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MB 55+ Games
See pages 10-14

Senior Scope Contest
See page 19

I Did It My Way

By Myles Shane

Meredith Moon, daughter of the late Canadian music icon Gordon Lightfoot, has inherited her father's musical legacy.



WORLD OF MUSIC

By Myles Shane

With a passion for music coursing through her veins, Meredith Moon has carved her own path in the music industry. Renowned for her distinctive blend of non-traditional folk-punk influences and traditional melodies, she has earned acclaim as a singer-songwriter.

For the past decade, Meredith Moon has been making waves as a multi-instrumentalist and songwriter, captivating audiences worldwide with her clawhammer banjo and original compositions. Without initially disclosing her lineage as Gordon Lightfoot's daughter, she embarked on a journey to establish herself independently. Meredith preferred to be introduced simply as Meredith Moon, a choice her father respected, as she felt it was important to make it on her own. Through a series of gigs, hitchhiking adventures, and self-made connections in DIY spaces and online communities, she proved her talent and resilience, eventually securing a global record deal for her second album, "Constellations." She has toured extensively across North America, Central America, and western Europe, forging her own path within the folk-punk and old-time music scenes. Simultaneously, her Instagram and Facebook posts offer a glimpse into the deep devotion and affection she held for the man she fondly referred to as her best friend.

From Meredith Moon's Instagram account.

"Today's my dad's first birthday in the spirit world. I feel him all the time in the wind and in my nightly visitors. He was my safe spot, and the only immediate family member I got along with or felt related to.

Not only did we get along, but he was also my best friend. You can spend your



Meredith Moon, daughter of Gordon Lightfoot, released new album—Constellations—last year to critical acclaim. (photo from Facebook)

life preparing for losing your dad at 28, knowing he was already an old man by the time he had you, but it still doesn't feel fair in the end.

I got him for the shortest amount of time, sure, but I also got him at his best. My childhood was violent and *@%#! and he was my safe zone my entire life. He came to every show he could, and even had me open for him across Canada last year, which was what we'd both hoped for since always.

He fought off the haters and the exposure vampires in the early beginning of my career. He let me share my deepest pains and joys and I let him do the same. I wish we'd had more time, but that's the way it goes.

As I celebrate 6 months of sobriety, I also celebrate my best friend for all that he was.

That's life. You play the hand, and that's that. The anger comes and goes - I'm not talking about that Gordon guy; I'm talking about my dad. And that's something I know no one understands more than I do. And that's okay. Public grieving is a whole other *@%#! thing, it doesn't get easier. People forget, but I don't.

I try my best to remember our sacred friendship, alone in a study, and try not to let the vampires tell me who he was. My dad was a different creature than he was to you. And I deserve the space to grieve. And even though I never got that, I still do what I can to keep the love alive. That's all we can do. I never wanted anything from my dad, and he knew that. And that's why it worked.

Continued on page 6



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SUSAN THOMPSON – Acting on Your Dreams (Part 2 of 2) By Bud Ulrich



A MANITOBA MOMENT

Bud Ulrich

During Susan's mid-thirties, she believed that she received a calling in the middle of the night. There was no way for her to describe it. She didn't know when or why, but she truly felt her destiny was to be the mayor of Winnipeg. In her adolescent years, she had no political aspirations. Her focus was on marriage and being happy. She recalls seeing Prime Minister John Diefenbaker when she was quite young and was horrified to hear people heckling him. She thought that it was such bad manners, and she would never want that to happen to her. Little did Susan know what was in store.

Although there were 18 people seeking to become mayor in 1992, it was really a two-person race – Greg Selinger and Susan. CBC, Winnipeg Free Press, and the Winnipeg Sun did not support Susan. One-third of Winnipeg City Council supported Greg Selinger, one-third supported Dave Brown, and one-third supported Ernie Gilroy. The unions and Board of Commissioners supported Greg Selinger. However, when it came time to vote, the majority of the voters supported Susan. After 118 years, the citizens of Winnipeg elected their first female mayor.



Susan Thompson (2nd from left) and a friend with two Mexican soccer players at the 1967 Pan American Games in Winnipeg



Thank you parade for the Canadian Military for their help in the 1997 flood of the century.

While Susan was running for mayor, she was faced with the question – could a woman be mayor? Her immediate reaction was, "How dare you ask this question!" I am somewhat baffled by ill-founded comments

towards women in the workplace, and I doubt this question would be asked today.

When I asked Susan about the pros and cons of being a mayor, she responded, "There is no possible brevity," and that I

should read her book. I did. Here are some of the highlights of her terms in office taken from her book and my personal interview.

At the start of Susan's term in office, the

Continued on page 6



One of daily, 1997 flood press conferences at city hall.



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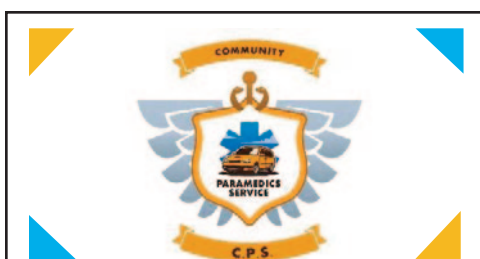


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COMMUNITY NEWS

Trish Bennett

On May 31st, Good Neighbours Active Living Centre hosted an annual fundraiser luncheon celebrating 31 years in the community. The theme for this event was all about being part of the neighbourhood. A beautiful entrance highlighting the houses and flowering trees on a street, loured the guests into the main room that was transformed into the streets of the community. As guests were welcomed, they were encouraged to maneuver their way through the "streets" to find a spot to sit & gather with their neighbours. The chatter quickly filled the room with many guests reminiscing about the streets they lived and grew up on, or how they knew someone who lived on this or that street highlighted at one table or another. The tables were covered in craft paper and guests were encouraged to pick up a marker and draw on the papers. It was a chance to be a kid again, playing with friends on streets. Everything from tick-tac-toe, houses, flowers, to hopscotch could be found scribbled on the paper, or should I say "sidewalks" of the neighbourhood.

The room was filled with new and familiar faces, including Colleen Bready, CTV News Weather Specialist, who graciously agreed to be the event's emcee again this year. Greetings were brought to all in attendance by many of Manitoba's politicians such as: MLAs; Jim Maloway, Matt Wiebe, Rachelle Schott, Tracy Schmidt, and City Councillor; Jeff Browaty. Our very own Bill de Jong, President of GNALC Board of Directors and last but not least, Susan Sader, Executive Director of the Centre spoke very eloquently as well.

It Was A Beautiful Day...

By Trish Bennett

After enjoying a beautiful meal, the neighbourhood was treated to musical entertainment by *Compass*. An extra-curricular music program based out of Miles Macdonell Collegiate under the direction and guidance of Mr. Garth Rempel. GNALC was pleased to have a neighbourhood school and 10 of their students perform at this event.

With a membership of 1070, over 60 programs offered weekly, and more than 170 volunteers supporting the centre, it's not surprising that Good Neighbours Active Living Centre can boast that it is the largest centre of its kind in Manitoba. In addition to funding from WRHA, United Way, the Provincial Government, local Businesses and Private donors, it cannot be stressed enough how many members of the community continue to support events like this and help keep the doors open to the neighbourhood. I believe this to be true... "Good Neighbours Make for Better Communities". ■



Above: Susan Sader, Executive Director, Good Neighbours Active Living Centre and Colleen Bready of CTV News. Below: Many neighbours and friends attended the fundraising event.



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World Elder Abuse Awareness Day (WEAAD) - June 15, 2024 - Wear Purple

The Winnipeg Regional Health Authority (WRHA) - Support Services to Seniors (SSS) invites all WRHA staff, volunteers, community-based senior serving organizations and community members to recognize **WORLD ELDER ABUSE AWARENESS DAY (WEAAD)** on June 15th, 2024 by wearing purple.

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006, by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. WEAAD also supports the United Nations International Plan of Action and acknowledges the significance of elder abuse as a

public health and human rights issue.

Visit the WEAAD website at <https://peam.ca/5/world-elder-abuseawareness-day> for more information.

If you'd like to register an event, please visit <https://peam.ca/register-event-confirmed.asp>

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HOME SAFETY

As the weather is getting warmer, we would like to remind Winnipeggers of some home safety and security Tips.

In your home

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- Minimize your risk with the following:
- Keep your doors and windows locked.
- When in the backyard lock your front door, and vice versa.

- Don't leave your garage door open with the contents easily accessible.
- Consider installing an alarm system.

In and about your yard

During the warmer weather months, outdoor belongings are often targeted by thieves. Reduce your risk of being victimized.

- Have interior and exterior lighting that gives the impression you are home.

- Trim trees and bushes around windows and doors so you have clear views
- Keep your yard maintained to give the house a lived-in appearance.
- Arrange to have your lawn cut and your snow shoveled when you go away.
- Don't leave valuables out in the yard like tools, bicycles and ladders. If you don't have a garage or a shed lock them up to something that can't be moved.
- Use a chain or a cable to lock your patio furniture.

Learn more about personal safety at home: <https://www.winnipeg.ca/police/crime-prevention/safety-tips>

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Senior Scope

Publisher/Editor:

Kelly Goodman
204-467-9000
kelly_goodman@shaw.ca
www.seniorscope.com

Advertising:

204-467-9000

Feature Columns:

Bud Ulrich
Myles Shane
Rick Roschuk
Trish Bennett

Contributing Submissions:

Alzheimer Society
Linda Brown - Active Aging in Manitoba
Jane Swain RNBN BA
Senaka Samarasinghe
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Senior Scope acknowledges that we are on Treaty territory – the traditional land of the Ininiw, Anishinabé, Anishinew, Dakota and Dene people, and also the Birthplace of the Métis Nation.

**WORLD
Elder
Abuse
AWARENESS
DAY
JUNE 15**



<https://peam.ca/5/world-elder-abuseawareness-day>

I Did It My Way, cont'd from front page

That's why we had a healthy friendship. And I still love him just as intensely as I did when I saw him breathe his final breaths - it's just that the love goes everywhere now."

Hell yeah, I'm honest, that's who he raised me to be.

I love you Daddy, happy birthday.

The Tribute Concert

On Thursday, May 24, 2024, a concert was held at Massey Hall in Toronto, with a vast array of Canadian artists paying their respects to late songwriter and countryman Gordon Lightfoot. As the curtains rose on the tribute concert Moon stood among a constellation of Canadian musicians, paying homage to her father's profound musical legacy. The lineup boasted luminaries like Tom Cochrane, Burton Cummings, City and Color, as well as folk stalwarts Sylvia Tyson and Murray McLauchlan.

