



Mobile Law Office - "We Come To You"

Ph: 204-808-0418

Website: www.mobile.legal

Call us or click on our website today

- ✓ Wills & Powers of Attorney
- ✓ Probate & Estates
- ✓ Healthcare Directives (living wills)
- ✓ Notary Public Services

Who are you walking for?

Sat. May 25 • 10 am
Assiniboine Park

Register Today!
alzheimer.mb.ca

STORY INSIDE



Senior Scope

FREE

Vol. 22 No. 11 | May 10 - Jun 9/24

Read current and past issues at www.seniorscope.com
Sign up for a **FREE** email subscription. See pg 2.

Leaving a Legacy
Feature
Pages 13, 14, 15, 16

SUSAN THOMPSON A Woman of Wisdom (Part 1 of 2) By Bud Ulrich



A MANITOBA
MOMENT

Bud Ulrich

In the comfort of Susan's condo located in St. Boniface, I had the opportunity to chat with Winnipeg's 40th mayor. Clearly, Susan is very proud of her accomplishments, not only as a businessperson, but as the first and only woman mayor of the City of Winnipeg. Her time in office had moments of intense frustration, severe challenges, successes, and change. More about that later.

I find it interesting how people start out and continue on their various paths in life. Susan was born in 1947 at the old Grace hospital located on Arlington Street in the West End of Winnipeg. She was raised on Douglas Park Road in sunny St. James and lived there until she got married. She attended St. James Collegiate, University of Winnipeg Collegiate, and University of Winnipeg. When asked if she was a good student, she said, "Sometimes yes, and sometimes no."

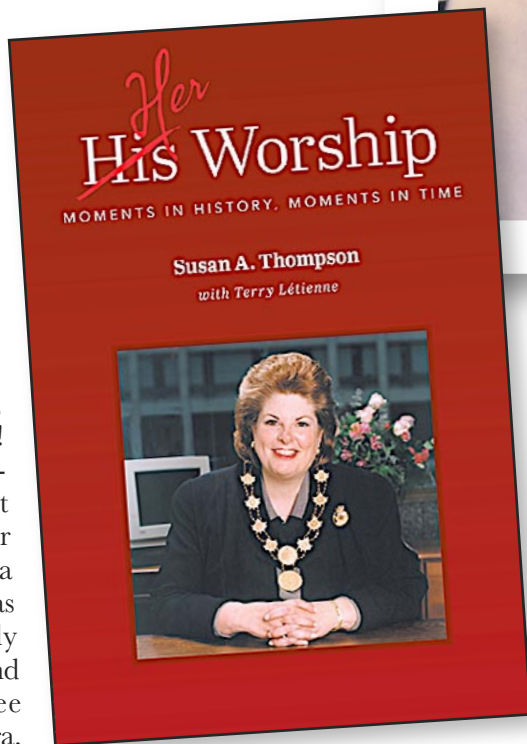
Susan's mother was a "stay at home mom" and was passionate about family and community. She was a self-proclaimed mayor of Douglas Park Road. Susan said her mom was a woman of integrity and determination. Obviously, her mom's traits rubbed off on Susan! There is little doubt that Susan's accomplishments as an adult are a direct result of what she learned as a child. Her father was intelligent, shrewd, sensible, and a hardworking man. He is well-known as the owner of Birt Saddlery, formerly located on the corner of Main Street and Bannatyne Avenue. Susan has three siblings, two sisters, Lenore and Barbara, and one brother, Norman. Susan is the youngest.

Susan had a summer job at the University of Winnipeg Library where she enjoyed her interaction with people. She made the

She purchased her dad's business in October of 1980 and by early 1981, interest rates on borrowed money were a whopping 21%. She nearly lost everything, but as fortune may have it, along came John Travolta and his part in the movie, 'Urban Cowboy.'

"Business was incredible."

~ Susan Thompson



decision to forego returning to school to complete her grade 12 and instead worked fulltime at the library. Upon advising her father of this decision, he quickly said,

"Well then, starting tomorrow you are paying rent." She worked for one year at the library, but the rent had a profound effect on her lifestyle. She applied for a position at Eaton's. The interview went well until the question of education came up. Susan discovered that she only had a complete grade ten. I think the "lights came on" for Susan, and she returned to school to complete her high school education.

I have read Susan's recent book, *Her His Worship - Moments in History, Moments in Time*. I want to share a cute story of her youth. Like some teenagers, she was a social success in exploring the lifestyle of dating boys. On one of her outings with

Continued on page 6



RELIABLE HOME CARE AGENCY
PRIVATE HOME & HEALTH CARE SERVICES

- ✓ PERSONAL APPROACH
- ✓ PROFESSIONAL STAFF
- ✓ UP TO 24 HOUR CARE
- ✓ CERTIFIED CAREGIVERS & NURSES

"YOU DESERVE TO HAVE A CAREGIVER WHO IS PERSONABLE, COMPASSIONATE AND EXPERIENCED IN PROVIDING SERVICES THAT YOU NEED"

WHEN THE NEED ARISES CALL US FOR HELP

204-415-3471

www.reliablehomecare.ca



Life Assure
Medical Alert Systems

Manitoba's Top Choice
for Medical Alert



Monitored
24 Hours a Day
7 Days a Week

Stay Safe
Inside
Your Home



Call Today to Receive
a Free Buyer's Guide

Call Now Toll Free!
1-800-354-5706

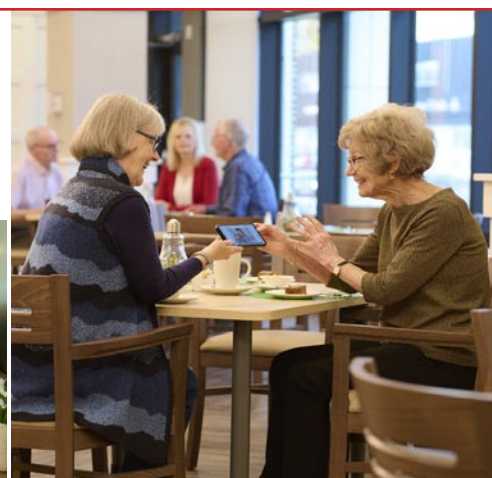
www.lifeassure.com



MISERICORDIA
TERRACE

The Heart of Independent Living

204.788.8020 | misericordiaterrace.ca



SUITES AVAILABLE NOW

Senior Scope

Publisher/Editor:
Kelly Goodman
204-467-9000
kelly_goodman@shaw.ca
www.seniorscope.com

Advertising:
204-467-9000

Feature Columns:
Bud Ulrich
Myles Shane
Rick Roschuk
Trish Bennett

Contributing Submissions:

Alzheimer Society
Linda Brown - Active Aging in Manitoba
Senaka Samarasinghe
Irene Lo-Scerbo
Myles Mellor - Crossword
Roni Alward - Word Search (w/Senior Scope)

Senior Scope is available for **FREE** at many locations in Winnipeg and rural Manitoba, by email subscription, online at www.seniorscope.com, and by mail subscription for a fee.

Mail Subscriptions:

30.00 + 1.50 gst (31.50 total) 12 issues/1 yr.
Pay by cheque or e-transfer payable to:

**Senior Scope, Box 1806
Stonewall, MB R0C 2Z0**

FREE Email Subscriptions:
kelly_goodman@shaw.ca to sign up.

Distributed in Winnipeg and 100+ rural Manitoba communities: Altona, Anola, Arborg, Ashern, Baldur, Balmoral, Beausejour, Birds Hill, Birtle, Boissevain, Brandon, Carman, Clandeboyne, Cranberry Portage, Dauphin, Dominion City, Dugald, Elie, Emerson, Erickson, Eriksdale, Fisher Branch, Flin Flon, Fraserwood, Garson, Grand Marais, Gimli, Grandview, Hamiota, Headingley, Hodgson, Holland, Ile des Chenes, Killamey, Komarno, La Broquerie, La Salle, Lac du Bonnet, Leaf Rapids, Letellier, Lockport, Lorette, Lundar, Lynn Lake, Mariapolis, Marchand, Marquette, Melita, Middlechurch, Minnedosa, Montcalm, Morden, Morris, Neepawa, Niverville, Notre Dame de Lourdes, Oak Bank, Pilot Mound, Pinawa, Pine Falls, Poplarfield, Portage la Prairie, Plumas, Richer, Ritchot, Riverton, Roblin, Roseau River, Russell, St. Norbert, St. Adolphe, St. Agathe, St. Anne, St. Eustache, Ste-Genevieve, St-Jean Baptiste, St. Laurent, St. Malo, Selkirk, Snow Lake, Starbuck, Steinbach, Stonewall, Stony Mountain, Swan Lake, Teulon, Inwood, The Pas, Thompson, Tolstoi, Treherne, Victoria Beach, Virden, Warren, Winkler, Winnipeg Beach, Woodlands, Shoal Lake, Oakburn, Strathclair, Elphinstone.

Copies are concentrated in Winnipeg and in larger rural centres.

Senior Scope is available at all Winnipeg public libraries and many rural libraries, 55 plus centres, grocers, hospitals, clinics, Legislative Building, The Forks Market, Manitoba Tourism at the Johnston Terminal, restaurants, 55 plus apartments/complexes/condos, various merchant locations. Available online at www.seniorscope.com, by mail subscription, or email subscription (FREE). e-Subscribe at: kelly_goodman@shaw.ca.

The content or advertising in this publication does not necessarily reflect the views and/or opinions of **Senior Scope**. We do not make any warranty as to accuracy of material published. © Copyright 2023 Senior Scope. All rights reserved. NO PORTION OF SENIOR SCOPE MAY BE COPIED OR PUBLISHED WITHOUT WRITTEN PERMISSION FROM THE PUBLISHER. Contact Senior Scope by email at kelly_goodman@shaw.ca.

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



Active Aging in Manitoba (AAIM)

Inspiring active lifestyles



By Linda Brown, Executive Director, AAIM



Linda Brown, Executive Director, AAIM

Active Aging Week – Sept 30 – Oct. 6, 2024.

Why am I talking about something that is happening in October? Because it is never too soon to start planning your activities for Active Aging Week! Started by the International Council on Aging in 2003, this annual campaign is part of a global movement which helps to dispel society's negative perception of aging. It is a chance to demonstrate that older adults can make valuable contributions to their community. Active Aging Week is a time to promote a healthy lifestyle that helps to challenge those misconceptions about being active as we age. The key to active aging is active living. Active living is associated with many health benefits that help to enhance our well-being and quality of life. We often focus on the "active" part of active living, but active living encompasses several wellness dimensions such as social, emotional, physical, and more.

Emotional Wellness – developing emotional resilience by managing our feelings which contributes to our well-being. Being able to maintain a positive outlook on life, no matter what challenges and changes come our way.

Intellectual Wellness – take time to boost your brain power. Learning a new ac-

tivity, doing a puzzle, engaging with others are all ways to keep our brains active.

Physical Wellness – includes committing to regular fitness activities that will benefit you in later life. It is never too late to get moving! Pursuing a balanced lifestyle that includes exercise, healthy nutrition, beneficial sleep, managing medical conditions, all contribute to our physical wellness.

Professional and vocational wellness – means living with purpose and passion. Finding satisfaction and fulfillment from work or volunteering.

Social Wellness – means staying connected with others and recognizing how important our relationships with our family and friends are and how those connections contribute to our overall health and wellness. It is important to maintain a diverse social circle of friends you can rely on when needed.

Spiritual Wellness – Could include meditation, mindfulness, journaling and finding balance in your life and with the world around you.

Environmental Wellness – enjoy the outdoors – the benefits of being in nature are proven to have a positive effect on our overall wellness and our mental wellbeing. By taking care of the environment, we are contributing to the wellness of our planet and ourselves.

A variety of events have been held over the years during Active Aging Week. So let your imagination go to work on planning

an event or events. Consider organizing a group walk, a dance, a cribbage tournament, a self defense/awareness educational session, a cooking demonstration, introduction to plant therapy - you can see the ideas are endless. Make it a time to get your community engaged, encourage people to get active, and contribute to the health of your community.

Active Aging in Manitoba takes a lead on Active Aging Week so watch our website for an Active Aging Week Guide or call us at **204-632-3947** to request a copy. We want to hear from you – what activities are you planning for **Active Aging Week 2024?** ■



YOU CAN BE PART OF "TEAM MB" AT THE NEXT CANADA 55+ GAMES

AUG 27 - 30, 2024 QUEBEC CITY, QUE.

YOU MUST QUALIFY AT THE MANITOBA 55+ GAMES BRANDON, MB JUNE 2024

Join us in Brandon for the friendly competition of the Manitoba 55+ Games, June 18 -20th.

Registration closes on May 20th.

You can find information can be on our website:

www.activeagingmb.ca

or by calling **204-632-3947**

Senior Scope acknowledges that we are on Treaty territory - the traditional land of the Ininiw (Cree), Anishinábé (Ojibwé), Anishiniw (Ojibwé Cree), Dakota and Dene people, and also the Birthplace of the Métis Nation.



SHARK CLUB
gaming centre

2ND FLOOR CITYPLACE, 233 HARGRAVE ST.



WINNIPEG'S ONLY DOWNTOWN GAMING CENTRE!

18+ ENJOY RESPONSIBLY

LIVE BLACKJACK & ROULETTE!
OVER 100 SLOT MACHINES!

FIND US DOWNTOWN WINNIPEG, JUST STEPS FROM THE CANADA LIFE CENTRE

DOREEN STAPLETON – A Sandy Lake musician in tune with her community

By Bud Ulrich



A MANITOBA MOMENT

Bud Ulrich

The town of Baldur, Manitoba is where it all started for Doreen, followed by several years of living in Brandon. At the age of six, she commenced piano lessons, and by the time she was sixteen she started teaching. Doreen is proud to be a musician. It became apparent that music is very important to her and is a major focus in her life.

Doreen and her husband Gary have a blended family of four children – a daughter, Kristina Gordon, and a son, Scott Gordon, both living in Winnipeg, sons Scott Stapleton living in Brandon, and Brent Stapleton living in Broken Arrow, Oklahoma, USA. Five grandchildren round out their family. Doreen has a twin sister Coreen who lives in Nanaimo, BC (Vancouver Island) and a brother Gordon who lives in Baldur.

Doreen and Gary moved to Sandy Lake in 2001. Gary turned their cabin into a year-round residence. Sandy Lake became their choice spot to enjoy their retirement years. Along with other seniors in Sandy Lake, they enjoy their surroundings and all that it offers. It was a time in their respective careers to “slow down” and enjoy their friends. While chatting with Doreen, I sensed a lifestyle filled with enjoyment in this small farming community located some 265 kms northwest of Winnipeg near the west side of Riding Mountain National Park.

There are roughly 300 residents in Sandy Lake which blooms to a couple of thousand during the summer tourist sea-



Doreen Stapleton

son. Fishing, swimming, and camping are the main attractions of this quaint town in Manitoba. Four campgrounds provide ample spots for vacationers. Ice fishing during the winter months is very popular. More and more seniors are retiring to this serene town.

Doreen said, “This beautiful small village is a well-kept secret.” Indeed, there is something magical about life alongside a lake. The sounds of loons with their distinct somewhat haunting quality and the viewing of northern lights are just a few of nature’s beauty at Sandy Lake. Local wildlife is abundant, including deer and perhaps too many bears. The bears can be dangerous, but most people are aware and alert.

Doreen has played the piano or organ at weddings, church services, conferences, dances, dinners, et cetera. Twice a month she entertains seniors at personal care homes. She also keeps occupied by teaching piano and organ to a handful of students. Doreen has instilled the community



Life alongside a lake is magical.

spirit in her students, arranging for them to entertain seniors at personal care homes, one of them being in the town of Erickson.

Doreen is a member at large with the Manitoba Association of **Senior Communities (MASC)**. This is a community resource for information on aging. There are close to one hundred communities in

Manitoba that embrace the Age Friendly Manitoba initiative under the guise of MASC. The assistance provided to seniors is impressive and varied. It supports senior independence and well-being and encourages their involvement in the community as well as providing programs that offer core

Continued on page 6

Mention this ad to receive **10% Seniors Discount**

RIVERBEND MOVING & STORAGE

1-855-849-8042

FREE ESTIMATE

Centre of/du CANADA

96' 48' 35"

Riverbend Moving and Storage is the professional choice for reliable, honest service in Manitoba.

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.

MOVING SERVICES:

Local & Long Distance Moving for Commercial & Residential Storage Units for Short or Long-Term Storage

RIVERBEND MOVING & STORAGE

Moving is our business, service is our promise.

GREAT CANADIAN 7-11-888

(204) 291-8221 enquiries@riverbendmovers.com www.riverbendmovers.com

Is it time to make **your next Move?** to a condo, apartment or Senior's Home.

Call us for a **FREE** Condo/Home Market Evaluation.

Realtors **Aleethia Mackay & Charlene Urbanski**

Lifestyles Real Estate Ltd.

Aleethia Mackay REALTOR® 204-798-5312

Charlene Urbanski REALTOR®, SRES 204-612-6655

ABILITY SOLUTIONS

Great Deals!

We repair, rent and sell wheelchairs and walkers

Spring Specials on Reconditioned Standard and Tilt Wheelchairs

We also install Grab Bars, Railings, and other mobility aids.

(204) 471-1533

lavallee@mymts.net



"Rethinking Medical Transport"

Most people don't need a stretcher to get to their appointments. Ride in our wheelchair vans with professional driver/escorts. You'll save hundreds and have a more comfortable ride.

We also have larger wheelchairs for bariatric customers.

