Goals

Keeping your New Year's resolutions isn't always easy, but it can be extremely worthwhile. By setting ambitious goals that you break into small manageable steps, you can set yourself up for success without feeling overwhelmed. And when your goals tie into your personal wellbeing, sticking with them leads to healthier, happier living. ■

Sunny with cloudy periods ... cloudy with sunny periods.

- Good Samaritan Winnipeg

Caring for a dementia patient is the inverse of raising a child. With a child, you correct and expect that the child learns after a few mistakes. One of the rewards of parenting is watching your child grow and acquire new skills.

Caring for a dementia patient is different. Correcting and teaching may help the patient initially, but this quickly becomes a source of frustration driven by fear as both patient and caregiver confront their loss of independence.

At first, sunny days when the patient is present are intermittently interrupted by cloudy days of confusion. Life can be close to normal as the patient can participate in everyday activities. Mini holidays and meals remain pleasurable *if the patient is never out of sight*. Lurking about the restaurant restroom to ensure the patient doesn't wander off becomes a "normal" activity for the caregiver.

However, cloudy days inevitably become the norm, with the sun only occasionally emerging. These sunny periods can be highly stressful for the patient and caregiver.

• Well-meaning friends may express pleasure when patients emerge from their

haze. This only frustrates caregivers, who know the sunny period is temporary and will become less frequent. Dementia does not get better.

• More devastating are the sunny days when the patient realizes what is happening to them. They stand in the middle of the room, sobbing and exclaiming ... "I do like who I am anymore." The patient-caregiver dyad becomes a tangle of despair.

It is tedious and tiring to clean up the patient after an accident or to cajole them into taking medication. These are trifling compared to the emotional roller coaster of cloudy and sunny days.

Good Samaritan Homecare Services of Winnipeg serves the family of the dementia patient. We offer all the usual services to support the patient, but more importantly, we also focus on the family's emotional and physical well-being.

We become your trusted partner in helping your family through the dementia journey. ■



Good Samaritan
Winnipeg

LET US HANDLE THE CARE, WHILE YOU CARE FOR YOU

WE ARE IN THIS TOGETHER

Caring for a loved one with dementia is challenging yet meaningful. Placing them in a care home brings relief but also guilt. We support families in keeping their loved ones at home as long as possible.

WHY CHOOSE US?

- Respite Care for Caregivers
- Compassionate Companionship
- Home Assistance & Supportive Visits
- Errand & Shopping Help
- Light Meal Preparation & Enjoyable Walks



CONTACT US: ☎ +1 (204) 291-5922 📱 @Goodsamaritanwinnipeg



HEART HEALTH February

February is National Heart Health Month



Strive to be heart smart!

February is Heart Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease. It's a month-long focus on reducing risks and making healthier choices to improve quality of life.



Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada. The good news is that we can all reduce our risk of heart disease by making healthy lifestyle choices, including quitting smoking, eating a healthy and balanced diet, getting enough sleep, exercising regularly, and monitoring blood pressure and cholesterol levels.

HEART HEALTH Be Heart Smart

Tips to maintain heart health as you age

Your heart is a strong muscle that pumps blood to your body. Just like an engine makes a car go, the heart keeps your body running.

Aging causes changes in the heart and blood vessels. Changes that happen with age may increase a person's risk of heart disease and related health problems. Heart disease is a major cause of disability that can limit activity and quality of life for older people.



Follow a heart-healthy diet

Eat plenty of fruits, vegetables, lean proteins, and foods high in fiber and whole grains. Choose foods that are low in saturated fats, added sugars, and salt which can cause high blood pressure.

Stay physically active

If possible, aim to get at least 150 minutes of physical activity each week. Strength training and aerobic exercise both benefit heart health. But it's important just to get moving - any physical activity is better than none! Talk with your doctor about the type of activities would be best for you.

Maintain a healthy weight

Balancing the calories you consume with the calories burned with physical activity helps to maintain a healthy weight. Other ways you can stay at a healthy weight include following a heart healthy diet.

Keep your diabetes, high blood pressure, and/or high cholesterol under control.

Follow your doctor's advice to manage these conditions, and take medications as directed.

Don't drink much or any alcohol

As we age, alcohol consumption can make existing health problems worse and have dangerous interactions with some medications.

Manage stress

Learn how to manage stress, relax, and cope with problems to improve emotional health. Consider activities such as, meditation, yoga, and talking with friends or family.

Get enough sleep

Getting enough quality sleep is another way to help reduce the risk of heart disease. As we get older, sleep patterns change, making it more difficult to fall asleep or stay asleep.

Signs to watch for:

If you experience any of the symptoms listed below suddenly or without exertion, call 911 for emergency assistance. Other conditions can cause chest discomfort, but don't always assume it's something minor.

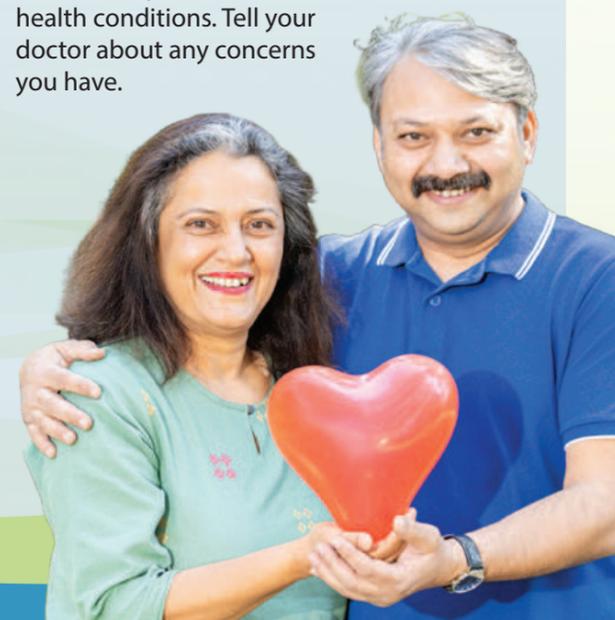
It is critical to have your symptoms checked out in case it is a heart attack. Treatment is essential to prevent permanent damage.

Chest pain is not always the main sign of a heart attack, so be aware of other possible symptoms:

- **Crushing chest pain or pressure in the center or left side of the chest**
- **Pain, numbness, and/or tingling in the shoulders, arms, neck, jaw, or back**
- **Shortness of breath**
- **Fainting, light-headedness, or dizziness**
- **Rapid or irregular heartbeat**
- **Cold sweats**
- **Nausea, vomiting, or stomach upset**
- **Tiredness or fatigue & weakness**

The symptoms of a heart attack can be different in men and women. Women are more likely than men to experience shortness of breath; tiredness; weakness; upset stomach; anxiety; and pain in the shoulder, back, or arm.

Although these problems can be signs of heart disease, they can also be associated with other health conditions. Tell your doctor about any concerns you have.



Luckily, there are many steps you can take to help keep your heart healthy.

Check your blood pressure and cholesterol

As you get older, it's important to have your blood pressure and cholesterol levels checked regularly, even if you are healthy.

High blood pressure could lead to stroke and problems with your heart, eyes, brain, and kidneys. High cholesterol can also lead to serious health problems, such as a heart attack or stroke. Talk to a doctor about exercise, dietary changes, and medications that can help manage blood pressure and cholesterol levels.

If you smoke, quit

Smoking is the leading cause of preventable death. Smoking adds to the damage to artery walls that occurs in heart disease. Quitting smoking, even in later life, can improve your health and lower your risk of heart disease, stroke, and cancer.



HEART HEALTH Stick Curling

2026 MB 55+ Games Feature Event



Stick Curling is a relatively new sport which is quickly gaining popularity!

Stick curling is a variation of the regular curling game that allows players to deliver stones while standing upright. This makes it an accessible and inclusive option for individuals with mobility issues or physical limitations.

Key Features of the Game

Delivery Stick: Players attach the stick to the stone's handle and push it from the hack, walking or sliding to deliver it.

Accessibility: It accommodates older adults, people with disabilities or anyone who can't slide, allowing broader participation.

2-Person Teams: Typically played with two players per team, with one at each end, sharing throwing and skipping roles.

No Sweeping (Between Hog Lines): A rule that levels the playing field and focuses on stone placement and strategy over sweeping.

Condensed Games: Games are often 6 ends, lasting about an hour, making them spectator-friendly.

Basic Rules

Setup: Position the stone in front of the hack on the delivery line, attaching the stick.

Stance: Get into your stance, ensuring shoulders are square to the target.

Delivery: Push off the hack and walk forward, releasing the stone before the near hog line.

Release: Rotate the stick to apply the necessary turn (like a clock face) and follow through as you stop walking.

Strategy: The player at the other end acts as the skip, calling shots.

Stick curling provides challenge and excitement for people of all ages and abilities!

HEART HEALTH Participate!

Join us in Morden, Stanley & Winkler for the 2026 MB 55+ Games

Save the Date & Participate

Curling event: March 17 - 19, 2026
Summer Games: June 9 - 11, 2026

- Curling registration is **OPEN NOW!**
- Summer registration **OPEN SOON!**

What are the 55+ Games and how can I get involved?

This June, 20+ age-friendly events will attract over 1000 athletes, volunteers and spectators for 3 days of fun and friendly competition. If you have never been to a MB 55+ Games, it's a celebration you will not want to miss!

The Games also provide a social and cultural atmosphere through social events. On Tuesday night an Opening Ceremonies & Reception will be held, giving everyone a chance to mingle, renew old friendships and make new connections!

We hope to see you there!



Manitoba 55+ Games

PRESENTED BY 

Each year we offer 20+ age friendly events - there is something for everyone!

- 5-pin bowling
- Arts & Crafts
- Bocce Ball
- Disc Golf
- Golf
- Ice Curling
- Pickleball
- Slo-pitch Softball
- 8 Ball & 9 Ball Pool
- Swimming
- Wall Darts
- Contract & Duplicate Bridge
- Cribbage
- Track
- Predicted Walk - Run
- Horseshoes
- Equestrian (Birdshill Park)



Looking to get involved?

Volunteers are always needed to make the Games a success. From registration and event coordination to first aid - there are opportunities for all interests!

