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Vol. 22 No. 2 | Aug 10 - Sept 9/23

# Senior Scope

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## WINNIPEG'S DR. LOUIS SLOTIN & THE ATOMIC BOMB

### WHY WAS DR. SLOTIN LEFT OUT OF 'OPPENHEIMER'?

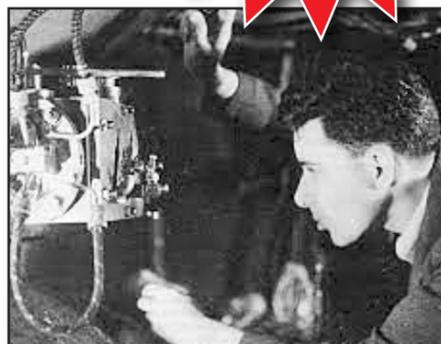
By Myles Shane



Louis Alexander Slotin (date unknown)



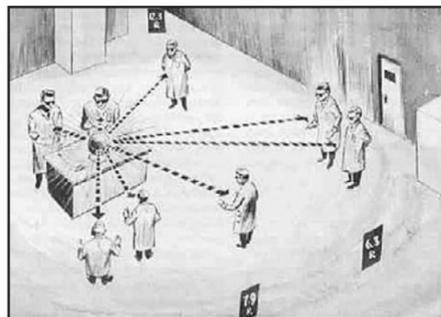
Louis Slotin Park stands at the foot of Luxton Avenue, Wpg. (Slotin Family Collection)



Louis Slotin working in the lab. (Source: Jewish Heritage Centre of Western Canada)



Los Alamos National Laboratory-Slotin building, where the accident occurred. (Source: Los Alamos National Laboratory)



This is the type of sketch Louis would've drawn to determine where everyone was in the room when the radiation was released. (Image source unknown)



After immersing myself in the enthralling world of Christopher Nolan's film, "Oppenheimer," which delves into the history of the atomic bomb, I couldn't resist the urge to dig deeper through a Google search for more enlightening insights. Among the wealth of information, a captivating figure emerged, Dr. Louis Slotin, a Canadian physicist with deep involvement in the construction of the formidable "A" bomb. To my astonishment, I discovered that Slotin hailed from Winnipeg and also identified as Jewish. Yet, perplexingly, Nolan chose to omit his compelling tale from his opus. The question lingered in my mind. Why was this significant persona overlooked? How could a former Winnipegger, who contributed immensely to such a momentous event, be left out of the narrative? Curiosity became a driving force, and I felt a compelling need to explore and unearth the untold story of Dr. Slotin.

Locating Dr. Slotin's descendants seemed like a challenging task at first, but it turned out to be surprisingly straightforward. In a

serendipitous twist, I discovered that both his nephew and two nieces resided in Winnipeg, ready to share their stories. Israel Ludwig, a respected Winnipeg lawyer, had a remarkable connection to my late father, Fred Shane. As a psychiatrist, my father had served as an expert witness on various occasions for Ludwig, strengthening their bond. Dr. Slotin's nieces, Beth Shore and Isle Slotin, also proved to be invaluable sources of insights and memories about their famous uncle.

#### LOUIS ALEXANDER SLOTIN

Louis Slotin, the eldest of three children, was born to Israel and Sonia Slotin, Jewish refugees who fled the pogroms in white Russia and settled in the bustling city of Winnipeg. There, Israel ventured into the world of business, eventually becoming a partner in the renowned abattoir, East West Packers.

In the vibrant neighborhood of Winnipeg's north end, on Alfred Avenue Louis was already displaying an extraordinary intellect that set him apart from his peers. From his

early days at Machray Elementary School to his formative years at St. John's High School, it was evident that he had an insatiable thirst for knowledge.

"My uncle was an extremely bright person. I didn't know him personally as he passed away before I was born. What family tells me was that even as a young student, people recognized him as being extremely bright," said Ludwig, whose mother was Louis's sister Bertha.

Ludwig fondly remembers being told how Louis and his friends, bound by their shared passion for mathematics, gathered at a local grocery store. Their discussions on intricate formulas and equations were so enthralling that they would write them out on butcher wrapping paper found in the store. These curious minds, lost in the world of numbers, would use up all the paper in the store, leaving behind a trail of intellectual curiosity.

At just 16, Louis embarked on his academic journey at the esteemed University of

Continued on page 2

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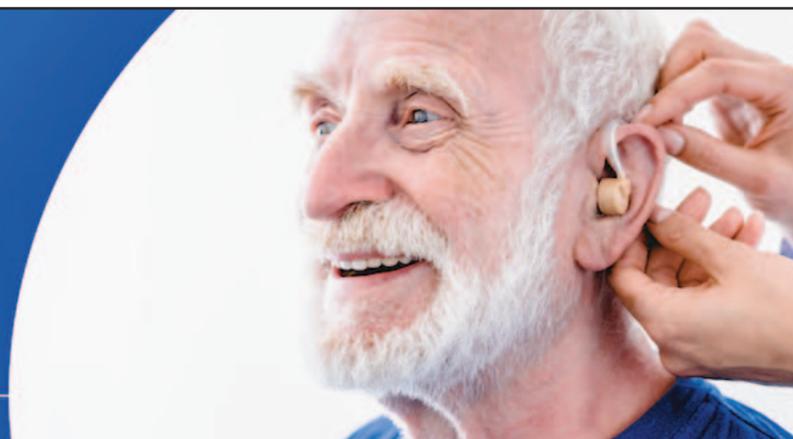
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Send your Letters or Story Submissions to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

## WINNIPEG'S DR. LOUIS SLOTIN, *cont'd from front page*

Manitoba. It was there that his exceptional intellect shone brightly, earning him coveted University gold medals in both physics and chemistry during his undergraduate years. By 1932, he proudly graduated with a B.Sc. degree in geology, and the following year, in 1933, he achieved his M.Sc. degree.

In a touching tribute Beth Shore shared her sentiments in the *Jewish Foundation of Manitoba Endowment Book of Life*. With heartfelt pride, she spoke about her Uncle Louie's remarkable story that she wished to preserve for future generations. "His insatiable hunger for knowledge led him to attain a Masters of Science degree before venturing to King's College in London, England, where he pursued his Ph.D."

### A MAESTRO OF THE BOXING RING

In the sacred classrooms of King's College, Louis was not merely a scholar of science; he was a maestro of the boxing ring. The thunder of his fists echoed through the corridors as he claimed victory in the college's amateur bantamweight boxing championship. As well, he also received a doctorate in physical chemistry from King's College in 1936.

### CANADA'S NATIONAL RESEARCH COUNCIL

In 1937, the newly titled Dr. Slotin was unsuccessful in obtaining a job with Canada's National Research Council. It has been suggested that bureaucratic antisemitism may have played a part in the NRC's decision not to hire him. Like many before him, Slotin looked south.

### SMASHING ATOMS

Later that year, Slotin earned the prestigious title of "Research Associate" at the University of Chicago, where he wholeheartedly immersed himself in the captivating world of atom-smashing cyclotrons. However, the project encountered financial hurdles, leaving Slotin with little choice but to work with minimal compensation for an arduous two year period. Despite these challenging circumstances, Slotin's indomitable spirit was fortified by the unwavering support of his father who's regular contributions served as a lifeline, empowering Slotin to endure and persevere through these trying

times. Interestingly, Isle, whose father was Louis's brother Sam, shared that she had heard from her father about the complexities of the situation. Since Louis was Canadian and Jewish, he apparently did not receive appropriate compensation for his work, making his dedication and determination even more commendable.

According to a 1962 document from the University of Chicago, Slotin was present on December 2, 1942, during a momentous event when the group of scientists working under the late Enrico Fermi achieved the world's first self sustaining nuclear chain reaction in a pile of graphite and uranium beneath the West Stands of Stagg Field.

Yet, amid the triumph, a darker reality lurked on the horizon. As the atomic age dawned, the Manhattan Project emerged from the shadows, summoning Slotin to a destiny far grander than he could have imagined. The clandestine endeavor to harness the raw power of the atom beckoned him, a call to arms in a time of war and desperation.

Ludwig recalls, "When Fermi got drafted into the Manhattan Project, he took my uncle with him and my uncle was eventually promoted to the work they were doing at Los Alamos."

### TRINITY

At Los Alamos, the location where the secret works of the Manhattan Project took place Slotin was tasked with developing the combat core for the 'Gadget', the name of the bomb before it exploded in the Trinity nuclear test.

Only months before Truman gave the order to drop the Atomic Bomb on Japan, in the clandestine world of Los Alamos Slotin walked the tightrope between scientific discovery and cataclysmic danger. With criticality testing at the heart of his work, he dared to push uranium and plutonium cores to the brink of a deadly chain reaction.

### TESTING, TESTING

On the pivotal date of July 16, 1945, all eyes were on Dr. Slotin, who stood at the heart of an awe inspiring spectacle, the theater of nuclear alchemy. With utmost precision, he expertly crafted the core for Trinity, a groundbreaking feat as it marked the world's first detonated atomic device. In this momentous act,

he assumed the role of the "chief armorer of the United States," shouldering the immense weight of being entrusted with the control of the most formidable and terrifying weapon ever conceived.

In an unforgettable climax, Trinity was ignited at a test site in the vast deserts of New Mexico. Its resounding success reverberated throughout history, ultimately leading to the catastrophic bombings of the Japanese cities of Hiroshima and Nagasaki a mere month later. Dr. Slotin's pivotal contributions to this groundbreaking endeavor forever altered the course of human history and catapulted him into the annals of those who wielded the unimaginable power of nuclear science.

### HARRY K. DAGHLIAN

In the aftermath of winning WWII, tragedy struck on August 21, 1945, as fate claimed Harry K. Daghljian, a promising laboratory assistant and one of Slotin's closest colleagues. Within the crucible of a critical mass experiment, a heavy tungsten carbide brick fell upon a 6.2 kg delta phase plutonium bomb core, unleashing a destructive force that sealed Daghljian's destiny. The young man's body became a canvas for silent destruction, as he languished in a hospital bed, his life seeping away. Amidst the grim specter of radiation poisoning, Slotin stood as a sentinel of hope, his unwavering dedication driving him to spend countless hours by Daghljian's side.

### LEAVING FOR HOME

A year after the devastating bombings of Hiroshima and Nagasaki, Dr. Slotin's team had one remaining core intended for a third atomic bomb, but Japan's surrender abruptly halted the war. The core was preserved and repurposed for vital nuclear fission research studies.

Feeling a profound shift in his perspective, Dr. Slotin no longer wished to be associated with projects designed for destruction and promptly submitted his resignation notice, as revealed by Ludwig. Opting for a different path, Slotin expressed a strong desire to return to the University of Chicago, where he sought to explore the potential of radiation in battling cancer and other medical applications to combat diseases.

See 'Winnipeg's Dr. Louis Slotin' on page 8

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

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## Message from Minister Scott Johnston



Scott Johnston,  
Minister of  
Seniors and  
Long-Term Care

Dear Friends,

I hope this message finds you in good health and high spirits. As the Minister of Seniors and Long-Term Care, it brings me great pleasure to share the recent developments, which have been incredibly productive for our government's commitment to enhancing

the lives of our province's seniors.

The focus of our efforts has been on ensuring that more Manitoban seniors have access to suitable and accessible housing options within their communities. To achieve this goal, the Manitoba government has allocated \$15 million to advance the planning and design stages for new personal care homes. Six new personal care homes will be built, with four located in the Interlake-Eastern Regional Health Authority (IERHA) in Arborg, Lac du Bonnet, Oakbank, and Stonewall. Additionally, two facilities will be established in Winnipeg, one in the Bridgwater neighborhood and another on Portage Avenue.

These strategic locations were meticulously selected to address the areas with the highest needs, and each of these projects will include approximately 670 beds collectively, although an exact number will be determined as planning and design work progresses. The initiative will be based on the innovative 'physical village model', carefully designed to incorporate social interaction, functionality, and intergenerational contact while maintaining affordability and safety. This concept aligns seamlessly with our overarching seniors strategy, promoting the development of virtual and physical village models, offering progressive supports and services as Manitobans age gracefully.

We understand that not all seniors may re-

quire personal care homes, and as such, the Manitoba government is embarking on a pilot program known as Community Supportive Living. This program will initially be implemented in select communities and will create approximately 105 spaces in the first phase, with a total of 288 spaces overall. The pilot program will be launched in Ashern/Eriksdale and Selkirk under the IERHA, Swan River under Prairie Mountain Health, and Emerson-Franklin under Southern Health Sante Sud.

The Community Supportive Living program will operate under a three-tier support system, ensuring that all clients receive personalized care and assistance. The first tier will include 24-7 onsite staff for personal care supports, while the second tier will offer 24-7 nursing supports for clients with more complex health-care needs. Furthermore, all clients will receive a comprehensive service package that includes meals, laundry, light housekeeping, onsite therapy aides, recreational supports, and access to other health-care professionals as needed.

As Minister of Seniors and Long-Term Care, I had the privilege of attending recent events, celebrating within our senior communities. Events such as the Anavets 238 Awards Ceremony, the St. James - Assiniboia Museum annual Heritage Days, Beacon Hill Lodge's 50th Anniversary, and the Canada Day celebrations at Sturgeon Creek Retirement Residence. These events have allowed me to witness firsthand the vibrant contributions of seniors to our society. Your wisdom, experiences, and unwavering enthusiasm are what make Manitoba such a remarkable province.