Call
Community Paramedics Service:
1-204-406-6499

communityparamedicsservice.com
info@communityparamedicsservice.com

BOTTLED WATER DELIVERY
HOME/APT. or OFFICE
Water Cooler Filtration systems also available
Call for details
204-284-1704
waterdirectplus.com

Thorvaldson Care Center
An Intermediate Care Facility
• Government Approved Facility
• 24 Hour Supervision
• Reg. Nurse • Health Care Aides
495 STRADBROOK AVE • WPG
452-4044
www.thorcare.ca
INQUIRIES WELCOME



PORTSMOUTH RETIREMENT RESIDENCE

Springtime has arrived at Portsmouth! Experience the blossoming season with our spring promotion. Discover the freedom of independent living on your own terms. Embrace all the wonderful opportunities and amenities that Portsmouth has to offer. Experience the beauty of spring in a place you can truly call home.

CALL 204.284.5432 TO BOOK A PERSONALIZED TOUR.
1 BEDROOM SUITES STARTING AT \$2600

VENVI
PORTSMOUTH
— Retirement Living —

125 Portsmouth Blvd
Winnipeg
204-284-5432
venviliving.com

Calvin J. Friesen
200-1630 Ness Avenue, Wpg
Madison Square
direct line: 204-944-7967
email: cjf@mlo-llp.com

Will and Power of Attorney and Health Care Directive
- for a couple \$900.00
- for one person \$600.00
Plus gst and \$25.00 file fee

Stitch & Style SHOPPE
Offering quality clothing alteration and consignment. Don't discard older clothing. **Repurpose it!!**

Call Margaret at
204-896-0414 (Wpg)

Safety | Independence | Convenience | Comfort

Would you like to bathe safely again?
Are you tired of being in pain and not sleeping?
Would you like to stay in your home and remain independent?

\$1500 OFF INSTALL
Expires June 15/24

Comes with Full Stand Up Rain Head Shower
#1 LEADER IN WALK IN TUBS

Call Melanie - 204-797-2832

Dental Care Plan for Manitoba Seniors

By Myles Shane



The federal government announced a \$13 billion dental care plan on December 13, 2023, aiming to cover routine dentistry costs for low- and middle-income Canadians. Starting in 2024, coverage will extend to children under 18 and as of May 1, 2024 select seniors. The plan is to include all eligible individuals by 2025. The Canadian Dental Care Plan (CDCP) will cover various services, benefiting nearly nine million Canadians. Sun Life will administer the CDCP, with an education campaign for oral health professionals to enrol in.

Services Covered By The CDCP

- Preventive services such as scaling (cleaning), polishing, sealants, and fluoride.
- Diagnostic services including examinations and X-rays,
- Restorative services like fillings, crowns, and dentures.
- Endodontic services covering root canal treatments.
- Prosthodontic services, encompassing complete and partial removable dentures.
- Oral surgery services, including extractions.

While some of these services will be available in the fall of 2024, others such as teeth whitening, implants, and mouth guards will not be covered by the plan.

Eligibility Criteria:

To qualify for the CDCP, applicants must meet the following criteria:

- Individuals are required to have a total household income below \$90,000. The plan is most generous for households with incomes below \$70,000, offering full coverage for services such as cleaning, fillings, and root canals. Families earning between \$70,000 and \$79,999 face a 40% copay, while those in the \$80,000 to \$89,999 bracket have a 60% co-pay, with the federal plan covering the remaining costs.
- No access to other dental insurance.
- Canadian resident for tax purposes.

- Income tax return from the previous year must have been filed prior to applying.
- Applicants will be reassessed annually to confirm ongoing eligibility.
- Those with access to dental benefits through provincial, territorial, or federal programs can still apply for the CDCP if they meet all eligibility criteria.

Determining Adjusted Family Net Income:

Applicants must have an adjusted family net income of \$90,000 or less. This is not the family net income as indicated on tax returns. It involves deducting the income from both the Universal Child Care Benefit (UCCB) and the Registered Disability Savings Plan (RDSP).

Manitoba

Dentists in Manitoba are expressing concerns about the lack of detailed information regarding the Canadian Dental Care Plan (CDCP), advising dentists to hold off participation until issues are addressed. By June, seniors, children under 18, and adults with a valid disability tax credit will qualify for coverage. Dentists worry about ambiguity in the plan and potential discrepancies in payment amounts. The Manitoba Dental Association is cautious about fixed reimbursements, urging flexibility in choosing providers. Despite reservations, some Manitoba dentists, like Dr. Loewen, plan to participate, emphasizing the importance of addressing barriers to dental care access.

A Few Unanswered Questions

How Does The CDCP Affect Seniors in Manitoba?

In 2024, seniors in Manitoba will be affected by the Canadian Dental Care Plan (CDCP) as they become eligible for coverage. The plan will cover a range of dental services for seniors, including routine check-ups, cleanings, fillings, and other necessary treatments. However, there are concerns that the fixed reimbursement rates under the CDCP may leave some seniors responsible for additional costs if their dentists charge more than what the plan covers. The Manitoba Dental Association is advocating for flexibility in choos-

ing dental providers and ensuring that eligible Canadians can access care from any dentist. Despite these concerns, the CDCP aims to improve access to dental care for seniors in Manitoba and across Canada.

How Can I Find A Professional Offering The CDCP?

The federal government contracted insurance provider Sun Life to administer the program. The company recently launched a searchable database of available CDCP providers. (<https://www.sunlife.ca/sl/cdcp/en/member/provider-search/>)

When will I be eligible?

The federal government is expanding eligibility for the CDCP gradually. As of May 1, 2024 Canadian residents 70 and older were allowed to access their oral health-care services covered by the program, and seniors aged 65 to 69 can now sign up online. If unable to sign up online seniors can call **1-833-537-4343**.

The program will be available to all eligible Canadian residents starting in 2025, according to the federal government. To qualify, a patient can't have access to any existing private dental insurance, regardless of how comprehensive your existing private coverage is.

Final Thoughts

In the meantime, seniors in Manitoba may face challenges with accessing dental care under the Canadian Dental Care Plan (CDCP). One major challenge is the uncertainty about coverage and reimbursement rates. Since the plan reimburses a fixed amount for procedures, seniors may encounter situations where their dentists charge more than what the CDCP covers, leaving them responsible for the difference. This could make dental care unaffordable or create barriers for some seniors. Additionally, there are concerns about the limited number of dentists participating in the CDCP, which may further limit seniors' options for accessing care. Overall, these challenges highlight the importance of ensuring that the CDCP addresses seniors' needs and provides sufficient coverage and access to dental services. ■

Leapfrog Moving Specialists
FULL SERVICE MOVING for SENIORS
Moving you from PAD to PAD
CALL (204) 417-7570

Lebrun Painting
(204) 961-0500
lebrunpainting@gmail.com

- Interior/Exterior/Furniture/Cabinets
- Decks/Fences/Patio Covers
- Fully bonded and insured
- Guaranteed satisfaction

SERVING WINNIPEG AND SURROUNDING AREAS

JOB OPPORTUNITY
POINT DOUGLAS SENIORS RESOURCE FINDER (SRF)
Senior Resource Coordinator
FULL TIME TERM - March 31, 2025 - (35 hours/week) \$20.50 - \$22.39/hr
Apply to:
Selection Committee, PDSRC
200 - 207 Donald Street
Winnipeg, MB R3C 1K2
Fax: (204) 946-5667
Email: lzayco@aosupportservices.ca
Closing Date: Friday May 24/24, 4:30 pm



Manitoba Association of Senior Communities

GET CONNECTED - JOIN A CENTRE!
Stay Active - Stay Connected
www.manitobaseniorkommunities.ca

Creative Retirement Manitoba Inc.
 204-481-5030, hello@crcentre.ca
www.crcentre.ca

WINNIPEG

20 Fort Street Seniors Club
 2200-20 Fort Street / FortStSeniors@Shaw.ca

A&O Support Services for Older Adults Inc.
 200 -207 Donald Street
 204-956-6440 / Toll Free: 1-888-333-3121
info@aosupportservices.ca
www.aosupportservices.ca

Archwood 55 Plus
 565 Guilbault Avenue / 204-416-1067
archwood55@shaw.ca
<https://archwood55plus.wildapricot.org/>

Bleak House Centre
 1637 Main Street / 204-338-4723
bleakhousecentre@gmail.com
www.bleakhousecentre.com

Broadway Seniors Resource Council
 204-772-3533
broadwayseniors@gmail.com /
www.bsrrc.ca

Brooklands Active Living Centre
 1960 William Avenue W
 204-632-8367 / bpscc@mymts.net

Centro Caboto Centre
 1055 Wilkes Avenue / 204-487-4597 ext. 1
executivedirector@cabotocentre.com
www.cabotocentre.com

Charleswood Active Living Centre
 5006 Roblin Blvd / 204-897-5263
info@charleswoodsniorkommunities.org
www.charleswoodsniorkommunities.org

Crescent Fort Rouge 55 Plus
 525 Wardlaw Ave. / 204-299-9919
cfruc55Plus@gmail.com
www.crescentfortrouge.ca

Dakota Community Centre
 1188 Dakota Street / 204-254-1010 ext. 217
lance@dakotacc.com / www.dakotacc.com

Dufferin Senior Citizens Inc.
 377 Dufferin Avenue / 204-986-2608

Elmwood East Kildonan Active Living Centre
 180 Poplar Avenue / 204-669-0750
healthrelations@chalmersrenewal.org
<https://chalmersrenewal.org/>

Fort Garry Seniors Resource Council
 200 - 270 Donald Street / 204-792-1913
fortgarry@aosupportservices.ca
www.aosupportservices.ca/resources/seniors-resource-finders

Golden Rule Seniors
 625 Osborne Street / 204-306-1114
goldenrule@swwsrc.ca
www.Faceboook.com/GRSRC

Good Neighbours Active Living Centre
 720 Henderson Hwy / 204-669-1710
admin@gnalc.ca / www.gnalc.ca

Gwen Sectar Creative Living Centre
 1588 Main Street / 204-339-1701
becky@gwensector.com
www.gwensector.com

Headingley Seniors' Services
 5353 Portage Avenue
 204-889-3132 ext. 3
seniors@rmofheadingley.ca
www.headingleyseniorkommunities.ca

Indigenous Senior Resource Centre Inc.
 A1-100 Robinson Avenue / 204-586-4595
executivedirector@isrcwpg.ca
www.asrcwpg.ca

Manitoba Korean 55+ Centre
 900-150 River Avenue
 204-996-7003 / www.ksam.ca

North Centennial Seniors Association of Winnipeg Inc.
 86 Sinclair Street / 204-582-0066
ncsc@shaw.ca / www.ncseniors.ca

North Point Douglas Senior Centre
 244 Jarvis Avenue

Pembina Active Living (55+)
 170 Fleetwood Rd. / 204-946-0839
office@pal55plus.ca / www.pal55plus.ca

Rady Jewish Community Centre
 123 Doncaster Street / 204-477-7539
lmajovsky@radyjcc.com / www.radyjcc.com

Rainbow Resource Centre
 545 Broadway Ave. / 204-474-0212 ext 255
OTR@rainbowresourcecentre.org
www.rainbowresourcecentre.org

The Salvation Army Barbara Mitchell Family Resource Centre
 51 Morrow Avenue
 204-946-9153 / sheila.keys@salvationarmy.ca

South Winnipeg Seniors Resource Council
 117-1 Morley Ave / 204-478-6169
resources@swwsrc.ca / www.swwsrc.ca

Southdale Seniors
 254 Lakewood Boulevard / 204-257-6171
gm@southdale.ca / www.southdale.ca

Sri Lankan Seniors Manitoba
 113 Stan Bailie Drive
 204-261-9647 / www.srilankanseniorsmb.ca

St. James-Assiniboua 55+ Centre
 3-203 Duffield Street
 204-987-8850 / info@stjamescentre.com
www.stjamescentre.com

St. Mary's Rd. Seniors
 613 St. Mary's Rd., Winnipeg
 204-257-0678 / www.stmarysroad.ca

Transcona Council for Seniors
 845 Regent Ave / 204- 222-9879
tcs@mymts.net / www.transconaseniors.ca

Transcona Retired Citizens Org.
 328 Whittier Ave. West
 204-222-8473 / trco328@shaw.ca

Vital Seniors
 3 St Vital Road
 204-253-0555 / stmary@mymts.net
www.stmarymagdelenenewpg.org

Winnipeg Chinese Senior Association
 204-291-7798 / wcsa.wpg@hotmail.com
www.winnipegchineseniorkommunities.ca

BEYOND WINNIPEG

BEAUSEJOUR
Beau-Head Senior Centre
 645 Park Avenue
 204-268-2444 / beauhead@mymts.net

BOISSEVAIN
Seniors' Services of the Turtle Mountain Area
 204-534-6816
seniorservicetm@gmail.com

BRANDON
Brandon Seniors for Seniors Co-op Inc.
 311 Park Avenue E / 204-571-2050
reception@brandons4s.ca / www.brandons4s.ca

Health Checks - 204-728-1842
brandonmbhealthchecks.ca
healthchecksbrandon@gmail.com

CARMAN
Carman Active Living Centre
 47 Ed Belfour Drive / 204-745-2356
www.activelivingcentrecarman.ca

CRANBERRY PORTAGE
Jubilee Recreation of Cranberry Portage Legion Hall
 217 2nd Ave. SE / 204-271-3081

CRYSTAL CITY
Crystal City & District Friendship Club Inc.
 117 Broadway St. / 431-867-0122
crystalcityfriendship@gmail.com

DAUPHIN
Dauphin Active Living Centre Inc.
 55 1st Avenue SE / 204-638-6485
www.dauphinseniors.com

DELORAINE
Deloraine Community Club Inc.
 111 South Railway Ave E / 204-747-2846

ERICKSON
Seniors' Outreach Services of BrenWin Inc.
 204-747-3283 / sosbrenwin@gmail.com
www.sosbrenwin.com

FLIN FLON
Comfort Drop In Centre
 31 Main Street
 204-636-2047 / areas@mymts.net

GILBERT PLAINS
Gilbert Plains and District Community Resource Council Inc.
 204-548 4131 / gpdcrc@mymts.net
www.gpdrc-newhorizons.wix.com/gpdrc

GIMLI
Gimli New Horizons 55+ Centre
 17 North Colonization Road
 204-642-7909 / gimli55@mts.net
www.gimlinewhorizons.com

GLADSTONE
Gladstone Seniors Inc.
 32 Morris Ave. North
 204-385-2205

GRAND MARAIS
Grand Marais & District Seniors
 36058 PTH 12 / gmdseniors@gmail.com
www.gmdseniors.ca

GRANDVIEW
Grandview Seniors Drop In
 432 Main Street
 204-546-2272

HAMIOTA
Hamiota 55+ Centre & Restore Community Co-op Inc.
 44 Maple Avenue / 204-764-2658

KILLARNEY
Killarney New Horizons Centre
 520 Mountain Avenue
www.killarneybseniorkommunities.ca

Killarney Service for Seniors
 203 South Railway / 204-523-7115
seniorservice@killarney.ca

LA BROQUERIE and STE. ANNE
Seine River Services for Seniors Inc. / Services Rivière Seine pour aînés Inc.
 93 Principale Street
 204-424-5285 / labseinerss@gmail.com
www.seineriverservicesforseniorkommunities.ca

LUNDAR
Lundar Community Resources
 35 Main Street / 204-762-5378
lrcr@mymts.net

MANITOU
Pembina Community Resource Council
 315 Main Street
 204-242-2241 / pembinacrc@gmail.com

MINNEDOSA
Minnedosa Senior Citizens Assoc.
 31 Main Street S
 204-867-1956 / mdsasca@gmail.com

MORDEN
Morden Activity Centre
 306 N Railway Street / 204-822-3555
mordenactivitycentre@gmail.com
www.mordenseniors.ca

NEEPAWA
Neepawa Drop In Centre
 310 Davidson Street / 204-476-5103
Neepawa-dropin@outlook.com
www.neepawa.ca/district-drop-in-center

NOTRE DAME DE LOURDES
Club D'age Dor Notre Dame
 204-248-7291
ndsldchezsoi@gmail.com

PILOT MOUND
Pilot Mound Fellowship Centre
 203 Broadway Avenue
 204-825-2873

PLUMAS
Plumas Seniors Citizens Club Inc.
 102 White Street
 204-386-2029

PORTAGE LA PRAIRIE
Herman Prior Senior Services Centre
 40 Royal Road N / 204-857-6951
hermanpriorcentre@gmail.com
www.hermanprior.com

Portage Service for Seniors
 40A Royal Road N. / 204-239-6312
<https://portageserviceforseniorkommunities.wixsite.com/psfs>

RIVERTON
Riverton Seniors Activity Centre
 12 Main Street / 204-378-5155
rdfc@mymts.net / www.rivertonfc.com

SANDY LAKE
Sandy Lake Drop In Centre
 100 Main St. / 204-585-2411

Municipality of Harrison Park - Age Friendly Initiative Committee
 204-585-5310

SELKIRK
Gordon Howard Centre
 384 Eveline Street / 204-785-2092
executivedirector@gordonhoward.ca
www.gordonhoward.ca

SNOW LAKE
Snow Lake Senior Centre
 71 Balsam Street
 204-358-2151 / snowsrs@mymts.net

ST. LAURENT
Age Friendly Committee of St. Laurent
 204-906-9607

STARBUCK
Macdonald Services to Seniors
 204-735-3052 / info@macdonaldseniors.ca
www.macdonaldseniors.ca

STEINBACH
Pat Porter Active Living Centre
 10 Chrysler Gate
 204-320-4600 / ed@patporteralc.com
www.patporteralc.com

STONEWALL
South Interlake 55 Plus
 374 1st Street West - Oddfellows Hall
 204-467-2582 / si55plus@mymts.net
www.si55plus.org

SWAN RIVER
Swan River & District Community Resource Council
 126 6th Ave N / 204-734-5707
resourcecouncil@srseniorkommunities.com

Swan River Senior Citizens Centre
 702 1st Street North / 204-734-2212

THE PAS
The Pas Golden Agers
 324 Ross Avenue / 204-623-3663
seniorsthepas@gmail.com

THOMPSON
Thompson Seniors Community Resource Council Inc.
 4 Nelson Rd. / 204-677-0987
thompsonseniors55@gmail.com
www.thompsonseniors.ca

TREHERNE
Treherne Friendship Centre
 190 Broadway Street
 204-723-2559 / jstate1066@gmail.com

VICTORIA BEACH
East Beaches Social Scene
 3 Ateah Road / 204-756-6468
ebssinc1@gmail.com
<https://www.ebseniorkommunities.ca>

East Beaches Resource Centre
 3 Ateah Road / 204-756-6471
ebresourcec@gmail.com
<https://ebresourcec.weebly.com>

WINKLER
Winkler & District MP Senior Centre
 102-650 South Railway Avenue
 204-325-8964 / director@winklerseniorkommunities.com
www.winklerseniorkommunities.com

Sri Lankan New Year Ceremony: Opened to Canadian Community



Dr. Dilantha Fernando, Dean of St. Paul's College, at the University of Manitoba, and Past President of the Sri Lankan Association of Manitoba (2011-2013) came up with a thoughtful idea to celebrate Sri Lankan New Year on April 14th (SUN) 2024 at St Paul's College. The total participation was more than 100 with a multi-national and multicultural community living in the City of Winnipeg. I am confident this is the first time the Sri Lankan community conducted this type of new year celebration. For Sri Lankan partici-

Continued on page 8

Susan Thompson (Part 1 of 2), *cont'd from front page*

her boyfriend, they parked in front of her home and their goodnight kiss extended past midnight. The lights on her house flicked off and on – a signal to call it a night. Of course, they ignored her father's warnings and continued to kiss. Suddenly, their passionate embrace was interrupted by the sound of air hissing out of the car's tires – a protective dad's way of saying "It's past curfew!"

