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Vol. 20 No. 11 | May 10 - Jun 9/22

Senior Scope

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Getting back to normal

See page 4

See page 4

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See Page 17
for details.



Above: Sri Lankan Seniors of Manitoba celebrate New Year's on April 23rd.

Manitoba 55 Plus Games is June 7-9 in Selkirk, MB



Above: Stonewall Interlake 55 Plus, Inc. (si55Plus) starts up their Pickleball program after a long 2-year hiatus due to the Covid pandemic. The first session on Tues. May 3rd welcomed over 50 new and former players, with some coming from surrounding communities and even Winnipeg. For enquiries about membership or Pickleball programming, email Maddy Turbett, Ex. Director of si55Plus, at si55plus@mts.net. Play is Tuesdays and Thursdays, 6-9 pm.

Above: North Centennial Seniors Assoc. Members Appreciation lunch prepared by Johnny's Maples Pizza.

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CHEVY GETS CONTRACT EXTENSION, JETS GAZE AT FUTURE

By Scott Taylor / Photos by James Carey Lauder and Scott Stroh

THE BUZZ

Scott Taylor

The 2021-22 season is over and now it's time for the Winnipeg Jets to use the next four months to change, adjust and regroup.

However, the Jets did leave the downtown rink for the final time this season with another impressive victory.

On Sunday afternoon in front of about 13,500 fans at Canada Life Centre, the Jets came back from a 3-1 deficit after 40 minutes with three goals in the third period to beat the visiting Seattle Kraken 4-3 in the final game of the 2021-22 National Hockey League season.

With the victory, the Jets finished the 2021-22 schedule with a record of 39-32-11. With a better result in extra time this season, the Jets would have reached the playoffs. As it was, they had two major slumps, one in December and one in early April and as a result their season ended early.

The off-season has now arrived. The Jets organization will have a lot of soul-searching to do and now that GM Kevin Cheveldayoff has been given a three-contract extension, we know who has the responsibility.

So the questions are: Which players stay and which players go? Does the team need a new coaching staff? How does this team go from disappointment to the playoffs with just four months to do it?

It's going to be an interesting time. In the meantime, we learned a lot from Sunday afternoon's post-game interviews, especially the ones with Paul Stastny and Mark Scheifele.

Let's start with Scheifele. When he's on his game, Scheifele is the Jets most talented player. However, he missed the last nine games of the 2021-22 season with a shoulder injury and was gone when the Jets needed him most. Still, he finished second in team scoring with 29 goals and 70 points and at his best, there are few in the NHL who are better.

Paul Stastny gives Jets Award Winnipeg Kyle Connor the stink-eye during pre-game celebrations on May 1. Head coach Dave Lowry, who is probably gone this spring looks on.

On Sunday, he sounded like a guy who wanted out of Winnipeg even though he has two years remaining on his current contract, a contract that carries an average annual value of \$6.125 million.

"I'd love to be in Winnipeg," he said, "but I also have to see where this is all going and what direction this team is going in and I guess we'll see this summer. I'm in the prime of my career. I still have so much to improve on too and I like where my game is at. I like the physical nature that my body is at. I'm only improving, I'm only getting better and I'm only going to be a better player next year than I was this year."

"I just have to know where this team is going and what the direction is and what the changes are going to be, if any. I have to think about my career and what's going to be best for me. There are going to be talks with my agents and everyone in my family and stuff like that and figure out what I really want. So, it will be a tough talk tomorrow."

Meanwhile, Stastny suggested vaguely that there was one player who was not on the same page as everyone else in the Jets locker room. That player appeared to be Scheifele.

"We've got to be held accountable — whether it's player on player — and we've got to have more respect for each other," Stastny said.

"When you don't have that, when you don't care about the teammate next to you — potentially — and you just care about what you're doing or certain individual things, that starts bleeding into the game."

Now, it's easy to say the Jets will move Scheifele because he sounds like a guy who wants to be moved but to get fair value in return for one of the best players in hockey won't be easy.

After all, at the top of every good NHL player's "No trade list," are the words "No trade to Winnipeg." Cheveldayoff has already faced this fact with other moves he wanted to make. Let's face it, we're a small market with lousy winters, pot-holed roads, mediocre mainstream media coverage and few sponsorship opportunities. The players who play here fit into three categories: 1) Those few who actually love the place, 2) Those on their first or second contracts and 3) those looking for work. Draft picks are probably more enticing to Chevy than current players so those who suggest that by trading Scheifele, the Jets will get something of immediate equal or greater value in return are dreaming.

Fact is, now that Stastny is 36 (he'll be 37 in December), it's more likely he'll be gone by July 1, than Scheifele.

Continued on next page

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

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The BUZZ, cont'd from page 2



Scheifele and Pierre-Luc Dubois celebrate a Jets goal.

It's going to be an interesting off-season for Kevin Cheveldayoff and the Jets brain trust. The first thing they need to do is move out the current coaching staff and hire an entirely new group (Brad Berry? James Patrick?).

Then, you go from there.

.....

The release of author **Steven Verrier's** book, **George Gordienko: Canadian Wrestler, Artist and Renaissance Man** (McFarland & Co., 252 pp, \$39.95) has come and gone, but the book itself is certainly worth your attention.

As the book's promotional material notes: "George Gordienko (1928–2002) may be the greatest wrestler you've never heard of. From humble, Ukrainian/Cossack immigrant roots in North Winnipeg, he endured a tough childhood during the Great Depression to emerge as a one-of-a-kind artist on the mat. Excluded from wrestling in the

U.S. during the McCarthy era because of his association with the Communist Party as a young man, he was deprived of a world championship for which he was hand-picked by the great Lou Thesz. Yet Gordienko used wrestling to get what he really wanted in life: the opportunity to see the world and to transition to a full-time career as the painter and sculptor he'd always dreamed of being. This first full-length biography traces his remarkable life and career."

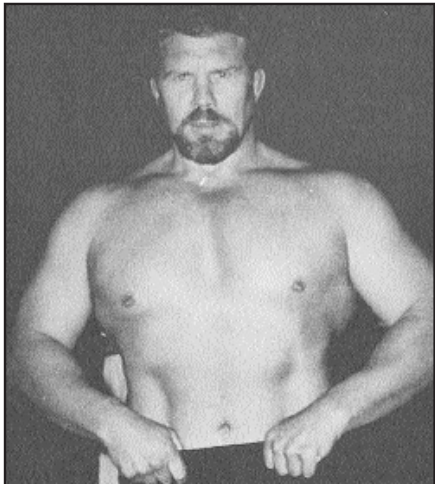
While a well-known figure and attraction internationally, Gordienko was, and remains, a secret to the vast majority of people in his native province of Manitoba and across Canada and North America.

"**George Gordienko: Canadian Wrestler, Artist and Renaissance Man** draws from interviews with many people who knew George Gordienko inside and outside the wrestling ring—from friends and acquaintances in 1930s–1940s Manitoba to fellow wrestlers from the 1940s–1970s and



The guaranteed future of the Jets Cole Perfetti, Kyle Connor and Josh Morrissey celebrate a goal earlier this season

on to people in and out of the art world who got to know him during his decades in Europe and then during the final decade of his life in British Columbia," the promo material continued. "In **George Gordienko: Canadian**



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Wrestler, Artist and Renaissance Man, those who knew Gordienko best, including a variety of relatives, generously share memories and stories about a man of great achievement whose legacy seems ripe for discovery by a current-day audience of art lovers, wrestling fans, and readers from Manitoba, Canada, the United States, and around the globe." ■

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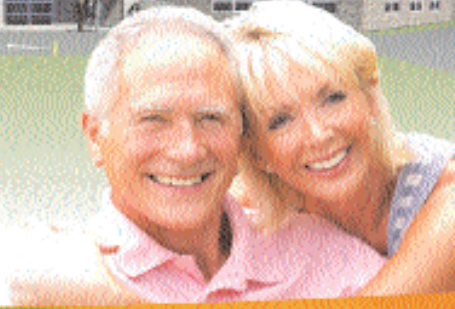
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Active Aging in Manitoba (AAIM)
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Manitoba Hospitality: Inclusivity and Volunteerism at Its Best

By Karyn Heidrick, Manitoba 55 Plus Games Coordinator



Karyn Heidrick

The spirit of the **Manitoba 55+ Games** will be re-ignited and brought back to life as **Selkirk MB will host the 2022 Games, June 7 - 9th!**

The Manitoba 55+ Games are open to Manitobans 55 years of age or older by Dec. 31, 2022. A wide range of events offered with distinct age categories ensures each event is fair and friendly by matching participants with others of their age and experience. Being inclusive and welcoming, and developing relationships with a diverse mix of individuals, have been core to **Active Aging in Manitoba** and the 55+ Games. Manitobans ranging in age from 55 to 100+ years will be coming from across the province to participate in the annual provincial event.

Deborah Vitt, the PR chair from the Selkirk host committee, says: "This year, we intentionally encourage as many people of as many different backgrounds and identities to participate in the Games. Whether that is in the form of being a volunteer or a participant." She adds: "We are thrilled the local **Friendship Centre is making the Bannock for our Tuesday evening Bannock and Jammin' celebration.**"

The **Ivan Flett Memorial Dancers**

will be performing at the Tuesday evening celebration, and we will have **Métis performers** at both evening celebrations. Our Games committee was thrilled to receive generous financial support from the **Manitoba Metis Federation** to support the Games! Each year of the Games, there is also an arts and crafts showcase and this year, we are **encouraging Indigenous and traditional crafters** to showcase their talents."

The Selkirk community hospitality will be on full display for this friendly competition and provincial sport for life celebration held over three days. All are invited to the **Games Celebration night on Wednesday, June 8**, joining with the participants and congratulating the many volunteers who have been working diligently to make these games a reality since 2019! Ticket forms available from: www.activeagingmb.ca/55games/register.

The friendly community of Selkirk, with the help of local partners and volunteers of all ages, will pull together to welcome older adults and provide a positive 55+ Games experience! Selkirk is known for its strong volunteer force when being called into action to support large and small community events. Active Aging in Manitoba (AAIM) believes that volunteering strengthens ties to one's community and broadens the support network.

exposing individuals to others with common interests, local resources, and fun and fulfilling activities.