If you are interested in becoming a volunteer at the MB 55+ Games in Morden, Stanley & Winkler visit our volunteer registration page on our website: www.activeagingmb.ca or email: info@activeagingmb.ca or call: 204-632-3947

For more information, contact us:

Phone: 204-632-3947

Email: info@activeagingmb.ca

Website: www.activeagingmb.ca



HEART HEALTH Staying on your Feet

Easy steps to prevent a fall at home



Anyone can fall, but the risk of falling becomes greater with age. Every year, one in three Canadian seniors will fall at least once. Hip fractures are the most common type of fall injury among seniors, and about 20 percent of injury-related deaths among older adults can be traced back to a fall.

Factors that can increase your risk of falling include:

- poor balance
- decreased muscle and bone strength
- reduced vision or hearing
- unsafe conditions in and around your home

Nearly half of all injuries among older adults happen at home. The bathroom and stairs are particularly dangerous areas. However, the good news is that there are many simple steps you can take in and around your home to help prevent falls and the injuries caused by falling.

Minimizing Your Risk

In the bathroom:

- Use a rubber bath mat for the tub and shower. Install the mat when the tub is dry.
- Install grab bars by the toilet and bath to help you sit and stand.
- Use a bath seat in the shower and a raised toilet seat, if you need them.
- Wipe up any moisture or spills right away.



In the living room & bedroom:

- Reduce clutter. Get rid of loose wires, cords and other obstacles.
- Have good lighting throughout the house and install nightlights.
- Make sure the path is clear between the bedroom and bathroom.
- Scatter mats are tripping hazards. Get rid of them or make sure they are non-slip.
- Move slowly out of your bed or chair. Getting up suddenly can make you dizzy.

In the kitchen:

- Store kitchen supplies and pots and pans in easy-to-reach locations.
- Store heavy items in lower cupboards.
- Use a stable step stool with a safety rail for reaching high places.
- Always wipe up spills immediately to prevent slipping.
- Ask for help with tasks that you feel you cannot do safely on your own.

Around stairways:

- Make sure your stairs are well lit.
- Have solid handrails on both sides of the stairway.
- Remove your reading glasses when you go up or down stairs.
- Never rush up or down your stairs. Rushing is a major cause of falls.

In your outdoor space:

- Keep front steps and walkways repaired and free of snow, ice and leaves.
- Keep the front entrance well-lit.
- Put gardening implements and other tools away when you are not using them.

Eat Healthy Meals

Good nutrition will help keep up your strength and balance. Get a copy of [Canada's Food Guide to Healthy Eating](#), and follow the advice about healthy food choices. Do not skip meals. It can make you weak and dizzy, which will increase your risk of falling.

Keep Fit

Stay active to maintain your flexibility, balance and strength. Start slowly and build up to a total of 30-60 minutes of moderate physical activities on most days. A few short exercise sessions during the day are as valuable as one longer session. For advice on getting started, consult [Canada's Physical Activity Guide to Healthy Active Living for Older Adults](#).



Use Medication Wisely

Ask your doctor or pharmacist about the possible side-effects of your prescription drugs. If your medication makes you dizzy or sleepy, adjust your activities to prevent the risk of falling.

Use Safety Aids

Wear your glasses and/or hearing aids. Consider using a walker or cane. If using a cane, make sure it has a rubber tip. If you walk on icy roads or paths, wear good boots and use an ice-tip for your cane. Ask your health care provider about other devices that can make your life safer and easier.

Easy balance exercises you can do at home

Balance exercises can help you at any age. They can make you feel more secure. Older adults especially need balance exercises to help prevent falls. The risk of falling goes up after age 65. It's good to include balance and strength training in your daily activity. Balance exercises enhance muscle strength and coordination. Improved mobility means you can perform daily activities, like walking up stairs or reaching for items, more easily and without assistance. Adding a few simple balance exercises to your daily routine can help keep you moving safely and help you stay independent longer.



Calf Raises

Improves lower body strength & balance. Hold onto a counter or chair for balance. Tighten your core and rise up onto the balls of your feet. Keep your heels off the ground and count to three. Slowly lower your heels back down. Keep your toes pointing forward and your heels in line with your toes. Repeat 3-5 times. Alternate by raising your toes off the floor with your heels on the ground. This can also be done from a seated position.



Front Leg Lifts

Improves lower body strength, balance & hip mobility. While standing or sitting, lift your right leg straight out in front of your body (if standing, use a chair or counter for support). Keep your toes pointed forward and your head, neck and spine in an upright position. Hold your leg up for a count of three – then slowly lower your leg. Try with your left leg and hold for a count of three – then slowly lower your leg to the floor. Repeat 3-5 times for each leg.



Hamstring Curls

Benefit: helps improve balance and leg strength. While standing, hold onto a sturdy chair or counter for support and slowly and gently lift your right heel off the floor and raise your foot as high as it is comfortable for you. Hold it up for a count of three then slowly lower your foot back to the floor. Repeat with the other foot. Repeat 3-5 times for each leg.



Knee Raises

Benefit: helps improve posture, balance and prevent low-back pain. While standing, hold onto a chair or counter for support and bend your knee to lift one foot off the floor. Hold your knee up for a count of three then lower your foot back to the floor. Repeat with the other leg and hold your knee up for a count of three – then lower your foot back down. Repeat 3-5 times for each leg. This can also be done in a seated position.

HEART HEALTH GrandPals Program

Building Bridges Across Generations

The positive impact of the GrandPals Program

Active Aging in Manitoba offers an inspiring program for both older adults and school students. The Grand Pals program brings generations together through storytelling, mentorship, and meaningful conversation and has been brought to seven different communities in Manitoba.

Grand Pals is an evidence-based program that fosters knowledge transfer, building relationships and improving communication skills. The GrandPals model connects an elementary school classroom with a group of older adults for weekly conversations centered on shared themes.

The program is offered for 6 or 8 weeks with grade 4 or 5 students and is teacher supervised when the Grand Pals visit the class each week for an hour. Depending on the situation, the students may also meet with the Grand Pals in their assisted living building, library or senior centre.

While each community adapts the program to its local context, the shared purpose remains the same: building meaningful bridges between youth and older adults.

At the heart of the program is storytelling as a pathway for knowledge transfer. Each week features a different theme, inviting GrandPals to share personal stories and life experiences. Students engage through questions, reflections, and observations, anchoring conversations that connect generations and create inclusive learning spaces. Throughout the program, students capture their learning in a creative format, which they present to their GrandPal at the program's conclusion—celebrating the relationships built along the way. Over the 6-8 weeks, Grand Pals recall memories and are encouraged to bring artifacts from their lives to share with the students. These can range from pictures, report cards, or mementoes from their favorite trip or event.

“Grand Pals has been an exceptional addition to the school division. The program has provided meaningful relationships, new connections, and valuable knowledge through the students’ time spent with their Grand Pals. I would strongly recommend this program for any school division”.

-Social Worker, Seine River School Division

learn from the students along the way. Understanding how these students see and experience life can be very informative for older adults and help to further change misconceptions.

Maintaining and making new social connections has been proven to improve both mental and physical health and wellbeing. The Grand Pals program offers older adults an opportunity to give back to their community, enrich the lives of younger community members, and connect!

By fostering intergenerational connections, this program can help reduce ageism and challenge negative stereotypes. At its core, GrandPals is guided by a simple yet powerful belief: stories shared between generations have the unique power to build collective wisdom.



“The Grand Pals program will enhance an appreciation for each other regardless of age... this opportunity will bridge the gap between the ages in a friendly and open environment.”

-Interlake School Division

Students not only learn from their Grand Pals, but they also get a chance to improve their communications skills through the weekly interactions. Of course, the Grand Pals also



For more information:

Phone: 204-632-3947

Email: info@activeagingmb.ca

Website: www.activeagingmb.ca

HEART HEALTH Vaccinations

The annual flu shot can be part of the fight against heart disease

Influenza is commonly called the flu. The flu is highly contagious and can cause serious complications in older adults.

Almost 1 in 2 adults 50+ have a chronic condition in Canada, putting them at higher risk of flu complications. Cardiovascular disease in particular can be worsened as a result of getting the flu.

The seasonal flu vaccine is the most effective way to reduce the risk of a severe flu infection and prevent hospitalizations and other serious complications.

***Ask your doctor for more information on the different types of vaccines, and learn which is right for you.**



DID YOU KNOW?

VACCINATION CAN REDUCE THE RISK OF HEART ATTACKS DUE TO FLU BY UP TO 45%

BECAUSE YOU MATTER Health & Wellness

A healthy heart supports a healthy brain

- Alzheimer Society of Manitoba

February is Heart Month, an opportunity to learn more about the importance of cardiovascular health and the benefits of making heart-healthy choices — including reducing your risk of developing dementia.

Monitoring and managing your blood pressure and heart health with the help of your health care provider can also help protect your brain. You can do many things to improve your heart health and brain health at the same time. Healthy behaviours such as being physically active, eating a variety of healthy foods, avoiding smoking, getting proper sleep and managing stress can help reduce your risk of developing heart disease and dementia.

These same healthy behaviours can also help those already living with dementia slow the progression of the disease and improve their quality of life with dementia.

Vascular dementia & stroke

The most common type of dementia after Alzheimer's disease is vascular dementia, which occurs when the brain's blood supply is blocked or damaged, causing brain cells to be deprived of oxygen and die.

Researchers estimate that vascular dementia accounts for 15% to 25% of all dementia cases.

Vascular dementia often occurs alongside Alzheimer's disease or other brain diseases. Symptoms of vascular dementia include:

- Changes in thinking skills, such as reasoning, planning, judgment and attention
- Changes in abilities that are significant enough to interfere with daily social or work functioning

How does vascular dementia happen?

- A network of blood vessels, called the vascular system, supplies the brain with oxygen. This network allows the brain to function properly.
- If these vessels are blocked, diseased or



bleeding, blood is prevented from reaching the brain.

- With no oxygen and nutrients provided by the blood, the affected cells in the brain die, leading to dementia.

Stroke is a common cause of vascular dementia. Recognizing the signs of stroke and acting quickly can make a difference in recovery and in lowering the risk of dementia.