At the young age of thirteen, Susan had a crush on a lifeguard at the local Y. His name was Garry. He was seventeen or eighteen, so the age difference prevented them from dating. However, four years later at the University of Winnipeg library, they met in a lineup at Tony's Canteen, and much to Susan's surprise, Garry didn't recognize her. They continued to see each other occasionally and their relationship grew. Finally, on the front lawn of the

University, after two proposals by Garry, Susan accepted. They were married in September 1969. Four years later, due to a series of circumstances, it became evident their marriage was not going to work and they parted ways. Their values were too different. Several years later when Susan made the decision to run for mayor, a respectful friendship with Garry evolved between them. Garry helped to write many speeches while she was mayor. Susan was very appreciative of his help in writing her last State of the City address to the Winnipeg Chamber of Commerce. Garry was in the later stages of lung cancer. He couldn't attend Susan's speech and listened on a CJOB broadcast. He later called to tell her how great a job she did and how proud he was of her. Sadly, he passed away at the young age of fifty-five, two days after the speech. Susan said, "In

good times, he was my best friend, my mentor and confidante."

In the early part of Susan's business career, she started off as a management trainee and sales supervisor, and western regional buyer for ladies' shoes in the Winnipeg store. She was promoted to Group Department Manager of the Eaton's store in Calgary. Shortly after this posting, The Bay offered Susan a position in Montreal as principal buyer for diamonds and gold, watches, clocks, and fashion jewelry for 100 stores across Canada. She jumped at this job opportunity and the excitement of living in Montreal was very attractive.

News came of her father's diagnosis of cancer and her life changed. She needed to return to Winnipeg. She purchased her dad's business in October of 1980 and by early 1981, interest rates on borrowed money were a whopping 21%. She nearly

lost everything, but as fortune may have it, along came John Travolta and his part in the movie, 'Urban Cowboy.' Susan said, "business was incredible." However, at this time 50% of small businesses in Manitoba closed due to high interest rates. "It was a very difficult time." Susan had operated Birt Saddlery for fifteen years, but with the poor economy, her company could not survive. Familiar companies such as MacDonald Shoes, Big Four Sales, and Silverman Jewellers were some of the many stores that closed. Main Street was in a major decline due to the poor economy as well as the decline in downtown Winnipeg. ■

Part 2 - Next month features the highs, lows, challenges, and changes during Mayor Susan Thompson's terms in office.

Doreen Stapleton, *cont'd from page 3*

health services, dietary counselling, tax preparation, and awareness of fraud through telephone or computer scams. As a member of MASC, Sandy Lake receives monthly copies of the *Senior Scope* newspaper.

It doesn't appear that Doreen has slowed down. She spent twelve years on the municipal council. She chairs the Age Friendly Initiative Committee for their municipality of Harrison Park. One of the highlights is the "Elders Dance" program which includes older adults teaching students the various old-time dances – waltz, polka, schottische, and butterfly. The program concludes with a formal evening held at

the local community centre with students organizing the event. Undoubtedly, there are many benefits of this great intergenerational activity. The ol' folks and the youngsters learn from each other.

Doreen was quite blunt when asked about the effects of COVID at Sandy Lake. She said, "It kicked the heck out of volunteerism!" I seem to recall a slightly more colourful description from Doreen, but "heck" will do for now. In small communities, the spirit of helping others vanished and people became comfortable being at home. "Although, in the last year there has been some improvement," said Doreen.

Sandy Lake is a close-knit community much like any other rural town. Social isolation is a major concern for Doreen. She was a rural representative on a committee involving a "senior strategy" with former Minister of Seniors and Long-term Care, Scott Johnston, in 2023. Concerns of housing, home care, and social isolation were discussed and deemed to be extremely important. Rural folks are fortunate as they know each other and their families. In a small community there is a wealth of skills to help each other as the need arises. In case of medical assistance, it is just a phone call away.

Although Doreen wants to spend more time with her husband at their wonderful home in Sandy Lake, she enjoys helping others. Their neighbours are very close to her heart. She has been a member of the Eastern Star for forty years and will continue supporting their initiatives. MASC is very important to her, and her piano playing and teaching days will continue forever. She light-heartedly says, "The only people who work as long as music teachers are farmers." Rural Manitoba is rich with people who help others – Doreen Stapleton is one of those people! ■

My fly-by-night Date with Dementia By Irene LoScerbo

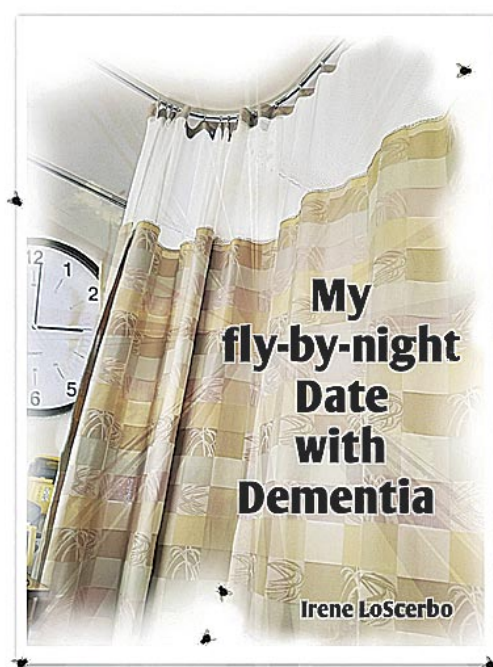
"Seven Oaks General? It's not even a real hospital." That's what fellow patient Gabriella J. says, and insists she has inside information that supports her theory.

As for me, well, I've been a mighty patient patient—until this morning.

My twenty-fifth (and final) day at S.O.G.H. has barely begun and already I've spied one of its resident house flies slowly zig-zagging the length of the vented windowsill to where my Ziploc snacks, toothpaste and toothbrush lay. I squish the lethargic *Musca domestica* Linnaeus (conquest #20) with a tissue, go flush it down the bathroom toilet, and while washing my hands, am dive-bombed by #21 and #22 who buzz in from wherever. I reach up, pull a paper towel from the dispenser, fall back into my wheelchair swatting right, left, and centre, wheel into my room and discover yet another specimen where there was none before. Though stiff and lifeless-looking, #23 is apparently one of the Walking, not-quite Dead.

Hubby arrives a few minutes before my lunch tray does, so, I take the opportunity to update him on the hush-hush housefly epidemic. I notice he has brought me a heavy fleece jacket for my trip home later in the day, and suddenly realize that, although spring has officially sprung, it is April. There is still snow piled up in the parking lot below my window, the grass is not riz, I don't care where the birdies iz, and are the hospital higher-ups secretly propagating pestilence on purpose—just to bug me?

We spot two more flies on the window, kill them, ditto for two others lurking on the floor. A fifth clings to the ceiling. We've become unwilling actors in a Hitchcock horror flick—but this is no movie set—we are in a hospital!



Perhaps Gabby J. was right, and Seven Oaks Hospital is not real, after all, but a corporate healthcare imposter, spawn of Global Swarming. And if the west walls of room 46, are infested, how many other such locations have escaped the attention of cleaning staff and become year-round breeding grounds for these creepy carriers of disease? Patient Relations has apologized for discomfort and inconvenience caused by the insects. They've passed on my concerns to the appropriate department for investigation and, I hope, speedy resolution.

Just as vivid in my mind's eye (and ears), but much more disturbing, is another drama playing out around me—in living colour, surround sound, X-rated and uncut. Dementia, as demon and dilemma is one plague that cannot be swept under a bed or shooed away with a careless flick of the wrist.

I share precious hospital space with people who, like me, are being treated for mobility issues. But two patients in particular have touched my heart for other reasons. There's my smiley roommate, Mac, who babbles incessantly, undresses during meals he refuses to eat, answers questions with "Yeah?" It was Mac's sing-song voice and distinct enunciation that first caught my attention—the care he took in choosing just the right words for his loud ranting, his obvious dismay when the perfect word eluded his grasp. "Hello there! The complexity of this—of my—of our—situation is—I—need—your—help. Please—help—me. Police—help—me. PLEASE." This he repeats ad nauseam, after which, for good measure, he adds ten or twenty reps of "We—need—your—help. Please—help—us. Police—help—us. PLEASE." The man must be a writer, a radio announcer, a poet, perhaps. The sincerity of his pleading and his frustration at not being able to tell caregivers where it hurts or if he takes cream and sugar in his coffee, or if he even likes coffee at all, makes me cry. Surely, he is in deep distress 24/7—but does he know it? His visitors say Mac is indeed a writer—a brilliant, much loved gentleman in the early stages of dementia. I take comfort in recognizing that the disease has not had power enough to erase the essence of who this fellow once was—and still is.

Gabby J. also suffers from a dementia-related illness. Unlike Mac, who is not aware that his brain plays tricks on him, Gabby wishes she could fix hers—and his. She is a screamer! A champion of the underdog, verbally challenging bureaucracy day and night. Staff members take advantage of Gabby's keen observatory powers and tendencies toward hypervigilance. They wheel

Mac out into the hallway and place him in her care. "Mac, eat your lunch!" "Sit down, Mac! Remember, you can't walk." "Hey, you nurses! Can't you see this poor guy needs your help?"

I joined Gabby out in the hall one day where she sat beside the nurses' station folding hospital wash cloths and towels warm from the drier, just to keep herself occupied, calm, and out of the trouble her condition gets her into—frequently. I don't know Gabby's story, but in moments of pure lucidity, her quiet eyes whisper to me that she has suffered plenty.

Physical or emotional, pain is pain and needs the healing touch of boundless Love—because Love is patient and Love is kind. It does not boast with pride or dishonor others, is not self-seeking or easily angered. It keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. Love always protects, trusts, hopes, perseveres.

So, we sit and yak, fold and giggle, help each other pass a little time in another very long day in Unit 3, on the fifth floor of the institution that pretends to be a hospital. I pray for Gabby and her kin, as I do for my writer friend and his, for all hospital patients, myself included. I ask God to heap blessings on the hardworking healthcare professionals who have attended to our needs, and who, I believe, are trying their best to cope in near impossible situations. The wild screams, the moans and groans, the chronic despair visible on patients' faces—and, yes, the flies—they are all real. But so are the promises of God, who asks that we call on him in our time of trouble. And though Divine Rescue may not be pleasing to the eye or comfortable, it will be just what the Doctor ordered—and enough—because God's Love never fails. ■



ATTENTION SENIORS!

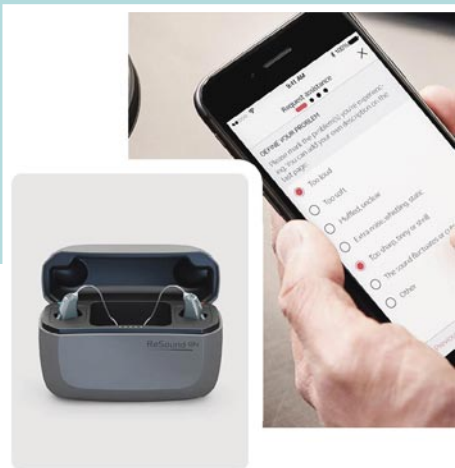
65 YEARS & UP



THE MANITOBA GOVERNMENT IS PROVIDING HEARING AID GRANTS OF UP TO \$2,000 FOR ELIGIBLE PATIENTS



**Contact office for details.*



Horizon Hearing Centres uses the latest equipment and technology to properly fit clients with the best hearing aid for them.

- Family owned and operated.
- Newest hearing aid technology available.
- Accommodate clients on a budget.
- Offer a free hearing test, followed by a consultation.
- No doctor referral necessary.
- Walk-in appointments always welcome.
- 75 day RISK FREE trial period.
- Accept WCB, Social Services, First Nations and DVA claims.
- **BEST PRICE GUARANTEE!**

CONTACT US FOR YOUR FREE NO OBLIGATION HEARING TEST

HORIZONHEARING.COM

204-254-2099 or toll free 1-877-300-7507

203-2110 MAIN STREET
WINNIPEG

2099 PEMBINA HWY
WINNIPEG

6-6500 ROBLIN BLVD
WINNIPEG

15 WERSCH STREET
SELKIRK

17 N. COLONIZATION RD.
GIMLI

217 5TH AVENUE
ALTONA

306 NORTH RAILWAY ST.
MORDEN

Care Fair – Navigating the Journey of Aging By Trish Bennett



Trish Bennett

One of the great things about being part of the Pros Know Expos and the older adult care world, is getting invites to so many wonderful events that are working together hand in hand for all of us and our aging in place initiatives.

On Monday, April 29th, we were honoured to be part of the ‘Care Fair – Navigating the Journey of Aging’ senior’s event at Fort Garry United Church, 800 Point Road. This show was sponsored by Fort Garry United Church, St. Paul’s Anglican Church, South Winnipeg Family Information Centre and the Fort Garry Senior Resource Finder Program.

This event had multiple programs with two morning seminars, ‘Aging in Place’ and ‘Caregiver Fatigue’, with guest speakers and



Care Fair - April 29/24 at Fort Garry United Church

numerous Information / Resource Stations located in the church hall. These stations included various community-based senior’s

resources, older adult health related resource providers and of course some government services for our aging population.

Running from 9:30 am - 1:30 pm, there was ample time for visitors to attend the seminars and check out all of the great resources that are flourishing in our fair city and province these days. Did I mention there was coffee, tea and some outstanding home baking, like the Pecan Pie Muffin, yes, that’s what I said, Pecan Pie Muffins...Hmmm!

The time went by so quickly, too quickly actually, but in the end, this well attended, well organized and well-run event was a prime example of some of the fine efforts people in our city are making for us and for our well-being.

Thank you to the organizers, the sponsors, the exhibitors and of course, those of you who took the time to attend. It was a win, win, win! We can’t wait for the next one. Job well done people!

Maybe navigating the journey doesn’t need to be so hard... TB

Wildlife Haven - guests of Women’s Canadian Club

Guests at the April lunch of The Women’s Canadian Club of Winnipeg were delighted by a presentation by Zoe Nakata, executive director of The Wildlife Haven. Zoe’s presentation titled “The Joys and Beauty of Spring in Manitoba” explored the beauty and wonder of Manitoba’s wildlife during springtime. She spoke of numerous species returning from migration and others coming out of hibernation and the emergence of newborns. Through pictures and anecdotes, Zoe delved into the captivating details of baby animals found in our province’s rich ecosystem. She included some interesting information on the problems involved with rehabilitating orphaned baby birds and animals so that they can be

released back into the wild.

In addition, two volunteers were in attendance, each with a wildlife ambassador with an interesting background story. The great horned owl and Mississippi kite were both a delight to behold.

We will be welcoming guest speaker, Brenlee Carrington at our next luncheon on May 14 at the RBC Convention Centre. Brenlee, a retired self-employed lawyer, was recently chairperson of the Manitoba Human Rights Commission and was the first equity ombudsperson for the Law Society of Manitoba.

For more information and to make a reservation please contact **204-488-8750** or rochelpin@mts.net.



Volunteers show wildlife ambassadors from Wildlife Haven.

Sri Lankan New Year Celebration, cont'd from page 5

pants traditional dress code was also announced for mens' sarong and ladies' sarees. The traditional color of the New Year was blue and that was also included in the dress code. Happy to not majority adhered

to the ceremonial attire. I saw (Head Chaplain of Christ the King Chapel Fr. Mark Filips) was wearing a white shirt similar to the Sri Lankan national dress. Therefore, I just asked him about the shirt.

He told me that it was a gift from a Sri Lankan and he decided to wear it to grace this grand occasion.

The mass festivity was conducted at the chapel. Before starting the mass traditional brass oil lamp was lit by the distinguished invitees. There were two speakers (Tharu Fernando and Sheena Oguri.) who highlighted the significance of the new year in South Asia, particularly in Sri Lanka and India. Both not only highlighted the significance of the New Year but also the historical background such as recorded pieces of evidence of the history of Sri Lanka which is more than 3,000 years. Further, choir hymns too were sung beautifully in Sinhala, Malayalm and English.

