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# Senior Scope

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 Vol. 17 No. 11  
 May 10 - Jun 9/19  
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## How many prescriptions are in your medicine chest, and



## should you be getting off some of them?

By Roger Currie

As more Canadians move past 70 years of age and beyond, doctors and pharmacists are playing a larger role in many of our lives. There's no doubt that some of us would probably not have lived this long were it not for a number of magical pills that simply weren't around when our parents and grandparents became seriously ill. They often died at a much earlier age than happens in 2019. But medicine and pharmacology are ever evolving, and I want to leave you with a new word to ponder as you gaze at the growing collection of pill containers in your home. That word is **'de-prescribe'**.

of reducing or stopping medications that may no longer be of benefit or may be causing harm. The goal is to reduce medication burden and harm, while maintaining or improving quality of life."

Dr. Cara Tannenbaum, a co-director of the network, says the importance of their mission is taking on added importance as the countdown continues to a federal election in October. In a recent letter to all stakeholders, Dr. Tannenbaum said "The opioid crisis rages on and seniors are particularly vulnerable to overdoses, even when taken as prescribed by their doctor. Many medications that have proven to be unsafe for seniors continue to be routinely prescribed, adding dramatically to the ongoing increase in health care costs. In addition to the serious risks to the health of patients, it is estimated that such inappropriate and unnecessary pre-

scribing may be adding as much as \$1.4 billion a year to the cost of health care in Canada."

The deprescribing network hopes that one of the goals of the long dreamed-of National Pharmacare Plan would be to properly address the issues of medication safety and appropriate prescribing, especially for seniors who are the highest users of prescription drugs in Canada. Not unlike proposals for a national childcare program, National Pharmacare has frequently been trotted out as a worthy goal between elections by a number of political parties, but it has yet to come anywhere near becoming a reality. 70 year old Connie Newman is executive director of the Manitoba Association of Seniors Centres. She was

Continued on page 2

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## How many prescriptions..., cont'd from front page

one of the 150 people from across Manitoba who attended a gathering of the Deprescribing Network in Winnipeg on April 9th. Not surprisingly, Connie and many of the others who were there are not holding their breaths waiting for national pharmacare. In the meantime, issues of cost and safety when it comes to prescription drugs continue to grow.

As serious as the opioid crisis has become in recent years, the *Deprescribing Network* now seems determined to shine at least as bright a spotlight on the ongoing problem of sleeping pills. Camille Gagnon is a Quebec pharmacist and an assistant director of the *Network*. While there is obvious ongoing concern about the danger of addiction to sleeping pills, there has been a growing recognition that seniors who are regular users of such pills are at greater risk of falling and seriously hurting themselves. Gagnon says, "We know that in older adults, sleeping pills cause more harm than benefit. In addition to the danger of falling, there are greater risks of memory problems, and car accidents for those who are still driving. Use of the pills should not be stopped *cold turkey* because there's now a better recognition of dependency issues."



Canadian Deprescribing Network - Wise Medication Use for Older Adults Workshop.

Thanks to the efforts of the Network, pharmacists across Manitoba now have carefully-written brochures which they give to patients explaining the issues and dangers.

There is also a greater effort now to ensure that family physicians who are often the ones who are prescribing sleeping pills are up to date on the latest research about the hazards of such drugs. This includes making plans for helping seniors adopt better sleeping habits without medication. This may include an examination of eating habits, and even learning meditation techniques to help bring on a restful sleep at night.

Another major group of medications that are being targeted by the Network are those that are prescribed to treat digestive problems, especially stomach acidity. As many as one third of older Canadians are regular users of these prescriptions.

Camille Gagnon says with the possible exception of some of the huge multi-national pharmaceutical companies, the potential benefits of 'deprescribing' are substantial for everyone, especially the older patients.

Roger Currie is Winnipeg writer and broadcaster, and a regular contributor to *Senior Scope*.

## Our Puerto Vallarta Experience

(with a touch of humour)



By Rick Goodman

[rickgoodmans@hotmail.com](mailto:rickgoodmans@hotmail.com)

The plane slithered down the runway. The nose came up, the ground fell away and after a six hour weather delay we were finally on the way. Four hours later the pilot slammed the plane onto the runway and Bea and I were in Puerto Vallarta. It looked good coming into land. Blue water, palm trees, no snow. The Sierra Madres rising off in the distance indistinct in the soft tropical air.

Way back in 1945 the Air Transport Company of Jalisco started bringing DC-3 loads of tourists into town. Twenty-one passengers at a time. Now the big jets roar in and out night and day hauling in more than one and a half million international tourists a year.

The tourist areas are beautiful and modern. High rise condos surrounded the marina where we stayed and rich gringos packed the bars and restaurants. Multi million dollar yachts sit at their berths or bully their way thru the dozens of charter fishing and sight seeing boats working their way into and out of Banderas Bay and the open sea beyond.

The fishing and whale watching is good and business is booming. A four hour trip in a small fish boat and crew runs around \$330.00 Canadian and a 10 hour whale watching excursion costs around \$130.00 Cn.

I don't usually do plugs for tour agencies but **Zepeda Sailing and Tours** owned by **Juan Carlos Zepeda** (E-mail: [juancarloszepedasanblas@hotmail.com](mailto:juancarloszepedasanblas@hotmail.com), Cell 322-146-7302) is a cut above. His rates are good and he won't try and oversell you. If you E-mail or call him with your flight number he will personally pick you up at the airport and shepherd you through the shills who swarm you as soon as you clear customs.

Bea and I laid around the pool for a day and then went out and found Juan and booked a fishing trip. Early the next morning he walked us around the marina and showed us to our boat. An hour later we were out on the bay watching porpoises swim by and waiting for something to take a bait.

An hour later we were still waiting. I was thinking that any second our

guide would tell us that we should have been out yesterday. That's what I tell my guys back home if they come out and we have a slow day. It's the second lie any fisherman worth his salt learns to tell. The first lie of course is how big the one that got away was. Up in northern Saskatchewan, where we live, I've lost fish as long as telephone poles. So has Bea. Honest to God!

He didn't get a chance to tell that one. Instead he hollered, "Pescar en! Fish on!"

One of the rods was bouncing around in its holder. The reel was screaming as line peeled off it. Bea made a grab for the rod. I beat her by a hair. She was tongue tied with excitement. She tried to say Pes or Fish in Spanish. It didn't work.

"You hog!" she exclaimed with a lot of feeling. "That was my fish!"

Ten minutes later we bought a 20 lb crevalle jack into the boat. A short troll later I got to watch her sweat and strain in the chair as she fought another jack. Our guys were busy strapping a belly band on her and getting the rod butt in the cup and offering her advice and backing the boat to make it easier for her.

They hadn't offered me a belly band when I was in the chair but I was feeling too much like Hemingway to have taken it anyway. Her fish was bigger.

Later on we went and found Juan and booked a sunset cruise and candlelit dinner show. Rhythms of the Night costs around \$180.00 per person and in my opinion it was worth every penny.

Juan picked us up at our hotel and delivered us to our catamaran. We were out on the bay in time to watch a spectacular sunset across our bow. An hour later we landed at Las Caletas and guides led us up candlelit paths to an outdoor amphitheater. No electricity, just 4000 candles and torches lit our way. Every now and then someone disguised as some sort of creature or shrub would lean out of the gloom and talk to you. The first time it happened I talked back. Talking trees take a little getting used to!

The show is based on the Aztec creation story and unfolds in an extravaganza of dance, acrobatics, and music set under the stars, backdropped by an ancient pyramid. A true spectacle.

After the show we were treated to a candlelit buffet dinner and then put

back aboard our catamaran for the cruise home.

At breakfast the next morning a new waitress introduced herself as Cande and asked us our names.

I hauled out my little bit of Spanish and said, "Mi nombre es Ricardo Goodman and this is my wife Beatriz." "Ah," she replied, "Senor Ricardo Bueno Hombre."

I liked the sound of it.

She looked at Beatrice and asked, "Is he very good or very bad - es muy malo o muy bueno?"

Tongue tied again Beatrice whispered, "Muy boner." And then turned several shades of red.

Cande had a pretty good grasp of English slang.

"Caramba!" she exclaimed, "Like a stallion! Bueno."

I left a big tip.

At the pool later Beatrice said, "I think you think you're Justin Trudeau. Always trying to fit in. Ricardo Bueno Hombre! Your name is Rick. I suppose if the two of you were in New Guinea you'd both be running around in nothing but kotekas."

Which in case you don't know is a penis sheath which is usually made out of a hollowed out gourd. True story. They have working-around-the-house gourds and really fancy going-to-town gourds. If you have one of each you have a complete wardrobe. Unless you have to go to school or into a government office. Then you need shorts.

I told her that speaking for myself, being nothing but a hack writer, it would never happen. Our Prime Minister on the other hand has never been known to back away from a photo opportunity.

Late that evening we were clearing customs back in Canada. My allergies had acted up on the plane and I stood in front of the customs agent with a dripping nose and blood red eyes. He took one look and asked if I had any cannabis products.

I said, "Why, do you want some?" It was meant as a joke.

Customs agents apparently have no sense of humor whatsoever. Deep in the bowels of the Saskatoon airport is a room. And in that room is a desk. And on that desk is a box of latex surgical gloves. Extra large surgical gloves. I'm sure you get the idea. Anyway, they eventually let me loose to go home and shovel the driveway. ■



Beatrice with her catch... and with Juan of Zepeda Sailing and Tours.

Advertising Feature

# Grandpa Lyle: Small in Stature but Large in Heart

Courtesy - Alzheimer Society

Vanessa Romans and her family wanted to find a meaningful way to honour her grandfather, Lyle Romans, who passed away in 2015 after living with Alzheimer's disease for seven years. So, last year they signed up for the Alzheimer Society's annual Walk.

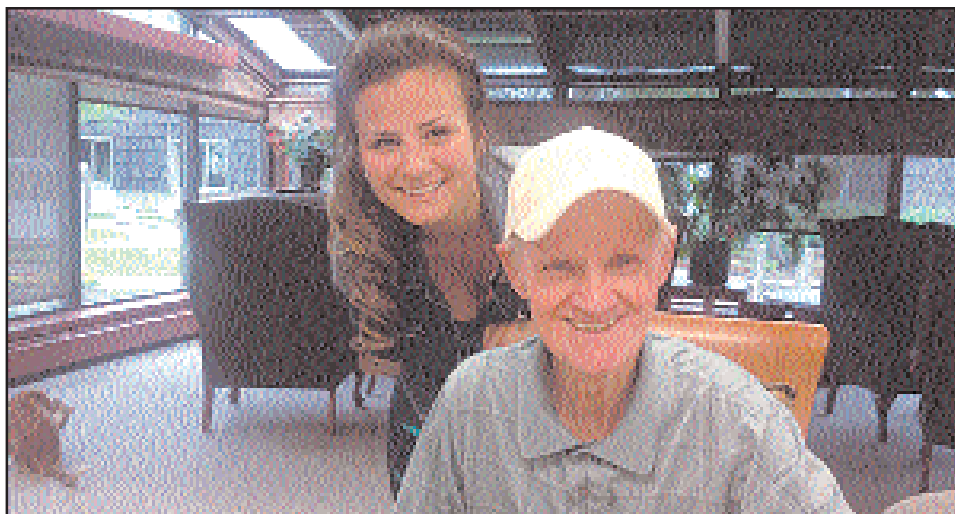
It was a fitting choice because "Grandpa Lyle" (as Vanessa called him) was known as "The Great Walker" to friends, neighbours and family. "He walked everywhere...I mean EVERYWHERE," recalls Vanessa.