In a phone conversation from her home near Peterborough, Ontario, she shared with the Canadian Press fond memories of her dad, "My father had expressed his desire for some form of musical celebration in his honor before he passed." His connection to Massey Hall dates back to his early years when he first graced the stage at the age of 13 during a singing competition. Throughout his illustrious career, he returned to Massey Hall approximately 170 times, forging a deep bond with the venue. "It's like a spiritual connection," she mused, reflecting on the enduring relationship be-

Susan Thompson (Part 2 of 2), cont'd from page 3

"old boys network" was in full force and everyone from councillors to administrators did or said what they could to complicate things for her. Often, the "boys" would tell Susan how things were going to be done – according to them. Susan mentions it was the citizens of Winnipeg who gave her strength to deal with whatever challenges she faced. Susan had her own ideas and stuck to them.

Susan's first State of the City address was at the Chamber of Commerce to some 900 people in attendance. The Board of Commissioners advised her on the content of the speech, but once again, Susan had her own plan. She wanted the public to know what was happening at City Hall. Although she hid her fears as best she could in the delivery of her message, she forged ahead, and at the end she received a standing ovation. She changed the status and importance of the State of the City speeches.

When Susan became mayor, society still had some of the same difficulties that were in existence long before her. One of the differences now was that women had a vote, but they still didn't have equality, nor equality of opportunity. So, Susan's challenges were the challenges of women since time began. She is a strong advocate for women's rights, and during her terms in office she made several changes at City Hall which recognized the contributions of women in the workplace. Susan wrote, "I believe most women do not go into politics for power, but to make things better and to make a difference." This was an opportunity for Susan to change the landscape at City Hall, and she did.

Susan continues to highlight the role of women in society. "Women are only 4% of corporate boards. Winnipeggers need to know, and Manitobans need to know, when I ran for mayor leading up to 1992, women were banned from attending the Manitoba Club and the Carlton Club. We could not belong. We could not be full members in service clubs like Rotary, Lions, and Kiwanis. The only organizations that would allow me in were the

Meredith Moon

summer 2024

07/20 & 21	Guelph, ON	Hillside Festival
07/24	Sherwood Park, AB	Qualico Patio Series
07/25	Red Deer, AB	The Elk's Lodge
07/25 & 26	Calgary AB	Calgary Folk Festival
07/28	Salmon Arm, BC	Salmon Arm Roots & Blues Festival
08/01	Trail, BC	Music in the Park

tween Gordon Lightfoot and Massey Hall.

Despite her lineage, Moon opts to pursue her musical endeavors under her mother Elizabeth Moon's maiden name, carving

out her own path in the industry. Her second album, "Constellations," was released last year, marking a significant milestone in her career. ■

Winnipeg Chamber of Commerce and the Associates at the University of Manitoba."

One of the realities of being a leader and being in public life, is sleep deprivation. "It is a 24/7 job being mayor," Susan said. The demands of being a mayor did not provide for a normal meal schedule, which affected her physically and mentally, and she said it aged her considerably.

I'd like to share an amusing/touching moment during Susan's terms in office. Leonid Kuchma, President of Ukraine, attended a formal dinner at the Westin Hotel (now the Fairmont Winnipeg). Over 800 people attended. Security was tight. The head table was very long, and everyone was instructed not to touch the president. Susan's role was to welcome the president and his wife to Winnipeg. Susan approached the podium and did her best, but she was surprised when the president reached out for her hand and kissed it. She spontaneously hugged him. As Susan returned to her seat, two members of the security team came up behind her and told her never to do that again. When the dinner ended, the president approached Susan. He stopped, kissed her hand, and gave her a quick hug and a wink of his eye.

I was quite surprised to hear Susan's description of her terms in office as being "brutal" and emphatically stated her opinion, "It hasn't changed." Although the dark side of public life raised its ugly head, including death threats, Susan's strength of character and her tenacity prevailed. She felt her soul and spirit had been violated, but she survived because of her deep faith and determination to overcome all adversities. She was not prepared to succumb to the threats of a few people. Susan offers, "Anyone considering a career in politics, when faced with criticism, be it from media, colleagues, or the electorate, should confront it and focus clearly on what has been said. But some criticism is just better left alone. Also, keep a sense of humour. That is often easier said than done, but it's crucial. And finally, don't be afraid to cry – or swear!"

It is important to note some of the suc-

cesses Susan experienced – her effective leadership in dealing with the "Flood of the Century" in 1997, hosting the Grey Cup in 1998, and bringing the Pan Am Games to Winnipeg in 1999.

After volunteering in the 1967 Pan Am Games, it was Susan's vision to bring the games back to Winnipeg. Against almost insurmountable odds, and through many months of preparation and presentations, Susan and her team's efforts to bring the games to Winnipeg were realized. In July 1994, The Pan American Sports Organization awarded the games to Winnipeg. The team was absolutely ecstatic. "What a moment. Serendipity indeed," she said.

After two terms as mayor, Susan decided not to run for a third term, and in 1999 she was appointed as the Canadian Consul General in the USA, promoting Canada and Canadian businesses. The University of Winnipeg, where she once was a student, was her next stop. She was hired as President and CEO of the University of Winnipeg Foundation. Once again, her team achieved incredible success in surpassing the goals of the foundation. This chapter of her life demonstrated the importance of perseverance and integrity. It reinforced that you can dream the big dream if you build an incredible team.

In 2017, the Administration Building at City Hall was named the Susan A. Thompson Building. It was an incredible honour for her. She accepted the honour on behalf of all women. Interestingly, it is still the only building in Winnipeg with a woman's name on it.

"Winnipeg has endless trail blazers and women of influence need to be recognized more. It is still work in progress," Susan said.

At the age of 76, she has the joy of time, the frustration of ageism, and a desire to continue helping to build legacies for our great city and province. Suffice it to say, Susan is extremely passionate about the world we live in today. She believes despite all obstacles, goals can be achieved, and they can also be surpassed. Miracles do exist! ■

Installing Wayne Walker Way at corner of Machray & Main - May 16, 2024



Counselor Ross Eadie, Melody Lillies (Walker) daughter; Elaine Walker (wife). Counselor Eadie spearheaded the naming of Wayne Walker Way with Wayne's daughter Melody Lillies and her mother Elaine Walker at Machray Ave. & Main St. Wpg. PHOTO BY BUD ULRICH



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Memory Loss and Stigma

Advertising Feature
- Alzheimer Society of Manitoba

Memory loss is a scary thing. There's a stigma attached to forgetfulness and we tend to feel embarrassed and ashamed when it happens, especially as we age. It's time we break the stigma so everyone can feel more comfortable talking about dementia.

If you've been noticing changes in your memory that are causing you concern, there are many reasons to take that first step to find out if it's normal aging or dementia. There are benefits to getting an early diagnosis and a visit to your doctor can help start that process.

"We encourage you to talk to your doctor about the signs or symptoms you're experiencing," says Jessica Harper, Senior Manager, **First Link**® Client Support at the Alzheimer Society. "No matter what you are feeling, before or after the news, the staff at the Alzheimer Society are here to listen and help guide you."

Getting an early diagnosis can help you prepare for the future and the changes that come with the progression of the disease. It can also help you:

- Understand the symptoms you are experiencing
 - Take advantage of information, resources and supports
 - Explore treatment options to help manage symptoms
- "Support changes everything. We can connect you with resources and information



every step of the way. Call us and we'll give you details about our dementia-friendly programming, support groups, family education and so much more," says Jessica.

A formal diagnosis can help you move forward and gain control over your life by taking the necessary steps to live better with the disease.

"It's so important to have some conversations early on about personal, medical, financial and legal decisions," Jessica says. "We can help empower you to make some difficult decisions that will put your mind at ease for the future."

You are not alone. **The Alzheimer Society** staff is here to listen and help guide you forward.

Call us if you have questions about talking to your doctor or about the signs of dementia and more at **204-943-6622** or **1-800-378-6699**.

You can also find more information about warning signs of dementia, visiting your doctor, getting a diagnosis and more at Alzheimer.mb.ca.

THINGS TO DO - JUNE 2024

IG Wealth Management Walk for Alzheimer's

June, across the province

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

Sleep Matters: Understanding the Relationship Between Sleep & Dementia

June 11, 2 - 3 pm, Virtual via ZOOM

In this session, participants will discover how insufficient sleep increases the risk of falls and responsive behaviours in people living with dementia, practical strategies to help improve sleep and more. Register for free at Alzheimer.mb.ca.

Q & A with First Link® Client Support Staff

June 25, 10 - 11 am, Virtual via ZOOM

Do you have questions about dementia? Join our First Link Client Support staff, who will provide a short presentation on some of the common questions received

by the Client Support team about navigating dementia. We will also leave time for attendees to ask other questions during an extended Q & A period. Register for free at Alzheimer.mb.ca.

Minds in Motion

June 11 - July 30, 6 - 8 pm, Rady JCC Fitness Centre, 123 Doncaster St., \$65/pair

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

Community Partner Programs

June 2024, Locations across Winnipeg

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

See advertisement on front page.

June 6, 2024

Lieutenant-Governor of Manitoba and the National Centre for Truth and Reconciliation to partner on a seven-part free public speakers' series at Government House

Lt.-Gov. Anita R. Neville is pleased to announce a new initiative, in partnership with the National Centre for Truth and Reconciliation (NCTR), to provide Manitobans the opportunity to learn about the truth of our history from First Nations, Métis and Inuit knowledge keepers. Presenters will share experience and insight on how all we can all play a role in the ongoing work of

truth, reconciliation and healing to build a more respectful and just society for all.

"Intergenerational Impacts and Ongoing Societal Discrimination" will be the focus of the fourth presentation in the "Reconciliation Through Education" series. The series will be held on Thursday, June 20 and will feature Kathy Pompana, resolution health support worker with Anish Corporation.

Those wishing to attend MUST register in advance with the Office of the Lieutenant Governor by calling 204-945-2753. Seating is limited. Guests may reserve a maximum of two seats per registration. There is no cost to attend.

Doors will open at 6:30 p.m. Program begins at 7 p.m. at Government House, 10 Kennedy St. Parking is available on both

sides of the driveway. Light refreshments to follow.

Please consider bringing a non-perishable food item for the Lieutenant Governor's Sharing Hope Initiative.

Presentations will be livestreamed (registration is not necessary to view the livestream) and permanently available through our website: www.manitobalg.ca.

June 6, 2024

Lieutenant-Governor invites public to attend Levee on the Lawn

The King's representative in Manitoba, Lt.-Gov. Anita Neville, invites all Manitobans to attend the first Lieutenant Governor's Levee on the Lawn. This event will take place on Saturday, June 22 between 1 and 4 p.m. on the grounds of Government House, 10 Kennedy St.