A stroke can:

- Affect your ability to walk
- Cause weakness in your arms or legs
- Cause you to slur your speech
- Cause changes in your behaviour, such as having emotional outbursts
- Impact your cognitive abilities such as memory and abstract thinking, holding conversation and processing visual information

What you can do to reduce your risk

Treating the risk factors for stroke significantly reduces the risk of vascular dementia:

- High blood pressure (or hypertension) is the single most important risk factor for stroke and vascular dementia that can be controlled
- High blood pressure can be managed through physical activity, eating well and by taking the right medication. Talk to your doctor about the appropriate medication to treat high blood pressure
- Medications may also help control other

risk factors for vascular dementia, like diabetes, cholesterol and heart disease

Overall, living a heart and brain-healthy lifestyle is the main way to reduce your risk of heart disease and dementia.

Learn more about dementia and its risk factors by visiting alzheimer.mb.ca. Connect with your local Alzheimer Society for support and guidance at **204-943-6622** (Winnipeg), **1-800-378-6699** (Provincial) or alzmb@alzheimer.mb.ca.

THINGS TO DO - FEBRUARY 2026

Free online education sessions:

Ambiguous Loss & Grief in Caregiving
Tuesday, February 24, 10-11 am
Virtual via ZOOM

Are you experiencing feelings of loss and grief as the person you care for changes over time? This is called ambiguous loss, and refers to the loss you feel when someone living with dementia is still physically here, but not present in the same way as before. This session will provide an overview of ambiguous loss and grief, how it may impact both the care partner and person living with dementia, along with various coping strategies for working with these emotions. Register today at alzheimer.mb.ca.

Minds in Motion

Locations available across the province

Join us this fall at our *Minds in Motion*® program! Designed for people with early to moderate signs of dementia to attend with a family member or friend, it includes a gentle chair fitness class followed by engaging activities and conversation. Learn more about available locations, dates and times at alzheimer.mb.ca/

community-programs.

Community Partner Programs

Learn more about the following programs and register at alzheimer.mb.ca/

community-programs.

Connect & Create

Mondays, beginning February 23, 1:30-3:30 pm, Gwen Fox Art Gallery, Selkirk
Cost: \$50 per participant

Through this program, people living with mild to moderate signs of dementia can enjoy guided art classes. Enjoy six step-by-step acrylic painting classes with local artist, Barb Hoffman, who will guide you through composition, colour and brushwork.

Continued on page 16

FRED DOUGLAS CHATEAU

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Look no further than **Fred Douglas Chateau** (formerly Kiwanis Chateau)!

- LIFE LEASE independent living for 55+ in a close-knit community.
- Prime location with indoor access to shopping, dining, medical services, Arena, the Y, and Millennium Library.
- Security and emergency response services for added peace of mind.
- Spacious one-bedroom and two-bedroom options available.
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At **Riverbend Moving and Storage** we understand that moving or being in transition between homes can be stressful. We anticipate that our customers may need a little extra care when it comes to moving and storing your most precious items.

We provide helpful packing services and easy to use storage units. Something about us that is well known around the community is we are driven by the satisfaction of a job well done and the pride that comes along with being trusted to move and store your belongings.

Our greatest achievement has always been seeing you relieved and thankful when all your items are delivered in a smooth, polite, and professional manner.

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Health & Wellness BECAUSE YOU MATTER

Understanding Dentures and Comfort for Seniors - Dalton Denture Clinic

As people age, changes in oral health are common, especially for individuals who are edentulous. Bone resorption, gum changes, and reduced tissue resilience are natural processes that affect how dentures feel and function over time. Because of this, there is no such thing as a permanent or “perfect” denture fit. At Dalton Denture Clinic, we focus on ongoing care that supports comfort, function, and quality of life rather than unrealistic expectations.

Many seniors experience challenges such as difficulty chewing certain foods, speaking clearly, or feeling confident when smiling. These concerns are not a personal failure or a sign that something has gone

wrong; they reflect natural changes in the mouth over time. At our denture clinic, we often remind patients that regular assessments and adjustments are an important part of maintaining stability and comfort as these changes occur.

Our clinic provides a range of denture care options tailored to individual needs, health conditions, and lifestyles. Complete and partial dentures remain common solutions, while repairs, relines, and periodic adjustments help accommodate changes in the jaw and gums. For some patients, implant-supported dentures may be an option to improve stability, although suitability varies and requires careful evaluation and discussion.

Open communication is a key part of how we care for our patients. We encourage seniors to talk openly about concerns such as sore spots, looseness, difficulty eating, or changes in speech, rather than trying to “get used to” discomfort. Addressing small issues early often prevents larger problems and helps maintain day-to-day comfort.

Cost and accessibility are also important considerations. At Dalton Denture Clinic, we assist eligible seniors in understanding the Canadian Dental Care Plan (CDCP) and help guide them through available coverage options so financial concerns are not a barrier to care.

We also understand that dental visits can feel stressful for some seniors. Our clinic environment is designed to be calm, accessible, and unhurried, with clear explanations provided at every step. Family members are welcome to attend appointments to help with communication and decision-making.

Denture care is not simply about replacing teeth; it is about supporting everyday activities such as eating comfortably, speaking confidently, and remaining socially engaged. Through regular follow-up and personalized care, we aim to help seniors maintain comfort and confidence at every stage of life.” ■

See advertisement on page 3

Alzheimer Society - A healthy heart... cont'd from page 15

Dalnavert Museum Dementia-Friendly Tours

Saturday, February 28, 2026, 10-11:30 am, Dalnavert Museum, Winnipeg

Cost: \$24 +tax per pair & session (or \$12 +tax/pair & session for Dalnavert Museum Member)

Come to the Dalnavert Museum for their monthly dementia-friendly tours! This program allows people living with early to moderate symptoms of dementia and their care partners to step back in time and explore the historic house and its collection. After your tour of the museum, join them for tea and coffee and a closer look at some artifacts.

The Living Well Program

Mondays (no class on February 16), 2-3:30 pm, The Leaf, Winnipeg

Cost: \$135 + GST per pair

Through this program, people living with early to moderate signs of dementia and their care partners can enjoy hands-on plant-based activities, guided explorations of The Leaf and sharing time in a welcoming community. Led by a horticultural therapy practitioner, each session offers opportunities to spark creativity, encourage social connections and experience the calming benefits of nature. Refreshments are provided, and no gardening experience is needed.

Tune-Up Café

Bi-weekly on Tuesdays, 6:15-8 pm,

Convalescent Home of Winnipeg

No fee to attend, registration is required

A program where people living with early to moderate signs of dementia and their care partners can meet, sing and sip. Tune-Up Café is an inclusive and welcoming meeting place for singing, making social connections and sipping on a cuppa! No prior music or singing skills are needed to join in on the fun.

Vivace Voices Choir

Tuesdays, 6:30-7:30 pm, Canadian Mennonite University, Winnipeg

Cost: \$175 per pair

Enjoy revisiting familiar tunes and learning new ones! This program is designed for people living with early

to moderate signs of dementia and their care partners.

Singing in a choir is a challenging and joyful experience. Join us and learn to sing new and familiar music while making connections with those around you. No prior choral experience is required.

- Support Groups

Various dates, times and locations across the province.

The Society offers groups for people living with dementia and for care partners both in-person across the province and virtually via Zoom. There are a variety of unique groups to choose from, so you can find the right fit for you. Learn more at alzheimer.mb.ca.

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Win big, say YES to St. B - 2026 Mega Million Choices Lottery

You could save lives. You could change yours.

Tickets are now on sale for the 2026 Mega Million Choices Lottery – a proud partner of CJNU. Tickets support St. Boniface Hospital Foundation, helping to raise critical funds that support the treatment of hundreds of thousands of patients at Manitoba's oldest – and second-largest – hospital.

“Every ticket makes a real difference for patients, staff, physicians, and volunteers at St. Boniface Hospital,” says Karen Fowler, President and CEO of St. Boniface Hospital Foundation. “Proceeds help fund life-saving equipment, attract top medical talent, and drive groundbreaking research that leads to tomorrow's cures.

“Amazing things happen at St. Boniface Hospital because of our community!”

One patient whose life was saved and changed at St. Boniface is legendary CJOB announcer Bob Irving, who's one of this year's lottery spokespersons:



“The Cardiac Sciences Program at St. B is world-class. We have some of the best doctors you could possibly get, and the cardiac research is fantastic,” says Irving. “I think those of us who live in Winnipeg and have access to the care are truly fortunate.”

Every ticket purchased helps ensure others receive the same compassionate care Bob experienced.

The only lottery with cash options on every single prize

Of course, every ticket ordered will be entered to win thousands of prizes worth millions.

That includes almost \$500,000 in Bonus and Early Bird prizes, plus the Grand Prize draw: this year's biggest winner will choose one of five home package options worth over \$1.5 million, or \$1,250,000 tax-free cash!

The 2026 Grand Prize homes are located in Winnipeg (Bison Run, Prairie Pointe, Highland Pointe), West St. Paul, and Vancouver Island (Victoria-Colwood).

Ticket buyers could also win travel prizes, a brand-new World Cup Experience (with airfare, hotel, and tickets for two to watch Canada take on the world in Vancouver), and with the Big Score PLUS and 50/50 PLUS, there's tons more cash up for grabs – including Manitoba's largest winter 50/50 jackpot (which last year hit \$1,449,300).

So... what are you waiting for!? Become a Mega millionaire, retire early, and help St. B provide Manitobans with compassionate, vital health care.

Purpose, passion, progress. It's all possible: thanks to you. Tickets start at \$100. They can be ordered by phone (1-855-256-7203 or 204-256-7203), online at stbmegamillionchoices.ca, or in-person at St. Boniface Hospital's Everett Atrium, London Drugs (St. Vital Centre or CF Polo Park), and Red River Co-op Food Stores.

Live @ St. Boniface Hospital

For the month of February, CJNU will be broadcasting remotely from the St. Boniface Hospital!

– a world-class institution of medicine and research.



When our loved ones' lives are at stake, we want the very best care possible. Your ticket purchase is a bridge from basic to better, to best.

Membership Has Its Perks – visit CJNU.ca to learn more and join our co-op!

SPORTS



This column has nothing to do with food preserving.

Senior Scope has decided to bring you information about the growing sport for all ages, called Pickleball.