Vanessa and her mom, Sonja, picked up where Grandpa Lyle left off when they joined hundreds of other participants in the IG Wealth Management Walk for Alzheimer's last spring. They're planning to do it again this year with another mother-daughter outing on June 13, 2019, at Assiniboine Park Lyric Theatre.

Supporting the duo will be Vanessa's father, Dean (Lyle's son), her fiancé and her bridal party, who will be waiting at the finish line to cheer them through.

"Participating in the Walk is a wonderful and moving experience, as we get to meet new people who are all remembering the good times - just like we are," says Vanessa. "It's a privilege to have the opportunity to raise awareness and funds for dementia in such a large scale, exciting event!"

Vanessa describes her grandfather as "small in stature but large in heart." He was the kind of man who was always helping others, and his



Vanessa and Lyle

quick-witted comments and jokes kept those around him constantly laughing.

The family started to get worried when he would forget where he was going on his walks, and he'd be defensive about his forgetfulness. Eventually, after a long-awaited diagnosis of Alzheimer's disease, they realized the safest place for Lyle was long term care, where he would not get lost or be alone at his home. He spent his final years at Tuxedo Villa.

"Dementia and Alzheimer's disease are difficult to watch," says Vanessa. "Family members turn into new friends, deep and meaningful conversations turn into children's play, and

remembering the old times becomes a thing of the past. But deep down, I truly think that Grandpa Lyle remembered my mom and me when we went to visit."

To Vanessa, her grandfather was her best friend and confidant. They spent endless hours together watching Inspector Clouseau movies and eating puffy cheezies. She knows that Grandpa Lyle will live on in her daily life. "At my wedding next summer, I'd like to think that when I look down at my bouquet of forget me not flowers, he'll be there with me as I walk down the aisle."

And who knows? Maybe she'll find some of the pretty blue blossoms along the pathway at this year's Walk. ■

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**FINANCIAL PLANNING:**

**Can an executor's reliance on only a single professional advisor's instructions potentially harm an estate? Part TWO**

- Shirley Hill, CFP - Executive Financial Consultant, Investors Group

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Last month we ended this article with the discussion of two scenarios of estate planning.

1. The Pre-planned: The planning may have been done well with a distribution focus. What we mean by that is who will inherit or not inherit in various cases. How will they inherit and how much will be inherited? Taxes may have been considered along with liquidity and other issues. The majority of the people that will be involved have a general idea of what is in the mind of the "members that will be passing on the estate".

2. Not truly planned: Not every lawyer will spend the time it takes with the family dynamic to develop the required understanding of the whole situation.

So the question becomes, who else should you consult on the following types of matters?

- Intended estate distribution
- Beneficiaries
- Is the inheritance safe from estate creditors?
- Is the inheritance safe from the beneficiary's creditors?
- Is the inheritance safe from a division of family property upon separation or divorce?
- If someone is receiving income or asset tested government benefits, will the inheritance jeopardize eligibility for those benefits?
- Could an individual or entire family lineage become accidentally disinherited, other unintended consequences occur, or a legal challenge ensue?

These are the questions and subjects which most financial planners will cover. A lawyer with the TEP designation (Trust and Estate Practitioner) behind their name could also address these issues.

On several occasions I have made the comparison between the medical

field and the wealth field. In medicine you will never be left to guess who does what. You will know what a general practitioner will do. What a Cardiologist, an Internist, an Oncologist or Ophthalmologist will specialize in. We have even evolved in the dental world as we now have identifiable specializations.

Only in the financial environment do we lump everyone together and expect a gourmet product to appear.

So why are we making this comparison? Because it's important! If you have a smaller net worth - then perhaps see a lawyer who is a general practitioner.

This person will likely do a good job. But if you have family disharmony/special considerations, perhaps a more complicated estate containing substantial holdings, a blended family, or foster children we would suggest not retaining the services of a lawyer who is a general practitioner. See someone who has the initials of TEP behind their name. Also run the draft of your testamentary documents past an experienced Financial Planner who has CFP, RRC or other planning initials behind their name. A university degree doesn't always qualify as it isn't usually specific to the field.

Just like law and accounting firms, in this world of complex needs, Financial Planners are also subspecializing. You will see those specialties and the designations attained over and above the CFP in dealing with families of divorce, family business, farmers, seniors etc. It is now recognized that each of these groupings require different support. They have different concerns. It is impossible for one person to know all the relevant tax laws and special considerations and strategies which are important to a family with these complexities.

We are also seeing financial planning practices and companies evolving into wealth planning companies and practices that contain teams of specialists within them. This new world is more than just whether you hold investment A, B, or C. Or which is the cheapest product. Product is product, anyone can now buy investments online. It's possible to simply walk into

any bank or credit union and buy an investment over the counter just like your cold medication, indigestion remedies or food supplements. They are available in drug or grocery stores, so why are there pharmacists? Because they specialize, they know the interactions between particular drugs. They know what can be combined beneficially and what is harmful when taken incorrectly, planning is NO DIFFERENT. When we are dealing with people that aren't yet clients, they often ask why we need to gather all of the data we do upfront. Sometimes they come to us wanting a quick fix or a simple suggestion, we tell them that we need to gather the data because, realistically, without a thorough exam and information what they are asking for, to put it into medical terms would be "a prescription without diagnosis" and that would be malpractice.


In today's world, investments are slowly becoming a consumer good just like a blender or a car. What is important and differentiating is the ADVICE. A wise and experienced team or person, that is what you should be looking and paying for. That advice may be paid for (embedded) in the product you buy but it is the advice and strategies for wealth accumulation, tax effectiveness and wealth preservation that are the key value. Who has the knowledge and skill? Letters behind someone's name can matter.

In the global financial, tax and legal world, attitudes and perceptions may have not changed with the times. For many there is still a perception that financial planners are just sellers of mutual funds. Some of them are, and for those ones we would suggest that time has passed them by, potentially to the detriment of their clients. Although the mutual funds or pooled investments may be the underpinning of a family's holdings, overall it's so much more than that. It's just like saying that a doctor's skill is discounted because he/she is asking to have blood drawn, a urine sample taken, an X-ray, an EKG and possibly a CT Scan or MRI. Would you marginalize that doctor because any clinic can order those products, just as a financial planner can sell investment products? No you wouldn't.

Continued on next page

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# LETTER...



## The Man and His Money

In October 2018 Old Age Security (OAS) was \$600.85 per month. In January it rose to \$601.45 - a .60 cent increase.

OAS benefits are adjusted quarterly (January, April, July and October) if there are increases in the cost of living as measured by the consumer price index. Note, as the consumer price index did not exceed the level of the previous quarter OAS benefit amounts remain unchanged for the April to June quarter.

What planet are they living on to get these figures? As I see it, prices are all basically going up.

We can pay the government back in kind when we go to the polls this fall. We can give them 6/100 of one percent of our vote.

- Metro



## Can an executor's reliance harm an estate *cont'd from page 4*

So, by extension - you shouldn't consult with a licensed CFP professional simply because they can sell you a variety of investment products. Yes they can do that, but for those that only operate a practice that way, we feel perhaps time has stood still for these types of "advisors". The rest of the specialized world has moved on, and if your current planning team hasn't, then perhaps your family deserves better?

My question to those of the readership who have acted as attorney under a POA or executor - did the lawyer say to you, "before we act maybe we should involve the financial planner to evaluate the available planning options"? If not, why not?

We have just witnessed two \$700,000 estates lose out on \$50,000 of potential growth, where the executors weren't even aware this opportunity was being lost. In this article we won't even begin to talk about the \$4.5 million estate we tried to help on and had to suffer through enormous erosion due to someone else's bad advice.

So, my question "is how do we prevent this"? "How do we stop the uninformed execution on the back end"? So much work is done by all in the preparation only for the execution to stumble. The answer is education.

- Education for the families, executors and beneficiaries. The executors and beneficiaries so that they know there is more than one way to do things.

- By choosing knowledgeable planners.
- Stop focusing on fees and focus on advice.

Now that we are, believe it or not starting to see the end to another brutal winter (\*\*shiver\*\*) we are going to be starting up our educational seminar series again.

This next seminar will actually cover two case studies, (obviously no names or family details, just the situation and numbers for confidentiality reasons).

One being the successful preparation and tax effective execution of a \$2.5 million estate we had the opportunity to consult on and also the most recent case we were too late to save, this was a \$700,000 estate plus \$400,000 in non-liquid assets. These two extremes will provide an insight into what could happen, both good and bad. We'll cover some proactive approaches in dealing with non-liquid assets in an estate that could give some financial relief to the executor.

This seminar is geared towards those who have \$500,000 or more of investible assets and a potentially

more complex estate situation. Attendees are more than welcome to bring your executor and beneficiaries to the seminar. ■

**Estate Planning Seminar Date:**  
**Wednesday June 19th**  
**10:00 am**  
**IG Private Wealth Management**  
**200-1605 Regent Avenue West**

Call 204-257-9100 to register - Space is limited!

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Manitoba

# MUSIC LOVER'S

## May 13-15 2019

All concerts start at 7 p.m.

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

- Manitoba Trombone Collective
- Westwood Community Band
- Murray Riddell Big Band

Enjoy the **Love of Music**  
on **Tuesday, May 14th** with

- Executive Big Band
- Chamber Orchestra of St. John's College
- Rupertsland Brass Band

Enjoy the **Gift of Music**  
on **Wednesday, May 15th** with

- Falconer Brass Quintet
- River City Sound
- Branch 252 Osborne Legion Concert Band

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**Music Lovers Festival - Music for music lovers performed by music lovers**

## Music Lovers Festival showcasing community music

By Howard Mar

Twenty-one community music groups will have been showcased in seven concerts from May 6th to May 15th. All seven concerts were held at Charleswood United Church located at 4820 Roblin Boulevard at 7:00 p.m. Each concert features three groups ranging in type from chamber music to dixieland to ethnic to barbershop to big band to vocal jazz to orchestra and to concert band. The age of the performers is from teenager to octogenarian.