While every participant signed up for the fun and friendship that accompany the annual Manitoba 55+ Games event, some will qualify through these Games to compete in the biennial **Canada 55+ Games**, which are being held from **Aug. 23 to Aug. 26, 2022, in Kamloops, BC.** Lois Dudgeon, the Manitoba representative on the Canada 55+ Games Society, who will be coordinating Team Manitoba, thinks they should have a great group of people representing Manitoba this year!

Manitoba is a wonderfully diverse community of active and engaged people of all ages - and the Selkirk community is looking forward to welcoming you to this year's Games!

On the heels of the Manitoba 55+ Games in Selkirk, the **Manitoba Virtual Games will occur from June 10 to July 10.** The focus will be on inclusivity, reaching out to those who cannot attend the in-person Games in Selkirk or want to continue with fun and engagement.

For more information or to register www.activeagingmb.ca

PlayNow.com continues to be the MB 55+ Games presenting sponsor. The Games would also like to acknowledge the ongoing sponsorship and support from **Credit Unions of Manitoba, Sport Manitoba** and the **Winnipeg Free Press.**

Sri Lankan Seniors Celebrate

Sri Lankan Seniors of Manitoba (SLSM) participated in their annual Sri Lankan New Year cultural celebration organized by Sri Lankan Association of Manitoba (SLAM) on April 23rd (SAT) 2022 at Panjab Cultural Centre with participation of more than 300 attendees. Lighting the traditional oil lamp by the distinguished invitees selected among Sri Lankans those who contributed valuable service to the community for long time. This was the opening event of the cultural show. There were seven cultural proceedings out of which two were performed by SLSM. Objectives of the selection of these two events were: (1) to disseminate Sri Lankan culture among Canadian communities (2) to trickle down Sri Lankan heritage through our younger generation and (3) to create leadership among urban folks to gain independence from British colonial rulers. Organizers thoughtfully planned to select events from multiple age groups such as five and below youth and elders.





Few participants decided to wear Sri Lankan traditional dresses such as Batik Sarong (male) and colorful Sarees (female). Rice and curry dinner served just after the Cultural Show. The dance floor was opened as the last event till midnight. During this period majority of attendees made use as fellowship gathering because they were confined to barracks for years due to Covid pandemic. ■

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Advertising Feature

New Assisted Living Facility Dufferin Villa



Back: left to right, Scott Wlaschuk, Concord Projects, Vern Crandell, Tom Muir, Doug Pedden, Kris Carriere, Concord Projects, Harold Cress. Front row, left to right: Ruth Brownridge, Greg Thompson, Concord Projects, Al Braun, Aldene Moroz
Missing: Craig Matthews, PALC board member

COVID-19 gave its best to push backward a completion date, as did unexpected supply chain issues and the third toughest Manitoba winter on record, but Dufferin Villa is now welcoming residents.

“It’s 10 years in the making from when we first started working towards opening Portage la Prairie’s first assisted living facility,” explains Al Braun, Board Chair, Portage la Prairie Assisted Living Corporation, “but the building has been turned over to us and we couldn’t be happier.

“It’s been a while since we made our last public progress report and we know there is a lot of community interest in Dufferin Villa. We’re happy to report there’s a steady stream of residents moving in to join with the many already here and comfortable,” said Braun.

In fact, Les Holden became the first resident when he moved in on Feb. 15.

The board received the keys during a mid-March unofficial ceremony from Concord Projects Ltd. Construction Manager Greg Thompson.

“We had a final owner’s meeting and project warranty review on March 17,” said Braun.

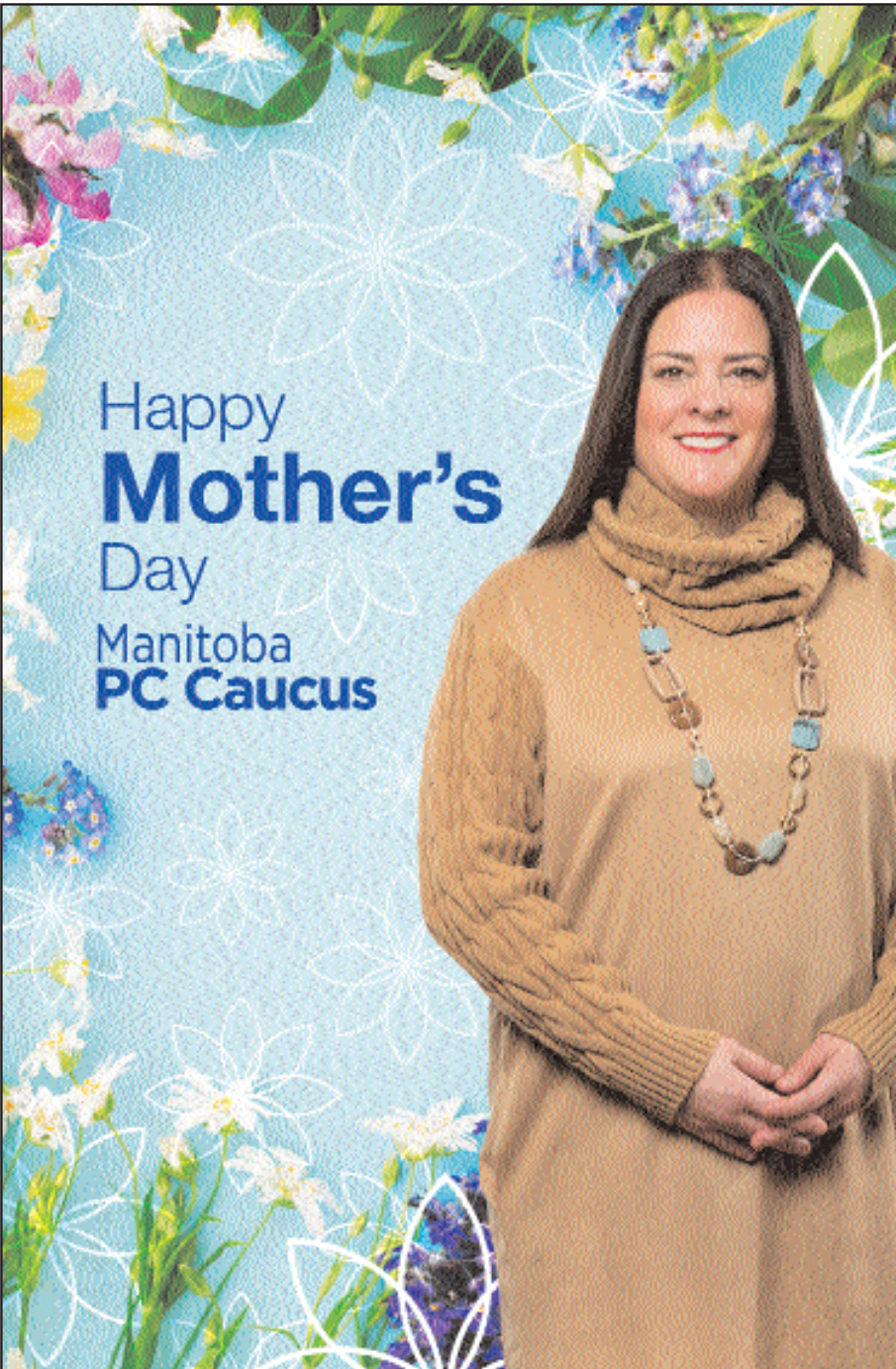
Al Braun, Board Chair, Portage la Prairie Assisted Living Corporation, centre right, accepts the keys (the symbolic gesture indicating the move from construction to the move-in stage) from Concord Projects Ltd. Construction Manager Greg Thompson.

Vice-chair Vern Crandell states: “Dufferin Villa is a unique project. At a glance these are some quick facts:

- It’s the first of its kind non-profit seniors’ housing with services in Portage la Prairie.
- Dufferin Villa is a three-story 53-unit housing project designed for older adults seeking independent living with on-site support services that accommodate the social, recreational, accessibility, and mobility needs of seniors.
- The building design exceeds minimum reductions in energy consumption and greenhouse gas emissions and features 100 percent accessible units.
- It is located at 1125 Dufferin Ave. E just behind the Portage Clinic at the east end of Dufferin Ave. in Portage la Prairie.

The board is pleased to announce Chris Dumont has been hired as the administrator for Dufferin Villa.

“Now that we have made it to this point, we will be looking for a good date to have a public open house and ceremony to let everyone see what Dufferin Villa is like,” said Braun. ■



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Winakwa Active Seniors Club
980 Winakwa Rd.
204-253-4418 / www.winakwacc.ca

Winnipeg Chinese Senior Association
204-291-9028 / www.winnipegchineseseniors.ca

BEYOND WINNIPEG

BEAUSEJOUR

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

BRANDON

Brandon Age Friendly Committee of Council
638 Princess Ave.
204-729-2259 / agefriendly@brandon.ca

Brandon Seniors for Seniors Co-op
311 Park Avenue E / 204-571-2052
executivedir.sfors@wcgwave.ca
www.brandons4s.ca

Prairie Oasis Centre
241 8th Street
204-727-6641 / www.prairieoasis.ca

CARMAN

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

CRANBERRY PORTAGE

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CRYSTAL CITY

Crystal City & District Friendship Club Inc.
117 Broadway St. / 204-873-2091

DAUPHIN

Dauphin Multi-Purpose Senior Centre
55 1st Avenue SE
204-638-6485 / www.dauphinseniors.com

ERICKSON

Comfort Drop In Centre
31 Main Street
204-636-7895 / areas@mymts.net

FLIN FLON

Flin Flon Seniors
2 North Avenue / 204-687-7301

GILBERT PLAINS

**Gilbert Plains and District Community
Resource Council Inc.**
PO Box 567 / 204-548 4131 / gpdcrc@mymts.net
www.gpdcrc-newhorizons.wix.com/gpdcrc

GIMLI

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

GRAND MARAIS

Grand Marais & District Seniors
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204-770-6124 / gmdseniors@gmail.com

GRANDVIEW

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

KILLARNEY

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

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
www.neepawa.ca/district-drop-in-center

PILOT MOUND

Pilot Mound Fellowship Centre
203 Broadway Avenue / 204-825-2436

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
hp55plus@mymts.net / www.hermanpriorcentre.com

Portage Services for Seniors
40A Royal Road N. / 204-239-6312
https://portageservicefors.wixsite.com/psfs

RIVERTON

Riverton Seniors Activity Centre
12 Main Street / 204-378-2800
rdcf@mymts.net / www.rivertonfc.com

SANDY LAKE

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

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

STEINBACH

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

THE PAS

The Pas Golden Agers
324 Ross Avenue
204-623-3663 / djdlake@mymts.net

THOMPSON

Thompson Seniors Resource Council
4 Nelson Rd. / 204-677-0987
thompsonseniors55@gmail.com

TREHERNE

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

VICTORIA BEACH

East Beaches Social Scene
3 Ateah Road / 204-756-6468
ssinc1@mts.net / www.ebseniorscene.ca

East Beaches Resource Centre
PO Box 2 Traverse Bay / 204-756-6471
ebresourcec@mymts.net
www.ebseniorscene.ca

WINKLER

Winkler & District MP Senior Centre
102-650 South Railway Avenue
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Dealing with our big banks can be a challenge

By Roger Currie



Roger Currie

I now share a dubious distinction with my late father, Andrew Currie. Dad wore the uniform of the *Royal Canadian Army Service Corps* for 4 years during WW2, retiring from active service with the rank of *Lieutenant Colonel* in 1945. He had a truly splendid war, never drawing enemy fire of any kind, yet managing to be named to the *Order of the British Empire* by King George VI.