After completing the holy mass celebration in the chapel (from 11.00 am to 12.00 noon) it followed by the well-planned potluck with a Sri Lankan lunch menu with delicious options including milk-rice to make it an auspicious event. For dessert, there were fruits, a variety of Sri Lankan oil cakes and watalappan.

Just after lunch the audience was in for a real surprise when Sri Lankan Dream Star made an appearance. It was none other than Suneera Sumanga who is now world renowned with his Amaradeva style singing. Three Sri Lankan new-generation singers conducted a grand show in Winnipeg on 30-3-2024. Suneera was one of them. As a Catholic, he sang hymns with the choir. As a result, of Suneera being trained as a singer in his school days at De Mazenod College in Sri Lanka and in his church choir, he was a natural addition to the festivities. In 2017, he won the first place in national singing competition and became the Derana Dream Star. He entertained the crowd with his beautiful voice and made the event a very special one to remember for a long time to come. Suneera sang Sinhala and Hindi songs and got the audience to participate in his last song to sing along with him.

All in all, it was a great Sri Lankan New Year celebration on the 14th of April. A first in Winnipeg. I am sure many will have lovely memories of this for a long time to come. ■

Support Services to Seniors

Education Session

What you need to know about the Prevention of Abuse Towards Older Adults





This virtual session is geared towards WRHA funded Support Services to Seniors 55+ serving organization board and staff members and older adult service providers who work with older adults in the community.

DATE: May 27th, 2024
TIME: 1:30 pm to 3:00 pm

To register send an email to: ssseducation@wrha.mb.ca

- Deadline to register is May 17th, 2024
- TEAM link will be sent after deadline.

Presenters:
Kelly Wozney, Protection for Persons in Care
Tiffany Pass, A & O Support Services for Older Adults
Lisa Tinley, Prevent Elder Abuse Manitoba
Sargeant Andree Huberdeau, WPG Police

The session will review:

- Different types of Elder Abuse – recognize the warning signs and help identify abusive situations
- Find what help and resources are available
- Where and how to report Elder Abuse
- World Elder Abuse Awareness Day



Winnipeg Regional Health Authority Office régional de la santé de Winnipeg

Mark your calendars for World Elder Abuse Awareness Day (WEAAD) – June 15, 2024

World Elder Abuse Awareness Day (WEAAD) is June 15, 2024. WEAAD involves activities to bring greater recognition of mistreatment of older adults wherever they live throughout the world, and to highlight the need for appropriate action. It is intended to give abuse and neglect of older adults a global relevance that will sustain

and move prevention efforts forward throughout the year and for years to come.

If you are hosting a WEAAD event in your community and would like some elder abuse prevention promotional materials and/or would like your event listed on the PEAM website (www.peam.ca) please email: coordinator@peam.ca.

Advertising Feature

Coming Together to Show We Care

- Alzheimer Society of Manitoba

The IG Wealth Management Walk for Alzheimer's is a special day for Laura Bishop. Not only is it the biggest gathering for the Alzheimer Society of Manitoba, an organization she's been volunteering with for many years, but it's also an opportunity to come together with her colleagues and show support for families living with dementia across the province.

"I love the feeling I get from the Walk, the atmosphere is electric," says Laura. "There are tears, laughter and open conversations about dementia, which helps us all connect on a more personal level."

Laura is an Executive Consultant at IG Wealth Management and has been a Walk Champion for over six years. She's also had the exciting role of Ribbon Cutter for the past three years, kicking off the Winnipeg Walk for cheering participants.

Right now, in Manitoba, around nine people a day are newly diagnosed with dementia. These are our family members, friends, colleagues and neighbours. The IG Wealth Management Walk for Alzheimer's is a chance for everyone to feel that support



and know they are not alone.

A dementia diagnosis isn't easy and as the numbers continue to rise, it's more important than ever to have easy access to support, resources and information. The Walk raises awareness and funding so the Alzheimer Society can continue to provide these services to families navigating the complexity of a dementia diagnosis.

Last year, over 100 teams participated in the Winnipeg Walk with more than 1,000 people coming together to show they care.

"Attending the Walk has helped me fully understand how widespread dementia is

and how many people are impacted by it – including many people I work with," says Laura. "It's made me even more passionate about supporting the Alzheimer Society so families can keep getting the resources they need."

Laura invites all Manitobans to participate in the IG Wealth Management Walk for Alzheimer's this spring and for those in the Winnipeg area to join her and the rest of her IG Wealth Management team at Assiniboine Park on Saturday, May 25th.

Let's make this the biggest Walk yet!

Things to Do – May 2024:

- IG Wealth Management Walk for Alzheimer's

May and June, across the province
Join us across the province in May and June as we walk for families living with dementia at the IG Wealth Management Walk for Alzheimer's. To find a walk near you and register, visit Alzheimer.mb.ca/wfa2024.

- Living with Dementia: First Steps

- Part 2
May 11, 10-11:45 am, Virtual via ZOOM

Learn from Gerrit Theule, Partner at Wolseley Law, about the legal and financial matters related to dementia. Register for free at Alzheimer.mb.ca.

- Understanding Responsive Behaviours

May 21, 2-3 pm, Virtual via ZOOM
In this session, learn more about responsive behaviours in those living with dementia, their potential causes and triggers, as well as effective ways for care partners to respond. Register for free at Alzheimer.mb.ca.

- Community Partner Programs

May 2024, Locations across Winnipeg
Enjoy many of Winnipeg's attractions in a dementia-friendly space with our community programs. Geared for those living with dementia and their care partner, you can discover history at the Dalnavert Museum, explore the outdoors with Fort-Whyte Alive and so much more. To learn more about available programs, dates, times and more, visit Alzheimer.mb.ca/communityprograms

See advertisement on front page.

YOUR NEW WINNIPEG HEALTHCARE PROVIDER



Mother's Day Gift Ideas

GRAND OPENING SPECIALS CONTINUING UNTIL JUNE 28th



We carry a full line of ABENA® high quality incontinent products and skin care products.





PRIDE MOBILITY Heritage Collection Lift and Recline Chairs

SUPER SPECIAL \$1195



CONTACT MIKE OR MARVIN FOR ALL YOUR MEDICAL/SURGERY NEEDS:

MEDICAL SURGICAL SUPPLIES AND EQUIPMENT NOW AVAILABLE

We stock a full array of supplies to look after your Patients: gloves, syringes/needles, instruments, exam gowns, table paper, folded towels, LTC supplies, ultrasound gel, tattoo supplies and Autoclaves.

All ready to be shipped directly to you or we can ship out deliveries anywhere in Manitoba.

We have two experienced Sales Representatives and Customer Service representatives ready to look after your Facility's needs.





EVOLUTION Trillium Walker
Weight 14lbs, Three seat heights: 18", 21", 24", 300 lb Weight Capacity
Reg. \$445
ONE-TIME SPECIAL \$375

Transport Chair

Lightweight.

SALE PRICE STARTING AT \$185



PARSON'S BATH CHAIR

Without Back **\$115**
With Back **\$160**
Red handle not included in price

Limited Time Special





PRIDE VICTORY 10 4 Wheel Scooter
400 lbs Weight Capacity
Up to 5.3 mph max. speed
Up to 15.5 miles per charge
SPRING PRICING \$2375

MOBILIST Rebooter X40 and E40 Folding Powerchairs

X40 - power fold down option - \$5290
E40 - manual fold down option - \$4590



CALL PAUL FOR A FREE CONSULTATION



Stairlifts

Stairs shouldn't be an obstacle. Top Rated stairlifts make it easy to enjoy your entire home.

STARTING AT \$2995



ADAPT SOLUTIONS Link Seat

The LINK's innovative design is in a league of its own. A sleek, safe, reliable and intuitive turning and lowering seat base, the LINK gives you *your* vehicle, *your* way.

STARTING AT \$9995

INSTALLATION INCLUDED

PROBASIC TRANSFER BENCH

300 lb weight capacity

Special \$95





Lowered Floor Van Conversions

Savaria, Braunability, VMI. Choose from a diverse line-up of side entry or rear entry wheelchair vans.



SURE GRIP Hand Controls

A world class line-up of driving aids.

PROBASIC TOILET SAFETY FRAME

300 lb weight capacity

Special \$40





GRAND RE-OPENING SPECIALS EXPIRE JUNE 28/24

1495 St. James Street • Wpg
www.ecomedical.ca
204.788.0009
HOURS: M-F 8:30 am - 5:00 pm



Manitoba
MUSIC LOVER'S



FESTIVAL

May 12th - 16th 2024

ALL CONCERTS START AT 7 PM
THE UNITED CHURCH IN MEADOWOOD
1111 DAKOTA ST, WINNIPEG
TICKETS \$10 EACH NIGHT AT THE DOOR
\$30 FESTIVAL PASS ALSO AVAILABLE*
*profits to support Alzheimer's Society of Manitoba

5 Concerts - 15 Ensembles

Enjoy the **Joy of Music**
Sunday, May 12th

- Friday Morning Concert Band
- River City Syncopators
- Murray Riddell Big Band

Enjoy the **Glory of Music**
Monday, May 13th

- Winnipeg Mandolin Orchestra
- Rupertsland Brass Band
- Dixie Beats

Enjoy the **Magic of Music**
Tuesday, May 14th

- St. John's Chamber Orchestra
- Assiniboine Chorus
- Executive Big Band

Enjoy the **Love of Music**
Wednesday, May 15th

- Prairie Red Coats Band
- Women of Note
- Val Pearson
- River City Sound

Enjoy the **Power of Music**
Thursday, May 16th

- Westwood Community Band
- Campfire Junkies
- Blaskapelle German Club Band

Bannatyne Legacy Circle - Health Sciences Centre Foundation

- Lori Derksen

She might not have X-ray vision or the ability to fly, but like Superman and his alter ego Clark Kent, Lori Derksen was raised on a farm and has always been driven by a deep and profound desire to help the people around her—family, friends, and strangers alike.

As a child, Derksen was fascinated—obsessed, she admits—by the story of Clark Kent, whose parents sent him to Earth from the planet Krypton when he was a baby. Young Clark was raised on a farm near the fictional town of Smallville, USA. Young Lori was raised on a farm near the very real town of Alexander, Manitoba, about 25 kilometres west of Brandon.

Derksen is the daughter of the late Peter and Verna (née Balzer) Derksen and was raised with her brother Steve on the mixed grain and cattle farm before the family moved into Brandon. Both sets of grandparents emigrated to Canada from Eastern Europe, and Derksen continues to embrace the Christian faith and Mennonite values that shaped her family's passion for community service.

Derksen has been especially inspired by her mother's faith and generous spirit: "She taught and inspired me to have a heart for service," she says. "I have tried to continue that legacy through my own life."

Verna Derksen worked at Brandon's Richmond Park Mennonite Brethren Church—where the family attended—for over 20 years. Mother and daughter were also very active with Operation Christmas Child, a project of Samaritan's Purse, an international Christian relief organization. To honour her mother's memory, Lori Derksen's estate planning includes a bequest to Operation Christmas Child. To honour both her mother and father—who loved the ballet (especially A Cinderella Story, the last ballet they saw together)—her will also includes a gift to Canada's Royal Winnipeg Ballet. Her third bequest is a gift to the Health Sciences Centre Foundation, designated to spine and

"... You don't have to be wealthy or well-established or make a huge gift to make a difference. My philosophy in fundraising is: every penny counts."

~ Lori Derksen

back research and care. As someone who deals with chronic spine and back issues, this is a particularly meaningful bequest for Derksen. She spent a great deal of time researching her choices and understanding how her bequests would make a difference: "I think my mom would have been proud of my choices."

Derksen believes deeply in the importance of philanthropy in making a difference—gifts of all sizes from people from all walks of life. "I'm certainly not a wealthy woman," she says. "I've worked in the not-for-profit sector my



Lori Derksen

whole life, and I grew up on a very small family farm, but I want to communicate that you don't have to be wealthy or well-established or make a huge gift to make a difference. My philosophy in fundraising is: every penny counts."

After graduating from Assiniboine Community College, Derksen moved to Winnipeg to begin her storied career in the not-for-profit sector. She has enjoyed stints in corporate sponsorship, event management, communications, and fundraising with various organizations in education, the arts, health care, community development, and agriculture. She is particularly proud of her work with Canadian Mennonite University, Canada's Royal Winnipeg Ballet, the Children's Hospital Foundation of Manitoba, Mennonite Brethren Collegiate Institute, and STARS Air Ambulance. At the time of writing, Derksen is working as Director of Member Development at the Agricultural Manufacturers of Canada.

Derksen is very close with her brother Steve, his wife Rhonda, their children Dawson (Alexandra) and Samantha (Cameron), and their family pups Bailey and Oshie. She loves spending time with friends, reading, binge watching a favourite show or movie, working on projects in her character home, and baking (cookies are a favourite, along with her mom's recipes for doughnuts and butterhorns). She also enjoys antiquing and visiting vintage shops—usually in rural Manitoba—where she sets her sights on vintage milk stools and floral items that tastefully adorn her 115-year-old character home in north Winnipeg near Kildonan Park. She also loves travelling, having taken recent trips to Alaska and Ireland, with another to Scotland in the works. And a trip to the Eastern European villages of her grandparents' births is making its way from the back of her mind to the top.

Lori Derksen finds her bliss in bringing people together for a common cause but is equally comfortable riding a quad as she did on the farm, baking dozens of cookies at a time, or searching for the perfect milk stool. Above all, though, she is driven to help people today through her professional work and acts of service and in the future through her generous planned gifts. Not only would her mom be proud, Superman would be, too. ■

See advertisement on page 14 in **Leaving a Legacy** feature.

Too many people leave their funeral plans for a grieving spouse or loved one to handle during a difficult time.

By discussing details together today, you can make personal choices and protect each other from uncertainty.

Get started today. Visit us online or call for a FREE legal will kit and estate planner.

Glen Eden Funeral Home & Cemetery
4477 Main Street., West St. Paul, MB
431-631-0232
www.glenedenmemorial.ca

Chapel Lawn Funeral Home & Cemetery
4000 Portage Avenue, Winnipeg, MB
431-631-0236
www.chapellawn.ca

Glen Lawn Funeral Home & Cemetery
455 Lagimodiere Blvd, Winnipeg, MB
431-631-0231
www.glenlawn.ca



Arbor
Memorial



QUALITY CARE MOVING

- Competitive Rates and Adjustable Prices
- Ongoing Damage Prevention Trained Movers
- Conscientious Cleaning Service using **Shaklee®** Cleaning Products

Services include:

- Packing and unpacking service
- Local and limited long distance moving service
- Cleaning service
- Pick-up and delivery service
- Removal or storage service

Over 15 Years of Senior Service

Phone - 204-990-4341 wpg

Email - qualitycaremoving@mymts.net Website: www.qualitycaremoving.net



Bergen Gardens

Memory Care • Senior Living

**IS IT TIME TO CONSIDER
SENIOR LIVING?**

To book a tour call
431.482.2220

Pursuant to The Real Estate Services Act the name of the brokerage providing real estate services is Appleton Holdings Ltd.

Years lived as a senior should be an opportunity for continued growth, development and connection. At Bergen Gardens, a citizenship model is used that helps empower the elderly and focuses on person-directed care which builds community, making it a special place to live, visit and work.

Bergen Gardens takes a holistic approach to senior care and focuses on seven dimensions of wellness including, Psychological, Intellectual, Social, Spiritual, Physical, Occupational and Environmental. Person-directed care encompasses the activities and services planned and encouraged according to each person's personal preferences and values. This approach honors each person's choice, dignity, and individuality, which enhances both quality of care and life for seniors.

The citizenship model at Bergen Gardens focuses on the health and wellness of the whole person and allows individuals to make choices about their own life and how they want to be cared for. Each tenant has the opportunity to discuss how they want to live together as a community, individually, and with their loved ones who have the opportunity to visit. The staff regularly meet with tenants to discuss things such as meal planning, activities and the projects and goals they want to achieve. Mentors help elders support their goals and dreams, whatever that might be.

As conflict can be inevitable in a community setting, mentors proactively open discussions to talk about how the group would like to settle their differences. Everyone is considered equal and everyone's voice is heard. Bergen Gardens is committed to destigmatizing aging and humanizing care through the creation of a non-institutionalized community that empowers those who live and work in them.

On top of the emphasis on creating a thriving community, Bergen Gardens offers a wide range of living spaces and tailored packages to best suite your needs or the needs of your loved one. From studio suites, to 2 bedrooms, to memory care cottages, there's a space suited for everyone and the level of support that's required.

Tenants are treated as whole people who are encouraged to continue living meaningful lives. a time to be creative, resourceful and reach new goals.

If you're considering senior living or know someone who is, more information on the Bergen Gardens community and available suites can be found at bergengardens.ca.





Get behind the arts—act now!

Arts organizations in our province need Manitobans now more than ever. While COVID, for the most part, is behind us, its effects live on.

The loss of income to actors, musicians, singers, dancers and visual artists was unprecedented. Most of these artists are just trying to catch up. Similarly, the companies that employ them have been scrambling to dig their way out of deficits and find creative ways to regain solid ground.

One Winnipeg theatre company had to pull the plug on an upcoming production in an effort to keep the organization afloat for the next season. It's just one of many difficult financial choices arts companies are facing in the aftermath of the pandemic, experts say.

In its first full season since pandemic restrictions were lifted, the WSO reported a \$1.3 million deficit. Fortunately, a COVID stabilization reserve fund, set up by the organization, was successful in offsetting some of the costs. But that is likely to run out this year. Meanwhile, the WSO is working with other organizations to lobby all levels of government for more financial

support. RWB attributed their deficit primarily to inflation and the end of emergency funding from the federal government. Likewise, performing arts companies across Manitoba agree they urgently need government support to avoid a fiscal crisis in the coming year.