**Joy of Music** was held on Monday, May 6th with the *Dixie Beats Dixieland Band*, the *Winnipeg Mandolin Orchestra* and the *Assiniboia Concert Band*.

**Army, Navy and the Air Cadets** was on Tuesday, May 7th with the *Air Cadet Brass Sextet & Sax Quartet*, *The Regimental Band of the Royal Winnipeg Rifles* and *The Band of CHIPPAWA*.

**Magic of Music** was on Wednesday, May 8th with *At The Heights Vocal Jazz Ensemble*, the *Blaskapelle German Club Band* and the *Northwinds Community Band*.

**Power of Music** was held on Friday, May 10th with the *Sweet Silver Winds from Flutes by the Score*, the *Friday Morning Concert Band* and the *St. Charles Big Band*.

If you read this before Monday, May 13 at 7 pm, you can still enjoy these upcoming concerts:

**Glory of Music** is on Monday, May 13th with *Manitoba Trombone Collective*, the *Westwood Community Band* and the *Murray Riddell Big Band*.

Enjoy the **Love of Music** on Tuesday, May 14th with the *Executive Big Band*, the *Chamber Orchestra of St. John's College* and the *Rupertsland Brass Band*.

**Gift of Music** is Wednesday, May 15th with the *Falconer Brass Quintet*, *River City Sound* and the *Branch 252 Osborne Legion Concert Band*.

Music performed for music lovers by music lovers May 6-15, 2019. **Manitoba Music Lovers Festival.** ■

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# THE BUZZ



By Scott Taylor  
Photos by Scott Taylor, Bruce Fedyck and courtesy Hockey Hall of Fame

## McCrimmon, Shenkarow, Yuen Lead New Hall of Fame Class

With names like McCrimmon, Shenkarow, Yake, Kidd and Murray, it's an impressive new class.

In fact, the new general manager of the National Hockey League's Vegas Golden Knights, the former owner of the Winnipeg Jets, six ex-NHLers plus the first star of Canada's national women's team will lead a large group of six players, three teams, two builders, an official, a veteran player and a veteran team will make up the Class of 2019 heading into Manitoba's Hockey Hall of Fame.

The only question one might ask when looking at the list is this: "Why did it take so long?"

For example, on May 2, the new class was announced and on the same day, Kelly McCrimmon, the owner of the Brandon Wheat Kings, was named GM of the Golden Knights. McCrimmon has been an important fixture in Manitoba hockey for 40 years and one might have thought he was already in the Hall.

"Certainly, no one could have a better day than my dad," said McCrimmon's son, Mick, who was at the announcement to accept his father's call to the Hall. "My dad is really excited about this honour and he wanted to be here, but as you know, there are some things going on in Las Vegas and today is also the Western Hockey League Bantam Draft so he's pretty busy."

McCrimmon will join one of the most impressive groups ever inducted into the Hall. Included on the newest class are former NHLers Bob Fitchner, Trevor Kidd, Terry Yake, Marty Murray, Larry Bolonchuk and Johnny Sheppard; builder Barry Shenkarow; official Rob Haithwaite; female hockey star Susana Yuen; the 1965-66 Flin Flon Warriors, 1972-73 St. Boniface Mohawks and 1957-58 St. Boniface Canadiens; media member Bob Holliday; and veteran team, the 1929 Elmwood Millionaires.

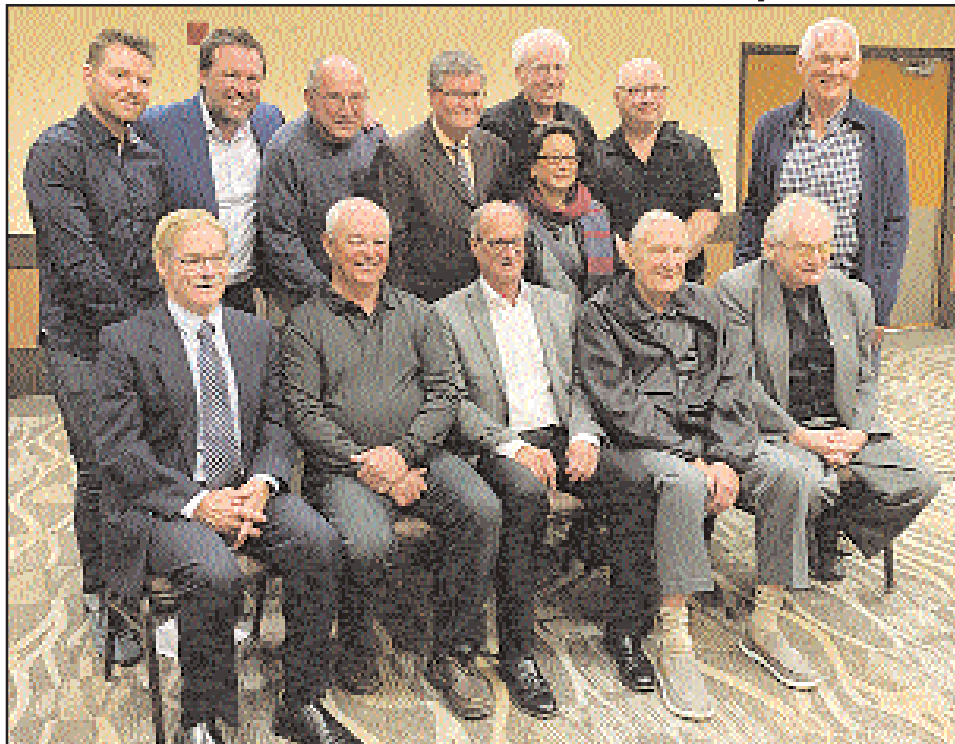
### Let's meet all the new members:

#### PLAYERS

**BOB FITCHNER:** Born in Roblin, Fitchner grew up in Saskatchewan and B.C. He played junior with the Brandon Wheat Kings and was selected by the Pittsburgh Penguins in the 1970 NHL Draft. He played in the WHA for Edmonton, Indianapolis and Quebec and played in the NHL for Quebec. After his career, he returned to Brandon, coached the Brandon University hockey team and became a teacher in Carman.

**LARRY BOLONCHUK:** Born in Winnipeg, he grew up in St. James and became a Winnipeg Junior Jets defenseman and was eventually drafted by the Vancouver Canucks in the 1972 NHL Draft. He played 15 games for the Canucks, played minor pro, joined the Washington Capitals and then returned to Winnipeg to become a firefighter and play for the Hardy Cup champion North End Flyers.

**MARTY MURRAY:** From Lyletown, MB, Murray played junior with the Brandon Wheat Kings. He won gold with Team Canada at the 1994 and 1995 World Junior Championship and was selected by the Calgary Flames in the 1993 NHL Entry Draft. He played in the NHL with Calgary, Philadelphia, Carolina and Los Angeles and then played in Europe. He is now the head coach of the Minot Minotauros of the North American Hockey League.



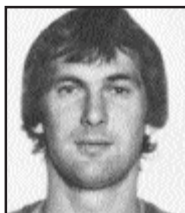
The new class (back row from left): Mick McCrimmon (son of builder Kelly McCrimmon), Trevor Kidd (player), Larry Bolonchuk (player), Rob Haithwaite (official), Jack Turner (Flin Flon Warriors), Ian Murray (father of player Marty Murray), Bob Fitchner (player). Middle: Susana Yuen (player). Front row from left: Rod Lindquist (St. Boniface Mohawks), Don Yake (father of player Terry Yake), Barry Shenkarow (builder), Ken Saunders (St. Boniface Canadiens), Bob Holliday (media).



Kelly McCrimmon



Bob Holliday



Bob Fitchner



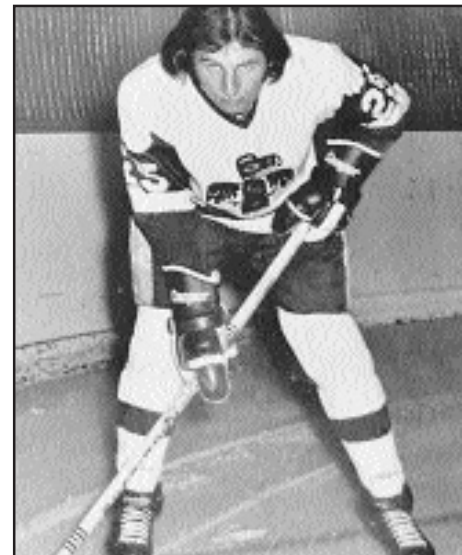
Barry Shenkarow



Terry Yake



Susana Yuen at the first Women's World Championship.



Larry Bolonchuk with Seattle Totems.



Marty Murray

#### OFFICIALS

**ROB HAITHWAITE:** Born in Neepawa, he played minor hockey in Brandon and became an official at the age of 12. He still officiates today and serves as a video goal for the National Hockey League in Winnipeg.

#### MEDIA

**BOB HOLLIDAY:** Known as Doc, he covered hockey for both the Winnipeg Tribune and Winnipeg Sun as well as CJOB radio.

#### VETERANS CATEGORY

**JOHNNY SHEPPARD:** He was born in Montreal but after losing his parents in a tragic fire, he was sent to live with relatives in Selkirk. He turned pro with the Western Canada Hockey League's Edmonton Eskimos and in the mid-1920s was traded to the NHL's Detroit Cougars. He also played with the New York Americans, Boston Bruins and Chicago Blackhawks.

#### VETERANS TEAM

**1929 ELMWOOD MILLIONAIRES:** The Millionaires were MJHL Champions in 1929 and went to win the Abbott Cup as Western Canadian Champions before losing to the Toronto Marlboros in the Memorial Cup final.

The induction dinner for the 2019 Manitoba Hockey Hall of Fame Class will be held on Oct. 5, 2019 at Canad Inns Polo Park. Tickets are available by contacting 204-837-4159. ■

**TREVOR KIDD:** Kidd grew up in Oakbank and played for the Eastman Selects. He played junior for the Brandon Wheat Kings and the Spokane Chiefs, won two world junior medals, an Olympic medal, a Memorial Cup and had a 12-year career in the National Hockey League for Calgary, Pittsburgh, Florida and Toronto.

**TERRY YAKE:** Yake grew up in Mather, MB, and played junior with the Brandon Wheat Kings. He was drafted by the Hartford Whalers. He won a Calder Cup with the Springfield Indians. He played in the NHL with Anaheim, St. Louis and Washington and finished his career winning an Allan Cup with Manitoba's South East Prairie Thunder.