Shortly before *V-E Day* Dad was the victim of a rather serious crime. He was held up at gunpoint while downing some liquid refreshment at a pub in Brussels, Belgium. He was not hurt in any way, but the story didn't lose anything in the telling over the years.

March of 2022 was quite a month for yours truly. As I was recovering from a mild heart attack that had me confined to St. Boniface Hospital for five days, someone plundered my bank account, removing \$2000.00! The Currie family has a long history with the banking world, beginning with Grandfather John Currie a lad from Glasgow who emmigrated to this country more than a century ago when he was hired by the Imperial Bank of Canada. It became part of CIBC in the early 60's. The sad end of Grandpa's banking career is a rather dramatic prairie story which I'll save for harvest time later this year, but safe to say that 'kind' and 'gentle' are not words that are over-used when talking about the 'big six' chartered banks.

I opened my first account at Toronto-Dominion in Winnipeg in 1956 when I was nine. In the new millennium the earth moved when I transferred my business over to the Bank of Nova Scotia. To my mind, there's relatively little difference between the major banks. All of them routinely report profits of more than One Billion Dollars every quarter. In 2021, the total profit of the big six was more than \$57 Billion, more than double what the total was just a decade earlier.

It has has been more than a century since a Canadian chartered bank failed. Their customer service record has been the focus of lots of conflict and controversy over the years. I'm pleased to report that that the story on that front is actually improving thanks to recent actions by the Trudeau government.

But to finish my personal banking misadventure first, when the \$2,000 disappeared from my checking account, 'transferred out' was how the transaction was described in my online statement. A situation like this is immediately turned over to that formidable department called Fraud Investigation. They promise a result within 'ten busi-

ness days' and that's what happened to me. It was by no means a pleasant experience. It is in fact very stressful for seniors or anyone who is new to Canada and not totally comfortable with the English language.

In total I must have spent 4 or 5 hours 'on hold' waiting for someone to help me. The 'on hold' music is uniformly dreadful, and once you reach a human voice it's not going to be someone from the neighbourhood. I got to know Mary who works at a ScotiaBank Call Centre in the Dominican Republic. She was indeed quite helpful. Some of my other calls were directed to far away places like Spain and Colombia. I never got to talk to anyone in Canada.

I found out almost nothing about what had caused my problem. Frankly, after what I had been put through I was not anxious to ask too many questions.

For a broader picture of what's happening I contacted old friend Duff Conacher in Ottawa. He's the founder of *Democracy Watch* and he's generally acknowledged by mainstream media to be the 'go to' guy on our banking system in Canada.

Conacher says the best recent development was the appointment of Deputy Prime Minister Christia Freeland to the Finance portfolio in August of 2020, with additional responsibility for banking. She is clearly the superstar of the Liberal cabinet. In last year's election which saw the Liberals returned with another minority mandate, they made five detailed promises about banking. *Democracy Watch* says the recent federal budget proposes to partially put through three of the five measures, including a temporary tax on what are regarded as 'excess profits'. Other measures include forcing banks to offer their customers a wider range of options when it comes to paying off loans. Once the budget measures are approved, all banks will be required to support a single non-profit external complaints body, with the power to send difficult disputes to binding arbitration.

Conacher sees the budget as a 'partial victory' and he promises to continue pressing for more moves to make the banks more accountable.

Credit Unions and Caisses Populaires are used by many thousands of Canadians who dislike banks. Conacher says they have much to recommend them, but "when these institutions have large amounts of cash to invest, the largest share will be used to buy bank shares" he says. The circle becomes complete.

Roger Currie is a Winnipeg writer, and a regular contributor to *Senior Scope* rogerc@mymts.net (204) 284-4579

NORTH CENTENNIAL SENIORS ASSOCIATION CELEBRATES RETURN

By Laura Isbister

The North Centennial Seniors Association of Winnipeg (NCSA), based within the Sergeant Tommy Prince Place, celebrated the return of program delivery following almost 2 years of shut-down due to COVID restrictions.

To mark the occasion and to welcome back members of the seniors club, a Members' Appreciation Day was held Wednesday, April 20. Membership renewals and new members gathered and enjoyed a delicious luncheon followed by fun games. The event was kicked off by the club's President, Norma Howell which was followed by an emotional grace said by Zinovia Solomon. The Greek lunch was from Johnny's Maples Pizza and was thoroughly enjoyed by all.

The NCSA, incorporated in 1984, has provided its membership with fitness and fun activities to keep seniors physically fit and independent and with social activities which provide an opportunity to meet with friends in a safe and friendly environment. With seniors shut-in due to COVID, the effect physically was detrimental to their health and wellbeing. Members reflected that it will take a period of time to get back to conditioning pre-COVID. In addition, the isolation during the past several months can now end through participation in activities such as luncheon, games, and other special events.

During the luncheon, members had written what they were grateful for and placed them into our "gratitude jar". It was clear from the samples read that home, family and country were upper most for members to be grateful of. To recognize the conflict in Ukraine, the tables were covered in the blue and yellow of the Ukrainian flag with centre pieces of blue and yellow flowers. Members were generous in donating to a Ukrainian relief organization and thankful for their

lives in Canada.

The NCSA offers chair and mat exercises, Zumba gold and urban pole walking with membership. Members may also participate in aquacise classes (leisure fees apply) through the City of Winnipeg in the STPP pool. The NCSA has its own small library and there is a weekly painting class offered. The NCSA is home of the nationally recognized "Grandma & Grandpa Swim Program" which provides an intergenerational experience for seniors and children from participating local daycares. The founder of this program was the deserving recipient of the Manitoba 150 award which she generously donated back to the club for the annual "Bernice Feledchuk Volunteer Recognition Award" to recognize for young volunteers of NCSA members.

Members of the NCSA are anxiously anticipating upcoming activities and special events including lunches, bingo, a bus trip to South Beach Casino, pizza & paint parties, silent auction and participation in the 55+ Manitoba Games with our own "Active Aging Activity Day" event on June 20.

If you want any more information about the NCSA's programs, please visit ncseniors.ca or call **204-582-0066** or send an email to ncsc@shaw.ca.

GRATITUDE JAR

I am happy and grateful for....

"I am grateful that my parents immigrated to Canada in 1926/27. I am a first generation Canadian in our family. Although I did not and still don't know my grandparents, uncles, aunts or cousins, I had fabulous parents. Living in Canada I have been able to attend any school, work at any job I chose, always had/have a roof over my head, food in the fridge and wonderful friends plus speak freely. I am grateful to be Canadian."

See more on page 15

Public Notice

Attention Glen Eden, Glen Lawn, Chapel Lawn Property owners with last names from N-Z.

We are currently verifying ownership records as part of a digitization of permanent cemetery records.

Please contact us as soon as possible.

Call or email for more information on how to transfer your arrangements from another funeral home to Arbor.

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The Importance of Balanced Nutrition for Older Adults

- Heart to Home Meals

*Please consult your doctor before making any dietary changes**

Eating a healthy, well-balanced diet is crucial at any age, but becomes that much more important as we reach midlife and beyond. Many often believe that healthy eating is all about diet and sacrifice, however, it mainly involves nourishing your body with fresh, delicious food filled with wholesome ingredients that provide you with energy to do the things you love everyday - walking, swimming, dancing, to name a few.

As you age, your nutritional needs, appetite, and food habits change in different ways, which is why it's important to adjust your diet accordingly to improve the way you think and feel. We've put together a list of 5 reasons why maintaining a well-balanced diet as you age can help you lead a happier, healthier, and longer life:

Promotes Healthy Digestion

One of the keyways in improving your digestive health is by maintaining a diet that is high in fiber and rich in fruits, vegetables, whole grains, and legumes. By incorporating more of these foods into your diet, the normal digestion process runs smoothly, in turn preventing constipation and maintaining a healthy body weight. Additionally, a high-fiber diet may help prevent or treat conditions such as irritable bowel syndrome (IBS), diverticulosis, and hemorrhoids.

Older adults who mainly eat fatty foods or often skip entire meals can be at risk for developing digestive disorders as they age. For instance, high-fat meals are linked to chronic diarrhea, nausea, stomach pain, and more. If

you or your loved one tends to experience stomach pain after eating, you may want to consider eating several smaller nutrient-filled meals throughout the day instead of a larger one. Eating smaller meals more frequently may counteract the natural slow down of the digestive system.