Our government remains steadfast in its dedication to the betterment of your lives and the lives of future generations.

Sincerely,

Scott Johnston

### Public Utilities Board

## NOTICE OF DECISION

The Public Utilities Board (Board) approved the application of Centra Gas Manitoba Inc. (Centra) to decrease the Gas Commodity rate from \$0.1464/m<sup>3</sup> to \$0.1352/m<sup>3</sup> effective August 1, 2023. The Board also approved a decrease to the Commodity Cost Balancing Deferral rate rider from \$0.0067/m<sup>3</sup> to \$0.0051/m<sup>3</sup> (owing to Centra) effective August 1, 2023. Gas Commodity is sold on a cost recovery basis, meaning that Centra charges customers only what Centra pays for Gas Commodity and does not make a profit from its sale. The current Gas Commodity rate decrease is the result of decreases in the North American natural gas market prices.

The changes to the Gas Commodity rate and Commodity Cost Balancing Deferral rate rider are projected to decrease the annual bill for a typical residential customer by approximately 3.7%, or \$28/year. Cen-

tra's Gas Commodity rate and Commodity Cost Balancing Deferral rate rider will be reviewed again for November 1, 2023.

Gas Commodity rates for customers that have signed fixed-term fixed-price contracts, with either Centra or a private broker, are not affected.

The Board is an impartial tribunal and regulator, at arm's length from government that acts in the public interest.

Board Order 85/23, contains additional information on Centra's Application and the Board's decision. The Order is available on the Board's website at

[www.pubmanitoba.ca](http://www.pubmanitoba.ca),

or through the Board's Office.

**The Public Utilities Board**

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*Minds in Motion*® currently runs for blocks of 8 weeks in-person and 6 weeks virtually in the fall, winter and spring and is subject to the facilities for their dates, time and pricing. This fall, in-person sessions are running throughout Winnipeg and across the province, including Altona, Brandon, Portage la Prairie and Selkirk.

The virtual session is \$45 per pair for 6 weeks and the in-person sessions are \$65 for 8 weeks unless noted by the facility.

To stay up-to-date on current sessions, pricing, registration and for more information, visit [Alzheimer.mb.ca/mindsinmotion](http://Alzheimer.mb.ca/mindsinmotion) ■

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July 28, 2023

# TRANSPORTATION OPTIONS NETWORK FOR SENIORS (TONS) TO EXPAND THEIR SERVICES TO SENIORS

The Manitoba government is increasing the annual operating funding provided to Transportation Options Network for Seniors (TONS) as they expand their mandate and implement new initiatives to more effectively assess and address transportation challenges, Seniors and Long-term Care Minister Scott Johnston announced today.

"A lack of affordable, accessible and reliable transportation options presents a significant barrier for older adults to remain in their homes, especially for those living in rural, remote and northern communities," said Johnston. "Through education, community development, capacity building and engagement, TONS will be able to more effectively support transportation across the province, which will, in turn, help enhance the quality of life of Manitoba seniors."

The Manitoba government is providing TONS with an additional \$75,000 this year to support the enhanced mandate.

- As part of the expanded role, TONS will:
- increase and enhance community engagement and collaboration related to rural transportation;
  - develop a provincial handi-van transportation advisory group and regional working group;
  - support the development of a community grant framework;
  - enhance training and re-training of drivers and co-ordinators of rural handi-van services; and
  - develop a web-based rural transportation resource hub.

"We are extremely grateful for the opportunity to partner with the Manitoba Govern-

ment and for the financial contribution being made to support our work at TONS, as we know that transportation is a pivotal component to ensuring that seniors can age in place or where they live," said Samantha Rodeck, executive director, TONS. "In the coming months, with the support of our many community partners, we will continue enhancing transportation as a main pillar of age-friendly communities."

The minister noted the investment in TONS aligns with the provincial seniors strategy's focus area of creating safe, inclusive and accessible communities.

To read *Manitoba, A Great Place to Age: Provincial Seniors Strategy*, visit [https://gov.mb.ca/seniors/docs/seniors\\_strategy\\_2023.pdf](https://gov.mb.ca/seniors/docs/seniors_strategy_2023.pdf) ■

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SEVING WINNIPEG AND SURROUNDING AREAS

# PROVINCE ANNOUNCES NEW HOME AND COMMUNITY CARE PILOT

*New Care Options will be Tailored to Health Needs of Clients, Support Wellness and Independence at Home Longer*

The Manitoba government is investing more than \$3.3 million to pilot a new home and community care program that will create more choice, independence and flexibility for clients with complex care needs to provide appropriate supports so they can remain in their homes instead of being prematurely transitioned to personal care homes, Seniors and Long-term Care Minister Scott Johnston announced on August 1, 2023.

“Manitoba seniors have told us they want to remain in their own homes for as long as possible while they age, so they can stay socially active and connected to their families and communities,” said Johnston. “The new client-determined community care program will offer new care options tailored to the health needs and goals of clients, and give Manitobans access to services that safely support their wellness and independence at home.”

In the client-determined community care approach, an approved service provider will work in partnership with the client to provide intensive, co-ordinated, and flexible services to enable them to maximize their function and independence. This new service model will provide clients with access to a wide range of health-care professionals and care support services, home support services, and community services to help them stay in their homes.

The minister noted the new program will strengthen the spectrum of provincial home and community care services and improve the health-care system’s capacity to support eligible clients. The services available within client-determined community care will be broad as varied complex care needs require different options and the aim is to utilize existing local community services, the minister added.

The minister noted the pilot of this new service will support individuals in select communities in Interlake-Eastern Regional Health Authority (Selkirk and Beausejour), Prairie Mountain Health (Brandon), and Southern Health-Santé Sud (Steinbach and Portage la Prairie).

To be eligible for the pilot, these individuals will be from the select communities and have completed treatment in hospital, but cannot safely return home with existing services or are living in the community and are at risk for premature placement in a personal care home.

Access to this new model of service will require an assessment of participants’ health needs by regional health authority clinicians, who will determine eligibility and level of funding. Clients will be empowered to select care options from a broad basket of services provided by approved agencies. Service providers will work with participants to develop care plans and either provide services directly or co-ordinate the delivery of services by other agencies in collaboration with the client.

“The focus of the services will be on ‘doing with’ the client rather than ‘doing for’ them, increasing their independence to help them remain at home, where they can stay connected to their community, family, and loved ones,” said Debbie Poole, regional lead, clinical planning, Prairie Mountain Health.

The new program will focus on enhancing care in three service areas including:

- health-care professional and care support services may include nursing, therapy, personal care supports and respite care to optimize function, provide support to caregivers, and keep people well;
- home support services may include meal supports, home maintenance including

yard work, snow shovelling and housekeeping to keep people safe in their homes; and recreational and other community programming, such as local seniors centres, and transportation to health appointments and community programs to keep people connected to their community.

“We have learned that people want to age in place with dignity, respect and comfort,” said Audrey Harder, executive director, Serving Seniors Inc. “This initiative creates the potential to provide more options for people with complex needs to be able to stay in community as opposed to transitioning into a care home due to lack of available in-home supports.”

The pilot program is expected to launch in spring 2024 and will provide support to 200 clients at a time once fully implemented, the minister noted. The request for proposals for service providers will be posted in the coming weeks.

“As an advocate and voice for persons living with dementia and their families, we’ve heard from our clients about the need for greater flexibility within the home and community care program,” said Jessica Harper, First Link senior manager, Alzheimer Society of Manitoba. “We applaud this pilot project as a positive step in addressing the care needs of Manitobans, including persons living with dementia and their caregivers, and look forward to seeing the changes that will be made to promote greater opportunities for choice, independence, and flexibility within the program.”

Client Determined Community Care aligns with priorities in *Manitoba, A Great Place to Age: Provincial Seniors Strategy*.

To read the strategy, visit [https://gov.mb.ca/seniors/docs/seniors\\_strategy\\_2023.pdf](https://gov.mb.ca/seniors/docs/seniors_strategy_2023.pdf).

Audrey Harder, Executive Director of Serving Seniors Inc. in Steinbach, MB, attended this announcement and showed gratitude to honourable Scott Johnston and his team for listening, and implementing change.

“We believe that people have the right to age in place; with dignity, respect and comfort. We often talk about systems and services and we miss talking about the people. In theory, we prepare one or two types of programs and systems that we hope will encompass all people. If that was the way we made clothing it would not work, we don’t make the person fit the clothing, we make the clothing to fit the person. It is no different when it comes to services and supports; we all have different, individual needs.

This initiative has the potential to provide flexibility for people, who have historically been unheard and/or have been required to transition into personal care homes for ease of providing needed supports in congregate settings, which at times may not be in their own community. This is not the only way.

Moreover, this program has the potential to foster a stronger sense of community and family. By strengthening these community bonds, we create a safety net for each person that reduces isolation and enhances community support and awareness. As we know the more people we have in our lives who love us and care for us the safer we are. This approach can also empower older adults to actively participate in their care and give a greater sense of control over their own well-being. ■

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**Broadway Seniors Resource Council**  
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broadwayseniors@gmail.com /  
www.bsrrc.ca

**Brooklands Active Living Centre**  
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www.dakotacc.com

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**Elmwood East Kildonan Active Living Centre**  
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healthrelations@chalmersrenewal.org  
<https://chalmersrenewal.org/>

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

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**Headingley Seniors' Services**  
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seniors@rmofheadingley.ca  
www.headingleyseniorsservices.ca

**Indigenous Senior Resource Centre Inc.**  
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www.asrcwpg.ca

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204-996-7003 / www.ksam.ca

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lmarjovsky@radyjcc.com / www.radyjcc.com

**Rainbow Resource Centre**  
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OTR@rainbowresourcecentre.org  
www.rainbowresourcecentre.org

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

**South Winnipeg Seniors Resource Council**  
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resources@swwsrc.ca / www.swwsrc.ca

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#### BRANDON

**Brandon Seniors for Seniors Co-op Inc.**  
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www.brandons4s.ca

**Health Checks - 204-728-1842**  
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healthchecksbrandon@gmail.com

#### CARMAN

**Carman Active Living Centre**  
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www.activelivingcentrecarman.ca

#### CRANBERRY PORTAGE

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Legion Hall**  
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#### CRYSTAL CITY

**Crystal City & District Friendship Club Inc.**  
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crystalcityfriendship@gmail.com

#### DAUPHIN

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

#### DELORAIN

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

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

#### ERICKSON

**Comfort Drop In Centre**  
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204-636-2047 / areas@mymts.net

#### FLIN FLON

**Flin Flon Seniors**  
2 North Avenue / 204-687-7308

#### GILBERT PLAINS

**Gilbert Plains and District Community  
Resource Council Inc.**  
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www.gpdcc-newhorizons.wix.com/gpdcc

**Gilbert Plains Drop In Centre**  
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**Gimli New Horizons 55+ Centre**  
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204-642-7909 / gimli55@mts.net  
www.gimlinewhorizons.com

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#### GRAND MARAIS

**Grand Marais & District Seniors**  
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www.gmdseniors.ca

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**Grandview Seniors Drop In**  
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seniorservice@killarney.ca

#### LA BROQUERIE and STE. ANNE

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#### MINNEDOSA

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204-867-1956 / mdsasca@gmail.com

#### MORDEN

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www.mordenseniors.ca

#### NEEPAWA

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Neepawa-dropin@outlook.com  
www.neepawa.ca/district-drop-in-center

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hermanpriorcentre@gmail.com  
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40A Royal Road N. / 204-239-6312  
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<https://www.ebseniorscene.ca>

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# Active Aging in Manitoba (AAIM) - inspiring active lifestyles

By Linda Brown, Executive Director, Active Aging in Manitoba



Linda Brown, Executive Director, AAIM

“The summer is just too short!” As we move into August our thoughts might start to turn to fall activities and many of us want to hold onto every shred of summer that we can and slow down the passing of August in September. There is a summer vibe or feeling that we look forward to every year. What is that “summer feeling”? Take a minute to think about what that summer feeling is for you. For some it might be the appreciation of working in the garden, the smell of fresh cut grass, or being on the open water in the sunshine. For others it is the warmth of the sun, and long summer days and evenings to enjoy. Whether we realize it or not – many of our summer feelings involve the greenery that surrounds us during the summer months. We know being outside is good for us – soaking up some natural Vitamin D is just one of the many benefits from being active outdoors. Many studies have been done to demonstrate that spending time in nature improves our physical and mental health. A nature concept called forest bathing originated in Japan and has been shown to strengthen the immune system, improve the cardiovascular system and increase overall well-being. Forest bathing is intentionally spending time surrounded by trees. Using all of one’s senses during forest bathing can help to reduce stress, anxiety, and anger. One theory is that greens and blues are relaxing colors; therefore, spending time in nature increases our exposure to these colours. In Manitoba we are blessed with many parks that provide that green space that can bring us closer to a forest. Many studies have been and continue to be done to demonstrate the benefits of parks and green spaces.

Recently Dr. H. Frumkin, Senior Vice President, Trust for Public Land, USA, provided evidence of these benefits that he summed up in several points:

1. Parks are a good venue for physical activity, reducing obesity and the reducing the risk of many diseases. Studies have shown reduction in blood pressure, reduced cardiovascular risk, improved ability to concentrate, improved quality of sleep and many more.
2. There is evidence that spending time in nature can reduce anxiety, and depression.
3. Parks can improve social connections – through structured group activities or chance encounters. Social connections improve our health – we know being lonely and lack of connections is detrimental to our health.
4. Parks can improve the local environment by improving the air quality, reducing noise and light pollution.