**SUSANA YUEN:** A 4-foot-10 ringette player from Winnipeg, she joined the University of Manitoba's women's club team in the 1980s. She went to play in the senior women's league and was selected to play for Canada's national team at the first IIHF-sanctioned Women's World Championship in 1990. She led Canada to the gold medal and scored five goals and 12 points and was in the Top 10 in scoring. She has been a long-time women's coach in Manitoba.

#### TEAMS

**1965-66 FLIN FLON WARRIORS:** The Flin Flon Warriors won the Manitoba Intermediate Championship in 1963-64, 1964-65, and 1965-66. In

1966, the warriors won the Edmonton Journal Cup, emblematic of national intermediate hockey supremacy.

**1972-73 ST. BONIFACE MOHAWKS:** The Mohawks won the 1972-73 Central Hockey League championship and the Western Canadian Senior Championship before losing to Orillia in the Allan Cup final.

**1957-58 ST. BONIFACE CANADIENS:** The 1958 Manitoba Junior Hockey League champions, but lost to the Regina Pats in the Memorial Cup final.

#### BUILDERS

**BARRY SHENKAROW:** Became part-owner of the Jets in 1978 and in the late 1980s became President and CEO. As legal counsel for the Jets, he helped negotiate the WHA merger with the NHL. After years of fighting with the City and Winnipeg Enterprises Corporation for an NHL-viable arena, he sold the Jets in 1995. He and his wife Rena created the Jets Goals for Kids Foundation.

**KELLY MCCRIMMON:** Born in Saskatchewan, he moved to Brandon to play for the Wheat Kings. He played four years at the University of Michigan, returned to Brandon as head coach of the Wheat Kings and eventually bought the team. In 2017, he became assistant general manager of the expansion Vegas Golden Knights and on May 2, 2019, he was named the general manager.

Advertising Feature

**Are you protected and empowered in your life? Legal Shield Manitoba will ensure that for you!**



By Peter J. Manastyrsky

Have you ever experienced at least one significant **legal event** over the past year or even at the present time? Are you hesitant to see and sought service of a **lawyer**? Is it because of money, simply cannot afford to pay a lawyer for every phone call, email or meeting? Yet the need for legal representation is there which is affordable and an alternative way: a **client-lawyer** relationship, **Legal Shield Manitoba** is the solution.

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**Legal Shield Manitoba** (legal plan) provides access to legal **protection** that everyone can afford, being on your side, having that opportunity to a top-quality law firm 24/7 no matter how traumatic or how trivial your situation may seem to be at the present time or down the road. **Legal Shield Manitoba** (legal plan) can help you and your family members by providing a **Will, Living Will, Healthcare Power of Attorney, need letters or calls** made on your behalf, been overcharged or treated unfairly, received a traffic ticket, signing a contract or docu-

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This client-lawyer relationship provides a service and gives you access to a dedicated established law firm provider in Manitoba. **McRoberts Law Office** will talk to you whenever and whatever you want, no matter how small the matter and at an affordable fee in comparison to other law firms, offering a high-quality cost-effective legal service.

**Identity Theft** is a major problem in Canada, it manifests itself in many ways: credit fraud, social insurance fraud, driver's license fraud, medical fraud, criminal or character fraud, tax return fraud, bank accounts, email addresses, passports, there is no end of this horrific calamity. With all the recent data breaches, there is a huge problem that everyone faces. As the saying goes "**criminals don't want your money, they want your identity**" millions of people lose their identity every year. It can take minutes to steal your identity, but years to repair the financial damage and emotional toll.

The **Identity Theft plan** which is affiliated with **Legal Shield Manitoba** is equipped to assist the individual with the information and expertise one needs to protect against identity theft. **Identity Theft-Legal Shield Manitoba** provides a comprehensive

restoration so in the unfortunate event something does happen to your identity, you will have professional help in getting your identity restored to what it was before the fraud occurred. The **Identity Theft plan** will help protect the most valuable asset-your financial integrity.

Canadians live in a complex social media world, unfortunately life just seems to get more and more complicated. To protect our lives and rights, **Legal Shield Manitoba** is available for all citizens of this province, a safe, secure and trustworthy company covering many facets pertaining to the **legal and identity theft** plan. Please note, as mentioned that **McRoberts Law Office** is the legal provider for **Legal Shield Manitoba**, located at **200-1630 Ness Avenue** in Winnipeg, they are on your side.

A final note, **Legal Shield Manitoba** also looks after **legal needs of small business**. Small business owners deal with legal issues on their own because they don't believe hiring an attorney is worth the significant cost they have to pay. A **Legal Shield Manitoba Small Business Plan** can remove the cost barrier and allow the small business to access experienced attorneys so they can get the legal help they need, in such areas as incorporation, collecting debts, reviewing contracts and documents, employee issues and more. **Legal Shield Manitoba Small Business**

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**Legal Shield Manitoba**  
(see advertisement on page 5)

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Independent Associate  
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~ Jill Churchill



Advertising Feature

**Shopping for Life Insurance just got a lot easier!**

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Many people may think their only option for buying life insurance as a senior is the type of policy they see advertised on TV. These guaranteed to issue policies are often the best option for those with some health issues that would not qualify for a traditionally underwritten life insurance policy or they would be highly rated. These policies offer permanent coverage of up to \$50,000 and are best suited to cover funeral expenses, pay off debts or to leave something to loved ones. Premiums are locked in for the life of the policy, many plans will build cash values but benefits are usually limited in the first two years.

If you applied for a traditional life insurance policy in the past, you were probably required to fill out a full application and you needed to complete some medical tests such as a blood or urine test. This type of policy is ideal for seniors in average health that want the best rate or want a larger volume of life insurance. Coverage is available in amounts up to \$1,000,000. Depending on their age at application and how long they want to be covered, term policies of 10 or 20 years may be available. There are several types of permanent plans, some types build cash values.

A fantastic option for many seniors is a simplified issue life insurance policy. After answering some medical questions, coverage can be in force in as soon as a few days without needing to complete any medical requirements. With many insurance companies having higher age limits, even an 80 year old can qualify for a permanent policy. Term insurance is available in amounts up to \$350,000.

Simplified issue policies are available to you even if you were declined or rated in the past. It is also great for people who have had trouble qualifying for non-medical reasons. You can still get coverage if you have a bad driving record, engage in risky activities or you like to travel to exotic destinations or countries with travel advisories. Simplified issue policies offer excellent coverage at affordable rates,

sometimes less than a rated traditional policy.

Your insurance needs change throughout your life as your situation changes. Not sure which type of life insurance is right for you? We can help you find a policy to fit your needs and budget. We are a family company and work with over 25 of the top life insurance companies in Canada. ■

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# Go for the Green campaign for Celiac Awareness

The Canadian Celiac Association Manitoba Chapter is pleased to announce that the City of Winnipeg has agreed to light up, in green, the "WINNIPEG" sign at the Forks on May 16th to draw awareness to it being National Celiac Awareness Day and that May is Celiac Awareness Month. Our "Go for the Green" campaign is coordinated with the CCA National Office in Toronto. Last year they were able to convince the powers that be to light up the CN Tower with green light for May 16th and it was amazing.

We are also asking our members, friends, media, and the general public to join us at 9:00 pm May 16th at the Forks to celebrate. We are also asking those who support us to light up their front entrance or windows with green lights as a show of their concern and solidarity with our cause.

We are determined to draw awareness to this autoimmune disease that

affects more than 1% of the world's population. The over 300 different symptoms make it difficult to diagnose and many doctors have minimal training regarding this disease. There are no medications available and the only recourse is a gluten free diet for life. Gluten is found in wheat, barley, and rye grains and flours which are present in breads, buns, cakes, cookies, processed meats, pizza crusts, and beer to name a few prominent foods in the western diet. Consequently, dining out and preparing foods at home becomes a terrifying experience for celiac sufferers.

*For more information contact:  
Donalda Johnson, Media Relations  
Coordinator 204-832-5590  
Canadian Celiac Association  
Manitoba Chapter*

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### Excerpts from CREATIVE JOURNEY:

## BLESS

(Bertha Fontaine)

*Blessed are the peacemakers, for they shall be called children of God.*  
(Matthew, The Bible)

One day during my annual vacation down south, I sat on the shore, admiring the ocean. I noted how everything in nature around me seemed to function in total harmony. The palm trees swayed in the soft breeze, while ocean waves ebbed and flowed rhythmically. The sun's warm rays embraced everything and everyone on the beach.

I became aware that peace is present when all elements are working together. Nature perfectly projected peace into my life, here in paradise, when I allowed the peaceful surroundings to become part of me. I felt the peacefulness of nature penetrate every cell of my being, holistically—felt the peace engulf me, physically, mentally, and spiritually.

I want to remember to recapture this peace with my family and in my workplace when I return home. (BJF)

*I am blessed by peace.*

**Bertha Fontaine (BJF)**

Bertha Fontaine is currently a manager and counsellor at an addiction treatment centre in Winnipeg, Canada. She attended a Transformative Writing™ program at Canadian Mennonite University (CMU) and other writing classes led by Joanne Klassen. This helped Bertha realize the healing power of writing. Bertha loves being with family, especially her two sons, daughter-in-law, and four grandchildren. She believes and practices the Ojibway and Cree traditional ways of her ancestors.

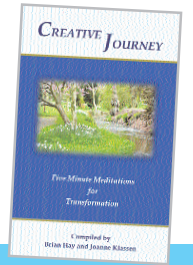


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## RESPECT

(Joanne Klassen)

*Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.*  
(Leo Buscaglia)

Taylor, a high school senior in my Transformative Writing™ class, added his perspective to a discussion on our definitions of respect.

"It's when someone gives you the time of day," he said, "They don't brush you off. They listen."

I asked myself how often I really stop to listen to others when I'm moving through my daily activities, both at home and out in the world. I intend to treat everyone with respect, but by Taylor's definition, do I?

Living in a high-rise condo, I get plenty of opportunities to encounter neighbours in the

elevator. Instead of a brief hello and goodbye, I paused to hear the whole story of an older woman's recent cataract surgery.

Later I sent a more thoughtful than usual e-mail response to a friend whose father died recently. I phoned my grandson and listened as he read a chapter from Gulliver's Travels. I felt richer for these moments of interest in others. Thank you Taylor! (JK)

*I offer others respect by taking time to hear them, the way I like to be heard.*

**Joanne Klassen (JK)**

Author and Heartspace founder, Joanne began facilitating personal development programs in 1975. Her career and life changed in 1998 when she received a vision for Transformative Life Writing™ which is now offered to teens, adults and seniors around the world. Joanne's ideal day includes writing, singing to a baby, visiting thrift shops and walking along the river with her husband Ted in Winnipeg, Canada. E-mail: [jklassen@write-away.net](mailto:jklassen@write-away.net)

# CMHA policy paper calls for new national mental health promotion strategy

Winnipeg, MB - Released May 6, 2019, a Canadian Mental Health Association (CMHA) policy paper calls for a new Canadian mental health promotion strategy in the face of rising rates of mental illness worldwide. The call is one of the six recommendations outlined in the policy paper, Cohesive, Collaborative, Collective: Advancing Mental Health Promotion in Canada.