Planned activities include:

- meet and greet with Lt.-Gov. Anita Neville;
- performances by the RCAF Jazz Trio, Hinode Taiko and Asham Stompers;
- drumming and stories in the teepee with Elder Barbara Nepinak;
- walk-through tours of Government House;

- members of the Manitoba Living History Society in heritage costumes;
- food trucks; and
- face painting.

Participants are welcome to bring lawn chairs and blankets, water bottles for water fill stations on-site and donations of dry or

canned food for the Lieutenant-Governor's Sharing Hope Initiative.

For complete details of the day's events, visit website <https://manitobalg.ca/>.

Should the event need to be cancelled due to weather conditions, information will be posted online.

Province helps more seniors age at home safely

Eligible seniors can apply for the **Safe and Healthy Home for Seniors Program**, a \$1.5-million program to help cover the cost of home accessibility and safety upgrades, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced.

"Our government is committed to taking better care of seniors and providing more support to age at home and in the community," said Asagwara. "This program is one part of our plan to support vulnerable seniors. Sometimes, simple modifications or additions are all that's needed to make a home safer. We know this can make all the difference to preventing injury in the

home and as a result, taking pressure off emergency rooms. It's also important for a senior who's ready to leave the hospital and recover at home or to a senior who needs to make some adaptations to remain more independent."

Seniors aged 65 and older and family members who have seniors living with them can apply for funding of up to \$5,000 (\$6,500 in rural and remote areas) to help fund basic home adaptations that are essential for daily living. Applicants can apply for a grant every three years, to a lifetime maximum of \$15,000. To be eligible, the applicant must have a combined household income of \$60,000 or less.

The funding can be put toward the cost of essential accessibility solutions and could include:

- adaptations that increase safety, like grab bars, bathtub safety rails and increased lighting; or
- accessibility improvements for daily activities, such as zero-threshold showers and widening doorways.

The program will be administered by March of Dimes Canada a national charity committed to championing equity and empowering ability.

"March of Dimes Canada has a proven track record of transforming lives through

home adaptations," said Jason Lye, vice president, community support services, March of Dimes Canada. "Even the simplest home modifications can be life-changing in enabling someone to live safely and independently at home. We look forward to helping Manitoba seniors do just that."

For more information on the Safe and Healthy Home for Seniors Program including details on how to apply, visit www.gov.mb.ca/seniors/index.html.

For more information about March of Dimes Canada, visit www.marchofdimes.ca/en-ca/programs/am/mshhs/Pages/SHHS.aspx or call **1-866-906-6006**.

Blue Zones - The Secrets to Exceptionally Long Life

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It's no secret that we as people have a fascination with longevity, from the Elixir of Life to the Fountain of Youth, from Eternal Spring to the Philosopher's Stone. No matter the title, the quest for longevity captivates our attention like no other. Yet there are regions of the world that seem to have found the answer. Not only this, but there are generations of proof for it. In some populations around the world, inhabitants regularly defy all odds and live exceptionally long lives beyond global norms. Introducing Blue Zones...

What Is A Blue Zone?

Blue Zones are regions of the world characterized by exceptional longevity, where extraordinary populations of centenarians live. A centenarian is a person who has lived to over the age of 100, and Blue Zones are where large numbers of these individuals tend to be found, living vibrant lives well into their 100s. Not only do these zones boast exceptional long life, but they are also some of the healthiest and happiest populations. Their inclination towards long life surpasses global average lifespans by a significant margin, and so exploration into these zones begs the question – What lifestyles and habits do their people have in common and how are they consistently living so long?

The five recognized Blue Zones around the world are recognized as such due to having the largest historical populations of centenarians - people over the age of 100, and supercentenarians - people over the age of 110. Long life is not a recent phenomenon in these regions either: Generations of centenarians have lived among these populations, leading to the belief that

there must be a common thread that interweaves their longevity over time.

What Are The Five Blue Zones?

The Blue Zones are Sardinia in Italy, Ikaria in Greece, Nicoya in Costa Rica, Okinawa in Japan, and Loma Linda in California, USA. As Blue Zones encompass not only geographical locations but also cultural and lifestyle factors contributing to longevity as well, common characteristics shared by these populations have been identified, including dietary habits, physical activity levels, social connections, and sense of purpose.

Common Characteristics

These commonalities identified between the Blue Zones follow an intuitive Mind, Body and Soul connection. As deeper understanding of one's place in the world is an important aspect of the Blue Zones, so too is the connection between one's physical being and inner self.

Mind

Sleep: Centenarians in Blue Zones recognize sleep as one of the most important factors to good health. Adequate relaxation and sleep is prioritized in these regions, with napping and allocating one day out of the week for rest being popularly observed practices.

Less Stress: Blue Zone populations often lead "slow lives", where focus is placed on mental and emotional well-being. The pace of life is typically gentler, paving the way for a less stressed environment. Stress is also managed through social connections, leisurely activities, and a laid-back, positive attitude towards life's challenges.



Body

Whole Food Diet: Blue Zone centenarians tend to follow a whole food diet based on nutritionally balanced meals and limited meat consumption. Each of these regions also exist in places of the world where locally grown food is prioritized, and year-round growth is possible.

The 80% Rule: Overeating is not a common trait of Blue Zone populations. The name of the rule stems from an Okinawan tradition that recommends you stop eating when your stomach feels 80% full.

Moderate Alcohol Consumption: Multiple Blue Zone regions consume a moderate amount of alcohol, particularly wine. While these populations do not drink alcohol too frequently, the inclusion of limited alcohol in their diets may prove beneficial overall, particularly as wine holds many antioxidants if consumed moderately.

Physical Activity: Physical activity and exercise is often ingrained into the fabric of life in Blue Zones, with many inhabitants of these regions walking as their primary means of transportation and holding laborious jobs and hobbies that require some physical exertion day to day.

Soul

Social Community: Blue Zone centenarians often have a strong sense of community, living in social networks where they receive emotional support and have deep social

connections with family and friends. Small and large group gatherings are common, with meals often being shared together.

Strong Family Ties: Intergenerational connections are valued highly in Blue Zones, where grandparents often live with their children and grandchildren. Centenarians still hold important roles in Blue Zones households, and their wisdom and knowledge is passed down to younger generations. The family is considered a tight-knit unit in these regions.

Sense of Purpose: An intangible sense of purpose and belonging runs through Blue Zone populations, with Okinawans calling it "ikigai" and Nicoyans calling it "plan de Vida". This notion, loosely translated to "a reason for being", gives inhabitants the feeling of a place in the world, and a reason to wake up in the morning. It is a fulfilment and a focus on what brings one simple pleasure and joy in life, as well as a feeling of personal value in one's place in society. This sense of purpose provides centenarians in these regions with a greater source of satisfaction, leading to a happier life.

Investigating Each Blue Zone

While all these common characteristics may be interwoven between the world's five Blue Zones, each of these zones also have their own individual lifestyles and secrets that lead to their longevity. ■

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Active Aging in Manitoba (AAIM) *Inspiring active lifestyles*



Manitoba 55+ Games – Brandon – June 18-20, 2024

The countdown is on to the opening day of the annual Manitoba 55+ Games! We kicked off the Games in March with a successful curling event at the Brandon Curling Club, and since then momentum has been building for the June Games. Featuring more than 25 different events there is something for everyone. Most events have age categories starting at 55 and ranging to 85+.

You have not entered the Games? How about cheering on these participants of all ages?

Spectators are always welcome at all the events – come out to Brandon and join the

fun atmosphere! All event venues have space for spectators where you can join friends and family cheering on the participants. Check out Slo-Pitch at Ashley Neufeld Softball Complex, visit the Healthy Living Centre at Brandon University for pickleball action, and visit Brandon's Community Sportsplex for swimming and track events. T-Birds Bowling will be the site for team and singles bowling, Riverview Curling Club will become a floor shuffleboard venue, and Wheat City Golf course will host three days of golf! Arts and Crafts will be on display at Brandon Seniors for Seniors and while you are there participants will be competing in Bridge, Cribbage and Whist. Visit the beautiful Riverbank Discovery Centre for the Predicted Walk/Run event. If Snooker and 8 Ball interest, you the competition is on at the ANAF.

The historic Dome Building, located just east of the Keystone Centre, will host the Opening Ceremonies on June 18th starting at 9:00 a.m. The parade of Athletes is the

highlight of the Opening Ceremonies and then the Games begin! The Dome building is also Games headquarters from Monday, June 17 – Thursday, June 20th. This is the place to stop to pick up a venue map and schedule.

Wednesday night, June 19th, is the annual Celebration banquet where we celebrate the athletes, welcome their guests and any local community members who want to attend. The Games are all about being active, meeting old friends, making new ones, and making lasting memories.

The 2024 Mb. 55+ Games are even more exciting because this is a qualifying year for the Canada 55+ Games. Quebec City is the host of the Canadian 55+ Games, August 27 – 30, 2024. Participants placing in the top three in their event in Manitoba will have the opportunity to represent our province at the Canada Games. Every second year approximately 2,000 participants from across Canada represent their provinces in the Canada Games.

The Manitoba 55+ Games could not happen without the support of our presenting sponsor Manitoba Liquor and Lotteries - Play Now. Their many years of support has allowed the Games to grow and expand to be more inclusive and provide opportunities for more older Manitobans to participate in the annual Games. At Active Aging in Manitoba, we are extremely thankful for all our sponsors - Credit Union Central of Manitoba, Blue Cross, Sport Manitoba, The Seniors Moving Company, Manitoba Association of Senior Communities, *Winnipeg Free Press*, *Senior Scope*, Ashams, and Brightwater Senior Living.

Come and join us in Brandon for some exciting competition, and fun!

Want to volunteer at the Games?
Contact Active Aging in Manitoba
204-632-3947 or
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You can also visit our website: **www.activeagingmb.ca** for event schedules.



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Congratulations to all participants in the Manitoba 55+ Games.

Good Luck to the Athletes & Participants at the MB 55+ Games



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Congratulations to the 55 Plus Games and to all the athletes and volunteers



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At **Active Aging in Manitoba**, we're proud to host the largest multi-sport event in Manitoba for those 55+. This multi-sport event combines social activity, entertainment, and exercise. The Games are a fun and enriching experience for spectators, volunteers, and participants. Over three days, we host dozens of events, from pickleball to arts and crafts.