Dr. Frumkin states that parks and green spaces are “public health superpowers”.

Explore your local park or green space – go for a walk, call a friend to walk with you and focus on being aware of your surroundings. Several of our parks have fitness equipment, marked walking trails and bikes for rent to help you get active. If you haven’t been very active be sure to start out slowly and gradually building up the time you spend walking, biking, or hiking. Being in a shady park on a hot day helps us to regulate our body temperature, but be sure to use sunscreen, wear a hat, and carry water to stay hydrated no matter the temperature.

No matter what that “summer feeling or vibe” means to you – get out, be active in our parks and open green spaces, enjoy the many shades of green and blue, before Mother Nature changes the colors before our very eyes! ■

# Golden Rule Seniors Resource Centre: An inclusive Hub, Combating Social Isolation, Enhancing Digital Literacy, and Promoting Social Prescribing - Submitted

Golden Rule Seniors (GRS) is a non-profit organization dedicated to improving the lives of seniors in the River-Osborne community. With a commitment to enhancing social connections, promoting well-being, and empowering seniors, we strive to create innovative programs and initiatives that address their unique needs.

“We are thrilled to see this rebirth of Golden Rules Seniors after the Pandemic” says Martin Landy, Seniors Resource Coordinator with the South Winnipeg Seniors Resource Council (SWSRC). In the midst of the Pandemic, Landy was at the Fort Rouge Leisure Centre at 625 Osborne Street when he noticed the Golden Rule Seniors Club room was being packed up. After making inquiries with the remaining club members and the City of Winnipeg, Landy learned that the pandemic had decimated the club’s membership and GRS was considering closing down. In August of 2022 after a meeting with area Councillor Sherri Rollins, Landy and the South Winnipeg Seniors Resource Council was tasked with re-energizing the club. Landy and the SWSRC met with older adults in the community and was able to find a new board of directors to help rebuild the GRS.

From lessons learnt throughout the past few years, Landy had an idea to help the low income and isolated seniors he had met throughout the community. With this idea in mind, the Golden Rule Seniors Resource Centre was born. The Resource Centre is a ground up community driven project. This innovative centre aims to address the challenges faced by fix-income seniors in the River-Osborne community by providing a welcoming and inclusive space where they can access vital resources and programs. “Our mission is to combat social isolation, enhance digital literacy, and promote social prescribing as key strategies for improving the overall well-being and quality of life for older adults in the community”, states Landy. “Recognizing that social isolation is a significant concern among seniors, the centre will serve as a hub where they can connect with others, foster new friendships, and participate in engaging activities. Our knowledgeable staff and volunteers will be readily available to offer companionship and support, ensuring that no senior feels alone or isolated”.

Digital literacy has become increasingly important in today’s technology-driven world.

This is very evident with the older adult community. The Golden Rule Seniors Resource Centre will provide older adults with access to computers, tablets, and internet connectivity, as well as personalized training and workshops to enhance their digital skills. “By bridging the digital divide, we aim to empower seniors to stay connected with their loved ones, access online resources, and engage in the digital world confidently”, Mr. Landy proudly informs us.

In Manitoba, Social Prescribing, is a new program introduced and supported through Manitoba Association of Senior Communities (MASC). Through partnerships with the Winnipeg Regional Health Authority (WRHA), the Resource Centre will facilitate access to non-medical support and resources such as physical activities, creative arts programs, and support groups. By prescribing these community-based interventions, the aim is to promote seniors’ overall wellness, independence, and happiness.

Programming for the fall is underway with plans for a day program where isolated seniors participate in a full day of planned activities. There will be Indoor curling - a growing activity, music therapy and a book club for short stories. Educational sessions on a variety of topics will be held such as the popular Pole Walking, to virtual tours of museums, art galleries and other popular sites. GRS has membership with various online activities organizations that provide 100s of possible tours and activities.

The Resource Centre is also a place for the area seniors to find support and assistance in a variety of topics. By partnering with the SWSRC, the Resource Centre has access to a vast library of information, presentations and resource materials.

The Golden Rule Seniors Resource Centre is committed to being barrier-free and inclusive. The services are tailored to address the needs of low-income older adults, ensuring that financial constraints do not hinder their access to essential resources.

The Resource Centre will open up its fall programming in September with an opening event on Sept 12th. The Resource Centre will be looking for volunteers and participants for the fall session. For more information on the Resource Centre and how to get involved, call **204-306-1114** or email [goldenrule@swsrc.ca](mailto:goldenrule@swsrc.ca) ■



## What is Social Prescribing?

[manitobaseniorcommunities.ca](http://manitobaseniorcommunities.ca)    [info@manitobaseniorcommunities.ca](mailto:info@manitobaseniorcommunities.ca)    

Social prescribing uses the familiar, trusted process of writing a prescription to refer patients to local, non-clinical services that empower them to improve their health and build invaluable connections within their community.

In doing so, social prescribing:



Gives a structured pathway for healthcare providers to address the social determinants of health.



Bridges the gap between clinical and social care



Empowers people to be co-creators in improving their own health and wellbeing

How does social prescribing work?

A healthcare worker sees a need and refers the patient to a link worker 

The link worker connects with the individual to understand their needs and interests 

The link worker connects the patient to a wide range of community supports and follows up 

What kinds of social prescriptions are there?

Together with a link worker, clients are encouraged to co-create social prescriptions that help them to develop their interests, goals and gifts while connecting with their community. Among other things, a social prescription could look like:

  
Art class, dance lesson

  
Community garden, hiking group

  
Good Food box to support food security

  
Bereavement network or support group

  
Caregiver or newcomer support



## Why is Social Prescribing Needed?

The effect of social isolation on mortality is comparable to that of other risk factors such as smoking, obesity, and physical inactivity, according to research from the WHO.

Addressing the social determinants of health (political, socioeconomic, cultural factors) is crucial to an individual's well-being.

- 80% of an individual's health are related to the social determinants of health
- 47% of socially disconnected older adults rate themselves as being less healthy overall

The echo pandemic of COVID-19 restrictions means that experiences of social isolation are common. Throughout the pandemic, in Canada:

-  43% showed symptoms of moderate to high depression
-  54% say their mental health has worsened

August 9, 2023

## E-Watch

# Social Media Scams

- Winnipeg Police Service

The Canadian Anti-Fraud Centre is seeing reports of fraudsters using compromised social media accounts to ask for a favour. They will claim they are trying to set up a new cell phone and they need a code or for you to click on on a link in order to finish the set-up process. If the victim provides the code or clicks on the link, their social media and potentially their device gets compromised. Once the victim’s

social media account or device is compromised, messages are sent to their contacts asking for the same favour. Based on reports received, clicking on the malicious link can also lead to bank account take-overs or other forms of identity fraud.

The Canadian Anti-Fraud Centre has more information on recent scams and prevention tips.

<https://www.antifraudcentre-centreantifraude.ca/index-eng.htm>

**WINNIPEG'S DR. LOUIS SLOTIN,** *cont'd from page 2*

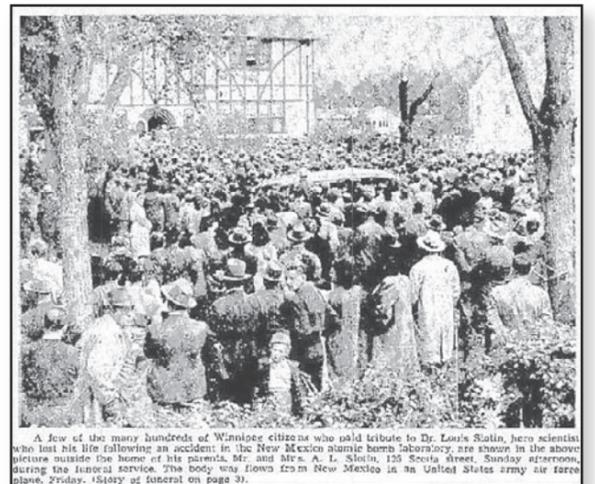
Slotin, late '30s or early '40s. Location unknown. (Slotin Family Collection)



Louis next to the Trinity at Los Alamos, 1945. (Source: Los Alamos National Laboratory)



Louis Slotin (Source Atomic Heritage Foundation)



Thousands of people gathering outside Slotin's family home during his funeral. (Published in Winnipeg Tribune - Slotin Family Collection)

### SLOTIN'S SUCCESSOR, ALVIN GRAVES

On an historic day, May 21, 1946, Louis Slotin walked alongside his successor, Alvin Graves, through the sanctified halls of the laboratory buildings. It was a passing of the baton, a pivotal juncture where Slotin entrusted Graves with the keys to his specialized realm, the enigmatic "critical assembly."

As the clock neared 3:00 PM, the duo stood in the heart of the laboratory, surrounded by a palpable air of anticipation. The critical assembly loomed before them, like a gateway to both boundless knowledge and formidable danger. Dr. Slotin, with his encyclopedic knowledge and legendary expertise, prepared to impart the wisdom amassed through years of intense study and experimentation.

Dr. Slotin carefully explained the delicate intricacies of the critical assembly, unveiling the mysteries of nuclear reactions. The legacy he sought to pass on was not just scientific knowledge but a deep sense of responsibility that came with wielding such extraordinary power. Graves commented that he had never seen the assembly demonstrated. Dr. Slotin offered to run through it for him. From the other side of the room, Raemer Schreiber, Dr. Slotin's colleague, agreed. However, he encouraged him to proceed slowly and with caution.

### THE SCREWDRIVER

Tick by tick, the tension mounted, and the specter of danger lurked just inches away. The scientists knew all too well the deadly consequences of misjudgment. They had witnessed the devastation unleashed upon Hiroshima and Nagasaki, and now they stood on the precipice of unlocking the secrets of the universe's most formidable power.

With meticulous precision, Dr. Slotin delicately lowered the beryllium dome over the plutonium sphere, using his screwdriver to maintain a safe gap for the escape of neutrons. However, fate had other plans during the demonstration, causing the screwdriver to slip, allowing the dome to fully cover the core.

Instantly, a surge of heat washed over the room, accompanied by a brilliant blue flash, as the plutonium sphere unleashed an invisible burst of gamma and neutron radiation. The Geiger counter in the lab began to click frantically, filling the space with an unsettling sound. Reacting swiftly, Dr. Slotin bravely used his bare hand to push the beryllium

dome off and onto the floor, promptly terminating the critical reaction that had just begun. With a solemn tone, he remarked, "Well, that settles it."

In the wake of the accident the corridor outside the scene of the incident became a hub of uncertainty and concern, as Louis Slotin, at the epicenter of the incident, sought to piece together the unfolding events. With a steadiness that belied the turmoil, Dr. Slotin sketched a diagram, meticulously marking the positions of each scientist at the precise moment of the accident. This crucial exercise aimed to estimate the amount of radiation exposure each one had endured, a haunting reminder of the dangers lurking in the world of nuclear science. Dr. Slotin's heroics saved all of the scientists in the room that day.

### NEUTRONS, GAMMA-RAY AND X-RAYS

In the aftermath of the solemn demonstration, the witnesses were swiftly transported to the Los Alamos hospital, where the gravity of the situation began to unfold. Louis Slotin, displayed alarming signs of distress. He succumbed to bouts of vomiting, a telltale sign of the immense strain his body endured. The scientific community later learned that his hand had been subjected to an astonishing dose of over fifteen thousand rem of low energy X rays. Moreover, Louis' whole body exposure to neutrons and gamma rays, measured around twenty-one hundred rem, a staggering dose that surpassed the thresholds known to be lethal for humans. Amidst the agony, Louis' left hand took on a surreal waxy blue hue, and large blisters emerged, accentuating the severity of the damage. The medical team at his side, well aware of the immense suffering he endured, took every measure to alleviate his pain.

### WINNIPEG

Shore recalls hearing about the haunting news sending shockwaves through her family. "On May 23, 1946 the Slotin family received a phone call telling them that the American government was sending an aircraft to pick them up to go to Los Alamos as there had been a terrible accident in the laboratory."

### THE LAST DAYS

One of Dr. Slotin's close friends at Los Alamos, physicist Philip Morrison, who watched him die and did much of the post accident radiation calculations, wrote that "medical and nursing care were good, in fact a bit overwhel-

ming." Nurse Annamae Dickey came every day, or sometimes twice a day, to take blood samples. Morrison reported that, "she had a hard time concealing her distress when Louis pressed her for the results of her count."

Isle fondly remembers her grandparents speaking of the tragic events that unfolded in Los Alamos. Louis' mother was taken aback by his appearance. The severity of his condition came as a shock and Isle believes they were not fully informed of the specifics prior to their arrival.

On the fifth day, Louis' medical report revealed, his white blood cell count dropped dramatically. His temperature and pulse began to fluctuate. Louis suffered nausea and abdominal pain and began losing weight. He had internal radiation burns, what one medical expert called a three-dimensional sunburn. By the seventh day, he was experiencing periods of mental confusion. His lips turned blue and he was put in an oxygen tent. Eventually, he sank into a coma.

### THE AUTOPSY

In a heartfelt letter dated June 3, 1946, Philip Morrison, now Professor Emeritus of physics at the Massachusetts Institute of Technology, shared a touching anecdote about Dr. Louis Slotin's father with his fellow scientists.