"An increased focus on mental health promotion and prevention better serves all Canadians, including those with mental illness as it alleviates pressure on the acute-care system," says Marion Cooper, Executive Director of CMHA Manitoba & Winnipeg.

Programs aimed at suicide prevention and community-based programs that address anger management, stress reduction, impulse control and self-regulation are proven to improve mental health of Canadians and reduce public and private-sector expenditure on mental health care and treatment.

"Part of the reason we have long wait times and barriers to access is that, for example, those with mild-to-moderate anxiety or depression are

waiting to see a psychiatrist to get help, when they could be best served by other community health care professionals," says Cooper.

The paper cites that to be successful, the national mental health promotion strategy must:

**“ The paper recommends the strategy be accompanied by an increase in social spending by 2.0% with a special focus on older adults facing loneliness... ”**

- include an increase in the share of health budget spent on mental health to 9.0% from 7.2%
- address mental health implications of federal policies and programs across all departments and ministries
- replicate and scale programs that address social inequalities and disparities that cause poor mental health
- invest in social marketing campaigns to educate the public

The paper recommends the strategy be accompanied by an increase in

social spending by 2.0% with a special focus on older adults facing loneliness, youth facing stressors of the social media age and the unemployed and underemployed in today's gig economy.

"The policy paper makes the case to grow programs and activities that address psychological, social, emotional, spiritual and cultural well-being," says Cooper. "We teach music, math and coding in schools — why not critical life skills like empathy, stress management and self-esteem? We have a very exciting opportunity here to add mental health education to compulsory school curriculum and make a lasting, positive impact on our next generation."

Schools are an ideal setting to promote good mental health as 70% of mental health problems begin in childhood and adolescence. School-based approaches help students develop empathy, tenacity, self-esteem, impulse control and self-regulation along with managing stress, identifying emotions and getting along with others. When taught at a young age, these mental health skills show lifelong benefits.

"When we understand what mental health really is, we start to get that it's something we all have. The mental health-care system of the future is not just in clinics or hospitals—it's in workplaces and schools, serving entire populations and not just individual patients," says CMHA National CEO, Dr. Patrick Smith.

"There are great programs happening in our province, but more needs to be done to enhance mental health promotion to help Manitobans thrive," says Cooper.

About the **Canadian Mental Health Association**

Founded in 1918, the Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada. Through a presence in more than 330 communities across every province, In Manitoba CMHA provides advocacy, programs and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Manitobans to flourish and thrive. For more information, visit [cmha.ca](http://cmha.ca).

## Manitoba Churches - Mapleton - St. Clement's, Anglican 1861

**Tyrell Mendis** has photographed more than 700 places of worship in Manitoba over the past 35 years. It is an ongoing project to record the fast-disappearing relics of our heritage. His travelling exhibition of 48 pieces, *Testaments of Faith*, Manitoba's Heritage Churches is now available for booking. If you would like a particular church featured in **Senior Scope**, or would like to make a booking for his exhibition, email Tyrell Mendis at [tyrmendis@shaw.ca](mailto:tyrmendis@shaw.ca). (204) 774-0677 / (204) 794-1909 / [www.theimpressionists.ca](http://www.theimpressionists.ca) (Seen Things)

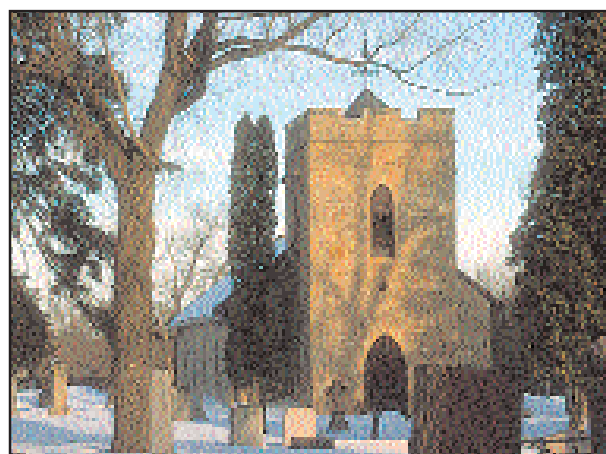
[www.theimpressionists.ca/ManitobaChurches/](http://www.theimpressionists.ca/ManitobaChurches/) (Testaments of Faith) <http://ozimages.com.au/portfolio/tmendis.asp> / <http://www.portfolios.com/TyrellMendis>

The first settlers came to the area now known as Mapleton in 1852. By 1853 they had built a school that was used for services as well.

St. Clement's Anglican Church in Mapleton, south of Selkirk, was one of three churches affiliated with the Church of England. In 1854 the Rev. Charles Hillyer began afternoon services in Mapleton School. The Rev. and Mrs. Edwin Watkins moved into the still unfinished rectory during the winter of 1857. According to entries in Rev. Watkins' diary, by then there were services in Cree every Sunday.

By October 1858 plans were afoot for a church: the building begun on June 2nd 1860 is attributed to Samuel Taylor. The Bishop of Rupertsland, Rev. David Anderson, assisted by the Venerable Archdeacon Hunter, conducted the first service on December 1st 1861.

On November 15th 1862, St. Clement's received the bell from the "Upper Church", a predecessor of St. John's Cathedral. Forged in 1820, the bell was known as the John West Bell. The story goes that installation was on the night of November 15th 1862, a Saturday, lit by fires and lanterns, for its surprise ringing



the next morning. This is disputed, however, by Rev. T. C. B. Boon who claims the bell was specially made for St. Clement's Church. The bell still tolls.

The tower to commemorate the church's 50th anniversary was not completed until 1924 due to World War I and financial constraints. It was consecrated in 1928.

In 1958 Archbishop Barfoot allowed St. Clement's to leave the Selkirk Parish. St. Clement's has been associated with St. George, Wakefield since 1966.

St. Clement's church is in the English Parish Gothic Revival style, featuring a pointed arch door and windows, and a crenellated bell tower. The finer-cut stones in the very rustic masonry highlight the openings, the battlements and the bell tower. There are beautiful stained glass windows in the chapel.

Members of many of Selkirk's founding families lie in the extensive cemetery that surrounds the church. In 1962 a park was created on church property along the Red River.

Photographed in 1982

## Reducing physical restraints for dementia patients at Winnipeg personal care home

April 29, 2019 – Over 200 staff at Actionmarguerite – from custodians to nurses to the CEO – are the first in Manitoba to be trained to help dementia patients deal with the side effects of their condition, like uncharacteristic verbal or physical outbursts, in a way that reduces the need to rely on sedation or physical restraints.

The staff at the Actionmarguerite personal care homes are all being trained in a new Canadian approach to reduce and respond to behaviours where some advanced dementia patients shout, swear and try to hit staff, says Charles Gagné, the CEO of Actionmarguerite, which houses 611 elderly and complex care residents in five locations in Winnipeg.

The program, created by Advanced Gerontological Education (AGE), based in Hamilton, ON, teaches staff practical ways to understand, avoid and defuse situations, using a compassionate and gentle approach – rather than responding automatically with physical restraint or sedation. Since introducing the Gentle Persuasive Approaches (GPA) training six months ago, Actionmarguerite has already reduced the need for physical restraints and medication for residents across the facility, including in its special needs behavioural units.

“By implementing GPA we are moving closer to changing the culture around residents who suffer with advanced dementia. It is making us a more dementia-friendly organization and enhancing our approach to managing a very complex illness,” said Gagné. Gagné, who, has been trained in GPA, has already helped successfully neutralize a situation with a resident who was shouting, swearing and lashing out at staff.

The key to GPA, Gagné said, includes understanding a resident’s behaviour is not his or her fault – and may often be in response to actions of the staff member in the room (known in the healthcare field as responsive behav-

our), who can help prevent the behaviour by being more aware of how the resident is feeling.

“People with dementia may not have the neurological ability to reason why, but they still respond to their feelings. By helping our staff focus and monitor their own emotions it helps them recognize that their approach may feel threatening. We also need to consciously recognize it’s not the person reacting, it’s the illness. If we are invading their personal space, and that leads to a certain behaviour, we have to reconsider our actions and how we may intervene in a given situation. We are working on changing our culture and looking at responsive behaviours differently,” said Josée Fournier, Actionmarguerite’s Director of Dementia Care.

Actionmarguerite has certified 17 GPA coaches, continues to train more staff and has also held informational sessions for families to explain and answer questions about this new approach.

“We are approaching it in a more holistic way, and teaching staff to be more confident in their abilities to handle a situation. Most of the time it’s not a medical issue, it’s behavioural, and doesn’t need to be solved with medication,” said Fournier.

“Healthcare workers in Manitoba are all trained in the Provincial Healthcare Violence Prevention Program, but the way you would react to a person in a hospital ER who is becoming violent is very different from how you need to treat someone who is 85-years-old and isn’t trying to hurt you on purpose,” Fournier added.