To help ease the burden, the Winnipeg Arts Council unveiled a four-year financial plan that includes increasing the annual funding allocation by five per cent every year from 2024 to 2027 – the course of the city budget.

As well, this year's federal budget proposes to provide \$31 million over two years, starting in 2024-2025, to the department of Canadian Heritage for the Canada Arts Presentation Fund to help support organizations that professionally present arts festivals or performing arts series.

In a very real sense, art gives meaning to our lives. It helps us look at the world in new ways – challenges our preconceptions and opens us up to different ideas and experiences. Arts educators believe that artistic disciplines, such as music, dance, theatre, visual arts, literary arts and media arts, have a positive effect on children's and adolescents' social-emotional development.

The arts help build roadways to empathy, understanding, self-expression, compassion, engagement and communication. In the simplest terms, they make our lives better.

But what can one do to help? That's easy! Go to a Rainbow Stage production this summer. (Did you know it's Canada largest and longest-running outdoor theatre?) Check out the many innovative offerings at the Manitoba Fringe Theatre Festival or purchase a pass to the Winnipeg Folk Festival, both happening in July.

And be sure to book your season's tickets to one or more of the city's major arts organizations – productions begin in the fall. Winnipeggers are fortunate to be home to the best in theatre, ballet, opera, symphony, jazz, choral music and more! If you can't attend a performance, your donations are welcome. Every organization has a website with instructions on the many ways you can make a difference to their bottom line.

Each year, Manitoba's arts organizations enrich Winnipeggers' lives in so many ways. Now they need our help. Isn't it time to give back?

Robbi Goltsman-Ferris is a CJNU volunteer

Membership Has Its Perks at CJNU!

All CJNU members in good standing should have received their new membership cards in the mail. These renewable plastic CJNU Perks Cards bring you new membership benefits!

CJNU has a new program that allows local businesses and organizations to offer discounts and other benefits to CJNU members. So far, over a dozen CJNU partners have signed up. Simply show your CJNU Membership Card to the participating business, and the benefit is yours!

A list of the organizations, with addresses and

describing the discounts and other benefits that each one offers, is attached. This information can also be found on the CJNU website, at CJNU.ca/perks

The list of Perks Partners is updated on a regular basis as more partners join the program, so please check from time to time. Updates will also be made every month in our Nostalgia Notes newsletter.

We hope that CJNU members take advantage of and enjoy these generous offers from our valued partners. Carry your CJNU Perks Card with you, and show it at participating businesses and or-

ganizations to receive the benefits they offer to CJNU members. And, be sure to thank them for being part of the CJNU cooperative community!



Our May Host Sponsor—The Victoria Hospital Foundation—during Mental Health Awareness Month

We're delighted to have our CJNU Remote Studio on-site at the Victoria General Hospital for the first time since 2019.

Did you know that May is Mental Health Awareness Month? In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness, indirectly affecting all Canadians at some point in their lives.

Since Victoria Hospital is one of the leaders for mental health care in our province, Victoria Hospital Foundation continually takes a stand for mental health and wellness within the community, not only during the month of May, but each and every day of the year. Throughout this month, Victoria Hospital Foundation will be shining a light on the importance of mental health supports within our community, and the impact that dedicated mental-health spaces make for individuals on their journey towards mental wellness.

From the opening of important spaces that transform the way we treat mental health, to our investment in staff health and wellness, Victoria Hospital Foundation is proud to be a community leader in advocating for mental health and wellness support.

Just last year, the Foundation opened a new, outdoor greenspace on the grounds of Victoria Hospital, dedicated to bringing mental health care outdoors. The Will & Mavis Tishinski Tranquility Trail is a unique space designed to support the mental wellness of the entire community, and facilitate outdoor programming for patients at Victoria Hospital. This summer, you can



Future space of the ACCESS Fort Garry Greenspace, made possible by the Foundation's community partner, ACCESS Fort Garry.

help create a similar space for clients accessing care at ACCESS Fort Garry.

Victoria Hospital Foundation's community partner, ACCESS Fort Garry, recently recognized the need for a safe, outdoor space to meet with youth and young adults hesitant to enter clinical facilities. With your support, this space can become a breath of fresh air for community youth, and can help build trust and comfort when accessing formal supports.

Not only does Victoria Hospital Foundation create spaces that encourage mental wellness – they also invest in innovative spaces that improve access to better mental health care. The Manitoba Blue Cross Mental Health Assessment Unit is one of those spaces. Since opening its doors in 2022, more than 1,200 patients were assessed in the first year, and received specialized, mental-health treatments in this safe and supportive environment designed specifically for their needs.

Your support of Victoria Hospital Foundation will provide better access to quality mental health care for individuals in the community. Learn more at TheVicFoundation.ca/donate.

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

Stories of hope and inspiration

Leaving a Legacy

Joining Reh-Fit Legacy Society a good investment in community health and wellness

Everybody has different reasons for giving to causes that are close to their heart. That's certainly true for the Reh-Fit Foundation and those who are part of the Reh-Fit Legacy Society.

David G. Newman first became involved with the Reh-Fit Centre way back in 1982 when he joined the Reh-Fit Centre board. That led to him serving as Board Chair of both the Centre and the Reh-Fit Foundation.

As an avid runner who completed 21 marathons in his lifetime, he's always been a proponent for active living. But that didn't prevent him from needing open heart surgery in 2021, following which he entered the Cardiac Rehab program at Reh-Fit.

"My choice of Reh-Fit is when I want to exercise in that indoor environment I love, enjoy, feel safe, and am amongst friends. It is a place of respite and many happy memories for me," said Newman.

It's a valuable community resource that Newman would like to see continue, which is why he's included the Reh-Fit in his will.

"It is the best investment I can make in perpetuity for health and wellness in Canada. I hope to help accomplish



David G. Newman

sustainability and continuous improvement of Reh-Fit for the benefit of more Manitobans. I think of it as paying an annual membership fee forever after my wife and I die."

Kent and Barb Magarrell hope to see the same end goal through their planned gift to the Reh-Fit. But their Reh-Fit journey hasn't looked the same as Newman's. They're fortunate to say that they haven't had any major health episodes, and their time at Reh-Fit has



Kent and Barb Magarrell

been focused on prevention of any complications.

"We were drawn by a recognition of the physical and mental benefits of exercise," they noted. "Reh-Fit provided a comfortable, non-judgmental space to exercise with enough options to meet our needs, and the trained staff have offered support and encouragement."

They recognize that a facility like Reh-Fit is hard to find. With programs

for people of all fitness levels, guidance from highly trained fitness professionals, and a myriad of ancillary services including massage therapy, foot care, nutrition counselling, manual osteopathy and much more all in one centre, the Reh-Fit Centre is truly a one-of-a-kind offering in Manitoba.

They also know that keeping a resource like the Reh-Fit Centre available takes the effort of the community.

"Legacy gifts are part of the financial structure needed to allow Reh-Fit to meet the future health needs of its members and many in our wider community. Those needs keep increasing," said the Magarrells. "Reh-Fit leads the way in providing healthy living education and opportunities, and this is something we value for our family, friends, and others."

Do you value a healthy community? You can help build a healthier tomorrow today for Manitobans by joining the Reh-Fit Legacy Society. For more information, call **204-488-9325**, email foundation@reh-fit.com, or visit www.reh-fit.com/re-fit-foundation/ways-to-give.

Reh-Fit LEGACY SOCIETY

Help Build a Healthier Tomorrow Today.
Join the Reh-Fit Legacy Society

204-488-9325 | foundation@reh-fit.com

Manitoba Lung Association

B R E A T H E

SPRING IS IN THE AIR.
PLEASE HELP US ENSURE ALL
MANITOBANS CAN BREATHE
WITH EASE!



LEARN HOW YOUR LEGACY CAN BREATHE LIFE INTO OUR PROGRAMS.

204.774.5501 | MB.LUNG.CA





Lori Derksen is Building a Healthier Tomorrow for All Manitobans

LEGACY GIFTS TO THE HEALTH SCIENCES CENTRE FOUNDATION WILL IMPROVE LIVES FOR GENERATIONS TO COME

Lori Derksen has been especially inspired by her mother's faith and generous spirit: "She taught and inspired me to have a heart for service," she says. "I have tried to continue that legacy through my own life."

When you commit to leaving a gift in your will to the HSC Foundation, you are named to the Bannatyne Legacy Circle, a community of passionate Manitobans who care deeply about the future of HSC.

For more information about the HSC Foundation Bannatyne Legacy Circle, please contact Irma McKenzie, Director of Gift Planning, at 204-515-5624 or 1-800-679-8493 (toll-free).



hscfoundation.mb.ca/impact/legacy-giving/



Leaving a Legacy

The War Amps Key Tag Service Helps Amputees Reach Their Goals - The War Amps



Vanessa Parsons is benefitting from *The War Amps Child Amputee (CHAMP) Program* thanks to public support of the Key Tag Service.

The War Amps Key Tag Service provides vital support to amputees, including five-year-old Vanessa.

Vanessa was born missing the lower part of her left arm. As a member of The War Amps Child Amputee (CHAMP) Program, she receives financial assistance for artificial limbs and devices and also attends seminars where Champs and their parents learn about the latest in artificial limbs, dealing with teasing and staring, and parenting an amputee child.

"I attended my first CHAMP Seminar with Vanessa when she was six months old," says her mother, Tori. "I learned a lot about artificial limbs and how they can help in so many ways.

The War Amps funded her bike arm, which grips the handlebar and ensures she can sit up straight and ride safely. She also has a myoelectric arm that has a hand that opens and closes, which

helps her to do activities like puzzles and colouring."

The Key Tag Service was launched in 1946 so that returning war amputee veterans could not only work for competitive wages, but also provide a service to Canadians that would generate funds for the Association's many programs.

Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox in Canada, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no government grants and its programs are possible through public support of the Key Tag Service. For more information, or to order key tags, visit waramps.ca or call toll-free 1-800-250-3030.

You can help amputees

with a charitable estate donation in your will.

Your gift provides amputees, including children, with essential artificial limbs and so much more.



The War Amps

estatedonation@waramps.ca
waramps.ca • 1 800 465-2677

Charitable Registration No.:
 13196 9628 RR001



Leaving a Legacy

"It gives me a feeling that I'm still able to help for years and years to come... That's what's important about a legacy gift."

~ Diane Boyle

Your legacy is changing their future

- The Children's Hospital Foundation of Manitoba

How do you want to be remembered, and what is the legacy you will leave behind? A generous group of dedicated donors have decided to make a meaningful impact for children and families who rely on Manitoba's children's hospital and research institute by committing to a legacy gift.

Donors like the Loeppky family, who created an endowment fund after needing HSC Children's Hospital themselves. In 1995, then six-week-old Jackson Loeppky started experiencing cold-like symptoms, getting sicker and sicker. Doctors at HSC Children's Hospital diagnosed Jackson with respiratory syncytial virus (RSV), a lung infection that can cause serious illness and breathing issues and is sometimes fatal in babies. He spent two weeks in hospital recovering and relying on a ventilator and medications from an IV. His family is deeply grateful for the health care team who looked after Jackson.

a long-standing supporter of Children's Hospital Foundation has also made a commitment in her Will to help transform child health care and research.

"It gives me a feeling that I'm still able to help for years and years to come," says Diane. "That's what's important about a legacy gift – people making those kinds of gifts should be happy that the good work will continue because of their support."

Leave a Legacy
Legacy giving supports kids for years to come.

"Children are our future, and we have to look after them. We have to love them and help them move forward in a positive way. They may never meet me. They may never know what I look like, but there's someone out there that's thinking about them, and I want them to have a future," says Cynthia.

Learn more at goodbear.ca/give

"We felt comforted with the knowledge everything possible was being done to keep him alive," says Lindsay, Jackson's dad. "It also occurred to me that we did not have to make any decisions regarding the level of care based on what we could afford. With this overwhelming sense of gratitude, our family later discussed ways to donate to the Children's Hospital."

Legacy donors like the Loeppky family, Diane and Cynthia join the dedicated group in the **Annie. A. Bond Legacy Circle** – named as a tribute to the founder of Children's Hospital – who have chosen to support the Foundation with a planned gift such as:

- A gift in their Will
- Life insurance
- Gifts of real estate
- Beneficiary designations on pension funds
- RRSPs
- RRIFs
- TFSAs
- Charitable gift annuities
- Reminder trusts
- Endowment funds

The Loeppky family's generous gift supports ground-breaking work at **Children's Hospital Research Institute of Manitoba (CHRIM)** to help provide a better future for kids.

There are many ways to make a legacy gift, to support kids now and into the future. For instance, Diane Boyle,

AGAPE TABLE

Nourishing Mind, Body, and Spirit for over 44 years

Since Covid began, Agape Table has served over 516,000 meals to those in need



Your gift will help us build a stronger and healthier community.

Leave a Legacy with Agape Table
204.783.6369
steep@agapetable.ca
www.Agapetable.ca

The gift of a future

You have the power to ensure a brighter future for kids in Manitoba.

Your support will:

- Unlock the mysteries of childhood diseases
- Build places of hope and healing
- Purchase specialized medical equipment
- Support Child Health programs

Give Better Futures to sick and injured kids. That's the power of your legacy gift.

For a confidential discussion on how your legacy can help, contact 204-594-5337 or cnodrick@goodbear.ca

Let's make anything possible.



\$75M
GIVE BETTER FUTURES



goodbear.ca

Leaving a Legacy

“At their passing, and to mark every year after, I donated to CancerCare Manitoba Foundation, then eventually also became a monthly donor.”

~ Corinne Hayden

Gifts in Wills Create a Strong Future for Cancer Treatment and Research in Manitoba - CancerCare Manitoba Foundation

Corinne Hayden decided to make a legacy gift to honour her parents’ memory and the compassionate care they received as they each battled cancer. “The doctors and nurses were so caring and compassionate towards my family. They were so understanding of what we were going through as my mother battled liver cancer and my father, prostate cancer,” said Corinne. “At their passing, and to mark every year after, I donated to CancerCare Manitoba Foundation, then eventually also became a monthly donor.”

As the executrix of her parents’ wills, Corinne knows the importance of ensuring that her will reflects the values that are important to her. “My husband and I talked about how this disease affects so many others, so we chose to leave the largest gift to CancerCare Manitoba Foundation in addition to other gifts to charities that are meaningful to us.”

Unfortunately, Corinne’s experiences with cancer didn’t end with her parents. In 2013, Corinne’s brother passed away from a rare blood cancer and Corinne was diagnosed with leukemia. These experiences highlighted even more the impact her gift could have. “I feel very blessed to be able to leave a legacy to



Corinne Hayden

others to help them through their cancer journey. Hopefully, my ‘dollar’ may be the one that finds a cure. One of the best things about giving to CancerCare Manitoba Foundation is that all the money stays in the province, so I know I am helping my family and friends.”

Donors who make gifts in their wills ensure Manitobans with cancer live longer and better lives due to the availability of new treatments and technology.

Your decision to include CancerCare Manitoba Foundation in your estate plans will have a profound impact on Manitobans and their families facing a cancer diagnosis. By making a gift in your will, you support:

- A state-of-the-art cancer research centre operated by clinical and research specialists from across the world
- A robust clinical trials program
- The very best possible physical and emotional support and care for Manitobans affected by cancer and their families

Interested in getting started? To learn more about planning your gift to CancerCare Manitoba Foundation, please call Monique Gauthier, Development Manager at **204-927-5433**, or email mgauthier8@cancercare.mb.ca.

Together, we can create a world without cancer.



*Culturally Sensitive
Mindful Advice*

A tailored estate plan can help protect your loved ones in the future.

We offer:

- **Free** initial consultations
- Thoughtful wills and estate plans
- Consideration of unique assets
- Transparent fee structures
- Emergency estate planning services
- **Free** community presentations on wills and estates for your 55+ group

We travel to meet clients in their homes

Licensed in Manitoba & Ontario

Phone: 204-989-9850

Email: Kendra@KLDLaw.ca

www.KLDLaw.ca

Kendra L. d’Eon

Barrister - Solicitor - Notary Public

Read about Wills and Capacity on next page


A gift in your will can shape the future of cancer breakthroughs.

Including a gift in your will to CancerCare Manitoba Foundation is an investment in a future free of cancer while improving treatment and outcomes today.

You can feel good knowing your gift remains in Manitoba ensuring your family, friends and neighbours are receiving advanced care in their own communities.

Your gift will have a profound impact on families and will support local cancer research, clinical trials, advanced equipment and facilities, prevention and improved patient outcomes.



 CancerCare Manitoba
FOUNDATION
More Tomorrows
LEGACY CIRCLE



cancercarefdn.mb.ca
204-787-4143

HELP SOMEONE WITH YOUR GIFT!

By way of your will, endowment or life insurance policy you can ensure that



Canadian Guide Dogs for the Blind

provides Canadians with greater mobility and independence through the use of professionally trained Guide Dogs (Nationally).

4120 Rideau Valley Dr. N., Box 280, Manotick, ON K4M 1A3

www.guidedogs.ca

Ph: (613) 692-7777 info@guidedogs.ca

What level of capacity is needed to write a Will?

- Kendra L. d'Eon, KLD Law



Kendra L. d'Eon - KLD Law

When you work up the courage to call a lawyer to do your Will, you want to be sure that they will treat you with respect and dignity. Mental capacity is one of those things that can make the estate planning process more difficult. As an estate planning lawyer, it is my job to make sure my clients have 'testamentary capacity,' meaning, the capacity to make a Will. But what does that mean?

To have testamentary capacity, you need to understand what a Will is, what property you have, what you want to do with it (and why), what consequences may arise from those decisions, and be free of any influence from others. With the average client, these questions are answered by our routine conversations before and during our initial meeting. I make notes on capacity for every client, but it may not be evident I'm doing so. If there is any question about capacity, I need to be able to clearly document why I feel someone has capacity in case the Will is ever challenged.