Active Aging in Manitoba is a not-for-profit organization dedicated to the promotion of active aging opportunities, inspiring active lifestyles for all older Manitobans. With active aging, older adults can enhance their health and mobility, and participate in their community. We're the provincial organization responsible for the planning and implementation of the annual Manitoba 55+ Games and Active Aging Week embedded into October's Seniors and Elders month.

Current Programs

Through inspiring healthy lifestyles, **Active Aging in Manitoba** wants to inform and empower Manitobans about how to embrace healthy active aging. A healthy, active lifestyle can help extend your life, improve your quality of life, and reduce disability and chronic disease.

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Brandon, Manitoba - Proud to host the 2024 Manitoba 55+ Games



Brandon, Manitoba, situated in the south-western part of the province, holds a rich tapestry of history, culture, and industry. Originally inhabited by indigenous peoples, including the Dakota Oyate, Anishinaabek, Cree, Oji-Cree, Dene, and the Red River Métis, the area saw significant European exploration and settlement in the 19th century. The city itself was founded in 1882, named after the Brandon Hills in the area. Interestingly, Brandon was never incorporated as a village or town, but was incorporated directly at City status. Its strategic location along the Assiniboine River facilitated its

growth as a transportation hub, particularly with the arrival of the Canadian Pacific Railway in 1881.

With a current population of just over 50,000 people, Brandon stands as the second-largest city in Manitoba, offering a vibrant community with diverse cultural influences. Its location at the crossroads of the Prairies makes it a key center for agriculture, with farming and agriculture-related industries playing a significant role in the local economy. Additionally, Brandon has emerged as a regional center for education, healthcare, and retail services, contributing to its economic stability and growth. Throughout its history, Brandon has been marked by various events that have shaped its identity. The city has seen periods of economic prosperity and challenges, including the Great Depression, both World Wars, the 2008 economic crisis and subsequent recoveries.

Brandon has become a host city for many events, with events and tourism playing a part in its local economy. Major sporting events like the 2016 Manitoba 55+ Games, 2017/18 Legion National Youth Track and Field, 2019 Brier and 2023 U15 Girls National Fastpitch Championships are among the highlights, drawing participants and spectators from across the province and

country. Annual events include the Royal Manitoba Winter Fair, Ag Days and more! The Provincial Exhibition of Manitoba has proudly hosted Brandon's Fairs for over a century and maintains the glory of the last remaining Dominion Fair Exhibition building, the Dome Building, built for the 1912 Dominion Fair. This classic heritage building is now home to the Provincial Exhibition, three other local businesses and hosts events in its Agricultural Exhibition Hall and Gord and Diane Peters' Boardroom from small meetings to weddings and banquets.

The Keystone Centre stands as a prominent landmark and versatile facility in Brandon, Manitoba, serving as a hub for entertainment, sports, agriculture, and community events. With its expansive space and modern amenities, the Keystone Centre is home to the Brandon Wheat Kings of the WHL and hosts a wide range of activities throughout the year, including trade shows, conventions, concerts, sporting events, and agricultural exhibitions.

Brandon boasts a vibrant arts and cultural scene that thrives within its community. At the heart of this cultural richness is the Western Manitoba Centennial Auditorium (WMCA), a premier venue that hosts a diverse array of artistic performances. From theatrical productions and musical concerts to dance performances and comedy shows, the WMCA serves as a hub for artistic expression and entertainment in Brandon.

Furthermore, Brandon's calendar is dotted with exciting events that celebrate the arts and culture throughout the year. The Salamander Summer Music Festival, for instance, brings together musicians and music lovers for a weekend of performances and workshops at Rideau Park. Canada Day at Riverbank is another highlight, where residents and visitors gather to enjoy live music, dance performances, art displays, and fireworks, all against the scenic backdrop of the Assiniboine River.

History comes alive through the Daly House Museum and the Commonwealth Air Training Plan Museum, both cherished institutions that offer captivating glimpses into different aspects of the region's heritage. The Daly House Museum, housed within the beautifully preserved Victorian home of Brandon's first Mayor, invites visitors to step back in time and explore the daily lives of early residents of Brandon. With its meticulously curated exhibits and period furnishings, the museum provides a fascinating insight into the city's social, cultural, and architectural evolution. Meanwhile, the Commonwealth Air Training Plan Museum commemorates Brandon's significant contribution to World War II as a training hub for Allied pilots. Through immersive displays, artifacts, and interactive exhibits, visitors can learn about the brave individuals who trained here and the pivotal role they played in the war effort. Together, these museums offer a multifaceted journey through Brandon's past, preserving its stories and heritage for generations to come.

In conclusion, Brandon, Manitoba, stands as a dynamic city with a rich history, diverse culture, and thriving economy. From its Indigenous roots to its present-day status as a regional center, Brandon exemplifies resilience and adaptability in the face of change. With its welcoming community and a wide array of events and attractions, Brandon continues to evolve while cherishing its heritage and embracing the future. ■

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55+ GAMES - of BRANDON, MB



A MANITOBA MOMENT

By Bud Ulrich

A Manitoba 55+ Games Moment

LOIS DUDGEON – Unlimited Energy

Lois was born and raised on a farm south of Darlingford, Manitoba which is 21 km west of Morden. This quaint town of some 200 people is located in southern Manitoba, not far from the USA border. Lois's family includes her mom and dad, Marion and Allan, who worked the farm, along with their children, one boy and five girls. During the early years they all pitched in attending to the chores. Her dad loved taking the three oldest girls stone picking for 5 cents a stone.

Lois graduated from Morden Collegiate Institute. She participated in several sports during high school days which influenced her decision to pursue a Bachelor of Physical Education degree at the University of Manitoba. Lois considers herself very lucky to get a university education. "It was probably a truckload of grain that paid for our university. All of us had summer jobs to take care of expenses," Lois said.

At first, a teaching career appealed to Lois. However, a distant relative was in the RCMP, as well as a friend of Lois's younger sister. Obviously, there was an attraction for Lois to look further into this occupation, and she said, "You know what – Why not!" She graduated from the RCMP Training Depot in June 1976. Their troop of 16 women and 16 men were the first co-ed troop to go through training. Lois's twenty years in the force took her to many places in Canada. Within one week following graduation, her first tour of duty involved a few months working in security at the Montreal Summer Olympics in 1976. Because of a terrorist attack and massacre during the Olympics in Munich in 1972, Montreal beefed-up their security.

Lois's first permanent posting started at the end of August 1976 at The Pas, Manitoba. Although being a rookie in the RCMP, the expectations of the job, I suspect, are much the same as a seasoned veteran. "The memorable moments of working in The Pas, as well as any posting, were the people I met," Lois said. An enjoyable aspect of all her postings, outside of work, included joining a ladies baseball team. Teamwork is important when playing baseball, as it was in her job in the RCMP. Lois's background in athletics was an advantage when mixing with the public "out of uniform". She was not just an



Lois Dudgeon

RCMP officer, but a "real" person contributing to the community. Sports seems to have a magical way of connecting people, or, for that matter, the arts or any other talents. The similarity of thinking develops camaraderie no matter where one ventures. Being one of the first female RCMP officers garnered a lot of attention wherever Lois was posted.

Further postings for Lois were in Beausejour, Winnipeg, Quebec City and Ottawa. Another posting was in Regina at the Training Academy where she was a driver training instructor, followed by her last posting in Winnipeg which involved administration and personnel.

I asked Lois how she handled the dangers of her job while on duty. She felt that it was always in the back of her mind, but times were different back then. "It's a totally different world today. Drugs and crime weren't as rampant back then. In the twenty years I served, I can't recall a single shooting of a police officer, and now it seems to be more of a common occurrence," Lois said.

Following Lois's retirement from the RCMP at 41 years young, it didn't take long to fill the void. She volunteered at the Atlanta Olympics in 1996 as a member of the International Security Team. Many of us will remember a bomb going off in Centennial Olympic Park. This park was open to the public, and Lois recalls it being a rather scary occurrence. Members of the entire security team were on the phone calling home to their families letting them know they were okay. Lois was not working



Lois graduated from RCMP training in '76.

that night, but she had to line up at the phone booth to call home. No cell phones were around at that time. Lois became the manager of recruitment and training of 20,000 volunteers for the Pan Am Games in Winnipeg in 1999. She also volunteered at the Sydney Olympics in 2000.

For the past thirteen years Lois has taken part in every Manitoba 55+ Games since she turned fifty-five in 2010, playing golf and pickleball. She participated once in slo-pitch baseball in the Canada 55+ Games and has been manager for Team Manitoba at every Canada 55+ Games since 2002.

Golfing is very dear to Lois, and she spends a lot of her time at Minnewasta Golf & Country Club in Morden, and also at the Roland Golf Club. Her lowest 9-hole score is 40, but anything under 50 is her goal. Not many golfers can brag about getting a hole in one, but Lois has two of them, the most recent being at Morden in 2021.

A typical day for Lois depends on whether she's golfing or not. Being a one-person household, she looks after the house and the yard. Lois's immediate family as she says, "It's me, myself, and I." She volunteers her time with several organizations: area coordinator for the Daffodils Campaign for the Canadian Cancer Society; area coordinator for Darlingford Memorial Park; volunteer at the church Fall Supper; co-chair for Manitoba 55+ Games Committee; Manitoba director Canada 55+ Games Association Board; co-founder Manitoba "Lois" Club.

Lois has a life full of friends and activities. She won't allow herself any boredom. Her favourite saying is, "Be active your way every day for life." And from my brief but informative chat with Lois, she follows this proverb to the fullest. As Lois says, "Life is as good as you make it!" ■



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Lois Dudgeon (3rd from left, back row) at her first Canada 55+ Games in Brockville, ON in 2010 with her 65+ slo-pitch team from Killarney and area - the MB Coyotes.



Lois Dudgeon with the MB Coyotes 65+ slo-pitch team placing 2nd at the 2010 Canada 55+ Games.



Lois Dudgeon with her role model golfer, Jack Widdicombe (then 96, now 103 as of this May, 2024) from Russell, MB at the 2016 Canada 55+ Games in Brampton, ON.



Lois Dudgeon - Hole-in-1 at Minnewasta Golf course, Sept. 13, 2021.



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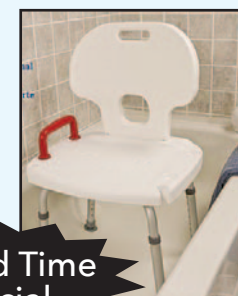


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Visit prosknowexpos.ca for 2024 dates, locations & On-Line resources for Seniors!

Thank You Winnipeg for your Support!