I was active in recreational, open and 55 plus badminton groups when I began to hear more about this "Pickleball." I must say that the name did not entice my curiosity as much as my hunger as I really enjoy the occasional gherkin. Some of my badminton partners were going to Pickleball sessions, lessons, and soon after joined tournaments. Some even converted totally. My curiosity peeked. Then one of my fellow 'baddies', who was secretly just as curious and willing to "cheat on" badminton, told me his son knew of a 2 for 1 deal on Pickleball paddles. So, being a price minded shopper I stepped into the world of Pickleball. That's the beginning.

A few years ahead I became an avid player, host, and now part time coach, I have developed a passion (addiction) to the game and have been asked to provide you insight into Pickleball. I will be providing information (Juice!) that may encourage you to explore and experience a game where all ages (mobile), skill levels, physical abilities, can play and have fun together.

Alright Let's Go!

As a 55 Plus-er myself there is the challenge of breaking through the doubts of our mind and body about our ability to play active sports. Thankfully this game supports this.

The game promotes great social atmosphere, eye hand coordination, strategy, accuracy, teamwork (if not playing singles), playing at your own pace and ability but mostly, energetic fun. When I first seen the game I thought that not just the name, but it also looked silly and lacking sport, that is, until I stepped on to the court. Let me tell you, watching it and playing it are two totally different experiences. One where I said, "Oh I can do that easily" to "OMG, what the heck just happened!"

Luckily I played other eye-hand sports such as badminton, volleyball, ping pong, golf, and pool. All of which contributed to gradually getting the hang of this new, simple yet dynamic game. BUT, there was the challenge of just getting started with the play and the terms used in the game. There were some words that I needed to learn like volley, non-volley zone or kitchen, dink, drive, reset, drop, slice, top-spin just to name a few. The quickest teaching word that helped me to learn/adjust was 'Foul', as everyone was looking at me.

Then there is the score calling that players need to verbalize: total confusion .. initially, then simple. Three numbers were called out, for example, "4, 7, 2". The first number is your points, second is the opponent's points, then whether you are the first server or the second server (thankfully that number only goes to two (2) in doubles. Not only my experienced partners were glad to have my back to learn this but so did my opponents. Although there are a few variations of scoring, the most common is that you can only score a point when it is your serve.

The play at first was challenging so here are some pointers that will help you. I had wished I knew these

before I started. First when serving, you must serve from outside the court (same size as badminton court) to the cross court on your opponent's side and over the kitchen area. Two ways to do this are holding the ball in front of you then hitting it directly where your contact is not higher than your waist. The paddle moves from low to high motion. Another way of serving in holding the ball up and dropping it allowing it to bounce before you hit it. Take a Deep Relaxing Breath before executing. Once this is done successfully STOP!! But be ready to allow the return shot from your opponent (2nd shot) to Bounce Once before your team hits again (3rd shot). Then it's a 'free for all' where you can choose to hit the ball out of the air (volley) or let it bounce once before you hit it to your opponent's side. A main offensive goal is to get close to the kitchen where you can become 'A Menace' offensively.

Wait, you're almost ready.

There's the place near the net on both sides of the court called the kitchen, where initially a couple strange things occurred but I later learned wasn't name calling. Dinking! – a light low shot where the ball just enters the kitchen. This is a great shot to practice as much as you can. A dink can prevent your opponents from smashing to your side and if you wait patiently, your opponent may serve you up a juicy opportunity for forceful winning spike.

The second pointer about the kitchen (no volley zone) is that you are allowed to step into it ONLY when the ball bounces in it. 'IN THE KITCHEN' begins right on the line. This was a big transition for me as the best time to smash was when you were close to the net. But in

Pickleball, hitting the ball out of the air (volley) and entering or stepping on the line of the kitchen is a foul. It took me about fouling 37 times before I started to learn that is a no no.

I think this would be enough to get you started. There are many places – indoor and outdoor – to join in from beginner, recreational, intermediate, and advanced levels of play. The most common experience I've had is the welcoming by hosts and players who understand our desire to explore and get great exercise through Pickleball.

It doesn't take long to get the hang of it. Sharing the mistakes I've made (which I now call wisdom), learning from getting "shellacked" (=humbled) by elders, should be enough to get you ready to join in the fun.

I was going to give you a reading on the history of Pickleball but in my excitement my mind said 'why wait'. So I chose to give you information that can get you started right away. The game is inexpensive and can be played by children to people in their 80's. One most inspiring event was seeing a person playing from a wheel chair .. in a tournament!!

Get good court shoes, stretch before play, play at a moderate pace, and drink lots of water. There are many lessons on the internet that can help you along but practicing new knowledge in a game is totally acceptable. Paddles have a wide range in price, but most hosts usually have some on hand for new players just wanting to try out the game.

When you go, there is one warning I must share. The game is addictive.



Pickle Juice Issue 1 Feb/2026

Shoestring Players taking off with 'Departures and Arrivals' theatre production

-Submitted

Shoestring Players, Winnipeg's oldest Community Theatre group, have been active on the Winnipeg theatre scene for over 60 years. We are a non-profit and non-affiliated group of folks interested in producing high quality theatre that also provides opportunities to anyone who might be interested in any or all aspects of theatre; acting, directing, producing etc. Shoestring has been active through the years in not only independent productions but also in the former MTC Master Playwright Festival, many Fringe productions, at the Gimli Aspire Theatre, in the annual A.C.T. (Association of Community Theatres of

Manitoba) Festival and annual Christmas play readings for the Canadian Women's Club of Winnipeg.

For our Winter season we have chosen a Carol Shields play "Departures and Arrivals". This is a delightful play that was first premiered at the Black Hole Theatre at the University of Manitoba in 1894 where Ms. Shields was a professor in the English Dept. She then went on to have the play published with several others in 1990. Although this play was set in the 80's, it is timeless and will resonate with audiences both young and old. It is composed of a series of 22 vignettes that are independent but

represent a microcosm of the lives of ordinary people as they move through the journey of their lives. The vignettes capture personal interactions that will reveal new beginnings, endings, frustrations, joys, hopes, heartaches, love and much more. As recently as 2024 and 2025 this charming play has been brought back to the stage in Toronto and Fredericton. Carol Shields - a much-loved Winnipeg icon was an award winning novelist and playwright, winning both Governor-General and Pulitzer awards. She not only taught for many years at the University of Manitoba but served as Chancellor at the University of Winnipeg.

Shoestring first staged this play in 2009 at the Festival of Voices held at the University of Winnipeg for the Carol Shields Inaugural Symposium on Women's Writing. It is a privilege to be able to reprise this play for our Winnipeg audience.

We will be "taking off" at the Forrest Nickerson Theatre - 293 Pembina Hwy. **Fri. Feb. 20th** - 7:30, **Sat. Feb. 21st** - 2:00 and 7:30, and **Sun. Feb. 22nd** - 2:00. Tickets are only \$20.00 (cash) either at the door or by e-transfer to shoestringplayerswpg@gmail.com (please include performance date and time).

Some members of the Shoestring Players theatre group.



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Things To Do - WINNIPEG

COIN / STAMP COLLECTING

Manitoba Coin Club - 204-479-9124, treasurer@manitobacoinclub.org <http://www.manitobacoinclub.org>

Red River Coin & Stamp Club - Monthly Show, 2nd Sunday ea. month, 10 am-4 pm, at the Best Western Hotel, Headingley, MB, 4140 Portage Ave (W.)

CREATIVE ARTS

The Manitoba Writer's Guild - Ephemera Writing Challenge, Feb. 21, 2-4 pm, at ArtSpace board room, 4th floor. Ephemera -things that were important for a short time, collected as mementos. Fee: \$10-members, \$20 non-members. Sign up at mbwriters.ca/events/ephemerachallenge.

Prairie Canada Carver's Assoc. (PCCA) - Annual Show and Competition, Sat. May 9 & Sun. May 10, 9-4 pm, Pembina Curling Club, 1341 Pembina. \$7 per day at door. Under 12 free. Info: www.prairiecanadacarvers.ca, or contact Doug Fyfe dougmyfye@shaw.ca, 204-396-6409 or Lynda Baxter lyndabaxter0@gmail.com, 204-255-6216.

LUNCHEONS / DANCE / MUSIC

Millennium Library - Programs & Events calendar: winnipeg.ca/library

Westworth United Church - Seniors Supporting Seniors. Presentation - The Filipino Experience: Embracing Life in Winnipeg. Let's learn from this success story! Feb. 25, 1:30-3 pm, Westworth United Church, 1750 Grosvenor Ave. Guest Speaker: Florina (Flor) Marcelino.

Friendship Force Winnipeg - Monthly lunch, entertainment and fellowship. Make new friends, travel the world, and experience different cultures. Friendship Force is a non denominational non political, international organization which promotes world peace through homesteads and travel. Info: Elizabeth, 204-452-5299 or www.friendshipforcewinnipeg.org.

The Forever Young Club - "Fabulous February" dance Feb. 28, 7-11 pm, at Anavets #283, 3584 Portage Ave. 1950's, 60's, 70's, 80's music with DJ's Rick & Trish. R Non-members \$15. Reserve by Feb. 24. Call/text 204-261-4442 or fycwpg@gmail.com. Cash bar, light lunch, 50/50 draw, door prizes.

Dufferin Senior Centre - 377 Dufferin Ave. Pancake Breakfast, Tue. Feb. 17, 9 am-12 pm. \$8/person. Info: 204-986-2608. Proceeds go to the Fire Fighters Burn Fund.

Charleswood Active Living Centre/Charleswood Senior Centre - 50/50 Raffle - Buy tickets to support the Centre and maybe take home half the pot! Tickets: www.charleswoodseniorcentre.org or 204-897-5263 or in-person at 357 Oakdale Dr. Wpg (hours on website). LGCA 7911-RF-49516.

The Senior Choral Society of Winnipeg - 533 Greenwood Place, behind CNIB on Portage Ave. Gerda 204-669-5570

Winnipeg Art Gallery (WAG) - Wednesday Nights at the Gallery. WAG-Qaumajuq will offer free admission to the galleries every Wed. night (5-9 pm) for the next three years. Visit <https://www.wag.ca>

SPORTS / FITNESS / GAMES

The Greater Winnipeg Senior Golfers - looking for Men, 55 and older, who wish to golf in a fun, weekly league, May-Sep. We have about 75 members, who live in Wpg. You'll play in a different foursome ea mo. at various golf clubs within an hours drive of Wpg. Or play as a SPARE (walker or cart-rider). Info: Bryan Crandell 204-889-6577, bcrandell1969@gmail.com or www.gwsgwpg.com.