“Their behaviour is a form of communication – they’re trying to tell you something,” Fournier added. “The GPA training gives staff the confidence and tools to handle a situation while not putting a patient at risk of falling and breaking a hip, or of bruising themselves.” ■

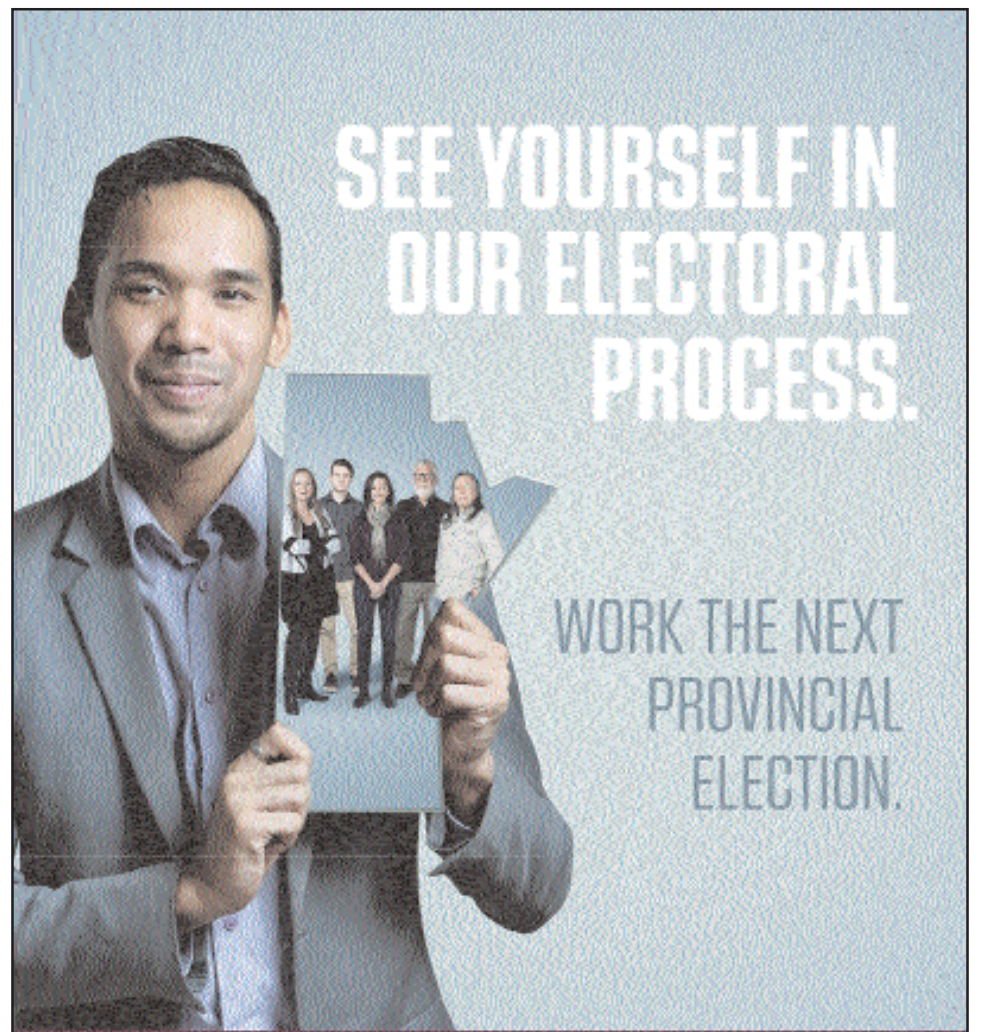
### Less physical restraints for dementia patients ... By the numbers

- 23,000+ Manitobans with Alzheimer’s disease or another dementia\*
- 40,700+ Manitobans estimated to have some form of dementia by 2038\*
- 564,000 Canadians currently living with dementia\*\*
- 25,000 New cases of dementia diagnosed every year in Canada\*\*
- \$1 billion Annual cost to Manitobans to care for those living with dementia, expected to grow to \$28B by 2038\*
- 4 Facilities in Winnipeg that will accept residents with responsive dementia behaviors – Actionmarguerite, Deer Lodge Centre, Riverview Health Centre and Holy Family Nursing Home (forthcoming)
- 86 number of residents in high-needs units in Actionmarguerite’s three facilities
- 17 Gentle Persuasive Approaches (GPA) coaches Actionmarguerite has trained

### 4 stages of Gentle Persuasive Approach training:

1. Recognizing the need to respect each resident’s “personhood” and how to interact in a way that responds to the individual’s needs, diagnosis and background, and getting to know them and their “triggers” in order to avoid responsive behaviours in the first place
  2. Translating what the resident is trying to communicate with those around him or her, to avoid turning agitation into a challenging behaviour.
  3. De-escalating challenging behaviours if they do happen, with gentle approaches and techniques like distraction or offering recreational opportunities.
  4. Only if necessary, using physical techniques specific to working with elderly people, to prevent them from hurting themselves or someone else.
- 200 Actionmarguerite staff that have been trained in GPA  
60 Family members attended an informational meeting about GPA  
288,000+ – participants across Canada in the GPA program\*\*\*

Actionmarguerite - [www.actionmarguerite.ca](http://www.actionmarguerite.ca)  
Catholic Health Corporation of Manitoba - [www.chcm-ccsm.ca](http://www.chcm-ccsm.ca)



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# Explore Manitoba

Book: **110 Nature Hot Spots in Manitoba and Saskatchewan: The Best Parks, Conservation Areas and Wild Places**

by Jenn Smith Nelson and Doug O'Neill  
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## Birds Hill Provincial Park

Just a 25-minute drive from downtown Winnipeg, this park is home to one of the largest populations of white-tailed deer in North America

Available wherever books are sold online and instores.

Hike. Trek. Ramble. Then stop and listen. That's the best way to experience the hidden (and not-so-hidden) wonders of Birds Hill Provincial Park — with feet planted firmly on the ground, eyes and ears attuned to the surrounding landscape.

Lest the name suggests this is a go-to destination exclusively for birders, Birds Hill Provincial Park was named after Dr. Curtis Bird, the first speaker of the Manitoba provincial legislature. There are, of course, plenty of songbirds, waterfowl and other species should you be looking for birding opportunities.

The 35-square-kilometre park encompasses glacier-formed hills and ridges where visitors can explore aspen and oak forests, open prairie, savannah, spruce groves, mixed boreal forests and, surprisingly, a cedar bog, which is rare in Manitoba. Dense stands of eastern white cedar provide a thick canopy that blocks the sunlight from reaching the sponge-like peat on the

floor of the bog, which is typically wet and muddy. These protected, somewhat hidden, nature spots are favoured by white-tailed deer.

Themed hiking trails include the 3.5-kilometre Cedar Bog Self-Guiding Trail, which crosses through grasslands, stands of aspen and oak trees and, of course, eastern white cedar. Along this route you'll see Canada's largest population of western silvery aster, a perennial wildflower and now a protected species. It's found in only three places in Manitoba — Birds Hill Provincial Park being one of them. In



The white-tailed deer is known for flipping its tail as it dashes away, revealing a stark white underside, hence the name. (Photo Credit © Shutterstock\_Lorraine Swanson)

winter, on this same trail, you'll encounter blue jays, pine grosbeaks, hairy woodpeckers and black-capped chickadees. With snow on the ground, it's easier to spot signs of white-tailed deer, snowshoe hares, squirrels, mice and voles.

The 1.5-kilometre White-Tailed Deer Trail (sometimes called Pine Ridge Trail) is an ideal way to learn about the behaviour, habitat and biology of the white-tailed deer living in the park. White-tailed deer can leap 9 metres horizontally and 2.5 metres vertically and reach speeds of up to 58

kilometres an hour. Dawn and dusk are the best times to see the deer. Other favourite themed trails include the Chickadee Trail and Bur Oak Self-Guiding Trail.

The most popular human-made attraction is Kingfisher Lake, which is ideal for swimming and other water-sports. There are also picnic sites, a campground, a riding stable, a restaurant and a store.

If the music of songbirds doesn't appeal, in July there's the annual Winnipeg Folk Festival, which the park has hosted since 1974. ■



Birds Hill Provincial Park landscape - Glacier-formed hills, ridges and open prairie make up much of the terrain of this 35-square-kilometre park. (Photo Credit © Shutterstock\_Jacob Boomsma)

## Kelly Lewis Artistry

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**Today's Recipe**  
Larry Malinski  
[www.PeakMarket.com](http://www.PeakMarket.com)

### Hawaiian Broccoli Salad

| Metric | Ingredients:                          | Imperial |
|--------|---------------------------------------|----------|
| 500 ml | broccoli florets                      | 2 cup    |
| 125 ml | crushed pineapple                     | 1/2 cup  |
| 2      | green onions, chopped                 | 2        |
| 50 ml  | slivered almonds                      | 1/4 cup  |
| 125 ml | macadamia nuts                        | 1/2 cup  |
| 125 ml | sunflower seeds                       | 1/2 cup  |
| 250 ml | raisins                               | 1 cup    |
| 10     | bacon slices, cooked crisp & crumbled | 10       |
| 25 ml  | pineapple juice                       | 1/8 cup  |
| 125 ml | mayonnaise                            | 1/2 cup  |
| 30 ml  | sugar                                 | 2 tbsp   |

In a large bowl; combine broccoli, pineapple, onions, almonds, macadamia nuts, sunflower seeds, raisins and bacon.

In a small bowl; blend together pineapple juice, mayonnaise and sugar. Pour dressing over broccoli mixture. Let stand covered in fridge for at least two hours.

**Serves 4** [www.PeakMarket.com](http://www.PeakMarket.com)

### WORDSEARCH - THEATRE

By Senior Scope

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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SOLUTION ON NEXT PAGE

### CROSSWORD

## Oh, Mama!

By Adrian Powell

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**ACROSS**

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10 Bullets and shells

14 Big hip bones

15 Far from smooth

16 Smear on

17 Roosevelt's successor

18 Spinal vertebrae

19 Dead against

20 Emulate Gielgud or Olivier

21 May 12 honorees celebrated in this puzzle

23 Morticia's strange cousin

24 Immigrant's giveaway, at times

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28 North Carolina's Fort

29 Ethiopian prince's title

31 "\_\_\_ a Good Man, Charlie Brown."

33 Shopping mall centres, often

34 Stonewall-Lockport dir.

35 Fairytale bogeymen

36 Danson, Turner or Knight

37 Persevere

40 Sullivan and Norton

41 Taro root paste

42 UPS vehicle

44 "Zip-a-\_\_\_-Dah"

47 Highest ranked angel

50 Gifts that might put you in the front row centre

53 Couple of chips

54 Kitty's cry

55 Yachting need

56 Upward curve of a ship's plank

57 May gift for ma, commonly

61 US "Gun Lobby" org.

10 Mrs. McGrath of "The Piano"

11 Pampering gift for "you know who", say

12 Grumbled indistinctly

13 Brief passing

21 Aussie bird that builds incubating mounds

22 Sapporo send-off

25 Epic effects technique, for short

27 Eggy Xmas drink

28 Dracula, at times

30 Source of Samson's jawbone

32 Meat hook shape

38 Big street melee

39 Finito

41 Chinese lap dog, for short

43 Dozes

44 Gift where the maitre d' may lead you to your seat

45 Prototype's duplicated equivalent

46 Absorb through a membrane

47 Apartheid trouble spot, once

48 Shaved a plank

49 May 12th gift from the salon, maybe

50 Demi finisher, in a cafe

51 Just a handful

52 Double this for an essential oil used in shampoo

57 Legal charge

58 Dispirited

59 Loud argument

60 Everyboy, to somebody

SOLUTION ON NEXT PAGE

## POP-UP FLEA MARKET

AVAILABLE TO SET UP AT YOUR EVENT OR IN YOUR PARKING LOT in Winnipeg or Rural Manitoba (Great attraction - Brings people in)

### AMAZING SELECTION - 20 TABLES

EVERYTHING GUARANTEED IN WORKING ORDER (Collectibles, One-of-a-kind items)

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**MR. ODDS & ENDS**  
**1-204-746-4318**

Percentage of profit to charity of your choice.