Rick Roschuk
Trish Bennett

Thank You! Another Expos Spring has come and gone and dang, that was fun. Thank you to our Older Adult Community for showing up, even on a monsoon type day on May 30th. Thank you to our Venues, Venue Hosts, MASC Senior Centres Hosts and of course the outstanding line-up of quality Exhibitors who made the trips to the shows more than worth while. You are our Champions and hundreds more Winnipeggers are now getting help.

We started this process in 2019 with the hopes of getting active living and other older adult resources into the heart of as many communities as possible. Though the core shows were centered around six main areas, four other venues held their own shows with good success. Under the current model which first appeared on October 1st, 2021 in Garden City and finishing this November 1st in Fort Garry, 25 Expos will have been held in just 36 months. WOW! This statistic is important for all to know as in this time period, as we struggled coming out of the pandemic, the list of core Exhibitors and presenters was pretty amazing and constant. The core, most of them, will have been at all 25 shows, ready and willing to be of service. That people is unbelievable commitment to the health and welfare of our senior population and their families. Bravo! As we have said so many times before, these people are the real angels amongst us who care the most!



As we prepare for the Fall Shows, there are some important things to note for the future of these events. First off, we're adding another show this fall in Garden City in mid September, details coming in the July issue. Secondly we are working with some of our core group to revamp the shows for 2025. This model, when finalized, will have 14 shows in even more neighbourhoods and closer to you than ever before. 12 mini-expos, one monthly and two larger events (Spring & Fall), are in the works. We need to help more people!!!

We are currently working on updating our website for the Fall Shows and will have everything in place for June 15th release to the public. In the meantime, if you're needing some help, please visit our website where you can find so many resources, just a click away. Our Exhibitors are listed, we have a resources section and a directory section as well to help you short hop to where you need to go for now. Our first show this Fall is tentatively in Garden City on September 19th with details confirmed as noted on the 15th. All of our shows for this fall are now sold-out tablewise and with there being NO admission charge for the public, well, how much more can one ask for. In closing it has been a good Spring. We are making progress in so many ways and we need to keep the momentum going. Fall brochures are being printed and if you want some for your Centre, Residence or Seniors group, please email: prosknowexpos@gmail.com.

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Caring for Alzheimer's & Dementia at Home

- Submitted by Just Like Family Home Care

Whether being cared for at home by family or a professional caregiver, providing support for people with Alzheimer's and dementia requires caregivers to adapt to the unique challenges posed by the disease.

Alzheimer's affects every aspect of a person's life. Their emotional needs may change over time and providing a supportive environment at any stage is important.

At Just Like Family Home Care, our team undergoes specific training so we can provide the best support for both seniors with Alzheimer's and dementia and their families. We have courses that focus on the symptoms and stages of the disease, communication strategies, handling difficult situations, treatment and care, and more. Having support from caregivers who have this training provides peace of mind for families, knowing that their loved ones will receive top-quality, compassionate care.

When caring for someone with Alzheimer's or dementia, our team focuses on activities that are tailored to the individual and the diagnosis, providing both physical and emotional support.

Memory Care

With memory loss being one of the most prominent symptoms of Alzheimer's, our caregivers focus on memory exercises, reminders, and routines that help minimize confusion.

Emotional Stability

Behavioural changes such as anxiety and agitation are common with Alzheimer's

and dementia. Our team provides emotional support, reassurance, and patience.

Communication

Communication becomes increasingly challenging as the disease progresses. Our caregivers have been trained to communicate effectively with those who may struggle with language and comprehension.

Safety and Supervision

Memory loss and poor decision-making lead to increased safety concerns for an individual with Alzheimer's. Having a trained professional keep your loved one safe provides invaluable peace of mind.

As an individual progresses through the stages of Alzheimer's and dementia, it is crucial that their care changes with them. Just Like Family Home Care offers fully customized and flexible care to meet the evolving needs of those we support.

In the early stages of Alzheimer's and dementia, an individual may require support with activities such as cooking meals (to ensure safety), medication reminders (as memory becomes challenging), and outings such as grocery shopping.

As the disease progresses, our caregivers provide more comprehensive support as needed. Whether the individual requires support performing activities of daily living, such as bathing and grooming, or overnight care to ensure safety, Just Like Family Home Care supports seniors and their families every step of the way.

If you or a loved one are facing a diagnosis of Alzheimer's or dementia, please reach out to us for support. We are here to support you. ■

For more information, contact Kenny at **204.887.6770** or **204.894.2519** or go to www.justlikefamily.ca

Big Sky Country Way -

Honourary street renaming ceremony in honour of the legendary Ray St. Germain's contributions to the community



L-R: Glory St. Germain and husband Ray, and Bud Ulrich, reporting for Senior Scope.

Ray St. Germain resided on St. Michael's Road in St. Vital, Winnipeg, growing up as a child. A Ceremony was held at the intersection of St. Michael's Road and Wright Street on June 7th to celebrate Ray and all he's done for his community including writing, producing, and hosting the national award-winning television production, 'Big Sky Country' which aired for 13 years on Global Television. MMF President David Chartrand and Ray created the Métis Hour - a live radio show on NCI-FM with co-host Naomi Clarke in 1998.

Ray St. Germain, born in 1940, was known as "Winnipeg's Elvis" and performed nationally on television and radio including Global, CTV, CBC, APT & NCI-FM Radio. He was a recording artist with many albums and CDs under his belt.

St. Germain has received multiple awards, including the Order of Manitoba, the Aboriginal Order of Canada, the Order of the Sash in Saskatchewan & Prince Albert, and was inducted into the Canadian Country Music Hall of Fame in 2010.

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Rheumatic Disease: Your Beast of Burden

By Jane Swain RNB BA


**HEALTH
NEWS**

Jane Swain RNB BA

If like Keith Richards your “Sticky Fingers” have changed to stiff fingers, chances are you have Rheumatoid Arthritis.

If you're new to the world of rheumatic disease, this article is for you. This is an overview about rheumatic disease, what's going on inside your body and the basics when it comes to diagnosing and treating rheumatic disease. Arm yourself with knowledge against the internal war your body is raging and before you know it, you'll be a pro on rheumatic disease. You should feel like you can take control of your illness, instead of it controlling you.

What is Rheumatic Disease?

Rheumatic disease is a generalized term for diseases that cause inflammation and swelling in the body. This inflammation and swelling largely affects connective tissues, joints and muscles and results in heat, pain, redness and swelling in these areas. The most common form of rheumatic disease is arthritis (most commonly osteo and rheumatoid arthritis). Other common examples of rheumatic disease are:

- Celiac Disease
- Fibromyalgia
- Gout
- Juvenile Arthritis
- Lupus
- Multiple Sclerosis
- Psoriasis
- Type 1 Diabetes

Rheumatic diseases can range in severity from mild to disabling, depending on how severe the immune response is within the body and to which system is most effected.

Immune System 101

Our bodies have systems in place to protect us from getting sick and to fight off sickness when our body is under attack. One such system that does this is the immune system. The immune system is comprised of different types of cells, chemicals and organs that identify harmful invaders that make us sick, like bacteria and viruses. Each of these cells and organs play an important role in identifying and eliminating cells and tissues that are flagged as “harmful” to our bodies. However even our own immune system can make mistakes resulting in the targeting of healthy tissue, like in rheumatic disease.

While the immune system is a complex network that works together using cells, chemicals, organs and other entities, the

cells of interest to rheumatic disease here are white blood cells (WBC). The main role of WBC is to identify foreign cells, label them as a threat, and destroy them. Mainly, T-cells and B-cells execute this role for the body.

- T-cells - play a vital role in identifying foreign cells/tissue like bacteria and viruses, marking them for termination. Normally, T-cells that would mistakenly target our own tissues are destroyed by the body. Some of these rogue T-cells however, sneak through and continue to raise red flags on our own healthy cells. Once T-cells have flagged our own healthy cell as a threat, it triggers B-cells to make antibody proteins to destroy these wrongly flagged cells.
- B-cells - produce antibodies that are specific to that type of cell or tissue. They are responsible for the destruction of our healthy cells and tissues.

Diagnosis and Treatment

If you choose to see a doctor to seek a diagnosis for your presenting symptoms, your doctor may combine a biopsy, imaging, physical exam, and samples (blood and urine) to confirm a rheumatic disease diagnosis.

Seeking treatment can be multi-focused. Treatment of rheumatic disease aims to:

- Replenish the body's deficiencies caused

by the disease (eg. blood transfusions, insulin, vitamins/supplements)

- Suppress your body's immune response with medication (immunosuppressants)
- Symptom management:
 - Medication (pain relievers, etc.)
 - Physical therapy (massage and targeted exercises for affected muscles/joints can provide pain relief)

Whatever treatment you choose, your healthcare team is always there for you to make sure you feel supported and empowered to make decisions about your care plan. While these diseases do not yet have a cure, the symptoms can at times be well-managed with a good care plan between you and your healthcare team.

Conclusion

Rheumatic disease can take control of your life, but it doesn't have to. Finding a diagnosis isn't always easy, but arm yourself with this knowledge and you'll be in a much better place to handle anything that comes your way. With proper treatment, your hands will no longer be such a Beast of Burden.

Jane Swain - nursewriter.swain@gmail.com

Sources: Better Health Channel, Centers for Disease Control and Prevention, MedlinePlus, National Institute of Arthritis and Musculoskeletal and Skin Diseases.

MANITOBANS URGED TO BE VIGILANT DURING TICK SEASON

Focus on Prevention and Early Treatment During Lyme Disease

Manitoba Health, Seniors and Long-Term Care is reminding people to be vigilant about ticks, take steps to prevent bites and know when to seek treatment. Blacklegged ticks, often called deer ticks, are a risk to human health because they can transmit diseases like Lyme disease, anaplasmosis, babesiosis and Powassan virus disease. These diseases can all be serious, particularly in older adults, young children or people with compromised immune systems or underlying medical conditions.

Public health officials recommend visiting a health-care provider within 72 hours of removing a tick to receive preventative treatment for Lyme disease if:

- the bite was from a reliably identified blacklegged tick; and
- the tick was attached for 36 hours or more, or the tick was engorged (filled with blood).

Blacklegged ticks may be found anytime snow is not on the ground, with peak activity in spring and fall. Due to the health risk posed by blacklegged ticks, it is important to be able to distinguish between them and the more common wood tick. While wood ticks are a nuisance, in Manitoba these species do not transmit diseases. Blacklegged ticks have a red-orange body, black legs and a black spot on their back, and are smaller than wood ticks. Adult females are about the size of a sesame seed. When attached and feeding, blacklegged ticks become larger and change colour to grey and brown. Wood ticks are larger, brownish in colour, with white markings on their back. Photos comparing wood ticks and blacklegged ticks are available at: www.gov.mb.ca/health/publichealth/cdc/tickborne/about.html

Anyone who finds a tick on animals, humans or in various habitats can submit a picture to have it identified by experts, to confirm if the tick belongs to a species capable of transmitting diseases. For more information or to submit a picture of a tick, visit www.etick.ca.