Archwood 55 Plus Inc. - Bingo: Jan. 28, Feb. 25, Mar. 5 at 820 Cottonwood Rd. Doors open noon, games begin 1 pm. Concession Available. The Progressive keeps building. Contact us about Sandhills Casino Trip in February. Lottery Lisc # 5635-BI-47768.

Lady Bowlers - Bowl Fridays, 12:45 pm at Polo Park Lanes for fun. For ladies of all ages. Or be a spare. \$13.50 per week, includes 3 games, also a Luncheon and prize money at end of season. Off over Christmas. New bowlers welcome. Call/text for info: 204-770-3903

Contract Bridge in St. James - Group of Seniors of mixed skill looking for more players! 'Casual' non-competitive line of play, Tuesdays, 12:15-3 pm at Marantha Church on Sturgeon Rd. north of Ness. Info, Sharon: 204-888-9465.

Garden City Community Centre / Seven Oaks SportsPlex - 725 Kingsbury Ave. 55+ Programs: Zumba, Bocce Ball, Pickleball, Line Dancing. Program schedule: www.gardencitycc.com/seniors.

Over 60 Card Club - For Men, Women and Couples. Wednesdays, 1-3 pm, at St. Andrews Church, 2700 Portage Ave. We're currently playing Whist, Euchre and Crib. Contact Carla: 204-297-0811

Pickleball - Seniors 55 plus are invited to learn to play Mondays and Thursdays, 1-3. No experience required. Coaching provided if needed. Club paddles provided. Intermediates play Tuesdays and Fridays, 1-3 at Sergeant Tommy Prince Place, 90 Sinclair St. Instructor Bonnie Gabbs, 78 yr old past physical education teacher who also plays Pickleball. Info: gabbs1947@gmail.com.

Red River Senior Cards St Vital - Whist: 12:30-3:30, Thursdays at Norberry-Glenlee Community Club, 26 Molgat Ave. Email: Norbglen@yahoo.com or call the Club: 204-256-6654 for info.

Seniors Whist Group - play Wednesdays, 12-3 pm at St. Emile Church Hall, 556 St. Anne's Rd. Info, call or text Sonja: 204-254-1408.

St. Vital Cribbage Club - Mondays, 12-3 pm, St. Emile Church, 556 St. Anne's Rd. All welcome. Jim: 204-230-4511.

Vital Seniors - Scrabble, Mon. noon-4; Carpet Bowling, Tues. 1:30-3:30, 3 St. Vital Rd. Yearly Membership \$10, activity \$4.50 pp, call 204-253-0555 or stmary@mymts.net

WHSBC contract bridge - at St. Paul's Anglican Church, 830 North Drive, Thursdays, 12:30-3:30 pm. Door opens at noon. Please arrive by 12:15 pm. Social friendly bridge club. For further info: 204-771-6724

SUPPORT GROUPS & PROGRAMS

Monthly Caregiver Support Group - Meeting Tue. Feb. 24, 5 pm at Lions Manor (320 Sherbrook St.) 1-hour meeting geared toward those caring for older individuals. Group members share their experiences with burnout, grief, sadness, love, what works and helps. 204-930-9632. gmarsh@lhc.ca

Canadian Hard of Hearing Assoc. (Mb) - Support Group, monthly meetings, Feb. 20, Mar. 20, 1-2:30 pm, St. James 55+ Centre, 3-203 Duffield St. (Next to Deer Lodge Hospital). Free, no membership required. Info: chhamanitoba@outlook.com

Canadian Red Cross - Free Friendly Calls Program to help address loneliness and isolation. Sign up to connect with a Red Cross volunteer. Also training provided to become a volunteer. Info: 1-833-979-9779 or friendlycallingmb@redcross.ca

Canadian Mental Health Association - cmhaacrossmb.ca

Thrive Community Support Circle - Art Program, Thursdays, 10-12 noon, 406 Edmonton St, 3rd floor. FREE New Horizons for Seniors Art and Wellness Program funded by the Government of Canada. For seniors, youth, everyone is welcome. 204-772-9091.

Joint Effort - A NEW, weekly, VIRTUAL support community for those living with osteoarthritis, Wednesdays, 4-5 pm. This is a FREE group, with donation as an option. More info on Facebook or Instagram @jointeffortsupport or register via Eventbrite.

Convalescent Home of Winnipeg - TUNE-Up Café, Tuesdays, 6:15-8 pm, at 276 Hugo St. N. for those living with memory challenges and their family/friend care partner to sing. Free to join. Wheelchair accessible. Must pre-register: Sherry, tuneupcafe276@gmail.com.

GriefShare support group - is a safe, welcoming place to help with the difficult emotions of grief if you have lost a loved one. Contact Kilcona Park Alliance Church at info@kilcona.org or go to Griefshare.com to find a group in your area.

Stroke Recovery Assoc. MB - Programming for Stroke Survivors: Support Groups, Art and Social Club, Virtual and In-Person Exercise, Planned Community Outings & more. Register: B-247 Provencher Blvd. 204-942-2880

St. James T.O.P.S. - Take Off Pounds Sensibly. Non-profit weight loss support group. Meet Wed's, 4:15-6, St. James Legion #4, 1755 Portage., upstairs. Shirley: 204-837-2079, Ruth: 204-488-3533, www.tops.org

T.O.P.S., Take Off Pounds Sensibly - Non-profit, friendly, non-judgemental weight loss support group meets Tuesdays, 6-7:45 pm, at Westdale School library, 6720 Betsworth Ave. Info, Susan: 204-896-4807.

St. Vital T.O.P.S. Weight Loss Support Group - T.O.P.S. is non-profit. Meet Mon. eve's, 6:15-7:45 pm, St. Eugene Church (side door), 1009 St Mary's Rd. in St. Vital. First meeting free. Louise: 204-990-2144, www.tops.org.

VOLUNTEERING

Actionmarguerite St. Boniface, 185 Despina St. - Volunteers needed to transport residents in wheelchairs to their in-house appt's, incl. Mass. 204-235-2111, service@actionmarguerite.ca

Actionmarguerite St. Vital, 450 River Road - Volunteers to help Recreation staff, transport residents in wheelchairs to in-house appt's. 204-235-2111, service@actionmarguerite.ca

Bethel Place - congregate meal program needs volunteers in kitchen and dining room. Lunch time and supper time shifts. 3 hrs once/wk. Proof of Covid Vaccination. Melanie: mcamara@bethelplace.ca

Deer Lodge Centre - 2109 Portage Ave. Volunteers needed in the gift shop 12-4, assisting with recreation programs & transporting residents to / from worship services held in the Centre. 204-831-2503 or visit deerlodge.mb.ca/volunteers/

Meals on Wheels - Volunteers needed in: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. 204-956-7711, www.mealswinnipeg.com

Misericordia Health Centre and Misericordia Place - Volunteers being accepted to support patient care. Training provided. Giftshop, open 10 am-4 pm. (3-hr shifts). 204-788-8134, www.misericordia.mb.ca, volunteer@misericordia.mb.ca

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. Volunteers for "Grandma & Grandpa Swim Program" for pool play time with preschoolers from daycares. 1 hr/wk. Police check required. 204-582-0066, M-W-F, or ncsc@shaw.ca.

Pembina Active Living (PAL) 55+ - Volunteers needed for enhancing social Connection, Still Bloom'n Organizer, Photographer. 933 Summer-side Ave. Info, Marsha: 204-946-0839.

Southeast Personal Care Home - Volunteers needed at 1265 Lee Blvd - days, eve's, wknd's. Call 204-269-7111 Ext. 2225

St. James-Assiniboia 55+ Centre - Kitchen Volunteers needed to help in the kitchen, and meal planning. Call Paula: 204-560-5181

Victoria Lifeline - Home Service Volunteers needed to set up equipment in client homes. Flexible shifts. Call 204-956-6773 or email info@victorialifeline.ca

Villa Cabrini - Looking for volunteers to assist with our Congregate Meal Program. Lunch and supper shifts are available with 3 hr commitments/week. Contact Samantha Silvester: vcabrini@mymts.net for info or to volunteer.

Vista Park Lodge Personal Care Home - in St. Vital - Volunteers needed. Catherine.Linnemann@extendicare.com

PROGRAMS / SERVICES

A & O: Support Services for Older Adults - Senior Centre Without Walls (SCWW): Free Telephone Group - for Manitobans 55+ providing educational and recreational programming in a fun and interactive atmosphere. Share ideas. Info: 204-956-6440, Toll Free: 1-888-333-3121, info@aosupportservices.ca, www.aosupportservices.ca.

Anavets Assiniboia Unit 283 - Meat Draws, Bingo & Cribbage 3 x/wk. Dancing to live Bands Fri. nights and special events on Saturdays. 3584 Portage Ave. 204-837-6708.

Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: Ikehler84@gmail.com or Mel: 204-291-4592.

Brooklands Active Living Centre - 1960 William Ave. West. Bingo 1 pm Mondays; Fitness Classes. 204-632-8367.

Creative Retirement Manitoba - Affordable Lifelong Learning. Online and in-person classes. Art & Music History, Bridge more! crcentre.ca.

Charleswood Active Living Centre - NEW LOCATION - A 357 Oakdale Drive.

Dakota Community Centre - Programs: Floor curling, painting classes, Tai Chi, seniors speaker series, group fitness, yoga & dance, pickleball, golf swing fundamentals, etc. 1188 Dakota St. Call Andrew: 204-254-1010 ext. 217, andrew@dakotacc.com <https://dakotacc.com/>

Dufferin Senior Centre - 377 Dufferin Ave. Chair Exercise, Thursdays 10 am; Dances every 2nd Sat. Live bands & light lunch. Members \$10 / non-members \$12.

Free listings for Non-profits and paying display advertisers.

Email to: kelly_goodman@shaw.ca

January 23, 2026

MANITOBA GOVERNMENT RECRUITS 13 U.S.-TRAINED PHYSICIANS TO IMPROVE ACCESS TO CARE

As of January 2026, the Manitoba government has recruited 13 U.S.-trained physicians through its Health Care Retention and Recruitment Office to practise in communities across the province, Premier

Wab Kinew and Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced, adding this builds on the historic increase of 285 doctors added to Manitoba's health-care system in 2025.