The key to unlocking capacity is time. If there is any question of memory issues or signs of mental decline, it means that extra time will be necessary to learn the client's story and confirm capacity. It may even take several meetings. This extra care and attention can also result in extra costs for the Will.

Every lawyer does things differently. In my practice, I try to adapt my process to be accessible and as comfortable as possible. I keep in mind that there are many ways to achieve the same goal; disability does not mean lack of capacity. I also find that going to the client's home, where things are familiar, can help reduce stress and symptoms. Even planning for the best time of day when fatigue is at a minimum can be incredibly useful.

It is important to remember that there are some circumstances where medical testing is needed, and there are many circumstances where a client can be found to lack testamentary capacity. In those cases, it is not possible to move forward with writing a Will. My goal is to ensure that those who still have capacity have access to the estate planning services they need before it is too late. ■

See advertisement on previous page

Dynamic Diets - The Vegetarian and Meat Eater Debate

- Heart to Home Meals

We hear these recommendations all the time: A vegetarian diet is best for your health. Eating meat is essential to avoid nutrient deficiency. One is better than the other.

In the ongoing conversation surrounding dietary preferences and their effects on vitality, the divide between vegetarianism and meat-eating often dominates the conversation. So, which is it? With such a stark contrast between diets, how do we navigate these recommendations to find a path towards optimal health and nutrition as we age?

While seniors may live extremely healthy, well-balanced lives with either diet, as both vegetarianism and eating meat provide unique nutrition and health benefits, there are also considerations to be aware of. As we explore the benefits and potential setbacks of both ways of eating, will one diet reign supreme? Or is the optimal diet perhaps one that seeks to find a middle ground, a holistic approach to nutrition that combines the best of both worlds?

The Vegetarian Diet: Plant Power

The vegetarian diet emerges as a potential nutritional powerhouse, emphasizing plant-based foods brimming with essential nutrients, fibre, and antioxidants. By abstaining from meat, seniors can still reap a multitude of health benefits while nurturing environmental and ethical awareness. However, meticulous attention to nutritional adequacy is imperative to ensure health in the vegetarian diet.

Foods in Focus

Legumes: From hearty lentils to varieties of beans, legumes serve as the cornerstone of

senior vegetarian nutrition, offering plant-based protein, fibre, and a bounty of micronutrients. Rich in protein, legumes are essential for muscle maintenance and repair, allowing us to stay active longer. Additionally, they provide a significant source of iron, crucial for combating age-related anemia and sustaining energy levels.

Whole Grains: Quinoa, rice, and oats stand as nutritional backbones, delivering sustained energy and digestive health benefits to seniors. These whole grains are packed with fibre, supporting overall health and well-being.

Fruits and Vegetables: There's no secret that rainbow foods should be on everyone's plates, providing a wealth of vitamins, minerals, and antioxidants essential for combating age-related stress. Fruits and vegetables are key sources of nutrients such as vitamin C, potassium, and folate that support immune function, heart health, and cognitive function in aging adults. Leafy green vegetables such as spinach and kale are also incredible sources of iron.

Dairy Alternatives: Fortified plant milks, yogurt, and cheese alternatives reap the bone-strengthening benefits of calcium and vitamin D without the dairy, which is an intolerance for many. Fortified dairy alternatives offer essential nutrients like calcium and vitamin D, supporting bone density and reducing the risk of osteoporosis in seniors.

Plant-Based Proteins: Other plant-based sources such as soy, tempeh, and artificial meats are also very rich in protein and provide a significant source of iron for when you don't want to consume legumes. Incorporating various plant-based protein sources into their

diets allows seniors to enjoy a variety of flavorful options while meeting nutritional needs.

Considerations and Risks

While a vegetarian diet can provide an array of health benefits for seniors, including reduced risk of chronic diseases, enhanced digestive health, and ethical and environmental benefits, there are some key considerations and risks to the diet. With proper planning and variety in food choices however, meeting nutritional requirements can absolutely be possible for seniors.

Potential nutrient deficiencies and imbalances pose a greater threat to vegetarians. Seniors must remain vigilant to avoid vitamin B12, iron, omega-3 fatty acid, and zinc deficiencies that may occur in vegetarian diets, as these nutrients and minerals are more easily found, in the quantities that we need for proper nutrition, in animal sources and proteins. To mitigate this risk, choosing plant-based foods in every meal that contain sources of protein and iron are important. As well, taking vitamins and other health supplements can help to bridge the gap between a vegetarian diet and adequate nutrient absorption, if food itself is not enough.

Try our Vegetarian Shepherd's Pie and Vegetarian Bean Chili for veggie options packed full of healthy legumes, vegetables and essential carbohydrates. Low in saturated fat and high in protein, fibre, calcium, iron and potassium, these meals provide the perfect balance between flavour and ultimate nutrition.

Continued on page 20

Navigating Winnipeg with my Guide Dog

- Canadian Guide Dogs for the Blind

Manitoba is one of the most generous provinces of Canada, with 19.7 percent of residents donating to charities in 2021, 2 percent more than the Canadian average. As someone who is blind and uses a guide dog, I consider that amazing news.

Living in Winnipeg and being blind is a huge challenge, but thanks to my guide dog, I can still take a pleasure stroll across Esplanade Riel or shop for that delicious schmoo torte in Osborne Village. Winters are a little more difficult to get out, but when April came around, I was able to

take the bus and join in the fun of the downtown whiteout. Go Jets!

My guide dog gives me the freedom to travel independently and enjoy everything our city has to offer. This wouldn't be possible without Canadian Guide Dogs for the Blind (CGDB). Since 1984, CGDB has trained and provided guide dogs across the country, including for many Manitobans.

Canadian Guide Dogs for the Blind operates solely through donations. You can help by making a one-time donation or becoming a monthly donor, a great way to

continue to help others, even if you are living on a monthly budget. If you are struggling in today's economy, you could consider a general bequest, which leaves a specific dollar amount or percentage of your estate to Canadian Guide Dogs for the Blind. A residuary bequest donates the remainder of your estate to Canadian Guide Dogs for the Blind after all of your beneficiaries have been cared for through initial provisions in your will, and expenses and any taxes have been paid.

When I first lost my vision, it was difficult. I was scared to go out. When I did, it was embarrassing to bump into things and especially other people. Years later, with my guide dog by my side, there's no stopping me. My guide dog safely gets me where I need to go, avoiding all obstacles along the way.

So, the next time you see me with my guide dog at The Forks, along the trails or in the market, please feel free to say hello and let me know how you helped. In the meantime, you can talk to your financial advisor or contact **Canadian Guide Dogs for the Blind** at info@guidedogs.ca, phone 613-692-7777 or check their website at guidedogs.ca to make a donation or learn about planned giving through bequests. ■

See advertisement on previous page



Things To Do - WINNIPEG

Luncheons / Shows / Sales

The Women's Canadian Club of Wpg - Luncheon, May 14, 12 noon, RBC Convention Centre. Speaker: Brenlee Carrington-Trepel, her life journey as a 14 yr old CFRW youth reporter, 17 yr old radio talk show host, law student, mother, human rights lawyer and mediator. Cost \$35. Reservations: **204-488-8750** or rochelpin@mymts.net

The St. Amant Autism Ride Raffle - to raise acceptance and crucial funds to ensure individuals with autism have equitable access to recreational opportunities and leisure activities. Draws June 20, 8 pm, at the Marion Hotel, 393 Marion St. complimentary beer and hot dog with every ticket purchase or donation on day of draw. Tickets and info: St.Amant.ca/ride.

Probus Club of Winnipeg - Meets 3rd Tues. ea. month (except July/Aug) at 9:30 am, at Unitarian Universalist Church, 603 Wellington Cres. Probus enables retired and semi-retired to enjoy friendship, fun and learning. Everyone welcome. winnipegprobus85.wordpress.com

Mad Dogs & Ukrainians Concerts - May 24 & 25, at the Park Theatre in Winnipeg. All proceeds to the Ukrainian Canadian Congress Manitoba Humanitarian Aid For Displaced Persons. Taras Luchak & entourage present their rendition of Joe Cocker, Zeppelin, Stones and Ukrainiana. Tickets \$20 at the Park Theatre Ticket website - www.ticketweb.ca. Support donations also accepted.

RCL Wpg Polish Legion Br #246 - Community Charity Meat (Chip) Bingo, Sun. June 9, 1-5 pm. Doors open 12 Noon. Tickets at door - \$10 (3 entrance cards). Extra cards \$2. Info, call Br **204-589-5493**. Br opens Mon-Sat, 2 pm daily.

Friendship Force Winnipeg - A Friendship Force membership provides opportunities to explore new countries and cultures by bringing people together at the personal level. Dinner reservations, Elizabeth: **204-452-5299** or www.friendshipforcewinnipeg.org

Groups for Support

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

Misc.

Prevent Elder Abuse Manitoba (PEAM) - World Elder Abuse Awareness Day (WEAAD) is June 15, 2024. The Canadian Network for the Prevention of Elder Abuse will be hosting a national online event on Wed. June 12. A link to register available at www.peam.ca

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.)

St. Vital T.O.P.S. Weight Loss Support Group - T.O.P.S. (Taking Off Pounds Sensibly) is a non-profit weight loss support group. 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.

Music / Dancing

Forever Young Club - May Volunteer Appreciation dance, May 25, 7:30-11:30 pm, at Anavets #283 Hall, 3584 Portage Ave. DJ Rockin' Ernie. Light lunch, 50/50, door prizes, spot dances. All welcome!

Norwood 55+ Dance Club - Dance or listen to old-time music. Musical ensemble (violin, accordion, guitar) performs Fridays, 1-3 pm, in the Norwood-St. Boniface Legion Hall, 134 Marion St. Adm. \$5 (cash). Light snack. Doors open 12 noon. Free pkg across lane. Info, Rachelle: **204-233-5892**

Sports / Fitness / Games

Agape Table - Golf Tournament - 18 Holes Texas Scramble, Aug. 15, St. Boniface Golf Course. Register online www.agapetable.ca

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**.

Try lawn bowling - a lifetime sport at Tuxedo Lawn bowling Club. Free Open House June 1, 10 am-noon at Corydon & Tuxedo Ave. behind Ecole Tuxedo Park. Info: **204 895-8088**.

Greater Winnipeg Senior Golfers (formerly Garden City Senior Golfers) - looking for Men 55 and older to golf weekly in a fun league with about 75 Wpg. members, May-Sept. Play in a different foursome ea. month, at various golf clubs within 1 hr of city. Walk or ride cart. Special green fees offered. Info, Brian Ridley: **204-669-4795**, pritchardfarm@shaw.ca, or www.gcsgwpg.com.

Crescent Drive Senior Men's Golf League - Looking for new members, Wednesdays, 7:30-8:30 am at the Crescent Drive Golf Course, May to Sept. Call Barry: **204-256-8496** or John: **204-667-6362**

Crescent Drive Friday Ladies Golf League - Golf Fridays, 8 am, beginning of May to end of Sept., Crescent Drive Golf Course, 781 Crescent Dr. Info, Lorraine: **204-261-8413**

Ladies Golf League - Looking for women to join a fun 9 hole Thurs. golf league at Crescent Drive Golf Course. Tee times 7:15-8:15 am starting May 2. Info, Bonnie: **204-223-6655** or bonniefish@shaw.ca Diane: **204-255-1137** or dkkastest71@shaw.ca

Prendergast Seniors Club (Windsor Park) - Are you a CRIB player? If so, come join us Mondays and Wednesdays, 906 Cottonwood Rd. You are also welcome to join us for our monthly, in-house luncheons. Call Gerry: **204-257-1475**

Learn to play Pickleball in the North End - Bonnie Gabbs, 76 yrs old, plays and teaches Pickleball at Sargeant Tommy Prince Place, 90 Sinclair St. Seniors are invited to come and try it out. Coaching clinic - Wednesdays, 1-3:15 pm. 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: Norbglenn@yahoo.com or call the Club: **204-256-6654** for info.

St. Vital Cards for Seniors - Cribbage: noon Mondays; Mario **204-955-8387**. Whist: noon Wednesdays: Sonja **204-254-1408** or Mario **204-955-8387**. St. Emile Parrish hall, 556 St. Anne's Rd.

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

Active Aging in Manitoba - 2024 Manitoba 55+ Game, Winter Curling Event, Mar. 5-7/24 at the Brandon Curling Club. Registration Deadline: Feb. 2/24. Categories: 4 Person Curling (Qualifier for the Canada 55+ Games) 160/team, 2 Person Stick Curling - Under 70, 70+, \$80/team. Info: www.activeagingmb.ca, **204-632-3947** or **204-261-9257**, manitoba55plusgames@gmail.com.

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

Lady Bowlers - Wanted Fridays, 3 gms/wk, 12:45 pm at Polo Park Lanes. All ages/skill levels. \$10.75/wk. End of season meal and Xmas luncheon. 2 wk break Xmas/Easter Fri. off. Call/text **204-770-3903**.

WHSBC contract bridge - at St. Paul's Anglican Church, 830 North Drive, Winnipeg, Thursdays, 12:30-3:30 pm. Door opens at noon. Please arrive by 12:15 pm. Five rounds, changing tables after 4 hands. This is a social friendly bridge club. For further info, contact Ron Wood, President: **204-771-6724**

Winnipeg Minor Basketball Association (WMBA) with the **Manitoba Association of**

Volunteering

Actionmarguerite St. Boniface, 185 Despins Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, 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/

Golden Rule Senior Resource Centre, 625 Osborne Street (Fort Rouge Leisure Centre) - is recruiting volunteer for Office Reception and Recreational Activities and Programs, Mon-Fri, 10-3. **204-306-1114** or goldenrule@swwsrc.ca

Manitoba Genealogical Society - Volunteer Opportunities: Social media poster, Online newsletter editor, Publicity person, Office cleaning, IT database wizard & more. volunteer@mbgenealogy.com or <https://mbgenealogy.com/how-you-can-help/>

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), Rehab/Physio programs shifts, 8:30-12 noon and some afternoons. **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.

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 - Melissa: **204-956-6773** or msitter@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

Continued on page 19

Travel / Leisure / Activities

Advertise your travel business, event or activity here at a reduced price. Call **204-467-9000** or email kelly_goodman@shaw.ca for details.



Anytyme Travel and Tours

Where Adventures Begin

South Beach Day Trips
June 11, 12, 25, 26,
July 23, 29

Folklorama V.I.P. Tours
August 9 & August 11
Book your seats now - Groups welcome!

Louisiana Tour
October 5-19 - 15 Days:
\$3895 per person double | \$5475 solo
3 Nights Baton Rouge, 4 Nights New Orleans/Memphis. Every night in a beautiful hotel. Included: 14 tours, 19 meals, Avery Island Tour, Tabasco Factory, Houmas Plantation, Oak Ally Plantation, Mardi Gras Float tour, Natchez Steamboat Sunday Brunch Cruise, Swamp Tour, Tour of several highlights of Memphis, and much more!
Call for full details. Guaranteed amazing trip!

204-415-4500
office@anytymetravel.com
www.anytymetravel.com

Workshops/Classes for Seniors

Acting for Seniors
Presented by Brain Lint Theatre School

Embroidery 101
Presented by Lizzy B's Needle Art Supplies

iPad/iPhone for Seniors
Presented by Disky Chick's Technology Solutions

We're located in St. Vital or we can come to your 55+ building.

For rates & information:
www.brainlinttheatreschool.ca
or **204-219-3979**



Ride The Rails to the Parkland

Enjoy the beautiful prairie landscape from the large train windows!

August 25-26th - \$369.00 pp dbl occ



Enjoy the large dome car windows for a 5 hour train ride from Winnipeg to Dauphin to overnight! Explore Riding Mountain Park next day with a boat tour return to Winnipeg by Motorcoach!

Visit our website for complete details!
www.rwbgetaways.com

Red-White & Blue Get-A-Ways
1-866-846-3795
Text only **204-803-6677**

Ottawa • Quebec Montreal • Toronto

September 21-28th
\$2700.00 pp dbl occ

Cobblestone streets, ancient architecture, quaint neighborhoods with rich Canadian history! Ride the rails with us this fall between the cities while enjoying the vibrant falls colours! Land package begins in Ottawa and ends in Toronto.



Contact us for package details!
Red-White & Blue Get-A-Ways
1-866-846-3795
www.rwbgetaways.com
Text only **204-803-6677**

Things To Do - WINNIPEG

Continued

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: Facebook Page Administrator: recruit@winnipeglostdogalert.com Volunteers needed for: Treasurer. Resume to president@winnipeglostdogalert.com. Visit www.winnipeglostdogalert.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. May 21, 10-10:45 am: Welcome to SCWW. 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. Hall rentals. **204-837-6708**.

Archwood 55 Plus Inc. (a non profit organization for seniors) - at Archwood Community Center, 565 Guilbault St.

Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: lkehler84@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, Estate Planning, DNA for Genealogists, Cdn.Railways and more! Visit creativeretirementmanitoba.ca.

Dakota 55+ Lazars Senior Centre - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: 204-254-1010 ext.

217. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

Dufferin Senior Centre, 377 Dufferin Ave. - Pancake breakfast - Feb. 13, 9 am-12 noon, \$5 per person. Dance - Sat. Feb. 24. Bingo - Mondays, 1 pm. Chair exercises - Thursdays, 10 am. Call Al **204-771-3325** for info.

Elmwood East Kildonan Active Living Centre - Various events can be found on Facebook. Call to confirm activities over summer months: **204-669-0750**.

Golden Rule Senior Resource Centre - Programs - Tech Talk Mondays, 1-3 pm, bring your phone or iPad. Floor Curling Tuesdays, 12:30-2 pm. Pickleball Thursdays, 1-3 pm. Fri. Feb. 23, movie 'Grease' starting 1 pm. Popcorn, coffee, tea provided. Fort Rouge Leisure Centre, 625 Osborne. Hours 9:45-3:30. **204-306-1114** to register or email goldenrule@swwsrc.ca.