Reduce your risk of tick bites and disease exposure by:

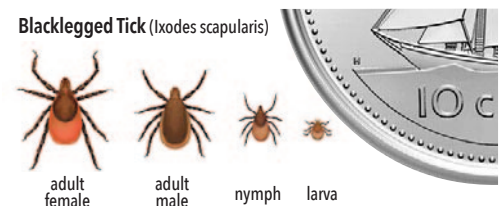
- applying an appropriate tick repellent on exposed skin and clothing, following label directions;
- wearing long pants and long-sleeved shirts;
- tucking in clothing to create a barrier;
- staying to the centre of walking trails;
- inspecting yourself, children and pets after spending time outdoors;
- removing ticks as soon as possible from people and pets, using tweezers; and

- keeping grass and shrubs around homes cut short to create drier environments that are less suitable for tick survival.

Milder winters and shifting weather patterns caused by climate change means ticks are expanding their geographical range to more regions of the province, although southern Manitoba remains the highest-risk area.

To learn more about blacklegged ticks, tick-borne diseases like Lyme disease, prevention and treatment, visit:

www.gov.mb.ca/health/publichealth/cdc/tickborne/.



Security rebate offered to homeowners and small business

As part of Budget 2024, the Manitoba government is investing in community safety by offering a \$300 Security Rebate for homeowners and small business owners to purchase security equipment, Justice Minister Matt Wiebe announced today.

“Everyone should feel safe in their home and their community,” said Wiebe. “This rebate is a step our government committed to during the election to help build a culture of safety throughout our province and we are following through on that commitment today. This is just one part of our government's plan to make communities

safer and lower costs for Manitobans. By taking advantage of this rebate, people can equip their homes with cameras, lights or other security measures and save some money while doing it.”

Homeowners and small businesses can take advantage of the rebate offered by the province. Upgrades eligible for a rebate include security cameras, alarm systems, motion detectors, reinforced doors or windows, anti-graffiti film, paints, security gates, pull-down protection shutters and permanent security fencing.

Ongoing subscriptions or monthly fees

for existing alarm systems are not eligible. Only equipment associated with the alarm is covered by the rebate.

“Two years ago, a stranger vandalized our only car, breaking our back windshield,” said Anamika Deb, a homeowner in Fort Richmond. “Having lived in the area for over a decade, it left us shocked and made us anxious in our own community. We installed a blink doorbell as extra assurance, but it added to our family's costs. That's why this security system rebate is great news. It feels good to know that our government is here for us.”

The minister noted any purchase made after Sept. 1, 2023, is eligible to receive the \$300 rebate. The application system for the rebate will launch this June and applications will be reviewed on a first-come, first-served basis. Manitobans with multiple homes or business locations in the province will only be eligible to apply for one location. The minister noted the rebate can apply to multiple expenses for a single property or business under the \$300 threshold.

More information about Budget 2024 can be found at:

www.manitoba.ca/budget2024.

Birthday Celebration for Senaka



April 9th: Cake cutting was done with family members at home.

April 17th: Cake cutting was with the members of Sri Lankan Seniors Manitoba.



My birthday was on April 9th. I thought of celebrating my birthday with our members of Sri Lankan Seniors Manitoba (SLSM). I came to know that few members were born in April namely, Charlotte, Chami, Sheela Karu and Ismath. I bought two cakes: one for me and the other cake for other five SLSM-members who were born in April. As Karu did not attend Hema (his wife) represented for the cake cutting ceremony. This was held on April

12th (FRI) 2024 at Whyte Ridge Community Centre. Indra, President, SLSM invited Yoga trainer Smita Gupta and her loving husband Madhukar Gupta to attend the formal procedure.

The other proceedings for the day were one-hour yoga session and practice two songs (Sinhala and Tamil languages) for the Sri Lankan New Year ceremony organized by Sri Lankan Association of Manitoba scheduled to be held on 4-5-2024.

Candlelight: Tribute to ABBA in Winnipeg - 50th anniversary

By Senaka Samarasinghe



The above event was held on May 3rd (FRI) 2024 at Fort Garry Hotel Concert Hall, Winnipeg. Performed by local musicians under candlelight demonstrating their excellent capabilities. They started with Dancing Queen and ended up with Mamma Mia. Majority of attendees were seniors. Some were sipping a glass of wine. Most of them sung along with the music.

At the rear end of the hall Abba song lovers were on wheelchairs clapping and enjoyed.

On April 6th (SAT) 1974 Swedish pop group sang their song Waterloo and won awards at the Brighton Dome, England. Now (2024) they are celebrating their 50th anniversary.



IN TUNE WITH OUR COMMUNITY

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It's time for the Red River Ex!

This year, the Red River Ex is set to wow the crowd once again from June 14 to 23! But just in case the action-packed excitement of the mid-way rides and games isn't your thing, there are literally hundreds of other reasons Manitobans should head to The Ex this year.

The long list of talented, local artists and hobbyists, who'll be showcasing their passions, includes The Winnipeg Model Boat Club, whose members will hold demonstrations on the Park Lake, and the Manitoba Live Steamers & Model Engineers, who will display their model steam-powered locomotives. As well, Manitoba quilters will be entering their most stunning creations for display and competition in the Judged Quilt Show. The Juried Art Show and the Photo Salon competitions will also have their highly creative artwork and photography entries on display for all to enjoy.

Over at The Loop, visitors can pet adorable Winnipeg farm animals like goats, cows, horses and sheep; tour through the prehistoric dinosaur park; watch chainsaw carving demonstrations; and take in the thrilling excitement of Harness Racing (June 23).

Near the Loop will be a unique area called The Indigenous Village, where spectators can watch Indigenous performances, including a special powwow, complete with traditional dancers, drummers and colourful regalia. Prepare to be



Join CJNU at the Ex on Seniors Day!

thoroughly entertained!

This year's two music stages will be graced by a variety of incredible, local bands. Instead of featuring one giant headliner, we're shining the spotlight on an exciting lineup of talented, hard-working local, musical artists who've given Winnipeg a reputation for performance excellence.

For all the foodies who revere those delicious food trucks, get ready to try hundreds of mouth-watering new creations, and "feature foods", available for every type of craving!

Tickets are now on sale, online, or at our valued retail partners. Several days of The Ex include opportunities for free or discount gate admission, so check out all the details, and plan your visit at redriverex.com. We can't wait to see you at The EX - June 14 to 23!

Happy 150th, Winnipeg!

In 2024, Winnipeg marks 150 years as a city. It's an opportunity for us to reflect on our past and look to the future. We invite all to commemorate Winnipeg's 150th anniversary. Let's mark this historic milestone together through festivals, travelling exhibitions and community events.



Above: Portage Avenue, looking west from Main, circa 1927

Below: Main Street, circa 1874



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

Senior Scope ANNUAL Contest

PRIZES WILL ACCUMULATE until draw date



goldeyes.com



Assiniboia Downs
GAMING & EVENT CENTRE

3975 Portage Avenue, Wpg
204-885-3330

EACH DRAW PRIZE INCLUDES:

- 2 HOME PLATE Winnipeg Goldeyes tickets - Value \$54
2 GIFT CARDS - Value \$40
- \$50 GIFT CERTIFICATE for Terrace Dining Room or Club West at Assiniboia Downs Gaming & Event Centre
- and MORE (to be confirmed)

TOTAL VALUE FOR EACH WINNER - \$144.00

ONE ENTRY PER PERSON.

Senior Scope reserves the right to publish names and photos of winners and their submitted answers on their entry forms.

Send in a 'FAVOURITE QUOTE' or saying by a person you admire CONTEST.

Enter your name, phone number and email if available.

Good Luck!

There will be 2 Winners on July 25/24.

Name _____

Address (optional) _____

Phone _____

Email (optional) _____

Your Favourite Quote: _____

Age (optional) Under 50 / 50-59 / 60-69 / 70-79 / 80-89 / 90+ (circle one)

Would you like to sign up for the **FREE** E-mail Subscription to **Senior Scope**? Receive every monthly issue in your email inbox. YES or NO (circle one)

MAIL ENTRIES TO: SENIOR SCOPE, BOX 1806, STONEWALL, MB, R0C 2Z0

EMAIL ENTRIES TO: kelly_goodman@shaw.ca

My Birthday: Shared with Seniors in Southeast Personal Care Home



April 28th: Senaka shared his birthday celebration with seniors in Southeast Personal Care Home

In 2016, I started to entertain seniors on my birthday (BD) with Jean Foster, Community Liaison Manager, Southeast Personal Care Home, 1265, Lee Blvd, Winnipeg by playing its upright piano at their recreation room. Due to COVID pandemic this practice was terminated. On 28-4-2024, I restarted with Jhon.

Most of the residents are confined to bed. About 20 seniors attended. Out of which most of them were in wheelchairs. Jhon wheeled some seniors to the Recreation Room.

Tharindu and Arali (Kishani and Arjuna's son and daughter), Seja (my niece Ranmini's daughter), my two granddaughters (Chamathi and Senuri) and Chandani

(my wife) played the piano. Arali played her violin as well. Senuri used the piano to play the BD song. When they played old hits most of the seniors were clapping and some of them were singing in low voices.

I asked my invitees not to bring presents for my BD but to give cash. Therefore, all of them gave me cash. I donated their money to the Seniors Home and obtained receipts. Those receipts were handed to those who gave cash to me for my BD.

My BD was remembered on following occasions:

(1) April 7th: Alms Giving at home for two resident Monks in Mahamevnawa Monastery Winnipeg and three Monks from Buddhist Vihara Winnipeg.



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Things To Do - WINNIPEG

Luncheons / Shows / Sales

Canadian Hard of Hearing Assoc. - Support Group, Fri. June 21, 1-2:30 pm, 203 Duffield St., 3rd Floor. Speaker: Gladys Nielsen, Cochlear implant wearer and advocate. Virtual meetings via Zoom have Closed Captioning. Open to anyone or who knows anyone with hearing loss. **204-975-3037**, chhamanitoba@outlook.com. Web: cha-mb.ca

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

Misc.