Strengthens the Immune System

As we age, our immune response capability reduces, and in turn can lead to the rise of infection and disease in older adults. Since our body uses food to extract nutrients that prevent disease, it's extremely important that our diets contain nutrient-rich foods for an overall stronger immune system. Antioxidant-rich foods help fight against free radicals that can cause damage to the body, whereas sugary foods generate an inflammatory response within the body, causing health issues and lowering the immune system. Feeling unsure as to which foods are high in antioxidants? See below for a list of delicious options:

- Berries (blueberries, strawberries, raspberries, goji berries)
- Red cabbage
- Beans
- Dark chocolate
- Pecans
- Spinach
- Carrots
- Potatoes

Improves Cognitive Functioning

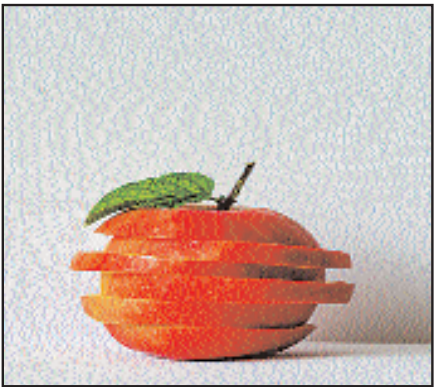
While you may not be able to completely prevent or stop cognitive decline as you age, you can reduce your risk by eating a well-balanced diet that supports brain health. Like other types of

muscles in the body, the brain needs protein, healthy fats, and hydration to function. We've put together a list of 5 brain-boosting foods for older adults:

- Omega-3 fatty acid foods - salmon, trout, anchovies, sardines, chia seeds, flaxseeds, walnuts
- Berries
- Turmeric
- Dark chocolate
- Nuts - almonds, walnuts, pistachios, hazelnuts

Strengthens Bones and Muscles

Our bones play different vital roles in the body, providing structural support, protecting organs, and storing calcium. It's important to build strong and healthy bones during adolescence, and imperative to take steps to protect bone health as adults and older adults. Eating certain foods high in calcium, vitamin D, protein, and magnesium can strengthen both your bones and muscles. Getting these necessary nutrients can help older adults improve their physical health and improve their mobility.



Improves Mental Health and Well-Being

When many decide to make healthy changes to their diet, they are mainly concerned with how it will affect their physical health without considering the positive impact on their mental health. Not only can a well-balanced diet help you think clearer and feel more alert, but it can also improve concentration and attention span. On the other hand, an inadequate diet often leads to fatigue, stress, depression, impaired decision-making, and a slower reaction time.

Following a well-balanced diet every day is crucial in leading a long, happy, and healthy life. However, older adults may find it difficult to prepare meals and/or shop for the nutritious foods they need. At **Heart to Home Meals**, we believe that life should get easier as you age, which is why we've created a service with your lifestyle, tastes, and nutrition in mind. Andrea, our Consultant Dietitian, has worked closely with our chefs to develop a menu with meals that support the nutritional needs of older adults. Our offerings include a wide variety of entrées including beef, chicken, pork, fish, vegetarian, and breakfast options. We have several soups to start and tempting desserts to satisfy your sweet tooth. Our diet coding system was created to help you choose the meals that meet your dietary needs with options such as ProteinAssist, Carb Control, Low Saturated Fat, Low Sodium, High Fibre, or Vegetarian. ■

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*Some conditions may apply.

Leaving
a Legacy

"How wonderful it is that nobody need to wait a single moment before starting to improve the world." ~ Anne Frank

Leaving a legacy is more important than ever

By Roger Currie

Millions of us 'Baby Boomers' are suddenly making the transition to becoming 'seniors' ? Is this really possible? Yes indeed. The oldest Boomers were born in 1946, and are now 75, or older. Many have already received a substantial inheritance from their parents and others. The financial issue that Boomers now face is "*What will be OUR legacy, and how can we make it count in a way that benefits our larger community*".

The month of May provides a regular opportunity to plan a legacy, and specify certain causes you want to favour in your will. Some useful information can be found here .. <https://www.willpower.ca/>

Sandeep Gill Lived to Give



Karen Gill remembers how brave, socially skilled, and charming her younger brother Sandeep was, even when he was just 12.

"He was really obsessed with fancy cars. We were on a trip, and a Ferrari pulled up," Karen recalls. "Sandeep's face lit up and he walked over and started touching the car and chatting with the woman inside. He was just 12, but he had that personality type where he just knew how to talk to people."

Sandeep's outgoing nature, his ability to lighten up a heavy situation, and his gift of making people laugh (especially with his sarcasm) were hallmarks of his personality. He was a pop culture aficionado, always quick to make a funny reference to something from a movie or television show, or to perform a solid impersonation of a character.

Even though he enjoyed more than his fair share of fast food, chips, and pop, he burned off the calories through his regular workouts, where he was quick to dispense helpful fitness advice to his gym friends.

He was a special, popular, and charismatic young man, so when he started to withdraw in his early 20s, Karen and her parents Chamkaur and Satpal knew something was wrong.

"Sandeep was battling depression and his health began to deteriorate. I think he had it for a long time and we just didn't really know what the problem was. Toward the end, he was really in a dark place," says Karen.

Sandeep visited the PsychHealth Centre at HSC Winnipeg several times. The days between 2015 and Sandeep's passing in 2017 were not easy in the Gill household. There was stress, fear, and sadness, but everyone's love and caring for each other remained strong. In July 2017, Sandeep's depression took over and he passed away at age 27.

With time, the Gill family chooses to focus on Sandeep's life, not his death.

Sandeep was born and raised in Winnipeg, and lived in the north part of the city. He attended Prairie Rose School and Garden City Collegiate, and studied at the University of Winnipeg. He played soccer and enjoyed watching wrestling with his friends and playing with his Hot Wheels cars. Family road trips, and three trips to India's Punjab province to visit family were special memories for Sandeep. As he got older, Sandeep held jobs at Walmart, Superstore, and at his uncle's Subway franchise.

Above all, Sandeep was passionate about helping others, either through volunteering at his Sikh Temple, donating food to charities, or lending a hand to whomever needed help. Simply put, Sandeep loved people; and people loved Sandeep.

In honour of Sandeep, Chamkaur and Satpal make donations in the community annually on the anniversary of his birth, and on the anniversary of his death. The family made a recent donation to the **HSC Foundation** in gratitude for the care Sandeep received at HSC.

Sandeep lived to give. While his family's generosity is an expression of gratitude, it is also a loving salute to the values that shaped Sandeep.

"He was a good soul, a good spirit. He was loving, caring, and fun—just an amazing person," says Karen. "Having a mental health challenge was very difficult for him. My hope is that by honouring his memory by telling his story, we can help reduce the stigma of mental illness."

To learn more about leaving a gift that will have an impact for all time, please contact Irma McKenzie, HSC Foundation's Director of Gift Planning, at **204-515-5624** or **1-800-679-8493** (toll-free).



Sandeep Gill – through the stages of life—as a baby, a toddler, and adult.

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Through your bequest, you can support the Health Sciences Centre Foundation in transformational and powerful ways. You can share your intentions to leave a legacy gift by joining the esteemed **Bannatyne Legacy Circle**, a community committed to supporting HSC Winnipeg by endowing a final gift to the Foundation.

There is no minimum gift; estate gifts come from people from all walks of life. All endowed gifts are impactful for all time, and all gifts inspire others to give.

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



Leaving
a Legacy

"No act of kindness, no matter how small,
is ever wasted."
~ Aesop

Greater possibilities are made by people like you

Written by: Judy and Craig

As a parent of a child with an intellectual disability, including but not exclusive to people with Down syndrome, Autism and Fetal alcohol spectrum disorder, you want the best – the best health, safety, relationships, home and opportunities. Thanks to DASCH, I know that my son, Craig, who lives with intellectual challenges, receives the best care possible and is living the best life possible.

I'm a proud mother and am honoured to be the Chairperson of the **DASCH Foundation** (Fdn) Board of Directors.

From a first-hand perspective, it has been my pleasure to see the impact that the DASCH Fdn's funds have had on the community at large through grants, fundraising events, and most importantly, by the generosity of people like you.

In the Spring of 2021, **DASCH** launched its new logo and tagline, **"Greater Possibilities."** **"Greater Possibilities."** enhances DASCH's strengths and embodies the spirit of our constant goal to build and inspire a community of inclusion where people with intellectual disabilities are valued and enabled to live life to their full potential.

Our goal is only achievable by the support of those in the community who believe in DASCH's philosophy, mission and vision just as much as the staff, parents, and friends of those who use DASCH's services.

I always want Craig's home, and all those who transition into a home supported by DASCH, to be like the home they came from, warm, accepting and inviting. Your gift does this as it helps us continue our programs and services like our Home Project, where DASCH can make urgent home repairs and upgrades as they arise to the



Judy and her son Craig/

50+ homes we support – which allows for the utmost safety, security and comfort.

When you leave a gift to the DASCH Fdn, you help open up opportunities; greater possibilities will be made for years to come to people like my son.

A donation to the DASCH Fdn can make a transformative and positive impact on many lives, and together we can continue to build and inspire a community of inclusion where people with intellectual disabilities are valued.

Thank you.

Judy Wakeford,
Mother and Chairperson

Ensuring a future of caring for kids

A family with a 6-month-old child in hospital, a retiree who volunteers time sewing preemie baby blankets, and you – reading this right now – all have something in common. You understand the value of a child's health.

Since 1971, donors like you have contributed more than \$150 million to **Children's Hospital Foundation of Manitoba** to help sick and injured kids get the care they need, right here at home.

Community generosity, coupled with a great track record of fiscal responsibility, ensures ongoing improvement in healthcare. Improvements like the purchase of Canada's first Zeiss microscope, which enables pediatric neurosurgeons to see around corners in the brain and perform intricate brain surgery. Or building a new state-of-the-art Children's Heart Centre to ensure the smallest hearts get the best care. Or having more than 300 internationally renowned researchers focused on childhood disease right here in Manitoba at the Foundation's research arm, Children's Hospital Research Institute of Manitoba.

Meredith McArthur recognizes the importance of the Foundation in the excellence at HSC Winnipeg Children's Hospital and in child health research - and its continued importance into the future.

Meredith and her husband Brian are long time donors. She has also volunteered with the Foundation and has met some of the families that the hospital helps. And she knows the Foundation staff are deeply committed to the cause because many of them have had their own children or grandchildren need care at HSC Children's. Because of all this, Meredith and Brian recently updated their wills to add a bequest to the Children's Hospital Foundation of Manitoba Inc. and know this future gift will be used where the need is greatest at that time.

I know people sometimes get uncomfortable



Mitchell's life was saved thanks in large part to the generous donors of Children's Hospital Foundation of Manitoba.

talking about wills or bequests, but it's a great way to help your loved ones understand what is important to you, and enables you to have an impact, long into the future.