The Happy Gang - Monthly get-togethers, 3rd Thurs. ea. month, 1:30-3 pm, except July & Aug. Prairie Spirit U. C., 207 Thompson Dr. Games & conversation. Complimentary refreshments. Prairie Spirit United Church, 207 Thompson Drive. Info: **204-832-1000** or **204-895-7410**.

Lions Place Adult Day Club - Program: 1 day/week of socialization and wellness, including morning coffee/muffin, chair exercises, mentally stimulating games and discussion, recreation, and hot lunch. Transportation provided. \$18.88 (or \$9.81, dependent on income) per wk. Participants referred by Homecare Case Coordinator through WRHA at **204-788-8330**. Or the Club: **204-784-1229**.

Meadowood Seniors Club - 1111 Dakota St. A 55+ seniors club meets Tues. 1-3 pm. Various activities, chair yoga, wood carving, quilting. For more info contact. meadowoodseniorsclub@gmail.com.

Mensheds Manitoba Inc. - Peer run program by men for men at Westwood Community Church, 401 Westwood Drive. **204-832-0629**.

Nature Manitoba - is people sharing a passion for nature. We deliver nature-based educational programs, outdoor activities, group outings and more. <https://www.naturemanitoba.ca/> for all our programs and activities or for more info.

North Centennial Seniors Assoc. - Sergeant Tommy Prince Place, 86 Sinclair. M-W-F - chair, mat & Zumba gold exercise classes, hot dog days, bingo, lunches, games, painting, aquacise, lending library, presentations. **204-582-0066**, ncsc@shaw.ca, ncseniors.ca

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Free events, Mondays 1 pm: Apr. 22 - Speaker on Cdn. Dental Care Plan; Apr. 29 - PAL's Bingo fundraiser; May 6 - Speaker on Deaf, Blind & Hard of Hearing; May 13 - Neil Keep musical entertainer. Ask about our spring programs. **204-946-0839**, office@pal55plus.ca, <https://pal55plus.ca>

Probus Club of Winnipeg - Meets 10 am third Tuesday ea. month at Unitarian Universalist Church, 30 Wellington Cres. Probus is for those who like the social aspects of retirement or semi-retirement. New members and guests welcome. winnipegprobus85.wordpress.com

Rainbow Resource Centre - Over the Rainbow Peer-to-Peer Phone Line, for 2SLGBTQ+ older adults 55+. For info, email otr@rainbowresourcecentre.org.

Royal Canadian Legion, St. James Branch #4 - Over 55 Club, 1755 Portage Ave. Peter and Ruth Henry: **204-488-3533**.

South Winnipeg Family Information Centre - Seniors Connecting Wednesdays, 9:30-11:30, 800 Point Rd. Lower Level). Join us for

coffee snacks, great conversation, fun activities, and more, every Wednesday morning. Call **204-284-9311** for more info.

South Winnipeg Family Information Centre - Tech for Seniors Mondays from 1:30-3. Need help with your tablet? Phone? computer? We can support and help you learn just what you want to learn. Call **204-284-9311** for more info.

South Winnipeg Seniors Resource Council - Pop-Up Offices are back. Visit us at [The Rady Centre](http://TheRadyCentre), May 13, 10 am-1 pm; the [Bill & Helen Norrie Library](http://Bill&HelenNorrieLibrary), May 14, 10 am-1 pm; [Charleswood Library](http://CharleswoodLibrary), May 21, 10 am-1 pm; [Golden Rule Seniors](http://GoldenRuleSeniors), May 16, 11 am-2 pm, Fort Rouge Leisure Centre, 625 Osborne. Schedule is subject to change. Schedule subject to change. For more info: **204 478-6169**.

St. James Assiniboia 55+ Centre - Various programs and activities. 3-203 Duffield St. **204-987-8850**, www.stjamescentre.com

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 Provanche Blvd. **204-942-2880**

Windsor Community Centre - \$2 drop in. Call for schedule. 99 Springside Drive (St.Vital). **204-233-0648**, office@windsorccc.ca

The Y. A. H. Club - Young At Heart (seniors) Club at Windsor Community Centre, 99 Springside Drive (St. Vital) - Ask about our winter programming: may include: book club, ukulele, Men's Coffee Club, Dinner Club, painting classes, exercises, pickleball, scrapbooking, card making, drawing club and more. Contact Gerry: **204-233-0648**, or office@windsorccc.ca or Rosie: rosieschau@gmail.com

Things To Do - RURAL MB

Email wording for your PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Submit PSAs by June 1st for the June 10 issue. Please advise us of any closures for summer or holidays.

Sales / Luncheons / Dances

St. Andrews on the Red Anglican Church - High Tea, Sat. May 25, Community Arts Centre, Selkirk, Manitoba (at Main & Manitoba). Sittings 1 pm & 3 pm. Limited seating. \$20 - proceeds going to Raise the Roof Fund for church roof replacement. Sandwiches, scones, dainties served. To reserve tickets: **204-757-9332**, **204-339-3090**.

Selkirk & District Horticultural Society - Annual Plant Sale, Fri. May 31, 6-8 pm, Selkirk Memorial Hall, 368 Jemima St. Garden, house-plant, annual, perennial, shrubs, trees. Cash only. Free adm. & parking. Wheelchair access.

Teulon Seniors Club - June 13, at the Teulon town hall. Dance to Country Pride. Doors open noon, dance 1-3. Lunch at 3, Silent auction, 50/50. Coffee, tea, juice avail.

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 Hoddinnott) - 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**

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**; **Brokenhead/Beausejour** Outreach for Seniors 268-7300; **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

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.

Niverville Services to Seniors - Some services include: 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, special outings, and much more. Info: **204-388-2188** or email sts@heritagecentre.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.

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**.

Seine River Services for Seniors is happy to announce the launch of our new, bilingual website! Explore resources and stay up to date on the latest news within the community. <https://seineriverservicesforseniors.ca>

Selkirk - Gordon Howard Centre - Various activities, outings, seasonal meals and presentations. 384 Eveline St. Info: www.gordon-howard.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 to the City of Selkirk. Volunteers needed for office help, transportation drivers, handi helpers (house cleaning, yard work). **204-785-2737**, Selkirkrc@mymts.net

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 (Sonja, Program + Volunteer Coordinator) **204-320-4603**, <https://www.patportercalc.com>

Stonewall - South Interlake 55 Plus (si55Plus) - 374 1st. St. West. Become a member - \$25/year. Luncheons, Ukulele Club, Pickleball, Line Dancing, Active Wellness Club, Virtual Chat, Cards & Games, Bus trips, and more. **204-467-2582**, si55plus@mymts.net, www.si55plus.org.

Teulon Seniors Club - Cribbage, crafts and more, Tuesdays, 1:30-3:30 pm. **204-886-2570** or tdsrc@mymts.net

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

Advertise your travel business, event or activity here at a reduced price. Call **204-467-9000** or email kelly_goodman@shaw.ca for details.

NEED A RIDE? BESOIN DE TRANSPORT?



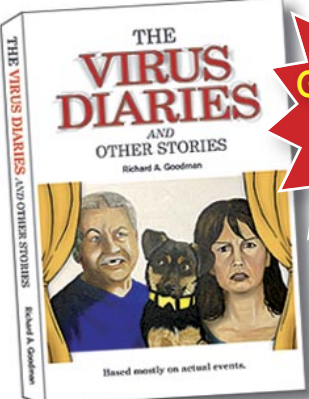
WE HAVE VOLUNTEERS WHO ARE HAPPY TO DRIVE YOU!
NOUS AVONS DES BÉNÉVOLES PRÊTS À VOUS ASSISTER!

INFORMATION 204-424-5285
For adults 55+ who reside in the RM of La Broquerie and RM/Town of Ste-Anne.
Pour les adultes 55 ans plus qui vivent dans la MR de La Broquerie et MR/Village de Ste-Anne.

Seine River Services / Services Rivière Seine
for seniors inc. / **pour aînés inc.**

Great Leisurely Reading!
Humour from Cover-to-Cover Adventures & Misadventures
- Travel Abroad - Hunting / Fishing -
- Growing Up on an Interlake Farm -
- Grandkids & more!

AVAILABLE at the PROS KNOW EXPO - MAY 30 at the Fort Rouge Leisure Centre (see page 21 for details)



GREAT GIFT IDEA!
\$20 ea.
2 for \$35
3 for \$50

FREE DELIVERY in WPG & many rural communities

Call **Senior Scope** to order, for payment options and **FREE DELIVERY - 204-467-9000**
Can e-transfer payment to author Rick Goodman at rickgoodmansk@gmail.com

Email the exact wording for your PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Submit PSAs by June 1st for the June 10 issue. Please advise us of any closures for holidays.

Dynamic Diets - The Vegetarian and Meat Eater Debate, cont'd from page 17

The Meat Eater Diet:

Animal-Derived Nourishment

In contrast to its vegetarian counterpart, the meat eater diet offers unparalleled abundance of protein options, bioavailable nutrients, and savoury indulgence. While meat, fish, and other animal-based sources play a central role in this diet, moderation and mindful consumption are key to safeguarding optimal nutrition, as excessive red and processed meats may cause more harm than good.

Foods In Focus

Lean Meats: Chicken, turkey, and lean cuts of other meats offer seniors complete sources of protein without excessive saturated fat or additives. These lean meat options are essential for maintaining and supporting muscle mass, strength, and long-term function, while remaining calorie wise.

Red Meats: Red meat such as beef, lamb, and pork offer seniors rich sources of protein and iron, readily absorbed by the body to support optimal hemoglobin levels and combat age-related anemia. Additionally, red meats act as one of the best sources of zinc, indispensable for immune function, and linked to wound

healing, cellular metabolism, and the slowing of age-related vision degeneration.

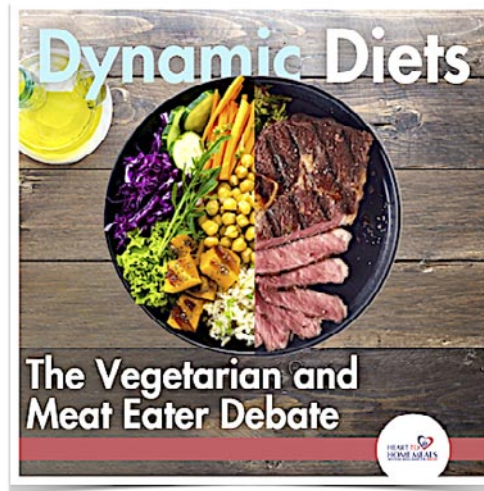
Fatty Fish: Fatty fish such as salmon provides seniors with an unparalleled source of omega-3 fatty acids, bolstering heart health and cognitive function. Enjoying fatty fish as part of one's diet offers benefits vital to cardiovascular health and cognitive function.

Eggs: Eggs are a versatile and nutrient-dense food enjoyed by many meat eaters, offering complete protein sources along with essential vitamins and minerals such as vitamin B12, necessary for neurological function, as well as iron and zinc.

Dairy Products: Milk, cheese, and yogurt are rich in calcium and vitamin D, which are vital in supporting bone density and reducing the risk of osteoporosis and fractures. Without factoring in nutrient fortification, dairy products often offer more nutrients than their plant-based dairy counterparts.

Considerations and Risks

While the meat eater diet provides a variety of high-quality protein and nutrients, excessive consumption of meats, particularly red and processed meats, may pose risks to cardiovas-



portant factor is to make the right choices that suit your lifestyle and needs. By adopting a balanced diet and emphasizing mindful consumption, we are each able to create our own holistic diet approach that optimizes senior health, prioritizes essential nutrient and whole food consumption, and limits potential deficiencies and risks.

Recommendations

- 1. Incorporate Plant-Based Foods:** Focus on foods such as fruits, vegetables, whole grains, and legumes for fibre, antioxidants, and essential nutrients.
- 2. Include Lean Protein Sources:** Incorporate lean meats, fish, and legumes for muscle maintenance and immune support.
- 3. Practice Mindfulness and Moderation:** Consuming meats in moderation, particularly red and processed meats, provides balanced protein and zinc intake while minimizing saturated fat and potential cardiovascular and weight related issues.
- 4. Consider Ethical and Environmental Factors:** Limiting the frequency of meat consumption is not only beneficial to overall health, but it also promotes environmental sustainability and consciousness.
- 5. Diversify Your Plate:** Explore a variety of flavours and foods from both plant-based and animal-derived sources for nutritional diversity and optimal vitamin and mineral absorption.
- 6. Take an Individualized Dietary Approach:** Always tailor dietary recommendations to your own preferences, health conditions and requirements, and lifestyle for a personalized and satisfying dietary journey.

cular health. Red meats tend to be higher in saturated fats, as well as calories, which could also lead to unintentional weight gain and lower energy levels. This is why the necessity for mindfulness and moderation is so important when consuming meats.

Consuming too many animal products may also pose environmental and ethical concerns, as the meat industry not only is plagued by discourse on animal cruelty and excessive production, but also emits greater greenhouse gas emissions through its production than a vegetarian diet emits. Sustainable and healthy consumption of meat is very possible though if consideration is placed on limiting frequency of consumption.

Click to try our Chicken Breast with Gravy and Stuffing and Salmon Teriyaki for healthy meat options jam packed with protein and iron, and low in fats. These meals are bursting with flavour and provide dynamic, well-balanced nutrition with plenty of vegetables and healthy carbs.

Finding Balance

Well-rounded nutrition is possible under both vegetarian and meat eater diets. The most im-

At **Heart to Home Meals**, we aim to provide a path towards optimal senior nutrition no matter the diet. Whether you opt for a vegetarian diet, eating meat, or find a balance in between both, we are here for you. Allow us to be a part of your healthy aging journey by to seeing all our balanced meal options. ■

Looking for a place to call home that's affordable, safe, and accessible?

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.
- Features include in-suite washer and dryer, balcony enclosures, and heated parking.
- Suites can be customized according to your preference.
- Cat-friendly.

430 Webb Place, Wpg, R3B 3J7 • 204-306-4617 • Email: sisaac@freddouglasmanagement.com
www.facebook.com/freddouglaschateau • <https://www.freddouglaschateau.ca>

Fred Douglas Heritage House
 "One of Winnipeg's Best Kept Secrets"

Uniting Health, Heart and Home

Supportive Housing centrally located in downtown Winnipeg

- ◆ Tenant companions onsite 24/7
- ◆ Wheelchair accessible suites
- ◆ Nutritious meals prepared daily, in-house
- ◆ Individually temperature controlled suites
- ◆ Emergency pull cords
- ◆ Daily activities & exercise programs
- ◆ Weekly housekeeping & laundry service
- ◆ Limited number of low income subsidies available
- ◆ Secured facility
- ◆ Onsite hair salon
- ◆ Couples welcome!!

One bedroom suites at Heritage House are the largest of all Supportive Housing sites in Winnipeg

100 The Promenade
 (behind Portage Place)
 Take a virtual tour at www.freddouglas.ca
 For information or tour contact Shauna at **204-949-9027**
 E-mail: sgladish@freddouglas.ca
 Subject to Supportive Housing entrance criteria.

Easy is always on hand.

Open your freezer to many easy meals made especially for seniors, delivered for free*.

Locally owned by Fred Pennell
Get your FREE Menu
204-816-8659
HeartToHomeMeals.ca

*Some conditions may apply.

The Pros Know **55** Active & Resource Living **&** EXPOS

Bringing Resources to our Older Adult Population for Better Aging & Happier Living!

2024 Seniors Expos off to a great start!

Show-Time has arrived!

Good day everyone! Well that was fun! Our thanks and hugs to the amazing folks at Sgt. Tommy Prince Place and the North Centennial Seniors group for hosting our first show on April 25th. Our friends with the WRHA Senior Resource Finders from Point Douglas and the Downtown offices and the rest of the WRHA Supports crew for your hard work, more hugs... A&O Support Services for Older Adults for **Venue Hosting** and a noon time info seminar, thank you, thank you!

The big picture sometimes is the hardest thing to see, even when it's right there under our nose. We get so busy looking for it, so focused, we walk right by it. We have mentioned this a zillion times over the four years we've been blessed to grace these pages, that there are way too many **'Best kept secrets'** here in these parts for Older Adult supports. The list of organizations and businesses dedicated to improving our quality of life in our later years has never been larger or better equipped to do so. WE the people, the older adults, the families charged with the caring of us, have never had this much available for

us to work with. The problem has been to a point, our inability to continually share with each other this information so that others, especially those who are in critical states of need, get this info. WE, need to be better at sharing... One thing we have noticed at the Expos, especially on April 25th, was the number of people who methodically went around the room collecting bags of literature and business cards for the very things we're talking about. They were not just collecting this data for themselves, they were picking all this up for their friends, families, neighbours and fellow seniors residents...Outstanding!

The 'Me' culture is now the 'We' culture and it's growing. There is finally a big push for **'Aging in Place'** and this needs the support of our entire community, the infrastructure and older adult friendly businesses. Did you know that the first 150 people who attend the Expos get tidy little guest bags as information starter kits? Did you know there are a number of amazing **Exhibitors** with their own info-bags waiting for you to go around the room and fill with the resources to better your life? Wow! Oh, and there's **NO charge admission** to get in!!! Yippee! **See you soon! Trish & Rick!**



Spring Shows 2024 Show Times: 9:30am to 2:00pm Daily!



Thursday, May 23rd | Charleswood
Charleswood United Church
4820 Roblin Blvd.
Venue Host: Active Aging in Manitoba



Seminar Series:
10:30am - 11:30am
12:00pm - 1:00pm
Thursday, May 30th

These one-hour sessions will provide an overview of the programs and services A & O offers...