Prevent Elder Abuse Manitoba (PEAM) - World Elder Abuse Awareness Day (WEAAD) is June 15, 2024. www.peam.ca

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

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

Music / Dancing

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

Sports / Fitness / Games

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

Learn to Lawn Bowl - Mon's & Wed's 7 pm, Tue's, Thur's & Sat's 10 am, at Tuxedo Lawn Bowling Club, Corydon & Southport. Equipment supplied. Free for first 3 tries. For more info on this lifetime sport: tuxedolbc@gmail.com

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

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

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

Ladies Golf League - Looking for women to join a fun 9 hole Thurs. golf league at Crescent Drive Golf Course. Tee times 7:15-8:15 am starting May 2. Info, Bonnie: **204-223-6655** or bonniefisher@shaw.ca Diane: **204-255-1137** or dkkastes71@shaw.ca

Prendergast Seniors Club (Windsor Park) - CRIB players invited to join in Mon's and Wed's, 906 Cottonwood Rd. and for our monthly, luncheons. Call Gerry: **204-257-1475**

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

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

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

Active Aging in Manitoba - 2024 Manitoba 55+ Games, Info: www.activeagingmb.ca, **204-632-3947** or **204-261-9257**, manitoba55plusgames@gmail.com.

Garden City Community Centre / Seven Oaks SportsPlex - 725 Kingsbury Ave. 55+ Programs: Zumba, Bocce Ball, Pickleball, Line

Dancing. Program schedule: www.gardencitycc.com/seniors.

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

Volunteering

Actionmarguerite St. Boniface, 185 Despines Street - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. **204-235-2111**, service@actionmarguerite.ca

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

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

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

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

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

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

Misericordia Health Centre and Misericordia Place - Volunteers being accepted to support patient care. Training provided.

Giftshop, open 10 am-4 pm. (3-hr shifts), Rehab/Physio programs shifts, 8:30-12 noon and some afternoons. **204-788-8134**, www.misericordia.mb.ca, volunteer@misericordia.mb.ca

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

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

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

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

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

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

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: Facebook Page Administrator: recruit@winnipeglostdogalert.com Volunteers needed for: Treasurer. Resume to president@winnipeglostdogalert.com. Visit www.winnipeglostdogalert.com

Programs / Services

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

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

Continued on page

Things To Do - RURAL MB

Sales / Luncheons / Dances

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

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

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

Programs / Services

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

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

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

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

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

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

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. Arborg and District Seniors Resource Council **204-376-3494**; Ashern Living Independence for Elders **204-768-2187**; Brokenhead/Beausejour Outreach for Seniors 268-7300; Victoria Beach - East Beaches Resource Center **204-756-6471**; Eriksdale Community Resource Council **204-739-2697**; Fisher Branch Seniors Resource **204-372-6861**; Gimli Seniors Resource Council **204-642-7297**; Lundar Community Resource Council **204-762-5378**; Riverton & District Seniors Resource **204-378-2460**; St. Laurent Senior Resource Council **204-646-2504**; Selkirk & District Senior Resource Council **204-785-2737**; Stonewall - South Interlake Seniors Resource Council **204-447-2719**; Springfield Services to Seniors **204-444-3139**; Teulon and District Seniors Resource Council **204-886-2570**;

Lac du Bonnet - Two Rivers Senior Resource Council **204-345-1227**, Pinawa **204-753-2962** or Whitemouth/Reynolds **204-348-4610** or Winnipeg River Resource Council **204-367-9128**

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

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

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

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

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

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

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

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

Things To Do - WINNIPEG *Continued*

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

Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: Ikehlerr84@gmail.com or Mel: 204-291-4592.

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

Creative Retirement Manitoba - Affordable Lifelong Learning. Online and in-person classes. Art & Music History, Bridge, Estate Planning, DNA for Genealogists, Cdn.Railways and more! Visit creativeretirementmanitoba.ca.

Dakota 55+ Lazars Senior Centre - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: 204-254-1010 ext. 217. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: 204-257-3172. Jonathan Toews Centre, 1188 Dakota St.

Dufferin Senior Centre, 377 Dufferin Ave. - Community BBQ, Sat. June 22, 11:30-12:30. Followed by Live Band and Ivan Flett Memorial Dancers. Call Al 204-771-3325 for info.

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

Golden Rule Senior Resource Centre - Programs: Paint Buddies, Floor Curling, Carpet Bowling, Shuffleboard - Tue's, Qigong, Games Club, Pickleball - Thur's. Call or email for info. Drop in for chat, coffee or tea Tue-Fri, 10 am-3:30 pm. Fort Rouge Leisure Centre, 625 Osborne. Hours 9:45-3:30. 204-306-1114, goldenrule@swsrc.ca. No membership or fee to participate. Funders: Community Recovery Fund, New Horizons Senior Programs & Winnipeg Foundation.

The Happy Gang - Thur. June 20, 1:30-3:30 pm. Prairie Spirit U. C., 207 Thompson Dr. Games & conversation. Complimentary light refreshments. Prairie Spirit United Church, 207 Thompson Drive. CLOSED July & Aug. Info: 204-832-1000 or 204-895-7410.

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

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

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

Nature Manitoba - We deliver nature-based educational programs, outdoor activities, group outings and more. For programs and more info: <https://www.naturemanitoba.ca>

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

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - **Still Bloomin' Gardening Club** - Thur. Jun 20, 1-3 pm, presentation by Terry Neufeld from Sweet Petals Farm on bouquet workshops and his farm. Register at office@pal55plus.ca or 204-946-0839, <https://pal55plus.ca>

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - **Lunch PAL's Morden, MB outing** - Fri. Jun 28, meeting at 10:15 am at 170 Fleetwood, Lunch 11:30 am (your cost), Visit Canadian Fossil Dis-

cover Centre 1 pm. Transportation \$5 (if passenger). Ticket to Discover Ctr \$12. 28. Register at programs@pal55plus.ca or 204-946-0839

Probus Club of Winnipeg - Group for retirement or semi-retirement, meets 10 am, 3rd Tue. ea. month at Unitarian Universalist Church, 30 Wellington Cres. New members & guests welcome. winnipegprobus85.wordpress.com

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

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

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

South Winnipeg Family Information Centre - Seniors Connecting Wednesdays, 9:30-11:30, 800 Point Rd. Lower Level. Join us for coffee snacks, great conversation, fun activities, and more, every Wednesday morning. Call 204-284-9311 for more info.

Stroke Recovery Assoc. MB - Support group for Stroke Survivors: Register: B-247 Provanche Blvd. 204-942-2880

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

Travel / Leisure / Activities

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



Urban Retreats Self-Guided Tour of Gardens in Charleswood

Garden Tour

Tea, Craft & Plant Sale

Saturday, June 22nd
10 am - 4 pm

Tour Day at Charleswood United Church, 4820 Roblin Blvd.

Manitoba Tea, Craft & Plant Sale
Ask a Master Gardener • Home Baking • Fresh Bannock
Charleswood United Church, 10 - 2 pm

Garden Tour - \$20
Tea, Craft & Plant Sale - \$5
Advance Tickets available at 1JustCity.ca
204.779-8957
gardentour@1JustCity.ca

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Where Adventures Begin

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

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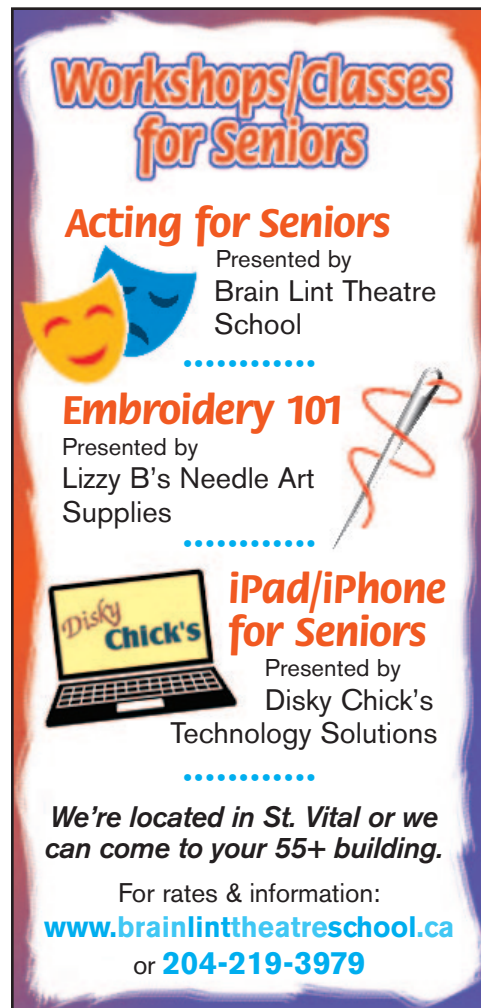
South Beach Overnight
August 20-21 & September 9-10

.....

Louisiana Tour
October 5-19 - 15 Days:
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.....

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Presented by Disky Chick's Technology Solutions

.....

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www.brainlinttheatreschool.ca or 204-219-3979

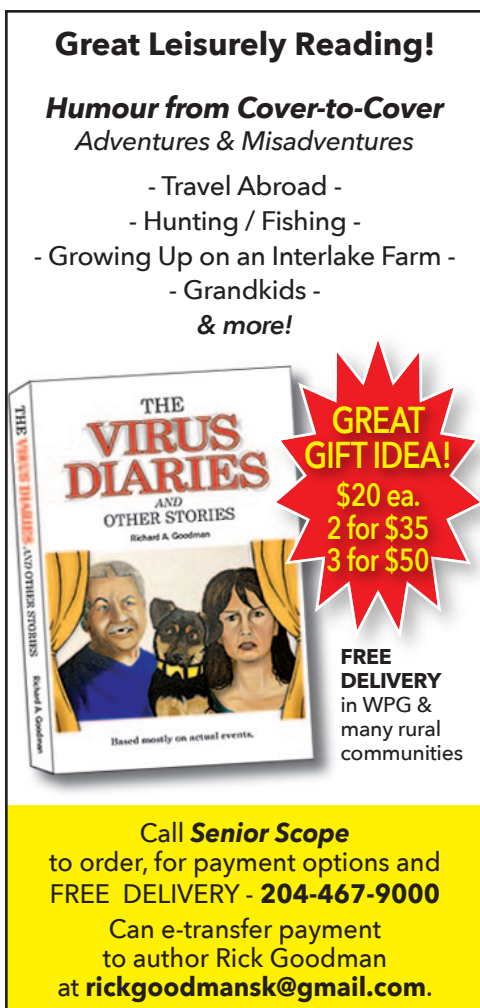


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September 21-28th
\$2700.00 pp dbl occ

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Ceud Mille Failte

MANITOBA HIGHLAND GATHERING

Rain or Shine (rain venue on site) Bring a Chair!