Meredith enthusiastically encourages people to consider it: "Oh, please do it!" she recently told us. "The hospital strives daily to provide excellent healthcare and is making real advances in medicine through ongoing research. Their goal is to have all children well, happy and on the road to becoming healthy, functioning adults. Legacy gifts will make that happen."

Jillian Renaud knows how important these gifts are, and appreciates donors like Meredith and Brian who look into the future and recognize the need to continue caring for kids.

At six months old, Jillian's son Mitchell had a minor fall that ended up with a trip by

See **Children's Hospital Foundation**, cont'd on page 13



Your legacy of support can provide a lifetime of

INCLUSION

DASCH is a non-profit organization whose mission is to provide meaningful residential, vocational and leisure programs to Manitobans living with intellectual disabilities by fulfilling their individual, physical, emotional, social and educational needs.

With a legacy gift to DASCH, you can help build and inspire a community of inclusion where everyone is valued and able to live their life to their full potential.

For more information on how you can leave a legacy of support and a lifetime of inclusion, please contact:
foundation@dasch.mb.ca | 204-992-9678

dasch.mb.ca/foundation



The gift of a future

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

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- Purchase specialized medical equipment
- Develop Child Health programs

Help sick and injured kids for the next 50 years.
That's the power of your legacy gift.

For a confidential discussion on how your legacy can help, contact 204-594-5323 or info@goodbear.ca

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The Children's
Hospital
Foundation
of Manitoba

50
YEARS

Leaving
a Legacy

"To know even one life has breathed easier because you
have lived. This is to have succeeded." ~ Ralph Waldo Emerson

"I'd never heard of people like me
doing something like that."

From her early days as Health Education Director to her current volunteer position on the Board of Directors, **Arlene Draffin-Jones** has always believed **The Lung Association, Manitoba** was doing important work – but she'd never thought about leaving a gift to the organization in her will.

"Of course, you hear that mega-rich people leave gifts and things," she says, "but I'd never heard of people like me doing something like that." But Arlene learned about legacy giving through her other volunteer work and realized it was a way she could support the organizations she believed in. She doesn't have a lot of money but knows there will be some left in her RRSP. Feeling that her family was getting what they needed already, she decided to put The Lung Association, Manitoba into her will.

Arlene has always been passionate about public health education. One of the founders of Manitoba's Directly Observed Therapy (DOT) program for tuberculosis (TB), she was instrumental in the theory of teaching patients to take their TB medication consistently, which is very important for complete recovery. Her work in health education led to a passion for preventative medicine and advocacy. She lobbied successfully to make the Goldeyes stadium the first smoke-free stadium in Winnipeg and was proud to see so many other stadiums and arenas quickly follow suit.

"Traditionally, we wait for people to get sick and then we make them better," she says, "but if we can stop them getting sick in the first place that's even better." She believes The Lung Association, Manitoba has a vital role to play in advocating for public health and keeping governments on track. "I feel very, very strongly about lung health, and about The Lung Association," she says. "We need to give money to places that are doing good work and strengthen them. I don't have much, but there are things these organizations can do that we can't as individuals. **We need their advocacy, and they need our support to do that."**

What will your legacy be?

There are 5 common myths that typically get in the way of people exercising their Will power:

1. I can't support both my loved ones and my favourite causes.

Most people can leave a small percentage of their estate to charity and still have enough to



Arlene Draffin-Jones

support their loved ones. The Will Power Legacy Calculator can help you estimate the effects of a potential gift.

2. I need to be wealthy to make a gift to charity in my Will.

The majority of charitable gifts in Wills are left by Canadians of average means. You may be surprised to find that when all of your assets are realized, you too will have the means to support both your loved ones and your favourite causes.

3. Leaving a gift in a Will is complicated.

Leaving a gift to charity in your estate can be as easy as adding a clause to your Will. Notify your lawyer, and they can take care of adding it in. In fact, there is an online intention form that will help you get the process started quickly.

4. I've already written my Will and there is no going back.

The truth is you can amend your Will at any time. Adding a gift is as simple as letting your intentions be known to those who drafted your documents in the first place.

5. I will never see the impact of the gift I make in my Will.

For most, you will never be able to make as big a gift while you are alive as you can through your Will (when the value of your estate is realized). Planning your gift now can be a comfort, knowing your loved ones will have a meaningful way to remain connected with you – seeing and experiencing your contribution after you are gone. ■

War Amps - supporting all amputees

What began as an Association to assist war amputee veterans returning from the First World War has expanded its programs over the years to support all amputees, including Kyle Nordick, 20, of Ste. Agathe.

Kyle was born a left arm amputee and grew up with **The War Amps Child Amputee (CHAMP) Program**, which provides financial assistance for artificial limbs and adaptive devices, as well as peer support.

"The War Amps has been a great support to my family and me since before I can remember," says Kyle. "I was fitted with devices so that I can take part in various activities such as playing hockey and riding my bike. I was also fitted with a myoelectric arm which gives me the ability to open and close the hand by flexing my muscles. The War Amps has encouraged me to embrace my amputation and be the best that I can be."

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, including CHAMP. The Key Tag Service continues to employ amputees and people with disabilities, and has returned more than 1.5 million sets of lost keys to their owners.



Kyle Nordick at a War Amps CHAMP Seminar in 2006 (left) and today (right).

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 and Address Label Service.

For more information, or to order key tags, visit waramps.ca or call toll-free **1-800-250-3030**.

Nikan

The War Amps

Make a lasting impact for amputees...
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mb.lung.ca **204.774.5501**

Leaving
a Legacy

"No act of kindness, no matter how small,
is ever wasted."
~ Aesop

It is Possible!

"I wanted to be an ambassador for Manitoba Possible because, throughout my life, I have found places that are not accessible – and not just for me, for everyone."



Téo has participated in sports since day one and advocates for accessibility for all citizens. He excels on the ice, in basketball (top left) and in golf.

Téo is a 16-year-old athlete, student, and advocate. Sports have been his "entire life since the minute he was born" and he credits **Manitoba Possible** for bringing him to the rink and the courts through recreational programs and helping to source equipment in partnership with the Children's Rehab Centre. Now, Téo is a star player on the ice, a pro who gets nothing but net on the basketball courts and has one impressive swing on the links.

Along the way, Téo and his family have done their share of grassroots advocacy. Going to high school with your friends is a rite of passage for many young Manitobans. For Téo, a lack of accessible accommodations meant he'd be spending his high school years in a different neighbourhood without his friends.

The high school that Téo was supposed to attend did not have an elevator nor meet other access needs for wheelchair users. Though his experience is an unfortunate example of built environments that weren't designed with everyone in mind, the ever-positive Téo has found some silver linings. He's made new friends and loves his new school, and, he also made sure that future students wouldn't face a similar issue

by advocating for an elevator to be built at the original school.

"Advocacy pays off," Téo shares, adding that he is an ambassador because he wants to push the province – and its citizens – to make places more accessible for all. He's a strong supporter of an inclusive and accessible society and truly believes – and lives – the mantra of full and equal participation.

Connected with Manitoba Possible at age 4, Téo began sledge hockey and attended summer sports camps – part of our Recreation & Leisure programming.

"Sports are my number one passion! My love for competitive sports has taught me perseverance which has helped me surpass many of the barriers that I have faced."

Téo wants other children and youth with disabilities to have the same opportunities he has access to and why he's asking for your support in continuing donor-funded programs like sledge hockey and recreation. Accessible sporting equipment is essential for nurturing the athletes of tomorrow.

Together, we can elevate young athletes with disabilities, and make an inclusive and accessible society possible. ■



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children &
youth like
Rasha.

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disabilities.

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foundation@manitobapossible.ca

Will Changing the Course of Cancer be Part of Your Legacy?

With 2 in 5 Canadians diagnosed with cancer in their lifetime, cancer touches nearly every family in Manitoba. The number of new cancer cases is expected to continue to rise. By 2035, over 10,000 new cancer cases are projected to be diagnosed in Manitoba every year.

Despite these numbers, Manitobans with cancer are living longer and better lives due to the availability of new treatments and technologies.

CancerCare Manitoba Foundation is the only organization raising funds exclusively for CancerCare Manitoba, which provides all cancer

care in the province. Since 2000, The Foundation has granted more than \$142 million to provide cancer patients and researchers with support for projects not eligible for government funding. Including CancerCare Manitoba Foundation in your legacy planning is an investment in a

future free of cancer and in improving treatments and outcomes today. You can feel good knowing your gifts remain in Manitoba ensuring your family, friends and neighbours are receiving advanced care in their own communities.

Your decision to include CancerCare Manitoba Foundation in your estate plans will have a profound impact on families in need of treatment and support across the entire cancer service spectrum - prevention, early detection, diagnosis, treatment and care, and end-of-life care.

Your gift will:

- Help recruit some of the best clinical and research talent from across the world and provide critical funding to operate a state-of-the-art cancer research centre.
- Support an active and robust clinical trials program which improves patient care and outcomes.
- Help provide the best patient and family support services possible. CancerCare Manitoba offers counselling, support groups, information and education programs, nutrition counselling, speech language pathology and Telehealth, among many other programs.

Legacy gifts are a great way to honour your beliefs, values and hopes for the future. Your gift not only supports Manitobans with cancer, but also helps others see the benefit in creating their own giving plans.

Please contact us with your questions and ideas. We welcome the opportunity to connect with you to imagine with you today what your generosity could make possible tomorrow.

To learn more about planning your gift, please call Janice Feuer, Chief Development Officer at CancerCare Manitoba Foundation at **204-787-2163**, or email jfeuer@cancercare.mb.ca www.cancercarefdn.mb.ca

Will Changing the
Course of Cancer be
Part of Your Legacy?