The morning after Louis' tragic passing, Morrison discussed the necessity of an autopsy with Mr. Slotin, Louis' father. Though it went against the family's traditions, Mr. Slotin understood the significance of contributing to scientific knowledge. He granted permission for the autopsy, stating that Louis had been a scientist throughout his life. Despite potential criticism upon his return to Winnipeg, he stood by this decision, honoring his son's lifelong dedication to science."

### THE TALLIT

In a poignant and significant act, Louis' father took measures to ensure his son's burial was conducted in utmost accordance with his religious beliefs. Isle distinctly recalls her father (Sam) shared with her a secret about Louis' burial. The heartfelt task entrusted to Isle's father was to ensure that Louis' final resting place would be graced by his sacred prayer shawl, known as the tallit. However, upon arriving at the funeral home, he encountered an unexpected obstacle in

the form of a sealed lead coffin. The government's concerns over radiation exposure to citizens was evident, making it impossible for him to open the coffin, thus preventing him from fulfilling the cherished request. Overcome with sorrow, Isle's father made a compassionate decision. Reverently, he placed the treasured tallit on top of the lead coffin, which was then carefully nested within a wooden casket. This gesture allowed him to honor his brother's memory while respecting the safety protocols in place. Shielding his father from the heartache of the situation, Isle's father (Sam) chose to keep the truth close to his heart, cherishing the profound bond that connected their family.

### AN AMERICAN FLAG

Finally, his body returned to his hometown, Winnipeg. Remarkably, he became the first Canadian to be laid to rest with an American flag adorning his coffin. At 35 years of age, he had been transformed into a local and national hero. As a testament to his exceptional life, two thousand mourners gathered, in front of the family's house on Scotia Street, united in celebrating the heroic legacy of Louis.

### RADIOLOGICAL THERAPY

In 1993, Shore and her cousin Ludwig embarked on a pilgrimage to the sacred grounds of Los Alamos, drawn by the works of their late uncle. "We were invited to Los Alamos and with the local historian, Roger Meade, visited the places Uncle Lou had lived and worked. The U.S. government released all his previously top secret documentation and personal effects and as we sifted through his research we discovered that his original exploration back in the early '30's was the very beginnings of radiological therapy. To this day there are scientists who are continuing the research he began." Shore explained.

### HERO'S BODY HOME

In a poignant tribute, the Winnipeg Tribune featured a photograph capturing the moment when Slotin's casket was carefully transferred from the plane to a hearse. The accompanying caption, "Hero's Body Home," spoke volumes about the profound impact Dr. Louis Slotin had made in the hearts of many, and how his legacy would forever be remembered. ■

Winnipeg Police Service

## What to do if you find a pet left in a vehicle

We are all becoming more aware of the risks related to leaving a pet inside a vehicle, especially on hot and sunny days.

**Pets should NEVER be left alone in a vehicle, even for a few minutes, during warm weather.**

If you see an animal left in a vehicle on a warm day, we recommend you to first take these steps:

- Write down the location (street name, address, location in a parking lot), and a physical description (make and model,

colour, license plate, whether windows are open) of the vehicle.

- Write down a description of the animal (size, colour, species, approximate age, and the colour of its gums if visible), including its behaviour (alert, barking, panting, drooling, unconscious) and whether it has any water inside the vehicle.

**If several people are available, share responsibilities to help resolve the situation as quickly as possible.**

- Have one person remain by the vehicle to monitor the animal's condition.
- Try to keep the environment around the vehicle and animal calm and quiet, providing shade and ventilation to the vehicle if possible.
- If the vehicle is parked in a public area, like a store parking lot, notify staff members or customer service personnel immediately with the written description of the vehicle and animal. They may be able to page and quickly locate the ani-

mal owner to resolve the situation.

- If the vehicle is parked in a residential area and you feel it is safe to do so, ask neighbours if the vehicle or animal is known to them.
- Do not attract a crowd of onlookers or stimulate activity in the animal. The additional stress of the situation could make the animal's heat stress worse.
- Contact local animal welfare enforce-

*Continued on next page*

ADVERTISING FEATURE

# Care Possible - Bridging gaps online, bringing change to home care

- Care Possible

Finding the right care provider can be a daunting challenge, leaving families struggling to access the services they need. **Care Possible**, an innovative online platform, is bridging that gap and bringing about a positive change to home care.

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Developed by **Manitoba Possible**, formerly known as the *Society for Manitobans with Disabilities*, Care Possible serves as a vital link, connecting qualified and verified service providers with the individuals and families who need them. Safety and accessibility are paramount, as Care Possible can be conveniently accessed through computers, tablets, or phones.

"We held forums and listened to the needs of families and individuals in our community who are struggling to access qualified, trusted, and available help," said Lindsey Cooke, CEO at Manitoba Possible. "Care Possible is here to help mitigate those issues of safety and security and bring about change in our community."

More than 2,000 users have been onboarded, and 1,800 hours of care have been provided since the platform's launch last fall, showing that Manitobans are enthusiastically embracing this new home care solution.

"It has been a challenging process to find a reliable caregiver for our kids. Then I heard about Care Possible. I created a profile, and within one month, I found a great person who fits our needs," said Care Possible client, Yosha. "It is great that Care Possible is getting their care providers to obtain the required security screening. Once you find suitable people on the platform, you can interview them and see whether they are the right fit. The platform is very easy to use when it comes to making a profile and finding the right person."

Care Possible's platform is designed with user convenience in mind. Featuring interactive maps, filtering options based on language, skills, and availability, seamless communication tools, scheduling assistance, and a secure online payment system, the platform streamlines the administration of self-managed or family-managed care, empowering families to make informed decisions about their loved ones' well-being.

Self-managed care is an insured service available to qualifying Manitobans. After an assessment by the Regional Health Authority, a personalized care plan is developed, and eligible services are reimbursed at a preset rate. This reimbursement mechanism makes self-managed home care much more affordable, offering individuals the freedom to choose their caregivers and determine the timing of care.

People seeking care can sign up today at **CarePossible.ca** or call **204-975-3080**.



**Find home care  
for you or your  
loved one**  
**carepossible.ca**



## .... pet left in a vehicle, cont'd from page 8

ment agencies to report the situation and have an animal protection officer attend.

**If the situation is reported to a local animal welfare enforcement agency**, the Chief Veterinary Officer (CVO) recommends witnesses to monitor the animal's condition while waiting for the enforcement officer to arrive and take corrective action as required. However, some individuals may consider taking action on their own such as providing animals in vehicles with water, lowering the windows, opening vehicle doors, breaking windows, or removing the animal from the vehicle. Be aware that:

- Animals in vehicles may be protective of their territory or unfriendly to strangers, which may lead them to lunge at or bite people who attempt to approach or enter the vehicle.
- A vehicle and its contents (including animals inside) is considered a person's personal property, so those who attempt to enter, remove or alter that property may be accused of illegal activity if they do not have lawful authority to take action.

If an animal removed from a vehicle on a warm day shows symptoms of severe heat stress and appears to be in distress, it should be immediately transported to a veterinarian for medical evaluation and treatment.

In Winnipeg: call the **Winnipeg Humane Society Emergency Line** at **204-982-2020**

Anywhere in Manitoba (including Winnipeg): contact the **Animal Care Line** at **204-945-8000** or **1-888-945-8001** (toll-free) or at [animalcare@gov.mb.ca](mailto:animalcare@gov.mb.ca), or your local police detachment

Go to the Government of Manitoba website for more information on who to call and what to do. (Search: **Pet Left In Vehicle**)

•••••

Note that these contacts do not handle **Animal Control By-law Concerns** such as:

- pet adoption and rehoming services
- veterinary medical care
- transportation services
- by-law enforcement
- stray animal control
- legal advice relating to animal ownership disputes

In Winnipeg, contact:  
**Humane Society (WHS)**  
204-982-2028 or  
**WHS Emergency Responder**  
204-982-2020

In rural Manitoba, contact:  
**Animal Care Line**  
204-945-8000 / Toll free 1-888-945-8001



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“A Manitoba Moment”

# Two Senior Sailors

By Bud Ulrich



Bud Ulrich

Darrell Friesen and Wolfe Smythe are two gentlemen addicted to sailing. This wonderful sport provides many challenges as well as the opportunity to see many parts of the world and the wonders of nature.

During my conversation with Darrell about his recent ten-day excursion, May 5-14, in the waters surrounding Grenada (known as the Spice Island) and a group of islands in the eastern Caribbean, I could hear the excitement in Darrell's voice reliving his time on Wolfe's well-travelled 38-foot sailing craft named “Easy Goin”.

This was an opportunity for two seniors to bring something exciting and meaningful into their lives through the sport of sailing. Sailing became part of Darrell's life back in 2007. His wife's employer had a Laser sailboat, a small one-person craft, which he offered to Darrell at no cost. Darrell had taken sailing lessons at Fort Whyte to see what it was like and so he acquired the Laser and sailed it for about three years. He took two sailing courses during a six-week period. Currently, Darrell has a 25-foot keel boat moored at the Gimli Yacht Club, and although a sailing certificate is not required, he says it sure helps once you get into larger boats.

There are many challenges in the sport of sailing and Lake Winnipeg offers an abundance. Darrell set sail for Hecla Island from Gimli and unfortunately the rudder broke off his boat at water level, making it impossible to navigate. On his return, some fifteen to twenty miles from Gimli, he started a small horsepower engine which allowed him to steer the boat using the tiller on the motor. The waves were rising, and Lake Winnipeg can be very dangerous at times, causing Darrell real concern. He decided to use his two-way radio to call the Coast Guard making them aware of his urgent signal. It wasn't a mayday or distress signal, but it was called a “Pan-Pan” which is the international standard urgency signal declaring help is needed. He wanted someone to know of his predicament. The Coast Guard decided to rescue Darrell and they towed him back to his boat slip in Gimli. I believe Darrell's calm demeanor played a large role in handling a potentially dangerous incident which resulted in a positive outcome.



Darrell Friesen



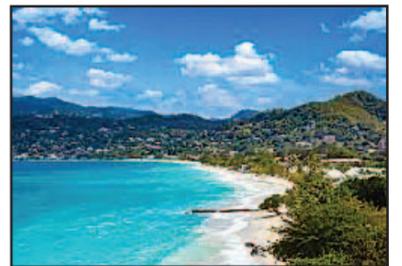
Wolfe Smythe



Easy Goin



Darrell at the helm



Grande Anse Beach

Darrell and Wolfe's sail around Grenada went fairly smooth. The trade winds were about 15 knots. They started off from Prickly Bay Marina, which is at the south end of the island of Grenada. Of course, sailing is dependent on the wind and during their first 8-9 hours they managed less than 9 miles. On their return, with the wind at their back, the sail was much faster. During the trip, their refrigeration malfunctioned so they had to sail into Prickly Bay for a few days while awaiting repairs. Refrigeration is critical for storing food, so they decided to limit grocery purchases for fear of the fridge breaking down again. Like any other trek, the unknown can happen, and one must adapt accordingly. Darrell mentions one of the exciting things about sailing is that no two days are the same. Fishing became part of their daily routine with Wolfe catching a tuna resulting in a feast of sushi right off the boat. The tuna was pan fried and enjoyed for the next two evenings. Darrell caught a 30-inch barracuda, which he threw back into the water. The daily temperatures were 29C with a low of 22C during the night. There were only a few days with rain

showers. They spent some time on a beautiful sandy beach called Grande Anse, on the southwest coast of Grenada. They also sailed southeast to Georgetown, Guyana, South America, which is nicknamed the “Garden City of the Caribbean”.

Scuba diving is another interesting activity while sailing. Darrell and Wolfe got in eight dives. They dove Flamingo and Dragon Bay reefs and the unique Sculpture Park which is the world's first underwater sculpture creations. They also dove Whirlpool, a reef that has sulphur gas venting from underground volcanic activity. Darrell commented that swimming in the Caribbean was like swimming in an aquarium. With all the bright coloured fish swimming around them, “It was like watching a Jacques Cousteau documentary on TV.”

Whenever Darrell goes scuba diving, he always goes with at least one other person. He related a story when he went on a shark dive in Playa del Carmen, Mexico. He and a group of fifteen divers accompanied a guide who knew where to dive. They dropped off the back of the boat to a depth of 55 feet reaching a sandy bottom. They stood in a

circle and the guide gathered two stone tablets and clanged them together. Suddenly, four 60-kilogram sharks swam around them for about 35 minutes. A most amazing experience! Upon returning to the surface, Darrell questioned the need for clanging the stone tablets together. He was told that divers go down with a bucket full of fish, clang the stone tablets together and when the sharks arrive, they handfeed them the fish. It's somewhat like the Pavlov's dog theory. The sharks are conditioned to swim toward the clanging of stone tablets. Darrell questioned what happens when a diver clangs the stones together but doesn't have any fish. He was assured there was nothing to worry about. Darrell was glad to receive this information after his dive!

Sailors often experience an amazing sensation while sailing. Their minds try to determine what their ears are telling them, which is referred to as a deafening silence or a euphoric sensation. Sailing provides a sense of power and grace created by the dynamics of wind and water conditions while sailors journey from destination to destination. Obviously, Darrell and Wolfe are “hooked!” ■



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*Subject to Supportive Housing entrance criteria.*



July 20, 2023

# CONGRATULATIONS TO THE SENIORS OF THE YEAR AWARD RECIPIENTS

*Province is Proud to Celebrate Seniors Making a Difference in Community: Johnston*

The Manitoba government celebrated senior Manitobans who have made a significant contribution to their families, communities and Manitoba during a ceremony at the Legislative Building on July 20, 2023. “Older Manitobans laid the foundation of our strong, prosperous province, and these awards recognize their hard work and dedication to fostering a healthy, productive society,” said Scott Johnston, Seniors and Long-term Care Minister. “I am honoured to present the inaugural **Seniors of the Year Awards** to these 14 outstanding Manitoba seniors.”