These new doctors, alongside the province's new **medinav.ca** booking system, are helping connect Manitobans to care, facilitating nearly 50,000 visits in 2025 across Manitoba. Data from the Canadian

Institute for Health Information shows Manitoba has the highest rate in Canada for same-day or next-day access to a health-care provider, more than any other province. ■

The Pros Know 55+ 2026 Show Dates & Locations

Active Living & Resource Expos

Four more Pros Know Expos in 2026. | Details at: prosknowexpos.ca **FREE ADMISSION FREE** Yup! Free!

Step 2: Introducing the NEW Cool Stuff for 2026!

Everyone Likes Cool Stuff!

Happy February everyone! Aaaaah, the month of 'Love'. The love of life, the love of your life, family, friends, pets, community and of course 'Cool Stuff'! So believe when we say, we've got some really cool stuff, we mean it! With each new year, we try and bring something(s) new to the shows. Things that will undoubtedly improve lives, make us healthier and happier. This year though is exceptional. Many folks have stepped up to new levels of caring and sharing, and we can't wait any longer to share these with you. In no particular order, here we go; the always fun bunch with Diamond Athletic and Medical Supplies, up their game. For all four shows this year, they are offering 'FREE' Walker Tune-Ups! Yup, like taking the car to the drive-thru oil change guys, you can bring your four wheeled bestie in for some love. While in 'Pit-Row', you can take a look around the show at all of the other amenities we have for you this year as well.

Thanks to the awesome and caring folks at Red River Co-op Food Stores, we are going to be handing out 200+ cloth bags (Black & White small grocery) as our guest bags each show. These bags will include the current Senior Scope newspapers, brochures, info-cards and so much more. These re-usable grocery bags are always a welcome addition. As in the past, we are encouraging our Exhibitors to hold various prize draws at their tables, as well as having their great resources materials, cool marketing stuff and more you can add to your guest bag. More? Yup, much more... We are in the process of setting up three more special services clinics for each show. Things that we can all appreciate. One of the most sought after, eye glasses tune-ups too. Our peeps from 8 of our local 'Specsavers' store here in town will be at each show too. More info on this in the March Senior Scope. For now, please visit our website for updates at: prosknowexpos.ca. *Thank you to all, so dang exciting! Trish & Rick!*

The Pros Know 55+ Show Times: 10:00am - 3:00pm
Active Living & Resource Expos

North End | Sgt. Tommy Prince Place
90 Sinclair Street
Wednesday, May 20th, 2026 ✓
Theme: Active Aging in Place

Charleswood | Charleswood United Church
4820 Roblin Blvd.
Wednesday, May 27th, 2026 ✓
Theme: Community Services Access

Fort Garry | Fort Garry Mennonite Brethren Church
1771 Pembina Hwy.
Wednesday, September 23rd, 2026 ✓
Theme: Wills, Estates & Power of Attorney

St. Vital | Dakota Community Centre
1188 Dakota Street
Thursday, October 1st, 2026 ✓
Theme: Fraud & Scam Prevention

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Some restrictions may apply!

See the full list of 'NEW' Cool Stuff for 2026 on our website;
Yup! Cool Stuff at: prosknowexpos.ca

Things To Do - RURAL MB

FREE for non-profits and current advertisers. Submit PSAs by Mar. 1 for the Mar. 10 issue.
Email wording for your PSAs to: kelly.goodman@show.ca. Prints March 10.

PROGRAMS / SERVICES

A & O: Support Services for Older Adults - Senior Centre Without Walls (SCWW): Free Telephone Group - for Manitobans 55+ providing educational and recreational programming in a fun and interactive atmosphere. Info: 204-956-6440, Toll Free: 1-888-333-3121, info@aosupportservices.ca, www.aosupportservices.ca

Beausejour - AA - Want to stop drinking? Meet Tuesdays and Fridays, 7:30-8:30 pm, at The Brokenhead River Com. Hall, 320 Veterans Lane, south door. www.aamanitoba.org or 1-877-942-0126

Brandon - Seniors For Seniors - Dinner is Served meal program, Fri. 12 noon delivery. Meals \$12. Grants and donations gratefully accepted. Info: 204-571-2053

Dauphin Multi-Purpose Senior Centre - Seniors 55+ - Cancer society Transportation Program, fee for service contact list, Erik kits. Facility available to rent. 204-638-6485, www.dauphinseniors.com

East St. Paul 55+ Activity Centre - (262 Hoddinott) - Programs for area residents. Call for programming: 204-654-3082 (msg).

Emerson-Franklin Senior Services - Transportation, shopping, Meals on Wheels for shut-ins. For seniors with disabilities for independent living. 204-427-2869

Gimli - New Horizons 55+ Centre - for Seniors 55+. Office open Mon-Fri, 9 am-4 pm. Closed on Stat holidays. 204-642-7909 gimlinewhorizons.org

Ile des Chênes/Landmark, Ste-Agathe - Yoga & chair/wall yoga. Gentle yet invigorating drop-in yoga mornings or evenings for women and men 55+ in IDC and Landmark. Free yoga in French in Ste-Agathe. No exp. needed. Info, Juliette: yogaforyoumanitoba@outlook.com

Interlake North Eastman - Services to Seniors programs include: transportation,

friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. **Arborg** and District Seniors Resource Council 204-376-3494; **Ashern** Living Independence for Elders 204-768-2187; **Beausejour/Brokenhead** Services to Seniors 204-403-8205; **Victoria Beach** - East Beaches Resource Center 204-756-6471; **Eriksdale** Community Resource Council 204-739-2697; **Fisher Branch** Seniors Resource 204-372-6861; **Gimli** Seniors Resource Council 204-642-7297; **Lundar** Community Resource Council 204-762-5378; **Riverton** & District Seniors Resource 204-378-2460; **St. Laurent** Senior Resource Council 204-646-2504; **Selkirk** & District Senior Resource Council 204-785-2737; **Stonewall** - South Interlake Seniors Resource Council 204-467-2719; **Springfield** Services to Seniors 204-444-3139; **Teulon** and District Seniors Resource Council 204-886-2570; **Lac du Bonnet** - Two Rivers Senior Resource Council 204-345-1227, **Pinawa** 204-753-2962 or **Whitemouth/Reynolds** 204-348-4610 or **Winnipeg River** Resource Council 204-367-9128

Montcalm Service to Seniors - Some services: Friendly visiting/phone calls, Mobility equipment rentals, Errands, E.R.I.K. kits and more. Renee: 1-204-758-3357 or montcalmserviceprogram@gmail.com

Morden Services for Seniors - 306 North Railway St. Service providers - help with Home & Lawn maint., Snow removal, House clean/laundry, Transportation, Footcare, Computer training. 204-822-5663, mordensfs@gmail.com

Niverville Recreation - Indoor walking track, public skating, drop-in sports and fitness classes. Leisure Guide - visit nivervillerec.ca. Info: 204-388-4600 ext 3

Niverville Services to Seniors - Services: Low cost fitness, Wed. 9:30-10:30 at Friendship Centre, Mobility equipment rental, low cost transportation services to appts., one on one visiting, volunteer opportunities, outings, etc. Info: 204-388-2188 or sts@heritagecentre.ca

Norman region - Mood Disorders Assoc. of Manitoba - "Steppin' Up With Confidence!" 40 min. virtual program of mindfully moving our bodies followed by breathing exercises. Tuesdays, 10 am, for those in Northern Manitoba. (Norman region). Madi: norman@moodmb.ca

Notre Dame de Lourdes/Saint-Léon / Ensemble Chez Soi - Volunteers needed. Services: transportation, friendly visits/calls. Coordinator Bev Collet: 204-248-7291 or ensemble@mymts.net

RM of Tache - Services to Seniors - Info: cwllorette@gmail.com.

Seine River Services for Seniors (RM of La Broquerie and RM/Town of Ste-Anne) - Help and support with transportation services, companionship, homecare services. Melanie Bremaud: 204-424-5285

Les services rivière seine pour aînés - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud: 204-424-5285 <https://seineriverservicesforseniors.ca>

Selkirk Community Church - Grief Share Grief Support Group, Thursdays, Mar. 5-May 28, 6:30-8:30 pm, at 6569 Provincial Trunk Hwy 9. Help and encouragement after the death of a loved one. Info: joshiah@yourscc.ca, 204-818-4429, or griefshare.org.

Selkirk - Gordon Howard Centre - Various activities, outings, seasonal meals and presentations. 384 Eveline St. Info: www.gordonhoward.ca or call 204-785-2092

Selkirk Services to Seniors - For 65+. Programs available to residents who pay taxes to the R.M. of St. Andrews, R.M. of St. Clements or City of Selkirk. Volunteer positions avail: Driver escort, Handi helper, Friendly visitor, Delivering Meals on Wheels. 204-785-2737, selkirkseniors.com

Springfield - Springfield Seniors - Stick curling, Pickleball, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday,

Bingo, Congregate Meal program. 204-444-3139, springfieldseniors@mymts.net

Steinbach - Pat Porter Active Living Ctr - 10 Chrysler Gate. Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, ERIK Kits to name only a few. Reception 204-320-4600 (Carla Walker, Program Volunteer Coordinator). <https://www.patporteralc.com>

Steinbach - South East Artists - Paint together Tuesdays, Sep. 2-end of May, 9:30-11:30 am, Studio A or B at Steinbach Arts Council. \$3 drop in fee or \$60 for season plus cost of a membership at SAC. 1st visit free. Oils, watercolour, acrylic, pastels, etc.

Stonewall - South Interlake 55 Plus (si55Plus) - 374 1st St. West. Membership - \$25/year. Weekly Exercise, Line Dance, Cards, Men's Chat, Ladies' Coffee and Craft, Bowling, Pickleball (Stony Mtn School: Tue. 6-8:30 & Thur. 6:30-8:30 pm, & Stonewall Collegiate: Sat. 10 am-12:30 pm), Quilter's Corner, Book Club, Luncheons, Ukulele Club, Bus trips, and more. 204-467-2582, si55plus@mymts.net, www.si55plus.org

Stonewall - Strummers Ukulele Club - 1st & 3rd Thur., 6:30 pm, at South Interlake 55 Plus, 374 1st St. W, Stonewall. Beginners welcome, no formal instruction.