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

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

Leaving a gift in your Will helps support local
cancer research, clinical trials, advanced
equipment and facilities, prevention and
improving patient outcomes.

cancercarefdn.mb.ca
204-787-4143

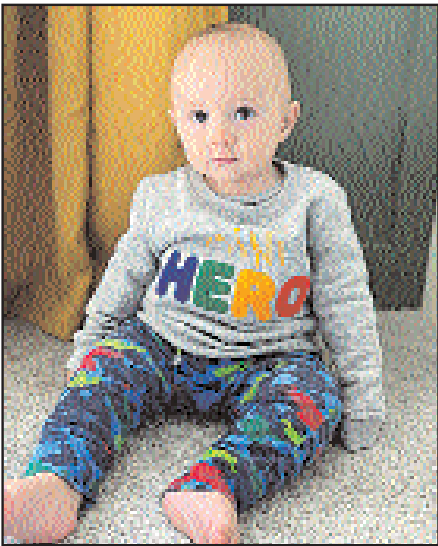
All funds raised stay in Manitoba.

Leaving a Legacy

Children’s Hospital Foundation of Manitoba, con’t from page 10



6-month-old Mitchell had a fall and needed lifesaving neurosurgery for a brain bleed.



Mitchell recovered thanks to care received at HSC Children’s Hospital supported by donors of Children’s Hospital Foundation of MB.

ambulance to HSC Children’s Emergency. There, a CT scan showed the largest epidural hematoma doctors had ever seen in a baby. Mitchell needed urgent, lifesaving neurosurgery for the brain bleed and a blood transfusion. Jillian says, “The doctors that saved Mitchell are our forever heroes... these people are truly in the right role to be so compassionate.” She is thankful for the care she received and hopes any other families who need care, when they least expect it, will have it available to them to ensure recoveries are possible. You can ensure the future of caring for kids by stating your commitment to the cause and making the Foundation a beneficiary of a bequest in your will or of other assets like insurance policies.

It is a simple statement but a powerful one. In fact, your planned legacy gift can be your most powerful way to ensure better futures for children. To learn more about leaving a bequest or legacy gift to Children’s Hospital Foundation of Manitoba, call Courtney Nodrick 204-894-9043 or email cnodrick@goodbear.ca, or speak with your financial advisor.



Stefano Grande is the president and CEO of Children’s Hospital Foundation of Manitoba.

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Advertising Feature

Walking for Their Mothers

- Alzheimer Society of Manitoba



Donna Wowchuk and members of Team Walk for Moms.

After two years of virtual walks, the Alzheimer Society of Manitoba is excited to announce that it is going back to in-person walks across Manitoba for the 2022 IG Wealth Management Walk for Alzheimer’s – all in support of people living with dementia. Donna Wowchuk’s family and friends will be participating. Donna’s connection to the Walk runs as deep as the bloodlines in her family. She

asks, “Do you know anyone who doesn’t know someone with dementia?” Donna’s sister-in-law, Linda, suggested they start walking together in 2017, when their mothers, mother-in-law and children’s grandmother were living with dementia. Donna has walked several times as part of Team Walk for Moms, which has included sisters, sisters-in-law and daughters... and the occasional husband.

Continued on page 15

John Osborn ANAF#1

We are the oldest Veterans Club in Canada. We need you to drop in for a cool one.

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L-R: Major Christian Borland (3 tours Afghanistan/Medical Services), Mike Dodds (President, John Osborn ANAF#1), Ed Ryan (Korea, 3 PPCLI).

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IN TUNE WITH OUR COMMUNITY

~ May 2022 ~

Are YOU the next CJNU Senior Star?



Since its start a few years ago, CJNU Senior Star Contest has engaged retirement communities, senior centres, home care agencies, and independent seniors 55+ from around the province. Through the years, band members, skilled dancers, hilarious comedians, memorable ventriloquists, melodious singers and uber-talented performers have proven that age truly is just a number. The judges often have some tough decisions to make as they shortlist the final entries for the big day. This year will be no different!

The call for talented seniors is open, and ap-

plications are pouring in. After the two missed years due to the pandemic, CJNU Senior Star is back with the same vigour and pulsating enthusiasm on Wednesday, June 22nd, 2022. The contest will take place at the Red River Ex. Winners will take away \$1,800 in prizes this year and bragging rights of becoming Senior Star royalty.

If you or someone you know is a talented artist, it's time to shine a spotlight on them. Please encourage them to enter the contest by completing the online application form. Solo and group entry fee is \$15 and \$30, respectively. Each participant will receive two gate admission tickets for the competition day. Participants who do not get shortlisted for the final event can use their complimentary tickets any day of the Red River Ex.

For more details, and to enter, head to CJNU.ca. Good luck!



Doors Open, Once Again!

Heritage Winnipeg is proud to present the 19th Annual Doors Open Winnipeg! Come and enjoy this FREE event by exploring our built heritage treasures, cultural institutions and historic streetscapes.

This year's event takes place Saturday, May 28 and Sunday, May 29 from 9 am to 5 pm. To learn more, stay tuned to CJNU, or visit heritagewinnipeg.com



May 22nd is Mother's Day—and from all of us here at CJNU, we hope it's a good one!

Our May Host Sponsor: The Royal Aviation Museum of Western Canada

CJNU is delighted to be broadcasting live from the new, state-of-the-art Royal Aviation Museum of Western Canada!

Since the inception of the Royal Aviation Museum of Western Canada (RAMWC) in 1974, its founders have worked tirelessly to amass one of the world's largest collections of historical aircraft and artefacts, which now number more than 70,000. For 30 years, the museum operated out of humble facilities in Winnipeg, delighting visitors and receiving acclaim—including the 'royal' designation from Her Majesty Queen Elizabeth II.

In 2005, the museum's founders and board members started dreaming of a bigger, brighter, state-of-the-art space. It took more than 15 years for their vision to take shape, but on April 27, 2020, PCL Construction broke ground at the new site on the Winnipeg Richardson International Airport campus.

Now, the museum is nearly ready to open its doors to the public! Many of the aircraft and artefacts displayed in the 86,000 square-foot building will be familiar, but there are also some exciting new differences.

Shifting demographics and the emergence of new technologies have redefined the expectations of visitors. Museum-goers now look for a more interactive experience, a space for community, and enhanced learn-



The collection features bush flying, military, passenger, and experimental aircraft, and thousands of artifacts!

ing opportunities. The team behind RAMWC has taken all this into consideration.

For instance, the 'Norway House' exhibit details the crucial role the Indigenous peoples of this community played in helping pilots map and navigate the area's challenging landscapes and the weather. To help tell this story and others, RAMWC has brought Dr. Niigaan Sinclair on board as their Indigenous curator. With his expertise, the museum has ensured that Indigenous perspectives are considered in every panel of every exhibit.

In addition to its 17 immersive and engaging exhibit spaces, the museum includes: a Galaxy Exploration Zone for children; an observation lounge with stunning views of the airport's runways and RCAF 17 Wing; meeting spaces; a new boutique giftshop and more.

Purchase an annual pass today and let your imagination soar as you rediscover the new Royal Aviation Museum, opening May 21st!



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April 28, 2022

PLAN FOR MANITOBA'S SENIORS TO BE DEVELOPED THROUGH MEANINGFUL ENGAGEMENT WITH MANITOBANS, STAKEHOLDERS

Advisory Committee, Network of Community Organizations and Older Manitobans to Play a Key Role in Seniors Strategy: Johnston

The Manitoba government is reaching out across the province to listen, learn and work collaboratively with seniors towards the development of a plan that will support older Manitobans to live as independently as they wish in their own homes for as long as it is safe to do so, Seniors and Long-Term Care Minister Scott Johnston announced.

To guide this work, Johnston appointed an advisory committee of 11 skilled experts in the field of aging. The committee has already begun to meet and will provide important advice and insights to the work over the months ahead.

"As we all age together, we want to age in the right place – in our community," said Connie Newman, chair, minister's advisory group. "In the coming months, we will continue to listen and hear what older Manitobans are saying. As the executive director of the Manitoba Association of Senior Centres and Age Friendly Manitoba and a member of the Manitoba Seniors Coalition, I listened to many older adults voice their concerns and I look forward to continuing that consultation and bringing those voices forward to support older Manitobans across the province."

The **EngageMB** community will also play an important role, providing feedback at every step of development through ongoing consultation and research. Over 10,000 Manitobans over the age of 65 have already signed up to EngageMB and that community is expected to grow over the months ahead, noted the minister.

Recognizing that not all seniors have access to online consultations or feel comfortable navigating the EngageMB platform, government will also enlist the support of 50 community-based organizations with pre-established relationships to older Manitobans across the province. Building on the success of the **Safe at Home** program and the **ProtectMB Community Outreach** and **Incentive Grants** initiative, selected organizations will receive a \$1,000 stipend to support their role in the community engagement network and will host discussions and consultations with their community members on an ongoing basis.

"No group has been harder hit in COVID than older adults," said Sherry Mooney, board president, Charleswood 55 Plus Active Living Centre. "Loneliness, isolation, physical and emotional separation has characterized the last two years for too many older adults. We look forward to contributing in the consultation process to guide the new seniors strategy on issues such as models of enriched housing with easy access to social, physical and emotional connections."

The consultation process will be fully accessible and focused on connecting with hard-to-reach communities and individuals, while also offering a variety of ways for Manitobans to weigh in. It will seek perspectives from a broad cross-section of seniors living in communities across Manitoba, close friends and family members of older Manitobans, those who work with seniors and all interested Manitobans.

"Our government is committed to working together with Manitobans to solve challenges we are facing," said Johnston.

Manitobans are invited to complete the first survey in the consultation and community organizations can express their interest in supporting the strategy and participating in the community engagement network at <https://engagemb.ca/building-a-plan-for-older-manitobans>.

Johnston noted the province is committed to building a stronger foundation for improved seniors care, commends the hard work and dedication of seniors and recognizes their pivotal role in our province's strength and prosperity.

Created as a high priority for Premier Heather Stefanson and the provincial government, the Department of Seniors and Long-Term Care was formed in January 2022 with a focused mandate to implement all of the recommendations in the Stevenson Review, represent Manitoba's seniors and advocate for seniors' issues. ■



Cont'd from page 7

The North Centennial Seniors Association of Winnipeg (NCSA), based within the Sergeant Tommy Prince Place, celebrated the return of program delivery following almost 2 years of shut-down due to COVID restrictions.

Left: An emotional grace for Ukraine, with their national flag prominently displayed

Alzheimer Society - Walking for Their Mothers, *cont'd from page 13*

WINNIPEG IN-PERSON WALK - Saturday, May 28
St. Vital Park, Winnipeg
Walk Agenda:
10 am - Check In, Team Photos, Snacks & Activities. 10:45 am - Warm Up. 11 am - Walk Starts. 11:45 am - Lunch from Smoke'n Bob's. Route is approximately 5 kilometres.
Go to walkforalzheimers.ca for more details and to register for this year's Walk.