The minister presented awards to Manitoba seniors in two categories:

- **Senior of the Year** – recognizing those who enrich the social, cultural or civic life of their communities; and
- **Active and Healthy Living** – recognizing those who help to create active and healthy communities through community involvement and as a role model.

At the ceremony, seven individuals were welcomed to Manitoba’s Centenarian Club, which celebrates the experiences, wisdom and contributions of Manitoba residents who are 100 or older. Additionally, the minister also noted that October 2023 is proclaimed Seniors’ Month.

“Our government supports and will work to improve the lives of older adults as they live healthy and productive lives in their communities,” said Johnston. “This year’s Seniors’ Month in Manitoba will be especially special following the launch of the seniors strategy, which laid the foundation for improved seniors care throughout the province.”

## SENIOR OF THE YEAR AWARD RECIPIENTS:

- ◆ Jeanne Desrochers
- ◆ Norah Driedger
- ◆ Barbara Guia

- ◆ Margie Hannah
- ◆ Ernie Loewen
- ◆ Dale Martin
- ◆ Patricia Rawsthorne
- ◆ Marian Templeton

## ACTIVE AND HEALTHY LIVING AWARD RECIPIENTS:

- ◆ Regina Angeleau
- ◆ Tom Creighton
- ◆ Cory Juan
- ◆ David Lumgair
- ◆ Barbara Morris
- ◆ Alice Sklar

## MANITOBA’S CENTENARIAN CLUB INDUCTEES:

- ◆ Mary Barker
- ◆ Germaine Brunel
- ◆ Mildred Giesbrecht
- ◆ Wilma Kilarski
- ◆ Anna Stevens
- ◆ Ruth Townsend
- ◆ Beatrice Wery

*Congratulations!*

# Why Seniors Should Love Protein - Heart to Home Meals

When it comes to dietary dos and don’ts and making sense of health advice it’s hard not to avoid a feeling of nausea, there is just too much of it. Add to that, the flood of new research we receive every year, and it is easy to be confused. Many people probably block out all the reports and stick to their ‘regular diet’. Something they know and most likely trust.

But one area where there is no dispute (honest) is when it comes to protein. Put simply, as you get older you need more in your daily diet.

Seniors, in general, are likely to have more illnesses than younger people. Inadequate protein intake is a major factor that contributes towards a weaker immune system, poorer healing, and longer recuperation from illness. You may have noticed as you age your skin becomes less elastic and more fragile.

To give you a clearer picture, protein is a vital component of every cell in your body. Protein, fat, and carbohydrates are macronutrients meaning the body needs a large amount, in relative terms, of them. Unlike fat and carbohydrates, you cannot store protein, so you need to replenish daily.

For a variety of reasons, including poor health, decreased physical activity, and dental issues, aging adults tend to eat less protein than younger adults even though the opposite should be the case.

Researchers in the UK found, seniors whose diets included more protein when the study began were less likely to face mobility issues compared to those that had a lower intake of protein.

Not having sufficient protein is closely linked to the loss of muscle strength and functionality. Some studies have found, roughly half of all seniors are consuming less than their daily recommended amount of protein.

The loss of muscle mass, strength and function is known as sarcopenia. As we age, the essential amino acids in protein that help our muscle health do not work as well, therefore it is necessary to boost our protein intake to overcome the lack of responsiveness.

While there is no magic cure against aging, a diet that includes a high protein intake can slow down the process. While a decline in



strength is normal, it does not have to be inevitable.

Protein-rich foods are even more important when you are trying to lose weight, recovering from an illness, or about to go into hospital. Researchers found that during those

highly stressful periods, seniors are less protein efficient and need to compensate.

It is important not to compare your protein intake with a younger person. You need to take more.

The accepted standard for an average person is based on the Recommended Dietary Allowance (RDA): 0.8 grams of protein per kilogram (2.2 pounds) of body weight per day. But for seniors, it is recommended it should be 1 to 1.2 grams per kilogram of body weight per day. That translates to 69 to 81 grams for a 150-pound woman, and 81 to 98 grams for a 180-pound man.

It is also important for older adults to spread the consumption of their protein throughout the day because seniors are less efficient at processing protein.

Medical experts stress, the higher levels of protein are also necessary for seniors who are healthy.

A lack of protein and an increase in a sedentary lifestyle (a regular occurrence for seniors) are major factors that contribute to a senior having to deal with failing health and a loss of independence.

There are several meals offered by Heart to Home Meals that are packed with protein. The Traditional Pot Roast has 21 grams of, and the My Menu offers a unique coding system that easily identifies certain types of foods. One of those is ProteinAssist™ - meals that have at least 20g of protein in each serving. Seniors who make protein paramount are likely to see and feel the benefits. ■

## Easy is always on hand.

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# OUTSTANDING MANITOBANS CHOSEN TO RECEIVE THE ORDER OF MANITOBA

Twelve Manitobans whose contributions encompass a broad range of endeavours and accomplishments received the **Order of Manitoba**, the province's highest honour on July 20th, 2023. The formal investiture ceremony was held at the Legislative Building. The event can be viewed by the public at: <https://www.youtube.com/@lieutenantgovernorofmanitoba6808/streams>.

The Order of Manitoba was established in 1999 to honour Manitobans who have dem-

onstrated excellence and achievement, thereby enriching the social, cultural or economic well-being of the province and its residents.

"The 12 outstanding Manitobans invested into the Order of Manitoba this year are leaders, visionaries and mentors committed to building community," said Lt.-Gov. Anita R. Neville. "Today's investees represent the very best of our province, and it is a pleasure and privilege to recognize and celebrate them."

Appointments to the order are made by the chancellor based on the recommendations of an advisory council. Order of Manitoba members are entitled to use the initials O.M. after their names for life. The list of all members of the Order of Manitoba is on permanent display in the Legislative Building.

The following Manitobans were invested at the ceremony:

*Continued on next page*

# Sri Lankan Seniors - Donated Breakfast to Siloam Mission

- By Senaka Samarasinghe



Sri Lankan Seniors Manitoba - Service Schedule

- (1) 22-11-2022
- (2) 06-09-2022
- (3) 11-07-2023
- (4) 19-08-2023

Siloam Mission providing facilities to those who live with cognitive, physical challenges and mental illnesses. For such people The Mission is providing a long-term supportive living environment. Out of which, the majority are seniors and access home care. The management of The Mission arrange daily



breakfast for 350 plates. Sri Lankan Seniors Manitoba (SLSM) raised funds among members and transferred funds to The Mission.

As a result, they allocated 11-7-2023 to SLSM to come as a group (less than ten) at 8.00 am. We were there at the allocated time. Katarina Kliman, Manager Donor and Corporate Relations, received us and accompanied us to the kitchen and we were introduced to Marilou Castro, Food and Services Manager. She allocated SLSM volunteers selected volunteer activities to prepare break-



fast. Arranging plates and serve lined up breakfast for needy people at the counter at the dining room named as Morberg Raven's Nest. SLSM volunteers, after serving the people, managed to complete the task. Marilou coordinated the kitchen staff and SLSM volunteers from start to end.

As SLSM had done volunteering according to their expectation, Marilou invited Tessa Blaikie Whitecloud, CEO, Siloam Mission, to say Hello to all of us. Tessa greeted all SLSM volunteers. ■

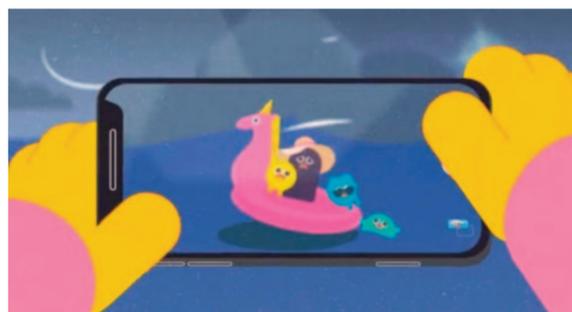


## Stay safe on or near water with Lifesaving Society Manitoba

Over the past few summers Lifesaving Society Manitoba and our partners in the Manitoba Coalition for Safer Waters have been tracking an emerging water safety threat. This threat looks innocent enough, and can come in the shape of beavers, dinosaurs, flamingos, foxes, unicorns, and even large donuts. They are the inflatable rafts otherwise known as "floaties" or "inflatables." As part of their summer fun in the sun at our wonderful beaches people have been bringing these to the waterfront. We say leave them at home.

In recent years, there have been far too many close calls. Just ask any water rescue team on Lake Winnipeg or Lake Manitoba. They will tell you they have been called countless times to rescue individuals and groups of people stranded far away from shore on one of these lakes after their inflatable was caught by a strong wind. Lifesaving Society Manitoba has recognized individuals who have helped rescue people stranded and in danger of losing their lives at our annual Rescue and Honour Awards Ceremony held at Government House. This summer is young, but already Lifesaving Society Manitoba has been advised of similar rescues taking place.

There is a term that is often used, that every



drowning is preventable. When it comes to inflatables or "floaties" this is so true. If you must bring a floatie to the lake, please tie it securely to a dock or something on shore like a tree. If you must have your inflatable floating free, then make sure that you and everyone else on the "floatie" is wearing an appropriately sized life-jacket or PFD and bring along safety equipment for an equivalent sized boat. We strongly recommend, however, saving your floatie for your backyard pool.

Last summer, Lifesaving Society Manitoba commissioned a short, animated video demonstrating the risks of using floaties in open waters such as Lake Winnipeg. This video was shared on social media and shown in movie theatres across Manitoba. It is freely available on Lifesaving Society Manitoba's YouTube channel.

Who would have thought a floating pink flamingo or unicorn could pose such a threat? The danger is real though, and not to be taken lightly. Being stranded in open water, at the mercy of mother nature, is not a fun way to spend time at the lake. Lifesaving Society Manitoba and our partners at the Manitoba Coalition for Safer Waters ask you to take this information to heart, and to share it with friends and family so that every trip to the lake this summer is a round trip.

## Let's Dance!

Join us on August 24 at Shaw Park for the CJNU Dance Party with the Winnipeg Goldeyes!

The fun starts at 5:30pm on the Promenade with the Genesis School of Dance. The first pitch signals the transition to the fans in the stands—and you'll have a chance to win some great prizes when you strut your stuff.

Get ready, as Goldeye crews will be filming the action, looking for the best dancers—with more prizes in store for the winners. And there will be in-between inning prizes for lucky seat holders!

Relive the days of your high school sock hop, your Manitoba social, and the club scene, at the CJNU Dance Party! Tickets are available at the Goldeyes' Box Office, or online at [Goldeyes.com](http://Goldeyes.com).

See you at the Game!

Find us @CJNU937 on Social Media | Visit [CJNU.ca](http://CJNU.ca) to learn more!

## Order of Manitoba, *cont'd from page 12*

### Mr. Jamie Brown

Jamie Brown has served as the CEO and executive producer of Frantic Films since 2000. In these roles, he has helped build one of Manitoba and Canada's most successful film and television companies. Winning awards in Canada and abroad for his innovation, creativity and business leadership, he is a tireless community volunteer and an advocate of Manitoba's creative sector.

### Mr. David (Ace) Burpee

From Cooks Creek, Manitoba, David "Ace" Burpee is the widely recognizable host of *The Ace Burpee Show* on 103.1 Virgin Radio. A tireless volunteer and mental health advocate, he has championed countless charitable causes and people across the province, using his platform to continuously raise awareness, support and funds for worthy causes.

### Mr. John Einarson

A former award-winning high school history teacher, John Einarson is a widely respected broadcaster and rock music historian. He is the author of more than a dozen critically acclaimed music biographies and contributed to A&E's Neil Young Biography episode and CBC's *The Life & Times of Randy Bachman*.

### Mr. Charles Huband (the late)

The late Charles Huband was an accomplished lawyer, judge, political leader and community activist, having lent his time and

talents to important causes in the community for over 60 years. He was instrumental in the creation of Prairie Theatre Exchange over 50 years ago and was the cofounder of the Westminster Housing Society.

### The Honourable Janis Johnson, C.M.

Janis Johnson served in the Canadian Senate for over 25 years, making her longest serving Manitoba senator. An advocate for both the cultural sector and women's health and education, she contributed to the founding of the Mature Women's Health Clinic (now the Women's Health Centre) and founded the Gimli Film Festival. She chairs the Valuing the Icelandic Presence Committee at the University of Manitoba and assisted in the development of Qaumajuq.

### Ms. Terumi Kuwada

A retired social worker and dedicated community volunteer, Terumi Kuwada has been a strong advocate in the areas of human rights and social justice for more than 35 years. Her long-standing commitment to human rights and promoting respect and understanding between ethnic groups is illustrated through her work with many organizations including United Way Winnipeg and the National Association of Japanese Canadians.

### Dr. Lorrie Kirshenbaum

One of Canada's most prominent scientific leaders, Dr. Lorrie Kirshenbaum's pioneering research on cardiac cell death has trans-

formed cardiovascular care worldwide. He has earned an international reputation for research excellence and is best known for his work in understanding why the cells of the heart die after a heart attack and in cancer patients undergoing chemotherapy.