Teulon Seniors Club - Teulon Town Hall - Main St. Dances, 2nd Thur. of the month. Admission \$10.

Teulon - The New Horizons Sterling Lounge Senior Centre - Hosts Senior Sunday Bingo, Sundays Feb. 22-May 17, 1-3:30 pm at Fry-Days Restaurant, Teulon, corner of Hwy 7 and PR 415. Win the Penny Pot Bingo! Baking and crafts available by donation. Follow us on FB for Bingo updates. Our handle is TBFR Seniors. Info: afritz54@gmail.com

Thompson Seniors - 204-677-0987, thompsonseniors55@gmail.com

January 28, 2026

PROVINCE DELIVERS RECORD NUMBER OF HIP AND KNEE SURGERIES IN 2025

The Manitoba government is delivering more hip and knee surgeries than ever before, with 7,056 joint replacement procedures completed across the province in 2025, the highest annual total on record, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced.

The Manitoba government's 2024 investment in a new surgical program at Selkirk Regional Health Centre included funding to add staff and expand operating room capacity. As a result, 591 joint replacement surgeries were completed as of December 2025, putting the program on track to deliver 800

procedures by the end of the fiscal year. The program continues to prioritize patients who have been waiting the longest, accelerating access to care while maintaining safe, high-quality outcomes and reducing long-standing hip and knee surgery backlogs.

The hip and knee surgery expansion is

part of the Manitoba government's broader work to rebuild health care. The Manitoba government has added 3,500 net-new health-care workers provincially, including nurses, physicians and allied health professionals, and opened 323 fully staffed hospital beds to better meet patient demand. ■

From COVID Weight Gain to Wegovy Weight Loss?



IN THE WORLD OF HEALTH

By Myles Shane

The New Small Talk

It feels like every second person I talk to these days is on Ozempic. Or Mounjaro. Or Wegovy. Or something else with a name that sounds more like a Scandinavian DJ than a medication. It comes up casually now at dinner parties, school pick-ups, whispered beside the rotisserie chickens at Costco, the way people once talked about Atkins, Peloton, or that coworker who “cut carbs” and never let you forget it.

What’s different this time isn’t enthusiasm. It’s the data.

In the United States, roughly one in eight adults has tried a GLP-1 weight-loss drug. In Canada, prescriptions are rising fast with hundreds of thousands already written. Unlike every other weight-loss craze I’ve lived through; these drugs deliver. People lose 10 to 15 percent of their body weight in a matter of months. Some Tirzepatide trials show losses approaching 20 percent at higher doses. Forty. Fifty pounds. The kind of change once required monk-like discipline and a refrigerator full of celery.

The Spare Tire That Survived the Pandemic

I’ve thought about it more than once, usually late at night, Coke Zero in hand, the glow of my MacBook lighting up the same spare tire I’ve been trying to lose for twenty years. Same one, same stubborn circumference, same promises made quietly to myself.

COVID didn’t help. None of us emerged lighter, physically, or emotionally. The days blurred together, movement shrank, and comfort food became a coping mechanism masquerading as self-care. I love food. I love the ritual of it. I love the way it fills the

spaces left behind by long hours in front of a screen. I’m not sedentary in a dramatic way, I’m sedentary in a modern way. Apple Watch buzzing, slack notifications stacking, life happening in a swivel chair.

When My Body Was the Project

Once upon a time my body was a full-time job. In my late teens and twenties, I was an obsessive bodybuilder, 230 pounds, mostly muscle. Six eggs a day. Three chicken breasts. Endless protein shakes. *Muscle & Fitness* stacked like scripture beside my bed. Metallica’s *Black Album* blaring through cheap headphones as I chased one more rep, convinced this version of me was permanent.

Then I grew up, or life grew around me. The path I’d been chasing since I was thirteen, since watching *The Odd Couple* on Broadway turned into work. Real work. Kids arrived. The suburbs followed. The gym went from a five-minute walk to a fifteen-minute drive which might as well be an hour when you’re tired and pretending you still have discipline. Now my kids are teenagers. They need me less. Somehow, I seem to need myself more and have less time for it than ever.

Why These Drugs Feel Different

GLP-1 medications don’t just shrink waistlines. They change the system. By mimicking a gut hormone, they increase insulin release, reduce glucagon, slow gastric emptying, and improve blood sugar control. Doctors talk about lower HbA1c, reduced insulin resistance, improved cholesterol, and better blood pressure. For many patients, metabolic health improves alongside weight loss.

Then there’s appetite or rather, the quieting of it. People describe a dramatic reduction in cravings. Less “food chatter.” Smaller meals that feel satisfying. Willpower stops carrying the entire load. Habits stick because the internal noise finally turns down.

That part intrigues me. It also unsettles me.

The Questions My Wife Keeps Asking

My wife worries about what will happen next. If I lose fifty pounds, and that’s no longer a fantasy, that’s what people are actually losing. What happens when the medication stops? Studies suggest most people regain weight after discontinuing GLP-1 drugs. Some can slow the rebound with diet and exercise. Many can’t. Which raises the uncomfortable possibility that this isn’t a temporary intervention, but a lifelong one.

There’s also the cost. Eight hundred to twelve hundred dollars a month out of pocket. Insurance coverage remains inconsistent. Paying thousands to lose weight only to gain it back?

Side Effects and the Long View

Short-term side effects are common, nausea, vomiting, diarrhea, constipation, bloating, fatigue, dizziness, headaches, injection-site irritation. Most fade with time. Some don’t.

Longer-term concerns linger. Muscle loss, sometimes up to 30 percent of total weight loss. Reduced bone density. Rare but serious risks like pancreatitis, gallbladder disease, kidney injury, and thyroid changes are seen in animal studies. Then the biggest unknown of all, the effects we won’t fully understand for decades. Neurocognitive impacts. Vision issues. Organ systems we haven’t connected yet.

History has taught us to be cautious about miracle cures.

What Doctors Are Actually Saying

This is where the conversation gets quieter, and more honest.

Dr. Darien Sutton, an ABC News medical contributor and board-certified emergency physician, has been watching what happens not just during weight loss, but after. He points to published research

showing that when the drug is stopped, some patients regain as much as two-thirds of the weight they lost.

Which forces a difficult question.

Do doctors adjust the dose? Taper it slowly? Or do some patients need to stay on these medications indefinitely to maintain the benefit?

Sutton is careful not to oversell or dismiss the drugs. Instead, he emphasizes what still matters whether you’re on them or not, diet, exercise, daily movement, and sleep. The medication can quiet the noise, but it doesn’t replace the routine.

What these drugs *have* done, he argues, is change the way we think about obesity itself.

In the United States, obesity affects nearly 42 percent of the population and is associated with more than \$170 billion in medical costs each year. Roughly 90 percent of the 37 million Americans have Type 2 diabetes, a condition closely tied to obesity.

Seen through that lens, this isn’t about willpower or personal failure. It’s about a chronic medical condition, one that some people struggle with even when they do everything “right.”

For those people, Sutton says, the conversation shouldn’t be about shame. It should be about options.

A Brave New Body?

Yet, I can’t shake the feeling that this moment is about more than weight.

If we can silence hunger, can we slow aging? Will there be a pill for happiness? No anxiety. No depression. No sharp edges left to hurt. All that’s left is gene editing, and that’s a whole other article.

Maybe that world is coming. Maybe it’s already here, humming quietly in pharmacy fridges beside the flu shots.

For now, I’m standing at the edge of it. Older. Wiser. Still skeptical. Still hopeful. Wondering whether Wegovy is a shortcut, or simply a new road entirely. ■

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Interesting Times

By Alison York

I thought sharing my view with others might bring some hope. We may have to strain our imaginations and I realize hope may be scant, but one can never give up. I am watching and waiting for the pendulum to swing back from its further right curve to the centre of its' arc.

The proverb/adage of "may you live in interesting times," seems quite relevant as we watch with incredulity and anger, the events unfolding so early into 2026. According to sources, the ancient Chinese proverb was not a curse but molded and directed at the struggle between peace and war. In the twentieth century, the expression is traceable to a scientist, Frederic R. Coudert who popularized it when he used it in his opening remarks at an Academy of Political Science in 1939, the onset of

yet another world war. He modified the saying to "an interesting age" for a political and scientific conference. We can only assume it was a forum of highly intelligent human beings fixed on solving current affairs as the peoples of the world saw the oncoming political and territorial mayhem rupturing in Europe.

I found it citable now for we are well into another 'interesting age', assaulted daily by harm and hurt no different really from Coudert's time. What would Coudert call it now? Certainly an interesting age but I imagine he hoped humankind would have learned from history and sought a more peaceful and sustaining worldliness.

'Change of life'.

While it is true that men and women will always face physical hurdles as they age,

(the desire to buy a red sports car, the sweats that come at the most inopportune moments), the greater changes of life are outside of ourselves, bombarding us at every turn. A humane sense of right vs wrong appears to be at stake. It seems the world is set to carry on to its destructive conclusion.

All is doomed. Again.

Or not.

I stand with the protestors on the streets of Minneapolis. I cry for them and their families, their neighbours. We're witnessing the cost to human life every day in the States, in the Ukraine, in Gaza, in Iran., the Sudan. Their lives and actions are testaments to what's right, not wrong. Their endurance midst the chaos is incredible. We're seeing these changes in our lifetime because history has a nasty habit of repeating itself,

but out of it all, there will be an era of calm. I know the future is unpredictable and inescapable, I am not blindly optimistic, but a metamorphosis is happening, albeit too slow amid the negative ruckus we witness now. BUT all pendulums swing. We have to trust that they do. There are many signs already. Neighbours are making sure even the ones they never met before are cared for, tended to, saved. I suggest we strive to look past the loud and sensational. Seek out the rational channels of thought, of humanitarianism, of competency. Our positive thoughts are more powerful than we realize. Our positive actions of looking out for each other will have a rippling effect in our communities, in our province, in our country and beyond.

Hold tight to that thought.