Fridays, Saturdays & Sundays at Mohawk Gas in Morris, MB, across from Tim Hortons (formerly 3 blocks south) - weather permitting

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Socials • Weddings • Parties • Bar music

**PLAYING TOP 30, plus the Hits of 50s, 60s, 70s, 80s, 90s, 2000 & Up**

New Laser Light Show Available - Professional Equipment  
Excellent Sound - 25 Years Experience - Special Rates

SPECIAL OFFER:  
Book a Social and get \$100 OFF your wedding.

NEW, FREE LASER SHOW with all booked Parties! Book for your events now!

Bookings and info, call **1-204-746-4318** (Morris, MB)

**SUDOKU VERY EASY** By Senior Scope

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

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 ON NEXT PAGE

**SPEEDING? NOT ME!**

A rookie police officer pulled a biker over for speeding.

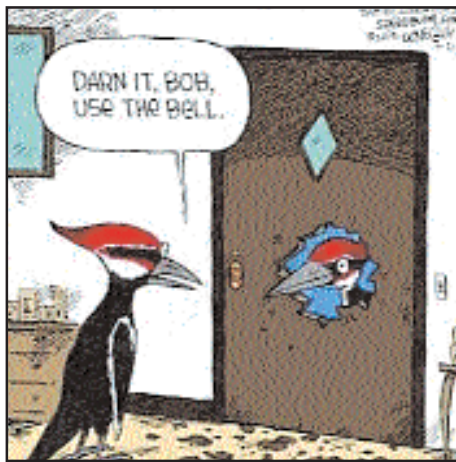
- Officer: Let me see your driver's license.
- Biker: I don't have one. I had it suspended when I got my 5th DUI.
- Officer: Do you the registration for this motorcycle?
- Biker: It's not my bike. I stole it.
- Officer: The motorcycle is stolen?
- Biker: Yep. But I think I saw the registration in the tool bag when I was putting my gun in there.
- Officer: There's a gun in the tool bag?
- Biker: Yes sir. I put it there after I shot and killed the dude who owns this bike and stuffed his dope in the saddle bags.
- Officer: There's drugs in the saddle bags too?!?!?
- Biker: Uh, yes, sir.

Hearing this, the rookie immediately called his captain. The biker was quickly surrounded by police, and the captain approached the biker to handle the situation:

- Captain: Sir, is this your motorcycle? Can I see your license and registration?
- Biker: Yes, it's mine. Here are my papers.
- Captain: Slowly open your tool bag so I can see if there's a gun in it?
- Biker: Yes, sir, but there's no gun in it.
- Captain: Would you mind opening your saddle bags? I was told you said there are drugs in them.
- Biker: No problem. He opened the saddle bags and there were no drugs.
- Captain: I don't understand. The officer said you told him you didn't have a license, stole this motorcycle, shot the owner, had a gun and also drugs.
- Biker: Yeah, I'll bet he told you I was speeding, too.

**CROSSWORD - Solution**

|         |         |       |
|---------|---------|-------|
| PAGE    | ACMES   | AMMO  |
| ILIA    | ROUGH   | DAUB  |
| TAFT    | SACRA   | ANTI  |
| ACT     | MOTHERS | ITT   |
| ACCENT  | SEANCE  |       |
| BRAGG   | RAS     | YOURE |
| ATRIA   | ESE     | OGRES |
| TED     | PRESSON | EDS   |
|         | POI     | VAN   |
| DEEDOO  | SERAPH  |       |
| TICKETS | FORA    | PLAY  |
| ANTE    | MEW     | SAIL  |
| SNY     | FLOWERS | NRA   |
| SEP     | EOS     | TOO   |
| ERE     | WE      | OWN   |
|         | DOG     |       |



**SUDOKU - Solution**

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

**WORDSEARCH - Solution**

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

**'Snowbird Sketches'** by Jerry Maryniuk of Arborg, MB  
 Copyright © 2018 by Gerald Maryniuk



**Snowbird Sketches** comic books are available directly from Jerry & Sharon for \$20.00 plus \$5.00 shipping. [snowbirdsketches@gmail.com](mailto:snowbirdsketches@gmail.com) phone/text, cell 204-981-9797. Also available in Winnipeg at: Winnipeg at Artists Emporium on St. James, McNally Robinson Booksellers (Grant Ave.), online at [mcnallyrobinson.com](http://mcnallyrobinson.com) In the Interlake at: Arborg Pharmacy, Hnaua General Store, and Tergeesen's in Gimli.

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Celebrating 17 Years of Publishing - July 1, 2019

1. Where do you find your **Senior Scope**? Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_

2. In the name of 'deprescribing' have you reduced your number of **prescriptions**? YES | NO  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

3. What term best describes individuals who are **of older age**? (ie.: senior, older adult, mature, elder, aged, etc.)  
 Would you like to subscribe to **Senior Scope** by email for **FREE**? YES | NO

4. At what age do you become a **senior**? (in your opinion)  
 55 | 60 | 65 | 70 | 75 | 80 |

5. What is your age?  
 under 45 | 45-55 | 56-65 | 66-75 | over 75



**MAIL ENTRIES TO:** Senior Scope Contest  
 Box 1806, Stonewall, MB R0C 2Z0  
 OR ENTER ONLINE:  
[www.seniorscope.com](http://www.seniorscope.com) or  
 by email: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

**2 DRAWS! Next Draw Date: JULY 7/19. One Entry Per Person Please**

**Enter to Win!**  
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**Prairie Dog Central Railway**  
[info@pdcrailway.com](mailto:info@pdcrailway.com)  
[www.pdcrailway.com](http://www.pdcrailway.com)  
 204-832-5259



**Prize #1:** (Draw July 7/19)  
**PRIZES TO ACCUMULATE UNTIL DRAW!**  
**Two Passes - Prairie Dog Central Railway**  
 (Adult \$32.95 ea or Child \$24.95 ea)

**Prize #2:** (Draw Aug. 7/19)  
**PRIZES TO ACCUMULATE UNTIL DRAW!**  
**Two Passes - Prairie Dog Central Railway**  
 (Adult \$32.95 ea or Child \$24.95 ea)





## Things To Do

## WINNIPEG Cont'd from page 13

Listings available at [www.seniorscope.com](http://www.seniorscope.com) (Events page)

**Southdale Seniors** - in Southdale CC. Activities: travel to Moose Jaw spa and Maritimes, local tours/workshops, birthday lunches, Celebrations matinees, casino trips, ASD bingo, writing, bridge, canasta, cribbage, floral arranging, games, movies, indoor walking, teas, etc. **204-253-4599**, membership \$12.

**Golden Rule Seniors** - Fort Rouge Leisure Centre, 625 Osborne St. Mon. Bingo 1 pm. Tues. Bridge 2 pm. Thurs. Singalong 10 am. Floor shuffleboard 1 pm. Bridge 1 pm. Fri. China painters 10 am. Carpet bowling 1 pm. Wanted Cribbage players for Wed. 1 pm. Call Terry: **204-453-1085**

**A&O: Support Services for Older Adults - Senior Centre Without Walls (SCWW)**. Phone Group Activities providing fun, free, educational and recreational programming by calling into toll-free line. Info: **204-956-6400**

**Manor Adult Day Cub** - 320 Sherbrook St. We are a pacesetter adult day program for seniors who live in the community who have mild Alzheimers/Dementia. Tues-Fri. Referrals made through WRHA. **204-784-1378**

**Weston Seniors Club** - Programs: computer training, cooking, guest speakers, presentation, luncheons, etc. Meet Tuesdays at 1625 Logan. **204-774-3085**

**Le Conseil des francophones 55+** - ensures the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up living in Wpg. French only: Tai Chi Chih, light Yoga, Line dancing and Pickleball. **204-793-1054**, 107-400 Des Meurons St., St-Boniface, Wpg., [conseil55@fafm.mb.ca](mailto:conseil55@fafm.mb.ca)

**High Steppers Seniors Social Club** - Meet Wed. & Thur. for fun and activities. New members / volunteers welcome. Winakwa Community Centre, 980 Winakwa Rd. **204-619-8477**

**Archwood 55** - Yoga, fitness classes, line dancing, or art instruction. Drop in for a board game, pickleball, floor curling or billiards. Visit our website for a list of luncheons, social activities, informational sessions and bus trips. 565 Guilbault St. Office hrs: Mon-Fri, 9 am-3 pm. **204-416-1067** or [archwood55mail@gmail.com](mailto:archwood55mail@gmail.com) [www.archwood55plusinc.weebly.com](http://www.archwood55plusinc.weebly.com)

**Ukrainian Cdn Veterans Br # 141** - Live band every Sat., 1-4:30 pm. Adm. Includes lite lunch. Chase the Ace Draw ea. Sat. Tickets on sale 3:30-4:25 pm. Draw 4:30 pm. Info: **204-589-6315** ext 103.

**Fraternal Order of Eagles** - 3459 Pembina Hwy. Cribbage Tues. 1 pm. \$100 for a 28 or better hand. Free Coffee; Wed. Bingo, doors open 11:30 am, games 12:55 pm; Sun. Bingo, doors open 5:30, games 6:30 pm. **204-269-4332** after 4:30 Mon-Fri.

**The Friends of Library Book Club** - Seeks new members. Meet 3rd Tue. ea mo at 10:15 am on 2nd Floor of Millennium Library. Books chosen are available through the library. Membership is free. Call: **204-452-3369** or **204-254-6697**

**Dakota 55+ Lazers Senior Centre** - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: **204-254-1010** ext. 206. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

**The St. James-Assiniboia 55+ Centre** - 3-203 Duffield St. Various programs and services to adults 55+. Visit [www.stjasc.com](http://www.stjasc.com) to view programs and services. **204-987-8850**

**55+ Men's Club** - Wed. & Thur. afternoons, 1-4 pm, at Bourkevale Lawn Bowling, 900 Ferry Road. Art and hobby classes, or just enjoy a coffee. **204-987-8850**

**Fort Garry Legion** - 1125 Pembina Hwy., Paper Bingo, Fri., Early Bird 7:15 pm; and Sat., Hard Card and Ladies Auxiliary Lucky Star. All Welcome. Kitchen open for Lunch.

**Norberry-Glenlee CC** - Programs for seniors. Play Pickleball at 26 Molgat Ave., St. Vital. Call **256-6654**

**St. Chad's Anglican Church** - Services now at 400 Rouge Rd. Service of Holy Eucharist, Sunday at 9:30 am. Fellowship with tea and coffee after service.