REGIONAL WALKS COMING SOON
The Alzheimer Society is looking forward to hosting walks across the province for this year's IG Wealth Management Walk for Alzheimer's! Check for updates at walkforalzheimers.ca or go to the Society's social media platforms for up-to-date information on the regional walks this year.

Donna, Linda and sister Joanne attended an educational session on personal care through the Alzheimer Society of Manitoba, where they learned many helpful tips on dealing with hygiene and personal care of family members living with the disease. Extremely grateful for this information, Donna is quick to recommend the Society whenever the topic of dementia comes up in conversation.

"I feel fortunate that my family, friends and neighbours have been so generous in supporting a cause near and dear to my heart," Donna says. Some friends even made a joint donation to the Society on behalf of Donna and her husband on their 50th wedding anniversary.

Team Walk For Moms plans to do the Walk again this year and hopes that other generations – perhaps even some of their grandchildren – will join them. ■

(See advertisement on front page)

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All suites have beautiful views of the river.

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Things To Do

WINNIPEG

Misc. Events

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.) Full Covid-19 vaccination and masks required.

St James RCL Legion # 4 - Whist players needed to join group of seniors. Whist is an easy card game to learn and play. Mondays, 1-4 pm. Play is dependent on covid restrictions. **204-889-3338**

Manitoba Genealogical Society - Doors Open! We can assist you in researching your family history, May 28, 11-4, and May 29, 1-4. Also offering a kid-friendly art project. Free parking. Mask and vaccine policies are in place. **204-783-9139** or www.mbgenealogy.com, Unit E - 1045 St. James St.

Prairie Canada Carving Show & Competition - Sun. May 15, 9-4, at the Pembina Curling Club, 1341 Pembina Hwy. Wildlife Haven Rehab. Centre will be there with their 'wildlife ambassadors'. Raffles, demonstrations, live auction, etc. Adm. \$5pp, under 16 free. Must be fully vaccinated. Masks mandatory and distancing requested. www.prairiecanadacarvers.com or LyndaBaxter0@gmail.com/204-255-6216, colleenivy50@gmail.com/204-453-5479

Philippine Canadian Centre MB - PCCM FoodFest & Trade Show, May 14, 10:30 am-9 pm & May 15, 10:30 am-6 pm, 737 Keewatin St. Wpg (parking lot). Free adm. Info & vendor inquiry: Dante: **204-775-4928** or thenewpccm@gmail.com.

Anavets Assiniboia Unit 283 - Pig Roast Fundraiser, Sat. May 21. Dinner 6-7, Dance to Marvels 7-10. Tickets \$18. Must be double vaxxed. 3584 Portage Ave. **204-837-6708**

The Winnipeg Pops Orchestra - Volunteer orchestra looking for a Principal Cello and Principal Trombone. Rehearse Thursdays, 7-9 pm, Mar 3 to the end of June. pantages14@gmail.com.

Sports & Fitness

Lady Bowlers - Fridays, 12:45 pm at Polo Park. For ladies of all ages. Or can spare for \$10/wk. Lunch and prize\$. Time off at Easter. Extreme cleaning measures and social distancing exercised, masks or face shields worn and minimal contact. Call/text **204-770-3903**.

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

Gentle Yoga - with Doreen, Mondays, Apr. 11-June 13, 7 pm, at Deer Lodge C.C., 323 Bruce Ave. E. \$10/class registered, \$12 drop in. dwuckert@shaw.ca

Yoga Sessions - Lorraine's Gentle Yoga, Chair yoga, chair cardio, wrist free flow yoga, yin yoga. Lorrainesyoga2017@gmail.com, **204-228-3118**, lorrainesgentleyoga.com

Volunteering

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

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 needed to help Recreation staff, transport residents in wheelchairs to in-house appt's. **204-235-2111**, service@actionmarguerite.ca

Caregiving with Confidence - Volunteer Drivers, Telephone Support Volunteers to support caregivers wanted. **204-452-9491** or jnybakken@aosupportservices.ca

Deer Lodge Centre

2109 Portage Ave. Volunteers needed. **204-831-2503** or visit www.deerlodge.mb.ca/volunteers.html

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

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

Victoria Lifeline - Melissa: **204-956-6773** or msitter@victorialifeline.ca

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

Dufferin Senior Centre

Mon. Bingo 1 pm; Thur. Yoga 10 am; Dances every Sat. 12-3:30 with light lunch and a 4-piece band. Perogies for sale, Call Al: **204-771-3325**.

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

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

Men's Shed - New in Transcona, at Oxford Heights C.C. www.menssheds.ca, **204-224-4941**.

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - In-person and online classes: yoga, fitness, resistance training, Zumba, Tai Chi, Let's dance, painting and writing. Drop in activities: bridge, five-pin bowling, pickleball, Lunch PALs, Book Club, Cooking. Outdoor fun: PALpeddlers/PALputters/PALhiking, Painting/crafting/gardening. PALCares - outreach program - partnering with South East PCH, Siloam mission, Harvest & More! Canteen is open! Office hrs: Tue-Wed-Thur, 9-3:30. www.pal55plus.ca, office@pal55plus.ca, **204-946-0839**.

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

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

St James RCL Legion # 4 - Whist players needed to join group of seniors. Whist is an easy card game to learn and play. Mondays, 1-4 pm. Play is dependent on covid restrictions. **204-889-3338**

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RURAL MANITOBA

Misc. Events

Selkirk & District Horticultural Society - Annual Plant Sale, Fri. May 27, 6-8 pm at Selkirk Memorial Hall, 368 Jemima Street. All sorts of plants all donated by members of the Society. Cash only. Free adm. Free pkg. Silent auction, 50/50. Wheelchair access. Covid protocols followed.

Programs / Services

Brandon - Prairie Oasis Senior Centre - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery available. Meals \$9. Volunteers needed. Grants and donations gratefully accepted. Info: **204-727-6641**

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

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

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. **FREE** for non-profits and current advertisers. Submit PSAs by May 31st for the June 10/22 issue.

Ile des Chenes, Grande Pointe, Lorette, St. Adolphe, Landmark - In-person yoga classes Thur. 9 am, drop-in \$5 for 55+. Wed. 6:30 pm, drop-in \$10 for all adult ages. No experience needed. Classes held in the main hall at the TC Energy Centre in Ile des Chene. To register, contact Juliette at yogaforyoumanitoba@outlook.com

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. **Arborg** and District Seniors Resource Council **376-3494**; **Ashern** Living Independence for Elders **768-2187**; **Brokenhead/Beausejour** Outreach for Seniors **268-7300**; **Victoria Beach** - East Beaches Resource Center **756-6471**; **Eriksdale** Community Resource Council **739-2697**; **Fisher Branch** Seniors Resource Council **372-6861**; **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** & District Senior Resource Council **785-2737**; **Stonewall** - South Interlake Seniors Resource Council **467-2719**; **Springfield** Services to Seniors **444-3139**; **Teulon** and District Seniors Resource Council **886-2570**; **Lac du Bonnet** - Two Rivers Senior Resource Council **345-1227**, Pinawa **753-2962** or **Whitemouth/Reynolds** **348-4610** or **Winnipeg River** Resource Council **367-9128**

Niverville Services to Seniors - Some of our Services include: Low-cost senior's fitness class, Mon. 9:30-10:30 am; Pickleball, Wed. 10-12 at Niverville Rec Complex; Free Mobility Equipment Rental (wheelchairs, walkers, etc.); Low-cost rides program; Seniors frozen meal program; and much more. Info: sts@heritagecentre.ca or **204-388-9945**

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.

Montcalm Service to Seniors - Joanne: **204-304-0551** or jbarnabe@hotmail.ca

Seine River Services for Seniors - 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**.

Springfield - Springfield Seniors - **204-444-3139**, springfieldseniors@mymts.net. Stick curling, Pickleball, Women's 55+ Fitness, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. Masks and Proof of double vaccination required for programs.

Steinbach - Pat Porter Active Living Centre - 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.patporteralec.com>

Thompson Seniors - Cribbage, crafts and more, Tuesdays, 1:30-3:30 p.m.; Food security initiative; Free iPad training; Exercise classes and more! Contact: **204-677-0987**, thompsonseniors55@gmail.com

A & O: Support Services for Older Adults - Programs to help you stay connected and active.

Senior Centre Without Walls (SCWW): Free Telephone Group - Activities for Manitobans 55+.

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Spring Shows 2022!

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Spring Show No.1

May 12th (Thursday)
Garden City Community Club
725 Kingsbury Avenue
10:00am - 3:00pm

Your MASC Hosts: Immigrant Services

Spring Show No.2

May 26th (Thursday)
Charleswood United Church
4820 Roblin Blvd.
10:00am - 3:00pm

Your MASC Hosts: Charleswood 55+ Active Living Centre

Spring Show No.3

June 10th (Friday)
Fort Garry Mennonite Brethren Church
1771 Pembina Hwy.
10:00am - 3:00pm

Your MASC Hosts: PALO TOGETHER WE CAN.

prosknowexpos.ca 204.414.9290 or email: redroadmusic@shaw.ca

Manitoba Association of Senior Centres

Senior Scope

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PLEASE NOTE:
Covid-19 Protocols will be at the discretion of each Venue and will be posted on-line in advance.
Thank you!

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for seniors / pour aînés

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Seine River Services for Seniors is a non-profit organization who offers supports and resources to older adults living in the RM of La Broquerie and RM/Town of Ste-Anne.



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Today's Recipe

www.PeakMarket.com

Rosemary Roast Chicken

Metric	Ingredients:	Imperial
1	onion, sliced	1
3	garlic cloves, minced	3
6	chicken legs, thighs or breasts	6
3	carrots, cut into large pieces	3
4	potatoes, cut into large pieces	4
2	yams, cut into large pieces	2
-	dried rosemary	-
-	dried dill	-
-	salt & pepper	-
-	water	-

Place onion and garlic in bottom of large roaster. Add chicken pieces. Add vegetables. Sprinkle generously with rosemary and dill. Add salt and pepper to taste. Fill roaster about half full of water to cover top of chicken pieces. Cover and cook in preheated 350 F (180 C) oven for approximately 2 hours. Remove the lid for crispier chicken for the last 30 minutes.