Live Entertainment! Scottish Dancing Wee Folk Activities Westie Walk (Sat)

Red Lion Scottish Food Booth Scottish Market (vendors)

Medieval Live Enactment 31st Paddling Championship (Sat)

Saturday, June 22 ~ 9 am-6 pm | Sunday, June 23 ~ 9 am-4 pm
Legacy Park, Recreation Centre, East Selkirk, MB
Hwy 59 & PR 212 (Kittson Rd.)

- 2nd Annual Longsword Championship (Sat)
- 2nd Annual Broadsword Championship (Sun)
- MB Scottish Heavy Events Championships
- Hands of Lugh • Jacobite Encampment
- Highland Coo • Clan Booths
- Sheep Sheering • British Cars (Saturday)
- Celebration of RCMP 150th • Scottish Auction
- Highland Dance Competition (Sat)
- Pipe and Drums Competition (Sun)
- Barony of Castel Rouge (Dress up and get your photo taken on the throne!)
- Manitoba Living History (1812-1850)
- "D" Division RCMP Pipes & Drums of Manitoba
- Honourary Chieftain Insp. Chris Lambert

Manitoba Sport, Culture and Heritage St. Clements The place to be Exclusive Volunteer sponsor: MANITOBA LIQUOR & LOTTERIES

www.manitobahighlandgathering.org
Day Pass: Adult \$15, Child/Senior \$10
Family \$35 (2 Adult/Senior 65+ & 2 Children 5-12) / Family 2 Day \$60
Weekend Pass: Adult \$25, Child/Senior \$15 | Cash Only - no ATM on site



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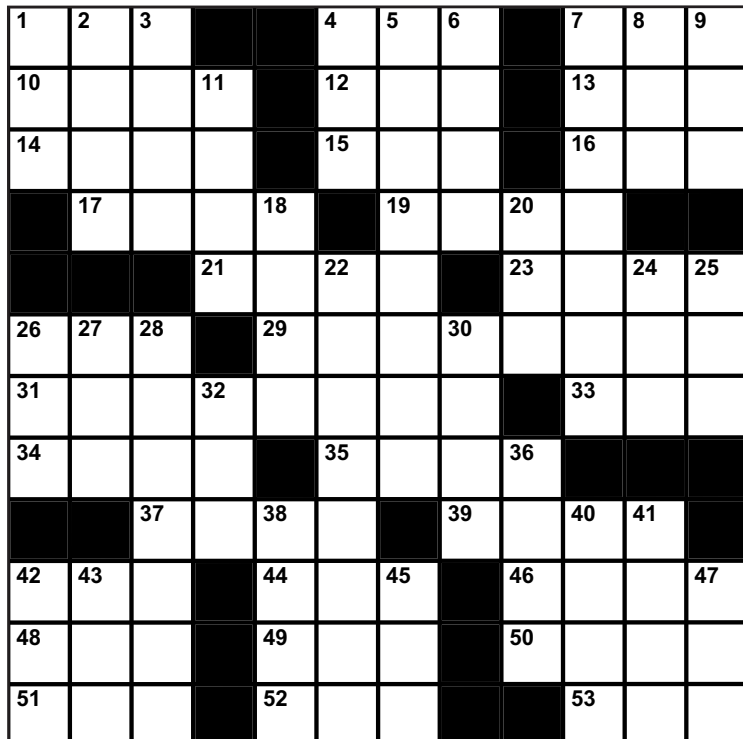
WORDSEARCH - JUNE IS SAFETY MONTH By Roni Alward & Senior Scope

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

CROSSWORD - By Myles Mellor

ACROSS

- 1. Chump
- 4. One of a dozen at the grocery store
- 7. Give money for
- 10. Rounded drawer handle
- 12. Guy's companion
- 13. It's very cool
- 14. Whoop
- 15. Pay dirt
- 16. Band performance
- 17. Cherry, e.g.
- 19. It's outstanding
- 21. Amounted (to)
- 23. Highway
- 26. PC program
- 29. By hand
- 31. Auditors' concerns
- 33. "Here's the proof!"
- 34. Our sun
- 35. Physical location



DOWN

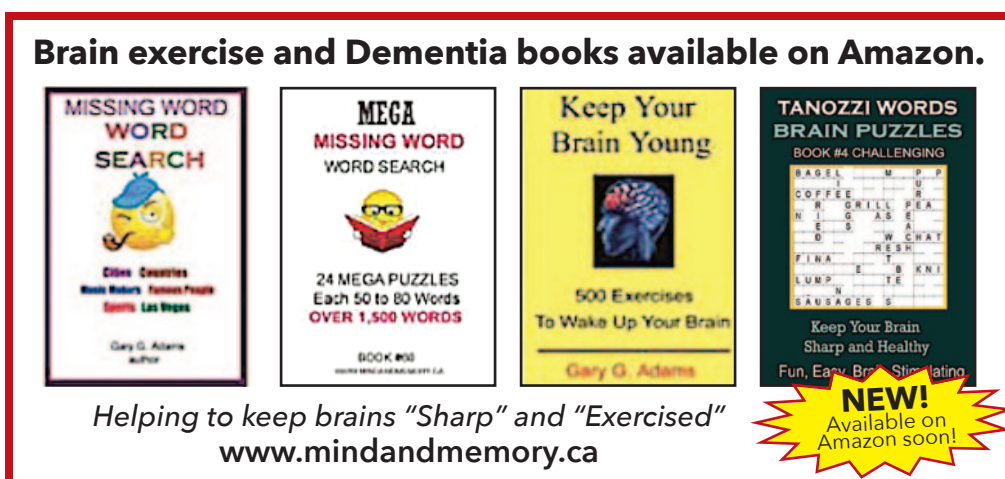
- 1. UK TV
- 2. Fresh
- 3. Game you can't play left-handed
- 4. Kind of trip for the conceited
- 5. Green-thumbed one
- 6. Giddy happiness
- 7. Hand guns
- 8. Golfer's dream
- 9. Despite all that
- 11. Convention group
- 18. Expletive
- 20. Woman's clothing
- 22. Trattoria offering
- 24. Pub drink
- 25. Salon request
- 26. Stomach muscles
- 27. Vanna's co-worker
- 28. Wedding ____
- 30. Exploits
- 32. "____ you serious?"
- 36. Supports
- 38. Looking down from
- 40. Small beam
- 41. Animosity
- 42. Items purchased
- 43. "H" on a frat sweater
- 45. Quite small
- 47. Freshly painted

SOLUTION ON PAGE 23

Agency	Department	Insurance	Privacy	Self
Airbag	Dog	Insure	Protective	Shelter
Alarms	Escape	Law	Pure	Speed
Area	Ethics	Life	Quality	Support
Awareness	Fire	Maintenance	Regulations	Survival
Building	Guard	Medical	Rescue	Transportation
Care	Hat	Mental	Risk	Trust
Conditions	Hazards	Money	Safe	Vehicle
Country	Health	Monitor	Sanitary	Warranty
Dangers	Helmet	Preparedness	Seatbelts	Wary
Defense	Help	Preventive	Secure	Wellness

SOLUTION ON PAGE 23

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ON CANADA DAY

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JULY 1ST
MONDAY

12 CHANCES TO WIN!

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SOME CONDITIONS APPLY. DETAILS AT SOUTHBEACHCASINO.CA

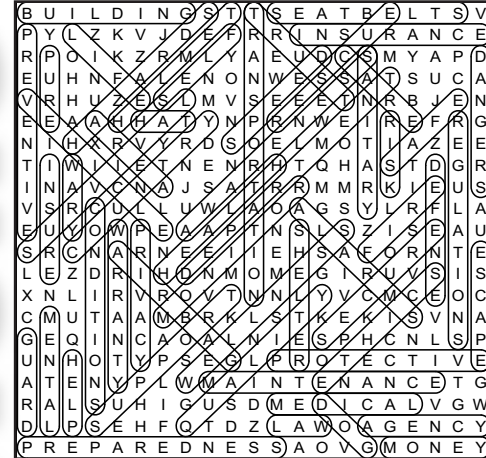
SUDOKU - Easy By Senior Scope

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

Each 3x3 cell has the digits 1-9.
Each vertical and horizontal line also has the digits 1-9.
Enter each digit (1-9) only once each in each cell and each line.

SOLUTION TO RIGHT

WORDSEARCH - Solution

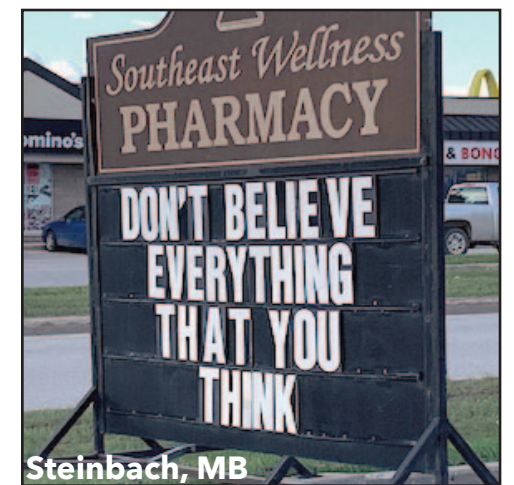


SUDOKU - Solution

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

CROSSWORD - Solution

1	S	A	P		4	E	G	G		7	P	A	Y					
10	K	N	O	B		12	G	A	L		13	I	C	E				
14	Y	E	L	L		15	O	R	E		16	S	E	T				
17	W	O	O		18	D		19	D	E	20	B	T					
					21	C	A	22	M	E		23	R	O	24	A	25	D
26	A	27	P	P		29	M	A	N	30	U	A	L	L	Y			
31	B	A	L	A	32	N	C	E	S		33	S	E	E				
34	S	T	A	R		35	A	R	E	36	A							
					37	N	E	A	R		39	S	I	G	40	H		
42	T	E	N			44	T	O	W		46	D	R	A	47	W		
48	A	T	E			49	O	N	E		50	S	I	T	E			
51	B	A	R			52	P	I	E		53	N	E	T				



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LAUGH A LITTLE

There was a day when paper bags were blamed for the destruction of trees - and plastic bags were the solution.

There was also a day when we used to eat cake after someone blew all over it. When we were wild and living life on the edge.

Men are like fine grapes but it's up to the women to stomp them into shape to turn them into something acceptable to have with dinner.

An officer came to my house and asked me where I was between 6 and 7. I said, 'Grade One.'

The oldest computer goes back to Adam and Eve. It was an Apple with very limited memory. One byte and then everything crashed.

the CLASSIFIEDS

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

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