### Dr. Gerry Price

An accomplished business executive and philanthropist, Gerry Price is chair and CEO of Price Industries Limited, one of the province's largest private employers. Dr. Price and his family support charities and capital campaigns in Manitoba across many areas including children and families, youth mentorships, education and scholarships, health care and other community-led initiatives.

### Ms. Alvina Rundle

A community advocate for Lake St. Martin and beyond, Alvina Rundle is dedicated to helping Indigenous people involved in the justice system. She was instrumental in establishing courts in remote Indigenous communities and recruiting court Elders to serve, while also providing language interpretation services and sentencing assistance to respective case judges.

### Dr. Richard Smith

Dr. Richard Smith is a Manitoba family physician who has dedicated most of his 52-year professional career to saving lives and advocating for those impacted by the HIV/AIDS epidemic in Manitoba. He is a leader in the provision of clinical excellence

to people often ostracized for their sexual orientation or lifestyle, and established the Village Clinic, which eventually became the Nine Circles Community Health Centre.

### Ms. Elaine Stevenson

For more than 30 years, Elaine Stevenson has been a dedicated, effective advocate for children, youth and adults with eating disorders. Inspired by her own personal tragedy of losing her daughter to an eating disorder, she co-founded the Alyssa Stevenson Eating Disorder Memorial Trust, with a mission to bring about essential change in the care and treatment of eating disorders in Manitoba and across Canada.

### Mr. Amarjeet Warraich

Amarjeet Warraich is a community leader and advocate, particularly in the provision of support to new Indo-Canadian citizens. During his tenure as commissioner of Manitoba's Human Rights Commission, he oversaw a period of landmark new initiatives in the province including the proclamation of the Manitoba Human Rights Code in 1988, and measures respecting the rights of women, people with disabilities, Indigenous peoples and the LGBT community.

The Order of Manitoba Advisory Council relies upon nominations from the public. To nominate a deserving Manitoban for the **2024 Order of Manitoba**, visit [www.manitobalg.ca](http://www.manitobalg.ca). ■

## Sri Lankan Seniors Manitoba - Appreciation Day - By Senaka Samarasinghe



Sri Lankan Seniors Manitoba (SLSM) conducted an Appreciation Day on July 29th (SAT) 2023 at Whyte Ridge Community Centre from 11.00 am to 2.00 pm. This was the first time SLSM organized such an event. Three levels of People's Representatives attended. (1) Hon. Terry Duguid from Winnipeg South, Member of the House of Commons of Canada (Federal Level), (2)

Hon. Jon Reyes, Member of the Legislative Assembly, Waverley, Minister of Labour and Immigration (Provincial Level) and (3) Hon. Janice Lukes, Deputy Mayor, City of Winnipeg (City Level). Two ladies represented from senior organizations namely (1) Susan Fletcher, Executive Director, Pembina Active Living, (2) Connie Newman, Manitoba Association of Senior Communities and two from monthly

publishing Provincial seniors' newspapers namely (1) Dorothy Dobbie, Editor, *Lifestyles 55* and (2) Kelly Goodman, Publisher, *Senior Scope*. (1) Vajira Pathirana, Immediate Past President of Sri Lankan Association of Manitoba (SLAM) and (2) Kasun Wijayarathne, Immediate Past Treasure, of SLAM also participated as invitees of SLSM.

Due to busy schedule of the invitees SLSM

requested all invitees to be at the Group Photo at 12.30 pm. Arranged for lunch Sri Lankan rice and curry for the invitees and SLSM members.

SLSM is thankful for Co-authors Ray Dirks and Manju Lodha offer their Coffee-Table type of book named as "Diversity of Manitoba" as a souvenir to all invitees and those were handed just after the photo shoot. ■

It was an honour to be invited and pleasure to attend this special 'Appreciation' event. Thank you to the Sri Lankan Seniors Manitoba (SLSM) group, Senaka Samarasinghe - former president of SLSM, and Susan Fletcher - Executive Director of the Pembina Active Living Centre for a lovely afternoon with other friends of SLSM, and for sharing the delicious, cultural cuisine. ~ Kelly Goodman, *Senior Scope* newspaper.

August 2, 2023

## MARCH OF DIMES CANADA SELECTED AS VENDOR FOR MANITOBA SENIORS HOME MODIFICATION GRANT PROGRAM

### Applications Will Be Accepted Beginning This Fall: Johnston

The Manitoba government has chosen March of Dimes Canada (MODC) to provide services under the recently announced Manitoba Seniors Home Modification Grant program that will allow older Manitobans to safely age in their homes and communities for as long as they choose, Seniors and Long-term Care Minister Scott Johnston announced today.

"Manitoba seniors have told us that they want to remain in their homes and communities for as long as they can," said Johnston. "By providing this new home modification grant program, our government is respecting their wishes and ensuring safe, inclusive and accessible communities where seniors can age safely and comfortably."

With an annual budget of \$1.5 million, the program will be officially launched in mid-

October. Administered by MODC, it will provide financial assistance for eligible home modifications to seniors 65 and older and/or family members who have seniors living with them, with a household income of \$60,000 or less.

MODC is a leading national charity committed to championing equity, empowering ability, and creating real change to help more than six million Canadians living with disabilities live their lives as fully as possible, the minister noted, adding that its programs help Canadians identify and access the tools they may need to promote independent living in their homes.

"We're very excited to deliver the vital Manitoba Seniors Home Modification Grant program," said Jason Lye, vice-president, community support services, March of

Dimes Canada. "In partnership with the Manitoba government, we'll help seniors make transformative changes to their houses so that they can live independently and age at home with the support they need to thrive. That's what most people want—and it's what this program will make possible for more seniors across the province."

The program will provide grants of up to \$5,000 (\$6,500 in rural and remote areas) to assist low- to moderate-income seniors with funding for basic home modifications that are essential for daily living activities and support people living at home as they age.

Home modifications include common supports for people living at home as they age including:

- adaptations that increase safety; and
- accessibility improvements for daily

activities, such as ramps, curbless showers and increased lighting.

The program will help reduce or eliminate physical barriers that create safety risks, through modifications, adaptations, and devices that enable seniors with restrictions to remain in their homes and age in place longer, the minister noted.

**Applicants can apply for a grant every three years, to a lifetime maximum of \$15,000.**

To read *Manitoba, A Great Place to Age: Provincial Seniors Strategy*, visit [https://gov.mb.ca/seniors/docs/seniors\\_strategy\\_2023.pdf](https://gov.mb.ca/seniors/docs/seniors_strategy_2023.pdf).

# Things To Do - WINNIPEG

Check your 55+ Active Living Centre for Summer Schedule or Closures

## Luncheons / Art Shows

**Friendship Force Winnipeg** - Dinner and fellowship. Friendship Force is an international organization which provides opportunities to explore new countries and cultures. Dinner reservations/info, Elizabeth: **204-452-5299** or [www.friendshipforcewinnipeg.org](http://www.friendshipforcewinnipeg.org)

## Misc.

**Pembina Active Living (55+)** - Picnic & Membership Drive, Tue. Aug. 22, 11 am-2 pm, St. Norbert Farmers' Market Canopy, 3514 Pembina Hwy. Hawaiian Them. Program Demonstrations, Exhibitors, Flea Market, Food (cash only) & Raffles. **204-946-0839**, [programs@pal55plus.ca](mailto:programs@pal55plus.ca), <https://pal55plus.ca>.

**Winnipeg Jewish Theatre** - Winnipeg Jewish Theatre Friendships of Winnipeg Story Exhibit, Nov. 9-19, in the Berney Theatre during the run of a play called 'Pals' as a celebration of Winnipeg friendships. All selected stories will be curated and displayed with accompanying images! Call **204-477-7515** or email [info@wjt.ca](mailto:info@wjt.ca).

**Manitoba Coin Club** - **204-479-9124**, [treasurer@manitobacoinclub.org](mailto:treasurer@manitobacoinclub.org) <http://www.manitobacoinclub.org>

**McNally Robinson Booksellers** - Community Classroom courses on writing, storytelling, and more with a fantastic lineup of educators. [mcnallyrobinson.com/classes](http://mcnallyrobinson.com/classes)

**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.)

**Israel tour** - Nov. 8-18, 2023. 2 days in Petra Jordan included. Contact Ken: 204-942-5433, [k4mcghie@gmail.com](mailto:k4mcghie@gmail.com) or [www.toisraelwithlove.com](http://www.toisraelwithlove.com)

## Music / Dancing

**Forever Young Club** - We are currently on summer break. If you have a question, please let us know and a volunteer will get back to you soon-ish. Monthly Saturday dances will resume Sept. 30th and will continue on Oct. 28, Nov. 25, Dec. 30/23, Jan. 27, Feb. 24, Mar. 30, Apr. 27 and May 25/24. [fycwpg@gmail.com](mailto:fycwpg@gmail.com) or **204-261-4442**

**The Senior Choral Society of Winnipeg** - is excited to announce that our first practice for the upcoming season is Mon. Sept. 11, 10 am, at McClure United Church (basement), 533 Greenwood Place behind the CNIB on Portages Avenue. We are a four part choir. All voices welcome. Info, Gerda: **204-669-5570**

**The Happy Homesteaders** - sing with our A Capella group of retired males. No experience required, training provided in barbershop style singing. Daytime concerts and practices. Perform mostly at seniors' residences. Info, Vern: [vnelson@nelsonfinancial.ca](mailto:vnelson@nelsonfinancial.ca), **204-256-5562**, (retired), or Harvey: **204-888-6306**, [hshmidt7@mts.net](mailto:hshmidt7@mts.net).

**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**

**Paws N Taws** - Non-profit square dance club invites you to join us. Do you enjoy walking to music, socializing and have 2 left feet? That is perfect for modern square dancing. No partner required. Sept 7, 7-9: pm. 211 Kimberly Avenue. 3 FREE LESSONS. [ronbeth02@gmail.com](mailto:ronbeth02@gmail.com)

**Whirlaway Westerners** - Learn Modern Square Dancing! Open House, Fri. Sept. 15, 7-9:30 pm, Kirkfield Westwood CC, 165 Sansome Ave. or ph Carole: **204-831-8954**.

**You2 can dance** - Modern Square Dancing is a fun, healthy, friendship-building activity. Accepting dancers (partner not required) Sept. 11, 18 & 25, starting at 7 pm, at St. Mary Magdalene Church, 3 St. Vital Rd. Wpg. Contact Pam: **204-914-9209** for info.

## Sports / Fitness / Games

**Crescent Drive Friday Ladies Golf League** - Summer fun! Golf Fridays (weather permitting), 7:30 am at Crescent Drive Golf Course, 781 Crescent Dr. Lorraine: **204-261-8413**.

**South Winnipeg Senior Slo-Pitch (SWSSP) house league** - teams formed on the spot, no scoring or criticizing allowed. Come play Tues. and Thur. 1 pm, weather permitting, at top-notch diamonds at 1377 Clarence at Hamelin - just East of Waverley in Fort Garry. Gil: **204-918-5308** or Doug: **204-488-8835**.

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

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

**The Pembina 55 Plus - Men's Curling League** is holding In-person Registration Session for individual curlers on Wed. Sept. 6, 1 pm, 2:30 pm at the Pembina Curling Club, 1341 Pembina Hwy. Our season consists of 4 rounds with each round consisting of 10 games. Two games are played per week, alternating between Mon., Wed. and Fri. at 1 pm, from Oct-Mar. Teams established using random selection before the start of each round. We offer various options: play only one, two, three, or all four Rounds. or, you can start off by sparing. Visit "55pluscurling.com" or email us at [contact@55pluscurling.com](mailto:contact@55pluscurling.com) for more info.

**St. Vital Cards for Seniors** - Cribbage: noon Mondays: Vera **204-894-9494**. Whist: noon Wednesdays: Sonja **204-254-1408** or Mario **204-955-8387**. St. Emile Parrish hall, 556 St. Anne's Rd.

**Tuxedo Lawn Bowling Club** - Learn to Lawn Bowl, Tue & Thur 10 am-noon; Wed 7-9 pm; Sun 10 am-noon. No equip. required. Intro. free play. Virginia: **204-255-8828**

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

**Winnipeg Minor Basketball Association (WMBA)** with the **Manitoba Association of Basketball Officials (MABO)** (non-profit organizations) - looking for older adults to referee youth basketball games in fall and spring, usually on weekends. The WMBA is a youth basketball league which serves youth in Winnipeg and surrounding areas. Great opportunity for exercise and helping our youth understand the game of basketball. Training is provided and referees receive fees for refereeing. Phone/text Mike: **204-396-5751** for info.

**Women's 18 Hole golf league** - May 2023 at Windsor Park golf course. All abilities welcome. Tee time 3:45 Wednesdays. Contact Louise Flood: **204-257-4588** or [winsrputters@mymts.net](mailto:winsrputters@mymts.net).

## Volunteering

**Actionmarguerite St. Boniface, 185 Despina Street** - Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. **204-235-2111**, [service@actionmarguerite.ca](mailto: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](mailto: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](mailto: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/](http://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](http://goldenrule@swwsrc.ca)

**Meals on Wheels** - Volunteers needed in: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. **204-956-7711**, [www.mealswinnipeg.com](http://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](http://www.misericordia.mb.ca), [volunteer@misericordia.mb.ca](mailto: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](mailto: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](mailto:msitter@victorialifeline.ca)

**Villa Cabrini** - Is currently 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](mailto:vcabrini@mymts.net) for info or to volunteer.