Serves 2

‘AGEISM’

Alison Margaret York

Ageism is bad for one’s health. This premise interested me because, after reading the article, (Zoomer Magazine, July/August 2018 issue), I knew I had worked through ageism in my work. In this time of heightened awareness of differences, the striving for inclusiveness for all peoples, I see another aspect of society that could use some attention and, not only attention for the sake of awareness but for society’s well-being in the future.

Ageism is what I think the ‘generation gap’ was back in the day; the disconnect between the young and the old, the unacceptance and often unwillingness to understand and communicate with one another. The labour force is currently feeling the strains of ageism as experienced workers try to find a way to teach the tools of their trade to the incoming future of tomorrow, who come with different attitudes and skills, more strange than familiar. It was ever thus, the younger generation forging ahead of the older with newer thoughts and opinions. Their attitudes towards the older often formed, cemented, unchangeable. The older attitudes towards the young often formed, cemented, unchangeable; all of it defining what is referred to today as, ‘ageism’.

The Zoomer article by Bruce Grierson articulated that a study done by experimental social psychologist Becca Levy (Yale professor of epidemiology and psychology) proved attitudes and thoughts will ‘boom-a-rang’ on a physical level should a young person adopt a negative view of the older. The young person upon aging will encounter negative physical ailments, diseases affecting their lifestyle, even their socio-economic status when they

are older themselves. Professor Levy proved in a series of experiments, that to avoid this downfall in later years, a young person would have a better outcome were he/she/they to picture themselves older, decide early on what their future healthy lifestyle might look like, rather than denying that ‘old age’ will never happen to them. This thesis gives rise to the psychology that it is our thoughts that will determine our outcomes. Levy determined that ageism is largely fear, fear of growing older. Once conquered, this fear turns into a positive outcome as our thoughts drive our behaviour and our behaviour drives the rest of our body. Positive thoughts plus positive behaviour equal a healthier life.

I was more consciously sensitive this past year in my role as a high school Education Assistant as I started to feel too old to be able to connect with kids until, it was pointed out to me that as a ‘grandmother’ figure, I could do a lot of good. At first, I was taken back by that remark, this new demographic status I now am a part of, then I realized, I had an obligation to the students beyond academics. I needed, while maintaining an ethical maturity and an open mind, to find the bridge that showed that growing older was a journey not a destination, rich with inquisitiveness, participation, and an holistic maintenance of self. It demonstrated I was giving ageism ‘the boot’.

I found the bridge.

Ageism is certainly not what our society needs right now but with enough awareness and willingness, the youth of today will be healthier seniors and the seniors of today will be remembered and thanked for having set the example. ■

WORDSEARCH - Mom

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

Mad	Married	Melts	Minute	Monkey	Moves
Magic	Marry	Metal	Miss	Month	Much
Magnet	Match	Mice	Mix	Moon	Mud
Maid	Matters	Middle	Model	More	Mummy
Main	Max	Might	Mole	Morning	Mums
Makes	May	Miles	Moment	Most	Music
Mam	Meant	Milk	Mommy	Mothers	Must
Many	Meat	Mill	Moms	Mouse	Myself
Maps	Medicine	Mind	Monday	Mouth	
Market	Meet	Mine	Money		

SOLUTION ON NEXT PAGE

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She said she missed me. Normally that would be a good thing, but she’s reloading.

Someone just honked to get me out of my parking spot faster. So... now I have to sit here until we are both dead.

I always wanted to be a monk, but I never got the chants.

Mind & Memory A to Z Trivia

By Gary Adams - Helping to Keep Brains Young

Today all answers begin with the letter “Z”

1. This is the capital of Switzerland with 1.8 million people:

2. This is the Spanish name for Fox:

3. This is the astrological chart:

4. This is the machine that makes the ice clean and smooth and ready for a hockey game:

5. This software program allows up to one thousand participants to meet visually online:

6. This brings thousands of visitors to San Diego each year:

7. This was invented in Canada to replace buttons:

8. This is what rabbits do to avoid a predator:

9. They predict this African nations population of 16 million will triple in the next few years:

10. They say this is one of Africa’s most beautiful countries:

11. She was crowned Ms Hungary, she said she married her various husbands only for money:

12. This Jamaican sings many of his father’s songs:

13. This is a heart wrenching Russian book and movie:

14. This is a dead body that has been brought back to life by super natural forces:

15. This is a disease or virus that can be transferred from animals to humans:

16. Anthony Quinn played the lead role in this 1964 Oscar nominated movie:

17. How many one eyed Queens do we find in a deck of cards:

18. This is was a fashion statement for a well dressed man in the 1940s:

19. What is unique about pinking shears:

20. This African movie starred Michael Caine:

21. This is what you get when you ad the peel of a lemon:

22. This is the capital of Croatia:

23. This is a Yiddish word meaning she is pleasantly plump:

24. This is a slang word meaning lively, bright, showy:

25. Popular in the 1900’s, this is a women’s loose ringlet of hair worn over one shoulder:

26. This is a large sandwich made of a long crusty role filled with meats and cheeses:

27. This is a slight, usually refreshing wind:

28. This is a large doughnut:

29. This is the amount money Jeff Bezos of Amazon will likely be worth some day:

30. This is a musical stringed instrument:

& Mind
& Memory
Shows for Seniors

This is a copyright publication, you have our permission to PRINT or FORWARD this Quiz Challenge to Tenants, Retirement Residents, Members, Friends, Staff, Retirement Homes, Hospitals, Clubs, Families and Associations.

It is free created specifically to improve the lives of those in self-isolation during the COVID19 period.

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~ Author, Gary Adams

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3. Zodiac

4. Zamboni

5. Zoom

6. Zoo

7. Zipper

8. Zig Zag

9. Zambia

10. Zimbabwe

11. Zsa Zsa Gabor

12. Ziggy Marley

13. Zhivago (Doctor)

14. Zombie

15. Zoonosis

16. Zorba the Greek

17. Zero

18. Zoot Suit

19. Zig Zag Blades

20. Zulu

21. Zest

22. Zagreb

23. Zaftig

24. Zanny

25. Zamder

26. Zep

27. Zephyr

28. Zeppole

29. Zillion

30. Zither
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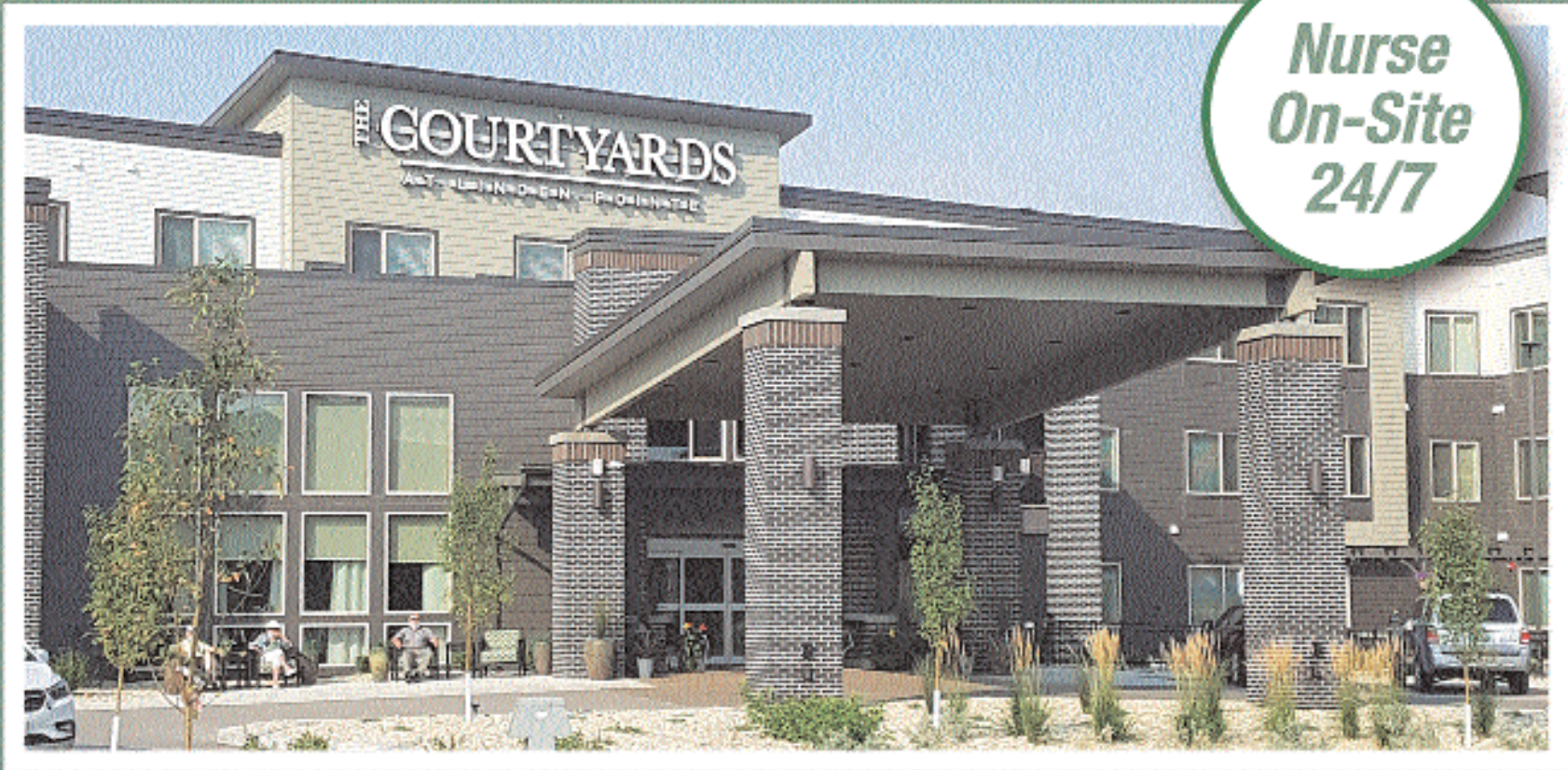
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