**The Friendly Settlers Senior Citizens Club** - 400 Day St. (Transcona), Meet Mondays, 10 am for cribbage, lunch and bingo. Special events /group trips offered. **204-222-7504** or [ganyadel4@mymts.net](mailto:ganyadel4@mymts.net)

**Fibromyalgia Support Group of Winnipeg** - For info: **204-975-3037**

**Mensheds Manitoba Inc.** - Peer run program by men for men at Woodhaven Community Club, 200 Glendale Blvd, Woodhaven in St James, Tue. and Wed. afternoons, 1-4 pm. Call **204-832-0629**

**Good Neighbours Active Living Centre** - Lunch \$6, Bingo 5c per card. Transportation provided within the RiverEast (Elmwood, E.K., N.K. areas) **204-996-0750**

Email ready-to-print electronic PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca). FREE for non-profits and current advertisers. Include duration for listing to run. **Submit by June 3rd for June 10th issue.**

## Things To Do

## RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

Listings available at [www.seniorscope.com](http://www.seniorscope.com) (Events page)

**Interlake - 2019 WAVE Artists' Studio Tour** (Jun. 8/9 & Aug. 31/Sep. 1) - features newest artist Jerry Maryniuk! More than 25 artists. Self-directed tour from Earl Grey Road in St. Andrews to north of Camp Morton. Tour Guide and maps: [www.watchthewave.ca](http://www.watchthewave.ca)

**Interlake - Farmers Hall** - Old Time Dance Lineup, last Wed. of mo., 1-4 pm. The Mosaics, Wed. May 29; Country Pride, Wed. Jun. 26; The Dennis Nykoliation Band, Tickets \$15 includes lunch. Cash bar. Elaine: **204-296-0540**, [klymdesk@gmail.com](mailto:klymdesk@gmail.com)

**Selkirk Community Choir** - "It's a Grand Night" Concert, Sun. May 26, 7 pm, Good Shepherd Lutheran Church on Sawchuk Drive, off Main before Selkirk, MB. Featuring the Selkirk Youth Choir. \$10 at door.

**Selkirk & District Horticultural Society** - Huge Plant Sale, May 31, 6-8 pm, Selkirk Memorial Hall 368 Jemima St. Thousands of healthy plants. Free adm. & parking. Wheelchair acc. Silent auction, 50/50. Sylvia **204-482-4932** or [sd.granth@qkstream.com](mailto:sd.granth@qkstream.com)

**Springfield Public Library** - Book Sale & Amnesty Week, May 28-Jun. 1, during reg. library hours. Cash only.

**Springfield Seniors** - Goldeyes Baseball Game, May 30, 10 am-2:30 pm. Meet up at the municipal office. Will travel as a group to Shaw Park. Info: **204-444-6166** or email [jchubaty@rmofspringfield.ca](mailto:jchubaty@rmofspringfield.ca)

**Steinbach - Pat Porter Active Living Centre** - 10 Chrysler Gate - Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, Lifelines and ERIK Kits, etc. **Old Time Country Dance**, May 31. 7-11 pm. \$12/members, \$15 non-members, \$20 at door. Reception **204-320-4600** <https://www.patportercalc.com>

**Stonewall - si55Plus** - Oddfellows Hall (O.F. Hall), 374-1st St. W., Stonewall. **204-467-2582: Potluck & Games afternoon** Call for info; **Pickleball**, Mondays & Thursdays, 6:30 pm, Stonewall Curling Club. Drop in welcome. Call for info.

## VOLUNTEER

**Emerson-Franklin Senior Services** - Volunteers needed: Congregate Meal Program, Handi-van drivers, Medical drivers, Friendly visits and safety checks. Call Lorr: **204-427-2869**

**Ritchot Senior Services** - (serving seniors 50+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Janice: **204-883-2880** or email: [Ritchotseniors@mymts.net](mailto:Ritchotseniors@mymts.net)

**Selkirk - Tudor House Personal Care Home** needs volunteers for various positions. Call **204-482-6601** Ext: 21.

**Selkirk - Betel Home** - Looking for volunteers for afternoons and Thur. evenings. Contact Matt Mutcheson for info: **204-482-5469** ext. 20956 or [mmutcheson@ierha.ca](mailto:mmutcheson@ierha.ca)

## PROGRAMS / SERVICES

**A&O: Support Services for Older Adults - Senior Centre Without Walls**. Telephone Group Activities For Manitobans in a fun and interactive atmosphere. Programming is free. Participants call into a toll-free line. Info: **204-956-6400**

**Beausejour - Beau-Head Senior Center** - Mon. Chi Gong, Chair Exercise, 10 am. Crib 7 pm; Tues. Crib, 1 pm; Wed. Line Dancing 10 am. (beginners welcome) Bingo 1 pm; Thur. Whist 1 pm. 645 Park St. Beausejour **204-268-2444**, [beauhead@mymts.net](mailto:beauhead@mymts.net)

**Brandon - Prairie Oasis Senior Centre** - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery can be arranged. Meals \$9. Volunteers needed. We gratefully accept grants and donations. To sign up or to volunteer: **204-727-6641**

**Dauphin Multi-Purpose Senior Centre-Seniors 55+** - members and non-members. Exercises, floor games, quilting, scrabble, sip and stitch, bingo, crib night, community chorus. Special events: Police Academy, dinner and a movie night, dances. Congregate meal program at the Centre - Tue, Wed, Fri. Lifeline, cancer society Transportation Program, fee for service contact list, Erik kits, help with paperwork. *Facility available to rent.* [www.dauphinseniors.com](http://www.dauphinseniors.com), **204-638-6485**

**East St. Paul 55+ Activity Centre** - (262 Hoddinott) - Area residents welcome to play cribbage Tues., whist Fri. Also: pool, quilting and stitchery, art group, table and floor shuffleboard, book club, yoga, potluck suppers and casino trips. **204-654-3082** (msg).

**Emerson-Franklin Senior Services** - For seniors with disabilities, to assist in maintaining independent living. Services: Luncheons/Dinners, Walking Group, Bingo,

etc., friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including housekeeping, heavy cleaning, gardening, home repair, Victoria Lifeline, E.R.I.K. kits, mobility equipment (loan service), congregated meal program (3x/wk), Meals on Wheels for shut-ins. **204-427-2869**

**Gimli - New Horizons 55+ Activity Centre** - 30+ Activities plus Social Events, Workshops, Tours, Clinics, Volunteer Opportunities, etc. Visit [www.gimlihorizons.com](http://www.gimlihorizons.com) for monthly newsletter. Info: **204-642-7909**

**Ile des Chenes Seniors/Grande Pointe** - Yoga, Mondays, 10 am. Indoor Walking, Mon., Wed. & Fri, 9-10 am. **204-878-3482** or **878-2728**, **253-0856**, **878-9562**.

**Interlake North Eastman** - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: **Arborg** and District Seniors Resource Council **376-3494**; **Ashern** Living Independence for Elders **768-2187**; **Brokenhead/Beausejour** Outreach for Seniors at **268-7300**; **East Beaches Resource Center (Victoria Beach) 756-6471**; **Eriksdale** Community Resource Council **739-2697**; **Fisher Branch** Seniors Resource Council **372-8703**; **Gimli** Seniors Resource Council **642-7297**; **Lundar** Community Resource Council **762-5378**; **Riverton** & District Seniors Resource **378-2460**; **St. Laurent** Senior Resource Council **646-2504**; **Selkirk - Selkirk & District** Senior Resource Council Inc. **785-2737**; **Stonewall** - South Interlake Seniors Resource Council **467-2719**; **Springfield** Services to Seniors **853-7582**; **Teulon** and District Seniors Resource Council **886-2570**; **Two Rivers** Senior Resource Council, **Lac du Bonnet 345-1227**, **Pinawa 753-2962** or **Whitemouth/Reynolds 348-4610** or **Winnipeg River** Resource Council **367-9128**

**Montcalm Service to Seniors** - Meal program with activities and musical entertainment in/at Letellier-Hall Fridays. Joanne: **204-304-0551** or email: [jbarnabe@hotmail.ca](mailto:jbarnabe@hotmail.ca)

**Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi** - Services: parking permits, congregated meal programs 5x/wk at the manor, internet research, info/health sessions, light housekeeping, Alzheimer's support group, palliative care, transportation, help with documents, friendly visits/calls, spir-

itual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Coordinator Bev Collet: **204-248-7291** or [ensemble@mymts.net](mailto:ensemble@mymts.net). We are **always looking for volunteers** to help with these programs.

**Portage la Prairie - Herman Prior Centre** - Members and non-members. Mon to Fri meal program (register by 11 am); Mon. Painting, Line Dancing, Scrabble, Resistance Band, Cribbage, Clogging and Tai Chi; Tues. Euchre, Bridge and Prairie Wildfire Line Dancing; Wed. Cribbage and Tai Chi; Thurs. Foot Care Clinic, Whist, Weaving, Bridge and Square Dancing; Fri. Foot Care Clinic, Floor Curling/Floor Shuffleboard. Blood Pressure Clinics, and Stroke Survivors, Book Club, Genealogy and Natural History meetings. Special events trips. Contact Hope or Chris: **204-857-6951**, [hp55plus@mymts.net](mailto:hp55plus@mymts.net)

**Seine River Services for Seniors** - The Philips Lifeline Medical Alert Service - fast access to highly trained, caring Response Associates at the push of a button, 24 hrs/day, 365 days/yr. E.R.I.K., Foot care, Transportation service, Friendly Visiting, Shopping. Juliette Rowan: **204-424-5285**.

**Selkirk - Gordon Howard Centre** (384 Eveline St) - Seniors! Stay healthy, active and connected. We offer hobby workshops, fitness classes, recreational programs, volunteer opportunities and more. Also, special events, such as outings, seasonal meals and presentations. Please visit [www.gordonhoward.ca](http://www.gordonhoward.ca) or call **204-785-2092**

**Steinbach - Pat Porter Active Living Centre (10 Chrysler Gate)** - Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, Lifelines and ERIK Kits, etc. Reception **204-320-4600**, Sonja (Program + Volunteer Coordinator) **204-320-4603**.

**Victoria Beach - East Beaches Senior Scene** - #3 Ateah Rd, Victoria Beach. Various programs, activities and special events open to those in the East Beaches community. For membership or volunteer opportunities, contact Tammi Kelly, Program Coordinator: **204-756-6468**, email: [ssinct1@mts.net](mailto:ssinct1@mts.net), [www.ebseniorscene.ca](http://www.ebseniorscene.ca)

**West St. Paul Seniors Programs** - Yoga/Pilates; Zumba Gold 55+; Stitch 'n B\*\*\*\* - Knitting / Crochet Group. Info: **Sunova** Centre: **204-336-0294**, or [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

Email ready-to-print electronic PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca). FREE for non-profits and current advertisers. Include duration for listing to run. **Submit by June 3rd for June 10th issue.**