**Vista Park Lodge Personal Care Home** - in St. Vital - Volunteers needed.

[Catherine.Linnemann@extendicare.com](mailto:Catherine.Linnemann@extendicare.com)

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

Continued on next page

# RURAL MB

## Programs / Services

**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](http://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](http://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**

**Ile des Chenes, Grande Pointe, Lorette, St. Adolphe, Landmark** - Gentle yet invigorating morning YOGA for women and men 55+ in Ile des Chenes and Lorette. Contact Juliette: [yogaforyoumanitoba@outlook.com](mailto:yogaforyoumanitoba@outlook.com)

**Interlake North Eastman** - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. **Arborg** and District Seniors Resource Council **204-376-3494**; **Ashern** Living Independence for Elders **204-768-2187**; **Brokenhead/Beausejour** Outreach for Seniors 268-7300; **Victoria Beach** - East Beaches Resource Center **204-756-6471**; **Eriksdale** Community Resource Council **204-739-2697**; **Fisher Branch** Seniors Resource

**204-372-6861**; **Gimli** Seniors Resource Council **204-642-7297**; **Lundar** Community Resource Council **204-762-5378**; **Riverton** & District Seniors Resource **204-378-2460**; **St. Laurent** Senior Resource Council **204-646-2504**;

**Selkirk** & District Senior Resource Council **204-785-2737**; **Stonewall** - South Interlake Seniors Resource Council **204-467-2719**; **Springfield** Services to Seniors **204-444-3139**; **Teulon** and District Seniors Resource Council **204-886-2570**; **Lac du Bonnet** - Two Rivers Senior Resource Council **204-345-1227**, **Pinawa** **204-753-2962** or **Whitemouth/Reynolds** **204-348-4610** or **Winnipeg River** Senior 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](mailto: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](mailto:norman@moodmb.ca).

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

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

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

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

**Selkirk - Gordon Howard Centre** - Hobby workshops, fitness classes, recreational programs, volunteer opportunities, special events (outings, seasonal meals and presentations). 384 Eveline St. Info: [www.gordonhoward.ca](http://www.gordonhoward.ca) or call **204-785-2092**

**Selkirk Services to Seniors** - For 65+. Programs available to residents who pay taxes to the R.M. of St. Andrews, R.M. of St. Clements or to the City of Selkirk. Volunteers needed for office help, transportation drivers, handi helpers (house cleaning, yard work). **204-785-2737**, [Selkirkrc@mymts.net](mailto:Selkirkrc@mymts.net)

**Springfield - Springfield Seniors** - Stick curling, Pickleball, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. **204-444-3139**, [springfieldseniors@mymts.net](mailto:springfieldseniors@mymts.net).

**St. Andrews on the Red Anglican Church** - Two live musical concerts, Sun. Aug 13 and 27, 1:30 pm, 3 St. Andrews Rd and River Rd, St. Andrews, MB, featuring Celtic-Folk Duo Chance BY Golly. There will be a collection at the door with all proceeds going to the Raise the Roof fund for the replacement of the church roof. Refreshments available. Also a giant yard sale and BBQ on Sat. Aug 19, with all proceeds going to the Raise the Roof fund. Food will be available for purchase. Info: [grandpre@mymts.net](mailto:grandpre@mymts.net)

**Steinbach - Pat Porter Active Living Centre** - 10 Chrysler Gate. Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, ERIK Kits to name only a few. Reception 204-320-4600 (Sonja, Program + Volunteer Coordinator) **204-320-4603**, <https://www.patporteralc.com>

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

**Teulon Seniors Club** - Cribbage, crafts and more, Tuesdays, 1:30-3:30 pm; Food security initiative; Free iPad training; Exercise classes and more! Info, **204-886-2570**, or [tdsrc@mymts.net](mailto:tdsrc@mymts.net)

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

# Things To Do - WINNIPEG

## Programs / Services

**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.**

**Assiniboia Wood Carvers Association** - Woodcarving Fridays, 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: [lkehler84@gmail.com](mailto:lkehler84@gmail.com) or Wayne: **204-792-3932**

**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](http://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** - Mon. Bingo 1 pm; Thur. Yoga 10 am; Dances every Sat. 12- 3:30 w/light lunch & 4-pc band. Perogies for sale, Call Al: **204-771-3325.**

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

**The Happy Gang** - Afternoon of fun - conversation, card games, table games or bridge, complimentary light refreshments. 207 Thompson Dr. Info: **204-832-1000** or **204-895-7410**

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

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

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

**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, ncscc@shaw.ca, ncseniors.ca**

**Pembina Active Living (PAL) 55+** (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - **Summer Hours:** Summer programs will take place outside the facility for July and Aug. while staff will be working from home. (See July & Aug. programs below in advertisement.) Programs include: Exercise: variety fitness, yoga, zumba, seniors' fitness, line dancing, and older adult weight training. Social: Lunch PALs, Movie PAL's, Men's Breakfast. Creative: PAL Painters, Always Write, Book Club, Still Bloomin' Garden Club. Games: Pickleball, Bridge, Bocce, PinPAL's. Community: PAL Cares Group, Alzheimer Support Group, Conversation Circle for Newcomers, Cultural Connections, Ring & Ride, Take 5 Day Club. Education: Tech Tues

day, PAL Presents (info & Music), Tablet Library, PAL Travel Tips. **204-946-0839, office@pal55plus.ca, https://pal55plus.ca.**

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

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

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

**Workshops/Classes for Seniors**

**Acting for Seniors**  
Presented by Brain Lint Theatre School

**Embroidery 101**  
Presented by Lizzy B's Needle Art Supplies

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

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

For rates & information:  
[www.brainlinttheatreschool.ca](http://www.brainlinttheatreschool.ca)  
or **204-219-3979**

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\$1890 p.p. dbl | \$2490 p.p. solo  
Canadian Funds - No Additional Taxes

**Tour includes:**

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- 6 Breakfasts
- 5 Shows
- 2 Lunches
- Tour of Music Row
- Shopping Black Friday at Tanger Factory Outlet Mall
- Black Friday Shopping at Branson Landing
- Luxury Coach Transportation

**DEPOSIT: \$350 per person, due at booking.**  
**Book before September 1st and SAVE \$50**

**SOUTH BEACH OVERNIGHT TRIP: SEPTEMBER 5-6**  
\$99 p.p. dbl | \$145 p.p. solo  
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or e-mail:  
[office@anytymetravel.com](mailto:office@anytymetravel.com)

For more information:  
[www.anytymetravel.com](http://www.anytymetravel.com)

**MANITOBA COIN CLUB**

**2023 FALL COIN, STAMP & COLLECTIBLES SHOW**

Saturday, Sept. 23 10 am - 5 pm  
Sunday, Sept. 24 10 am - 4 pm

**THE ACCESS CENTRE**  
48 Holland Rd.  
West St. Paul, Manitoba  
(West of Main St. off Kapelus Dr., left just after N. Main & Perimeter)

**Admission: \$5.00 per person**  
**DEALERS, EXHIBITS, FREE GIFTS & PRIZES!**

For more information:  
**204-479-9124**  
[treasurer@manitobacoinclub.org](mailto:treasurer@manitobacoinclub.org)

**See You There!**

**Moose Jaw & Watrous Saskatchewan Mineral Spa Tour**

Join us to float and soak in the curative mineral waters to relieve sore muscles & stiff joints this fall! The unique buoyancy allows people with aches & pains to move in ways they haven't experienced in ages. Come try effortlessly floating in Canada's Dead Sea!

**\$649.00**  
pp dbl occ  
**Sept. 24-28th**

**Tour includes:** Motor-coach transportation, 2 nights at Temple Gardens Mineral Spa, 2 nights at Manitou Springs Mineral Spa, plus unlimited access to mineral pools.

**Red-White & Blue Get-A-Ways**  
**1-866-846-3795**  
Text only **204-803-6677**  
[www.rwbgetaways.com](http://www.rwbgetaways.com)

**Save the date!**

**Wellness Conference & Expo for Seniors**

Promoting in Southern Manitoba and its communities, well-being for older adults and their families.

**October 17 • 10 am - 3:30 pm**  
Club Jovial, 157 Central Avenue Ste-Anne, MB

More details coming soon  
Follow us on Facebook  
[www.facebook.com/SRSENIORS](https://www.facebook.com/SRSENIORS)

For more information, please contact  
**Mélanie Brénaud**  
Senior Resource Coordinator  
Seine River Services for Seniors Inc.  
**204-424-5285**  
[labseinerss@gmail.com](mailto:labseinerss@gmail.com)

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**Great Summer Reading!**

**THE VIRUS DIARIES AND OTHER STORIES**  
Richard A. Goodman

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- Travel Abroad -
- Hunting / Fishing -
- Growing Up on an Interlake Farm - & more!

**\$20.00 - Call Senior Scope** to order, for payment options and **FREE DELIVERY - 204-467-9000**  
Can e-transfer to author Rick Goodman at [rickgoodmansk@gmail.com](mailto:rickgoodmansk@gmail.com).

Also available at Heaven Scent Flowers & Gifts (77 1/2 - 2nd Ave. Gimli, MB)

**collette**

**Event on August 29th!**

**Exploring Scotland & Ireland from \$3,449**

**Canadian Rockies by Train from \$5,099**

**National Parks of America from \$4,799**

**Countryside of the Emerald Isle from \$2,549**

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# Senior Scope ANNUAL Contest

**PRIZES MAY ACCUMULATE!**

**OVER \$500 IN TOTAL PRIZES!**

## SAY ONE THING THAT MAKES YOU SMILE Contest.

Enter your name, and include your phone number and email if available.



**There will be 4 draws.**

**1st Draw - Early Bird - August 17/23**

**2nd & 3rd Draws - August 31/23**

**4th Draw - September 14/23**

*Good Luck!*

**RAINBOWSTAGE**  
 204-989-0888 (Box Office)  
[www.rainbowstage.ca](http://www.rainbowstage.ca)

**ASD**  
*Assiniboia Downs*  
**GAMING & EVENT CENTRE**  
 3975 Portage Avenue, Wpg  
 204-885-3330



[goldeyes.com](http://goldeyes.com)



### 1st Prize Draw - August 17/23

**Over \$200 in prizes**

- 2 tickets to Rainbow Stage's presentation "Afterlight" Sept. 21-Oct. 1/23 at Centre Culturel Franco Manitoabain, 340 Provencher Blvd. "Funny, moving and endlessly entertaining!" Value \$80
- 2 Home Plate Goldeyes tickets - Fan Appreciation Night, with post game Fireworks on August 25/23 - Value \$60.
- \$50 GIFT CERTIFICATE for Terrace Dining Room or Club West at Assiniboia Downs Gaming & Event Centre.
- Book - *Virus Diaries*, and Book - *The Summer I Died Twenty Times*.

2nd & 3rd Draw Prizes (Aug. 31/23) will each include 2 tickets to Rainbow stage (Afterlight) and a \$50 Gift Certificate to Assiniboia Downs' Terrace Dining Room or Club West.

4th Draw Prize to be announced.  
 Check [www.seniorscope.com](http://www.seniorscope.com) for updates.

**PRIZES MAY ACCUMULATE!**

ONE ENTRY PER PERSON.

Senior Scope reserves the right to publish names and photos of winners.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

Say one thing that makes you smile \_\_\_\_\_

May we publish your comments? YES or NO (circle one)

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](mailto:kelly_goodman@shaw.ca)

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**AUG 27 - 30, 2024 QUEBEC CITY, QUE.**

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**RCMP Musical Ride 150th Anniversary Tour at Assiniboia Downs!**

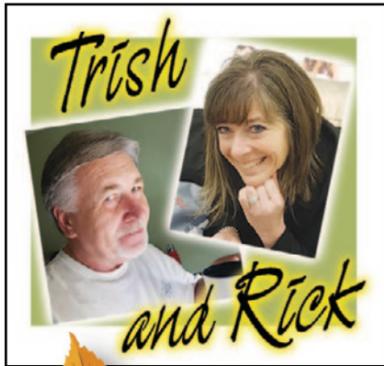
- Friday, July 28 at 7 p.m.
- Saturday, July 29 at 1:30 p.m.
- Rush seating
- Tickets at [ASDowns.com](http://ASDowns.com) or call 204-885-3330

**\$15** (5 & under free)

# The Pros Know 55 Plus Active Living & Resource EXPOS 2023

Visit [prosknowexpos.ca](http://prosknowexpos.ca) for 2023 dates, locations & **On-Line Resources for Seniors!**

## Yes! Senior's Resources in Person!



*'Give-A-Damn' is a currency that makes you instantly Wealthy!*

**Yup, saying it again!** There are many best kept secrets in this world. There are also many secrets that need to be shared once and for all.

The secrets we're talking about are all the amazing resources available to all of us to help us live better purposeful lives in our latter years.

Try as they might, the Senior friendly organizations and businesses who have made their mandate to serve you and I seem to at times, be lost in the noises of life.

One of the many reasons we decided to produce these shows in the first place, was to get you, our families, friends and neighbours the help that seems to elude us. I can not begin to tell you how much

I have learned in the past five plus years about the people, programs and products that are right here staring us in the face. People, programs and products that are true life changers at little to no cost. All of this ready in place for us to access at a moments notice.

What never ceases to amaze me is the sheer number of quality, caring people behind these resources, who get up everyday, rain or shine with the desire to change lives for the better.

Despite their best efforts to advertise in our mainstream and social medias, the vast majority of our population has not a clue as to their existence and the magics they possess.