Thursday, May 30th | Fort Rouge
Fort Rouge Leisure Centre
625 Osborne Street.
Venue Host: Seniors Moving Company



Seniors Resource Finders
Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé

Looking for specific resources to improve your quality of life? These are one the folks to talk to...

Our Amazing Sponsors:



Joshua Neustaedter Barg
ROYALLEPAGE
Top Producers Real Estate



Service Canada

Will be at all our shows to help you with the following and more...

- Canada Dental Care Plan
- Canada Pension Plan
- Canada Pension Plan | Disability
- Canada | Old Age Security
- Canadian Passports
- Social Insurance Numbers
- Guaranteed Income Supplement
- Employment Insurance

CRA will be joining us as well to answer questions!

Some of our Outstanding Exhibitors & Resources!



Winnipeg Police Service
Crime Prevention Unit



Special thanks to **Senior Scope Newspaper** for your continued support of these Expos and our older adult community! *What leadership indeed!*



24 / 7 Older Adult & Seniors Resources available at: prosknowexpos.ca & seniorscope.com

Links to all of our Exhibitors and more 24/7 to help you sooner than later!



FEEL SAFE AT HOME & ON THE GO WITH VICTORIA LIFELINE!

Our medical alert service provides 24/7 access to help. Ask about a no-obligation in-home or virtual consultation.

CONTACT US TODAY AT:
(204) 956-6777
 or VictoriaLifeline.ca

Mention this ad & Receive one month FREE!
*Offer valid for new clients

VICTORIA LIFELINE
 Safe and independent living.

[@VictoriaLifeline](https://www.facebook.com/VictoriaLifeline)



Floyd Tweten
 Independent Watkins Consultant #5027119

WATKINS
 Since 1868 TRADE MARK

HOME BUSINESS OPPORTUNITY

f.tweten@gmail.com
www.respectedhomeproducts.com/
 5027119

204-294-0373



THE BEST HEARING CARE AT THE BEST PRICES

IF YOU CAN FIND A BETTER PRICE, WE'LL MATCH IT!

EAR ARCHITECTS HEARING CARE

3412 Roblin Blvd. Winnipeg
204-416-7455
www.eahearing.com

Kristy Stefanson-Tarasoff
 B.A., BC-HIS, RHAP

WORDSEARCH - FRIENDS By Roni Alward & Senior Scope

F M E N T O R R L O V A B L E M R M M S K
 M R Q I R E L A X I N G E L V A W P U U A
 R I I C Q I P E A S Y F S W E E T E T P T
 U M P E Y R U Y A L E O T D R S Y R U P F
 P M H S N F H A U M K N A Z Y D S F A O K
 L E A T I D U F V L I D C Z D P G E L R T
 I M W R Z S R H A A N A B U A E O C D T E
 F O R E V E R E I A D S B Z Y R K T W I A
 T R Z W E E R P E R S V E L Z S C E M V M
 I I I H Y D L T R E R U I G E O M H A E G
 N E C P G F A O L E Q E N C J N W I U N H
 G S P F Y M F E U I C I P T E A Y O I M U
 S A H Z L R C V N S S I R L Y L L R R Z G
 H I L A R I O U S S T P O M A O A W X T N
 O X Y A R H O N E S T S T U S C X C A U H
 U O W P D K H L U Q Z P E U S P E R F Y Y
 L H W A E Y B R A F F E C T I O N A T E S
 D I B S R D T W M S S C T H A T P Z B X E
 E V O H U M O R I Z I I G L R T Y S L P
 R L N O B L E N G B H A V A L U E D O B E
 C D D E V O T I O N V L E S Y E S V R N W

- | | | | | |
|--------------|----------|---------------|------------|------------|
| Advice | Chum | Hilarious | Supportive | Mentor |
| Affectionate | Close | Honest | Sweet | Mutual |
| Ally | Crazy | Hug | Team | Nicest |
| Always | Dear | Humor | True | Noble |
| Amiable | Devotion | Irreplaceable | Trust | Pal |
| Amigo | Easy | Kind | Unique | Perfect |
| Best | Everyday | Lovable | Uplifting | Personal |
| Blessed | Fond | Loyal | Valued | Precious |
| Blessing | Forever | Marvelous | Warm | Priceless |
| Bond | Friend | Relaxing | Worth | Protective |
| Buddy | Fun | Shoulder | Mate | Rare |
| Caring | Happy | Special | Memories | Real |
| Cheerful | | | | |

SOLUTION ON PAGE 23

CROSSWORD - By Myles Mellor

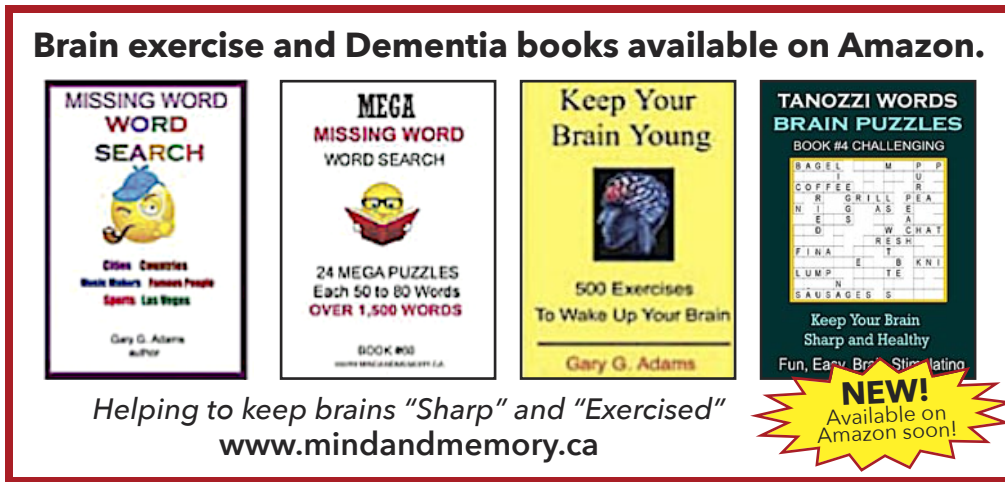
- ACROSS**
- Breaks
 - "Just as I thought!"
 - Fork over
 - Large-scale
 - Use a Singer
 - ___-T, Law & Order actor
 - Restaurant list
 - "Deep blue" region
 - Allow
 - Really angry
 - Awards
 - Trunk with a chest
 - "No dice"
 - And (abbreviation)
 - Secured
 - Talon
 - Took a chair
 - Daft
 - Weird
 - Wild animals
 - Restaurant guide category
 - Exercise target
 - Ocean
 - Festival
 - Lady horse
 - Threshold
 - Observed
 - Some trial evidence
 - Take, after taxes
 - Scarlets

1	2	3	4	5	6	7	8	9	10
11				12				13	
14				15				16	
			17	18				19	
20	21	22				23			24
26				27		28		29	
30			31		32		33		34
35				36		37		38	
		39			40				
41	42			43			44	45	46
48				49			50		
51				52			53		

- DOWN**
- Precious stone
 - Gibbon, for one
 - Grenade part
 - Aqua lung device
 - Basketball stat
 - Command to a dog
 - Expect
 - American newcomers, a while back
 - Half a blackjack
 - "Are we there ___?"
 - Miners search for it
 - Negative word
 - ___ and for all
 - Presidents' Day event
 - Personal magnetism
 - Cushion
 - Lottery chances
 - Shelved furniture
 - Clever humour
 - Beverage choice
 - Had something
 - Outrage
 - Zero, on a court
 - Augment
 - Keep out
 - Supportive shout
 - Had an edge
 - Newspaper inserts

SOLUTION ON PAGE 23

Brain exercise and Dementia books available on Amazon.



Helping to keep brains "Sharp" and "Exercised"
www.mindandmemory.ca

NEW! Available on Amazon soon!



Pembina Active Living (55+)
 "Enhancing the lives of older adults of South Winnipeg"

Stay Active, Stay Connected!

Introducing **Ring & Ride**

Ring & Ride provides **FREE** taxi vouchers to access our wide range of programs and services.

Whether you're interested in fitness classes, arts and crafts, educational workshops or simply socializing with friends...

Ring & Ride will make sure you get to PAL (55+) hassle free.

Once you have registered for the program, you simply contact PAL a week ahead to let us know what program or class you are registering for, and we will send you the vouchers.

To register please call the office @ 204-946-0839

Ring & Ride is made possible by the generous support of:

PAL (55+) PEMBINA ACTIVE LIVING
 170 Fleetwood Rd. Wpg.
 (in the Whyte Ridge Community Centre)
 204-946-0839
www.pal55plus.ca

THE WINNIPEG FOUNDATION For Good. Forever.

The Waverley & Rosewood RETIREMENT LIVING

HOURS: Mon. to Thur. 8:30 - 3:30

19th ANNIVERSARY Party

TUESDAY MAY 28

12PM - 9PM

10 chances to WIN a Hotel Stay & Play or Dinner for Two Plus \$100 in Free Play! Cake cutting will be at 3pm.



SOUTH BEACH CASINO & RESORT
Simply Irresistible!

SOME CONDITIONS APPLY. DETAILS AT SOUTHBEACHCASINO.CA

SUDOKU - Medium By Senior Scope

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

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 RIGHT

WORDSEARCH - Solution

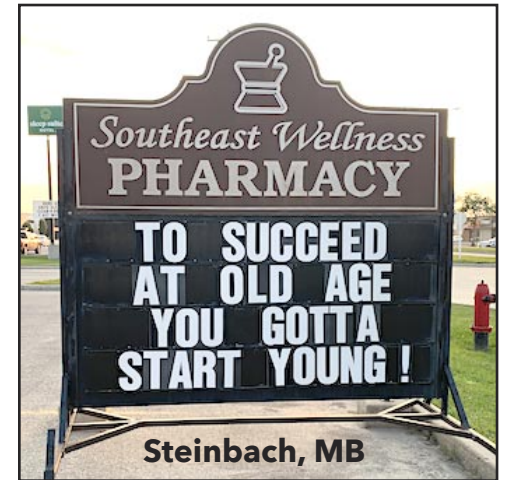
F	M	E	N	T	O	R	B	L	O	V	A	B	L	E	M	R	M	S	K					
M	R	O	I	(R	E	L	A	X	I	N	G	(E	L	V	A	W	(S	U	A	T	
R	I	C	Q	I	P	E	A	S	Y	(F	O	S	W	E	(E	T	(U	P	T	F	
U	M	P	E	Y	R	U	Y	A	(E	O	T	O	R	S	(R	U	(P	F	(F	
P	M	H	S	N	F	H	A	U	M	(K	I	N	A	Z	(D	S	(R	L	(K	
L	E	A	T	(D	U	F	V	(D	I	C	Z	(D	(G	E	L	L	((T	
I	M	W	R	Z	S	R	H	A	A	(N	A	(U	A	(E	O	C	(D	(T	
F	O	R	E	V	E	R	E	T	A	(D	S	(B	Z	(Y	R	K	(T	(W	
T	R	Z	W	E	E	R	E	P	(S	V	E	L	Z	(S	(C	E	M	(V	M	
J	I	I	H	(D	L	T	R	(P	L	(E	(O	M	(H	A	(E	(G	
N	E	C	P	(G	F	A	D	(L	E	(E	(C	I	N	(C	(I	(N	
G	S	P	F	(Y	M	(E	(N	(I	(P	(T	(E	(A	(L	((
S	A	H	Z	(L	R	C	V	(N	S	(I	R	(L	(L	(R	(R	(Z
H	I	L	A	(I	O	U	S	(S	T	(P	O	M	A	(O	(A	(W	(T
O	X	(A	(R	H	O	N	(E	S	(T	(S	(I	(U	(G	(K	
U	O	W	(D	(K	H	(U	(Z	(P	(E	U	(S	(P	(E	(R
L	H	W	(E	(B	R	A	(F	(F	(E	(C	(T	(I	(O	(N
D	I	B	(R	(D	(T	(W	M	(S	(S	(I	(C	(H	(A	
E	V	(O	(H	(L	M	(O	R	(I	(I	(S	(I	(I	(G	
B	L	(N	(O	B	(L	(E	N	(G	(B	(H	(A	(V	(A	
C	D	(O	(E	V	(O	(T	(I	(O	(N	(V	(L	(E	(S

CROSSWORD - Solution

1	G	A	P	S		5	A	H	A		8	P	A	Y	
11	E	P	I	C		12	S	E	W		13	I	C	E	
14	M	E	N	U		15	S	E	A		16	L	E	T	
					17	B	O	I	L	I	N	G			
20	S	C	A	R	S		23	T	O	R	S		25	O	
26	N	A	H			27	E	T	C		29	T	I	E	D
30	C	L	A	W		32	S	A	T		34	M	A	D	
35	E	E	R	I	E		36	B	E	A	S	T	S		
					39	I	T	A	L	I	A	N			
41	A	B	S			43	T	O	N		44	G	A	L	A
48	D	A	M			49	E	V	E		50	E	Y	E	D
51	D	N	A			52	N	E	T		53	R	E	D	S

SUDOKU - Solution

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



Read **Senior Scope** online at:

www.seniorscope.com

Or sign up for the free monthly email subscription and never miss an issue of **Senior Scope** again. Sign up on our website or email: kelly_goodman@shaw.ca and type "Sign me up" in the Subject line.

LAUGH A LITTLE

My mind tells me I'm 30, but my back tells me I'm 60, my knees tell me I'm 70 and my right hip tells me I'm 80.

Two rival airlines were always looking for ways to belittle each other. One airline offered low-cost flights. On one flight, the pilot announced, "If you look out the left window you will see passengers (from the low-cost airline - not mentioning any names) deplaning from their flight. When people looked, they saw a group of skydivers jumping out of their plane.

The flight attendant announced that they had a woman pilot and co-pilot, and that they were flying in an unmanned plane.

I have a built in alarm clock... It's called my bladder.

Enjoy your 20's, 30's and 40's because in your 50's, the Check Engine light is going to come on.

the CLASSIFIEDS

Approx. 30 words for **ONLY \$10.50** (10.00 plus .50 GST). Add 5.00 to include photo. (15.00 + .75 GST = 15.75)
Listings must be pre-paid: cheque or e-transfer. No credit cards.

BUY • SELL • TRADE • RENT • WANT ADS. VIEWED in PRINT and ONLINE at www.seniorscope.com

MAIL LISTINGS with payment payable to: **Senior Scope**, Box 1806 Stonewall MB R0C 2Z0
or email listing and e-transfer to: kelly_goodman@shaw.ca
(NOTE: *Senior Scope* reserves the right to reject listings not suitable for its readership.)

FOR SALE

FOR SALE: Queen Elizabeth II's Birthday Imperial Crown collection set and Crowning Moments set, and cases for both. Victrola Gramophone, plus lots of numerous items. **204-758-3342.**

FOR SALE: Rival Electric 12 Qt Roaster. \$50. **204-792-8361.**

FOR SALE: Mantel clock \$100, Back to Life Therapeutic Massager machine \$75, 3-wheel fold-up walker \$100 OBO, Lamps (ass't sizes & prices). **204-889-3770.**

WANTED ITEMS

BUYING COIN COLLECTIONS: 40 years experience & free housecalls. Please call **431-388-2734** (Wpg). Email 1954toutant@gmail.com

BUYING STAMP COLLECTIONS: Long-time collector looking to purchase large postage stamp collections. Please call **(204) 799-7429** or email winnipegstamps@hotmail.com.

WANTED: 8 mm cassette movie camera that works; Smaller piano accordion with many bass buttons; Adapter for a VCR to play 8 mm cassettes. **204-880-4926.**

WANTED ITEMS

WANTED: Electric Metallic Tubing 1/2 inch Off-Set Press Tool. **204-284-2660** Wpg.

WANTED: Looking for repairs to rocker panels. **204-792-8361.**

WANTED: 1997 Ford F350, 1 ton, 4x4, w/dual wheels, for parts. Running or not. Can pick up. Call Dave **1-204-746-4318** (Morris, MB).

FREE

FREE FOR REMOVAL: Older Hydraulic Electric Wheelchair Lift. Still in good working order. Call **204-452-6588.**

JOBS

JOB OFFER: Seven Oaks Transmissions needs parttime general help in automotive shop: general shop maint., assist technicians, shuttle customers, pick up parts. Valid MB driver's license required. 7 am-12 pm. **204-338-7067.**

LESSONS

SPANISH LESSONS: Retired Spanish teacher (40+ years) will do lessons in your home in Interlake Region. You'll be ready for any vacation in Latin America with the REAL Spanish. **204-390-8101.**

Sell those unused items! Make some extra cash!

PREMIER ASSISTED LIVING & MEMORY CARE COMMUNITY

CALL US TODAY TO
BOOK A TOUR
 204.560.3850



THE **COURTYARDS**
 AT LINDEN POINTE

Linden Pointe is a premium, master-planned senior living campus nestled in one of Winnipeg's premier shopping, restaurant and recreational neighbourhoods. The Courtyards is designed to provide a little extra assistance that allows us to promote and maintain an active lifestyle for each and every one of our residents. We call it Brightwater Tailored Living.

- On-site Nurses and Resident Care Aids 24/7/365
- Wellness Checks
- Elevated on-site dining in our True North Restaurant
- Casual Lounge and Bar
- Coffee Shop
- Library
- Hair Salon
- LifeSmart Fitness Centre
- Gateway Movie Theatre
- Games Room
- Complimentary Parking
- Pet Friendly with On-Site Dog Park
- Free Transportation to Medical Appointments
- Robust Activity Schedule & Regular Outings

HAPPENING NOW

Incredible Deals on **Studio Suites**

IMMEDIATE POSSESSION Call today!

Your forever home awaits.

75 Falcon Ridge Dr. Winnipeg, Manitoba • **204.560.3850**

CourtyardsSeniorLife.com

a **TRUE** Age In Place community



ReImagine Senior Living