All pendulums swing. ■

February 10, 2026

Measles exposure update #78

Public health officials with Manitoba Health, Seniors and Long-Term Care are notifying the public of four new measles exposure sites in southern Manitoba. Anyone at these locations on the specified dates and times is asked to monitor for symptoms until the identified dates:

- McMunn & Yates Building Supplies, 2712 Saskatchewan Ave. W., Portage la Prairie, on:
 - Feb. 2 - 9 a.m. to 6 p.m. Monitor for symptoms until Feb. 24.
 - Feb. 3 - 9 a.m. to 6 p.m. Monitor for symptoms until Feb. 25.
 - Feb. 5 - 9 a.m. to 5 p.m. Monitor for symptoms until Feb. 27.
- Corral Centre Liquor Mart, 805 18th St. N., Brandon, on Feb. 5 - 6:30 p.m. to 8:45 p.m. Monitor for symptoms until Feb. 27.
- Brandon University Healthy Living Centre, 2010 Louise Ave., Brandon, on Feb. 5 - 7 p.m. to 10:30 p.m. Monitor for symptoms until Feb. 27.
- Boston Pizza, Unit 2-1140 Richmond Ave., Brandon, on Feb. 5 - 8:30 p.m. to 11:45 p.m. Monitor for symptoms until Feb. 27.

Public health is also asking anyone who

was at these locations during the specified times to check their immunization records and ensure they are up to date with measles vaccine (MMR or MMRV).

For individuals who were exposed at these locations and were born in 1970 or later, and have never received a measles vaccine and have never had a measles infection:

Measles vaccine is recommended.

Reduce exposures with others, especially anyone who has a weakened immune system or is unimmunized, from the fifth day after exposure to the 21st day after the latest exposure.

Watch for symptoms of measles until the date that corresponds with their situation as indicated above.

Certain people should not get the measles vaccine including infants less than six months of age, pregnant women and people with weakened immune systems. These individuals should contact their health-care provider or public health as they may be eligible for preventative treatment (within six days of exposure).

Close contacts may be asked by public health to isolate and consider vaccination.

Further information on measles, exposures and immunization is available at www.gov.mb.ca/health/publichealth/diseases/measles.html or individuals can contact **Health Links-Info Santé** at 204-788-8200 in Winnipeg or 1-888-315-9257 toll-free in Manitoba.

Symptoms of measles generally appear seven to 21 days after exposure. Initial symptoms may include fever, runny nose, drowsiness, irritability and red eyes. Small white spots may also develop on the inside of the mouth or throat. Several days after the initial symptoms, a red blotchy rash appears on the face and progresses down the body. Measles can lead to complications including ear infections, diarrhea, pneumonia (lung infection) and encephalitis (brain inflammation).

If symptoms develop, individuals who may have been exposed are advised to isolate at home and contact their health-care provider and advise them of the potential exposure to measles. Anyone else in the household who is unimmunized should limit exposure to others until the symptomatic person has received advice from their health-care provider. It is best to call ahead

so health-care staff can take steps to reduce the exposure of other people to the virus.

Measles is a highly infectious communicable disease that is spread through droplets in the air formed when coughing or sneezing. An infected person can spread the virus from four days before the rash appears until four days after. The disease tends to be more severe in infants and young children and can be life-threatening.

Immunization is the only means of protecting people from contracting measles. Contact an immunization provider such as a local public health office, physician or nurse practitioner to ensure everyone is up to date.

In Manitoba, a two-dose measles vaccine program for measles, mumps, rubella and varicella (MMR or MMRV) is routinely provided for children who are at least one year of age and again when aged four to six. In the case of a measles exposure, a second dose may be given earlier than four to six years of age. There is also an outbreak eligibility for some children aged six months to under 12 months. The complete eligibility criteria can be viewed at: www.gov.mb.ca/health/publichealth/cdc/vaccineeligibility.html#MMR. ■

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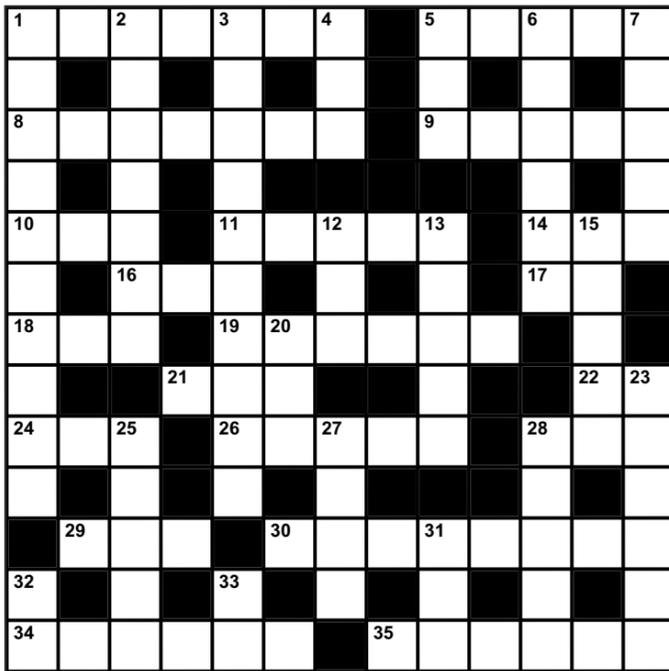
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CROSSWORD - By Myles Mellor

ACROSS

- "Roses are red, ___ are blue"
- Romantic symbol
- Expressing feeling in a song
- Chocolates, roses, etc.
- "Chosen one" in "The Matrix"
- Idolize
- Diamonds in slang
- "Brown Eyed Girl" singer, ___ Morrison
- Read only, for short
- George Gershwin song, "___ Got a Crush on You"
- Elvis song "Love me ___"
- "Last Time I Saw ___" (Diana Ross song)
- Elevated railway, abbr.
- Beauty is in the ___ of the beholder
- "The ___ Has a Thousand Eyes" song by Bobby Vee
- Vineyard in France
- First lady
- Secret, 2 words



34. Mariah Carey's "___ of Love"
- Cupid, for example
4. Gal of song
5. Hold tight in a loving gesture
6. Catered event
7. The Beatles "A ___ of honey"
23. Love songs crooner, ___ Vandross
25. Singer of "Are You Lonesome Tonight"
27. Sticky stuff
28. Puppy-love
31. The Beatles' "And I Love ___"
32. Motorhome
33. Green light

DOWN

1. Day for lovers
- Romantic soul hit for Natalie Cole, 2 words
3. Attracting love
12. Possess
13. Party, for example
15. More shy
20. Former British record label

SOLUTION ON PAGE 23

- | | | | |
|--------------|------------|--------------|---------------------|
| Ability | Drop | Opponent | Smash |
| Active | Dwell | Outdoor | Social |
| Addiction | Elders | Paddle | Speed |
| Adults | Erne | Partners | Teamwork |
| Advanced | Foul | Passion | Top hand |
| ATP | Game | Pickleball | Tournament |
| Bounce | Gym | Play | Volley |
| Calling | Indoor | Point | Win |
| Challenge | Lessons | Rally | Youth |
| Coach | Levels | Recreational | SOLUTION ON PAGE 23 |
| Contact | Line | Re-set | |
| Coordination | Lob | Score | |
| Court | Lose | Server | |
| Defence | Lost serve | Shoes | |
| Dinking | Mixed | Shot | |
| Drills | Net | Singles | |
| Drive | Offence | Slice | |



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Simply Irresistible!

DETAILS AT SOUTHBEACHCASINO.CA

SUDOKU - Medium *Senior Scope*

		7		8	4			3
		8		6			2	
			5					7
	5							9
8		3						4
		4			6			
1					8			
	4		3		5			9
9						7		

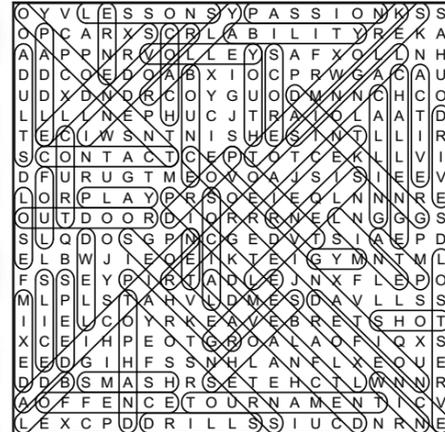
Each 3x3 cell has the digits 1-9.

Each vertical and horizontal line also has the digits 1-9.

Enter each digit (1-9) only once each in each cell and each line.

SOLUTION TO THE RIGHT

WORDSEARCH - Solution



CROSSWORD - Solution

1	V	I	2	L	E	T	S	5	H	E	6	A	R	7	T																
	A	U		N		A		U		F		A																			
6	L	Y		R		I		C		A	9	G		I	F	T	S														
	E			L		H						A		T																	
10	N		E	11	A		D		O		R	12	E	13		14	15	C	E												
	T			16	V		A		N		W		V	17		R		O													
18	I		V		E		19		T		E		N		D		E		R	Y											
	N						21		H		I		M		N		22		E	23	L										
24	E		25		E		26		N		I		G		H		T		28		C	R	U								
	S				L		G		L													R		T							
			29		E		V		E		30		H		U		S		31		H		H	U	S	H					
32					R		I		33		G		E		E		S										E				
34					V		I		35		S		I		O		N						36		A		R	C	H	E	R

SUDOKU - Solution

5	6	7	2	8	4	9	1	3
3	1	8	9	6	7	2	5	4
4	2	9	5	1	3	8	6	7
6	5	1	4	7	2	3	9	8
8	7	3	1	5	9	6	4	2
2	9	4	8	3	6	5	7	1
1	3	5	7	9	8	4	2	6
7	4	6	3	2	5	1	8	9
9	8	2	6	4	1	7	3	5

LAUGH A LITTLE

Sign at home entrance:
Beware of Dog. Cat is not trustworthy either.

I thought growing older would have taken longer.

I don't think I'll ever be old enough to know better.

When I said I wanted peace and quiet while cooking dinner, I was told to take the battery out of the smoke alarm.

It's a little concerning when the weather man is the closest to telling the truth on the News these days.

I'm giving up eating chocolate for a week.
Sorry, forgot the punctuation.
I'm giving up. Eating chocolate for a week!

Whoever put the 's' in 'fastfood' is a marketing genius.

I saw a guy get his nipple pierced right in front of me at the bar last night. Side note: I suck at darts.

I tried calling the Tinnitus helpline but there was no answer... just kept ringing.

Friends chatting: "My ex was from the land down under."
"Australia?"
"No, Hell."

SOLUTIONS



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the CLASSIFIEDS

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