This fall we have four more Expos for

you and yours to meet many of these all-stars in Older Adult and Seniors care. Our September shows are listed below for your convenience and you can count on this column every month to keep you posted about the October shows as well.

**If you find yourself** or your loved-ones needing some assistance now, please go to our Resource Pages on our website.

This information is available 24/7 and you won't be disappointed. Our site as advertised is [www.prosknowexpos.ca](http://www.prosknowexpos.ca)

**Lastly**, we would like to send a big hug to Kelly Goodman, Publisher & Editor of Senior Scope. Last month we celebrated our 3rd anniversary writing this column. Kelly you are an Angel!

**Take Care All...Rick & Trish!**

**Our September 2023 Shows! All are Welcome to attend...Hope to see you in the Fall!**

**Fall Show No. 1:  
9:30am - 2:00pm**



**Thursday, September 21st | St. Vital**  
Dakota Community Centre | 1188 Dakota Street  
MASC Host: Dakota Community Centre Seniors

**Fall Show No. 2:  
9:30am - 2:00pm**



**Wednesday, September 27th | St. Boniface**  
Archwood Community Centre | Rue 565 Guilbault Street  
MASC Host: Archwood 55 Plus

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**Senior Scope**  
News For and About Boomers & Seniors



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All Ages Welcome!

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**Winnipeg Regional Health Authority / Office régional de la santé de Winnipeg**  
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**Winnipeg Police Service Crime Prevention**

**Red Road music company**  
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**COVID-19 Booster Shots!**

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**\*Subject to Provincial Booster Eligibility Guidelines!\***

All Show Listings & Senior's Resource Information Available at:  
**[www.prosknowexpos.ca](http://www.prosknowexpos.ca) | Ph: 204.414.9290**

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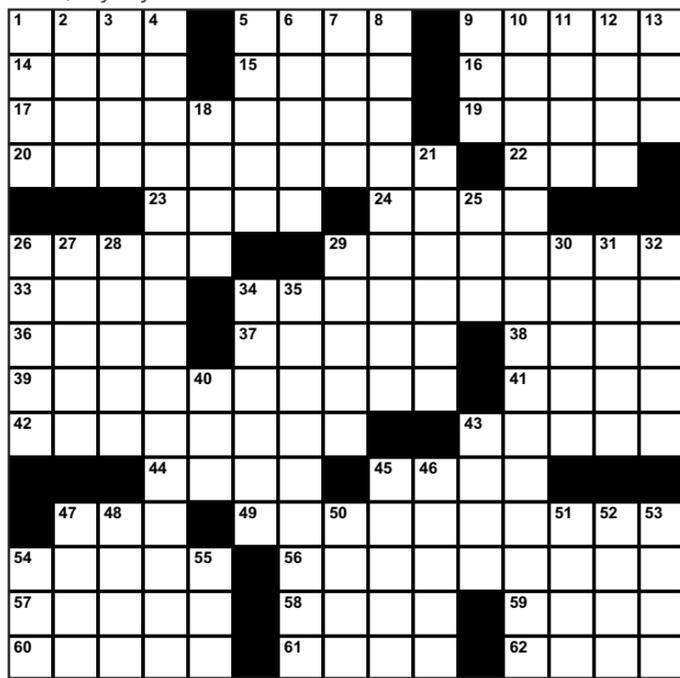
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Kristy Stefanon-Tarasoff  
 B.A., BC-HIS, RHAP

**CROSSWORD (MEDIUM) By Myles Mellor**

- ACROSS**
- Harmonize
  - Applaud
  - Pub orders
  - Coup d'\_\_\_?
  - Land starter
  - Old school
  - Brit who pays for utilities
  - Medical prefix
  - Characteristic of the stage
  - Somerhalder of "Lost" and "The Vampire Diaries"
  - Bread
  - Catches
  - Nom de guerre
  - Explode
  - Disorder
  - Having a succession of waves
  - Long bone
  - Couple
  - Son of Agrippina
  - Obtuse
  - Commuter
  - Beauty lovers
  - Press conference activity
  - Roman monthly middle
  - Go bad
  - Navy ship intro
  - Cinderella's mother, e.g.
  - Old slang for a 100-dollar bill
  - Yea
  - Grownup
  - Freshwater duck
  - Circular announcement
  - Plain \_\_\_
  - Flounders



- DOWN**
- Separate
  - "Uh-huh"
  - Evening, informally
  - Spotless
  - American Red Cross founder Barton
  - Store away
  - Writer Waugh
  - Golden for a leaving executive
  - Friend in the 'hood
  - Eluding an officer
  - Editorial cartoonist Hulme
  - North American bird
  - Vigoda costar on "Barney Miller"
  - Fund-raising grps.
  - Detached
  - Nanki-\_\_\_ of "The Mikado"
  - Divert
  - Slow times
  - Playground retort
  - Fits of irritation
  - Small theater in ancient Greece
  - Got along
  - "La Traviata" mezzo
  - Business man's digs
  - Not willful?
  - Blend
  - Jetty
  - Asparagus unit
  - October birthstones
  - Open
  - Old French coins
  - Close observer
  - Biblical twin
  - Sweet nothings
  - Hike
  - Eliot's "Jenny-anydots," e.g.
  - French summer

SOLUTION ON PAGE 19

**WORDSEARCH - About a Dog - By Roni Alward & Senior Scope**

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

- |           |              |             |             |             |
|-----------|--------------|-------------|-------------|-------------|
| Active    | Charmer      | Fetcher     | Lovable     | Scruffy     |
| Affection | Chubby       | Fixed       | Loyal       | Show        |
| Agile     | Clever       | Fluffy      | Mischievous | Snuggly     |
| Alert     | Clumsy       | Found       | Mixed       | Spayed      |
| Amusing   | Cuddly       | Friend      | Mutt        | Spoiled     |
| Bark      | Curious      | Fur         | Pack        | Stray       |
| Beg       | Cute         | Gentle      | Pampered    | Tail        |
| Beloved   | Disobedient  | Guard       | Paw         | Territorial |
| Brave     | Energetic    | Housebroken | Playful     | Train       |
| Breed     | Entertaining | Intelligent | Pooch       | Treat       |
| Buddy     | Faithful     | Lapdog      | Pup         | Tricks      |
| Canine    | Family       | Lost        | Rescued     | Watchdog    |
| Caring    |              |             |             |             |

SOLUTION ON PAGE 19

**Facebook FUNNIES Facebook FUNNIES Facebook FUNNIES**

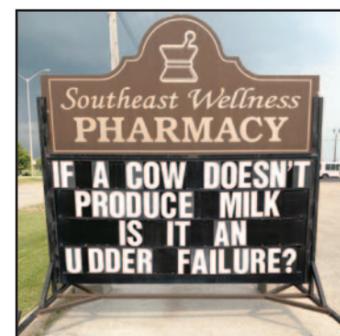
**Out of my mind. Back in 5 minutes.**

I'm not a complete idiot. Some parts of me are missing.

**Consciousness - that annoying time between my naps.**

**SCRAMBLE THIS:**

- SNOOZE ALARMS = ALAS NO MORE Z'S
- A DECIMAL POINT = IM A DOT IN PLACE
- ELEVEN PLUS TWO = TWELVE PLUS ONE



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## MIND & MEMORY: A-Z TRIVIA - By Gary Adams

- Helping to Keep Brains Young. **All answers begin with the letter 'Q & R'**
- This is a semi precious crystal used in clocks and watches:
  - A word meaning "representing the most perfect example of quality":
  - Winnipeg's Kenny Ploen was one of these:
  - This is an abscess that forms between a tonsil and the wall of the throat:
  - In mathematics this is the name given to divide one number by another:
  - This is a 1719 novel bt Daniel Defoe, about a young wanderer and the sea:
  - On TV they said "Sock It To Me" (1968-1973):
  - This flower is associated with a California parade:
  - This color is on the Chinese flag:
  - This is a lettuce included in a Caesar salad:
  - He was Batman's side kick:
  - This ex New York city mayor may be heading to jail:
  - Jamie Foxx played this famous singer and entertainer:
  - This Beatle is still singing:
  - This is a small round veggie usually served in salads:
  - He will be long remembered as Mrs. Doubtfire:
  - This movie star became an American President:
  - The title of this song is "Get Your Kicks On \_\_\_\_\_":
  - This vegetable is a cross between a cabbage and a turnip:
  - He was the first major movie star to die from aids:
  - This is a technology that uses electromagnetic waves to detect objects in its path:
  - This Brazilian city is known for The Redeemer Statue, Tourism, Beaches and Carnivals:
  - If you live in London (UK) or Vancouver you will have this in your wardrobe:
  - This reindeer has become a famous Christmas character:
  - This French German Shepherd (1918-1932) became a famous movie star:
  - This chap founded the Standard Oil Company (1863) and became the world's richest man:
  - This is a compound word about "RAIN":
  - This A & W drink is made from the bark and root of a Sassafras Tree:
  - This river created a devastating flood in Winnipeg, 1950:
  - Humphrey Bogart played this character in Casablanca, His famous quote "Here's Looking at You Kid":



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

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~ Author, Gary Adams

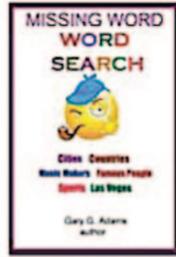
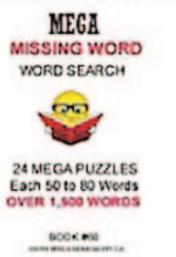
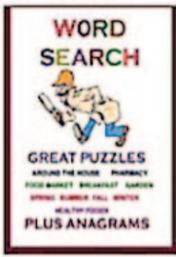
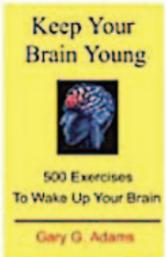
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## A-Z TRIVIA "Q & R" SOLUTIONS

- |                     |                   |                    |                           |
|---------------------|-------------------|--------------------|---------------------------|
| 1. Quartz           | 8. Rose (Bowl)    | 16. Robin Williams | 24. Rudolph               |
| 2. Quintessential   | 9. Red            | 17. Ronald Reagan  | 25. Rin Tin Tin           |
| 3. Quarterback      | 10. Romaine       | 18. Route 66       | 26. Rockefeller (John D.) |
| 4. Quinsy           | 11. Robin         | 19. Rutabaga       | 27. Rainbow               |
| 5. Quotient         | 12. Rudy Guillian | 20. Rock Hudson    | 28. Root Beer             |
| 6. Robinson Crusoe  | 13. Ray Charles   | 21. Radar          | 29. Red River             |
| 7. Rowan and Martin | 14. Ringo         | 22. Rio de Janerio | 30. Rick Blaine           |
|                     | 15. Radish        | 23. Raincoat       |                           |

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### CROSSWORD - Solution

1	S	Y	N	C	5	C	L	A	P	9	B	R	E	W	S	
14	O	E	I	L	15	L	A	L	A	16	R	E	T	R	O	
17	R	A	T	E	18	P	A	Y	E	19	O	S	T	E	O	
20	T	H	E	A	21	T	R	I	C	22	I	A	N			
23	N	A	A	N	24	C	O	P	S							
26	A	L	I	A	27	S	H	O	O	29	S	O				
33	M	U	S	34	S	I	N	U	S	35	O	I	D	A	L	
36	U	L	N	A	37	U	N	I	T	E	38	N	E	R	O	
39	S	L	O	W	40	W	I	T	T	E	41	G	O	E	R	
42	E	S	T	H	E	T	E	S	43	Q	A	N	D	A		
44	I	D	E	S	45	S	O	U	R							
47	U	S	48	S	49	S	T	E	P	50	P	A	R	E	N	T
54	C	N	O	T	E	55	A	Y	E	A	56	Y	E	S	I	R
57	A	D	U	L	T	58	T	E	A	L	59	S	A	L	E	
60	T	O	S	E	E	61	E	R	R	S	62	T	U	S	K	

### WORDSEARCH - Solution

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

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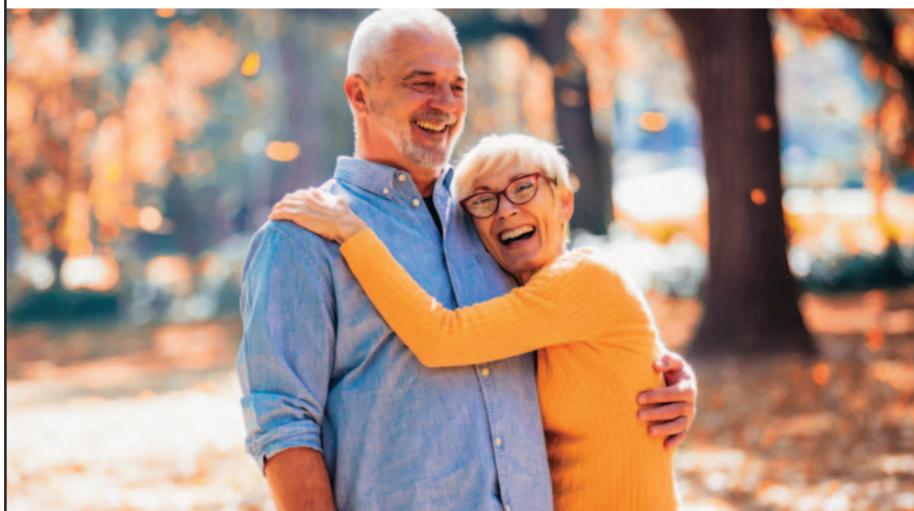
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