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STORY INSIDE



DEMENTIA & THE HOLIDAYS

Alzheimer Society
Dementia Care & Brain Health

Senior Scope Newspaper

FREE

Vol. 23 No. 6 Dec 10/24 - Jan 14/25

Merry Christmas! • Happy Holidays! • Happy New Year!

Earl's Silver Alert Petition

- Staff writer

EARL ERIK MOBERG



STILL MISSING

Earl is a vulnerable 81 year old. He was last seen in the North Kildonan area on December 12, 2023 wearing a dark blue jacket. If you have seen him please call Missing Persons at 204-986-6250.

THANK YOU!

Please sign
Earl's Silver Alert Petition
Help find our missing seniors!

Search: House of Commons of Canada - Petition e-5196
OR Scan your camera Here

Thank you!

2024 National Silver Alert petition:
<https://www.ourcommons.ca>

Please sign and share this petition.

Unfortunately did not have it on him when he left home.

Britt: "We are relying on the public to find dad's remains and report it to the police. That's why it is important to keep his story in the news so that people are aware that he has not been found and to be on the lookout if they see something unusual."

Britt fears the worst but she and her mom, Brenda, with the help of MP Raquel Dancho, Kildonan - St. Paul, Winnipeg, put in motion a petition to set up a **Silver Alert notification system** to help vulnerable, at-risk seniors. Britt is also advocating for the Silver Alert petition in B.C. as well.

"Manitoba amended its Missing Person Act in 2017 to allow police to release information about vulnerable adults if they go missing. However, in Manitoba a "Silver Alerts" are only advisories and are not distributed to cell phones. Law enforcement disseminates silver alerts through the media and online. In my father's case, the Winnipeg Police issued an alert the day after my dad was last seen. The night my father went missing we could only find an online story on CBC and could not share this on the North Kildonan Facebook due to legislation that prevents sharing media. So, my mother posted a photo of dad

Cont'd on page 8

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When a loved one develops dementia, it can be devastating, not only for the person diagnosed with it, but especially for their family members. It's a fearful and tearful journey into the unknown for them. Everybody in their social circle is affected as well.

It's been a year since Brenda Moberg's husband Earl Moberg, diagnosed with alzheimers and dementia in 2019, had gone missing. He wandered off on December 12th, 2023 and hasn't been seen since despite several efforts to locate him. Some signs and posters are still on display at various businesses and on billboards.

Daughter Britt Moberg, now living in Victoria, British Columbia, tells us, "Dad was on the foot path at the underpass by the Kildonan Settlers Bridge at 6:30 pm on

December 12, 2023, coming from the Chief Peguis/Henderson side (based on a call he had with my brother, the description dad was able to provide, being on a path, next to the road, not on it, and read off the 'green sign' 'Main Street 52', walking further and stating he was approaching an underpass. This also corresponds with his tracker history and assuming he forgot where to turn home and kept on a straight path, it leads to this place. Dad was still capable of reading). There was a witness who came forward that he was seen at the Dynacare at 1:20 pm the following day, December 13. (This is very close by, near Chief Peguis and Henderson). There are no other leads."

Earl had an *Angelsense* tracker that his wife Brenda had purchased for him, but he

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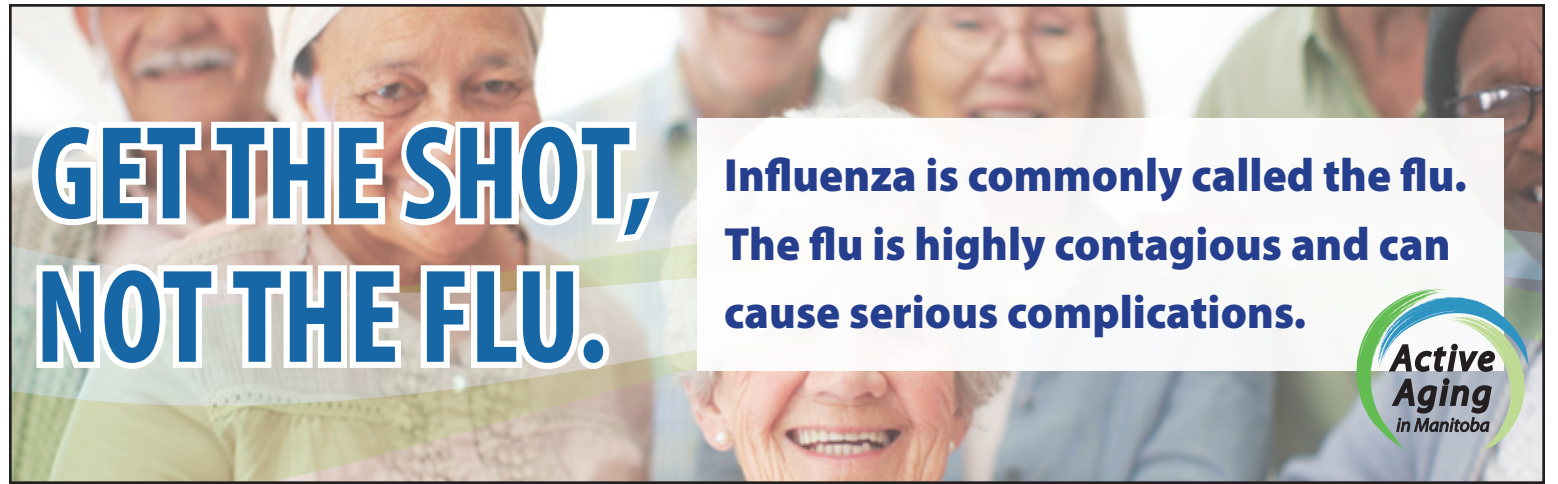
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GET THE SHOT, NOT THE FLU.

**Influenza is commonly called the flu.
The flu is highly contagious and can
cause serious complications.**



Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

– December, 2024 –



Winter Walking

By Linda Brown, Executive Director, AAIM



Linda Brown,
Executive
Director, AAIM

Depending on where you live in our great province you have been experiencing winter weather for a while or maybe just experiencing a small amount of snow! It is time to think about walking in winter conditions. Whether you are walking to get a few groceries or walking for exercise you need to be prepared for the conditions. Winter weather can change quickly – what

seems to be a nice sunny winter day can become a cold, and windy day as you round a corner!

One of the easiest and most affordable ways to stay active is to go for a walk. Icy surfaces and hard packed snow can pose a fall risk, and by being prepared you can safely enjoy the outdoors.

During our days of shorter day light, and frigid temperatures it is easy to stay indoors!

With reduced activity levels we are at risk for weight gain, reduced strength and mobility. So, make a commitment to yourself or your walking friends to stay active this winter! Here are some tips to help you stay safe when walking in the winter:

Footwear - wear lightweight insulated waterproof winter boots. Look for thick non-slip, treaded rubber soles with wide low heels. Adding ice cleats that fit over your boots is a great way to add extra traction on snow and ice. Remember these cleats are not meant to be worn indoors and can be slippery when walking on flooring.

Clothing - Because of our shorter days be sure to wear clothing that has some reflective strips or wear a safety vest over your jacket. Dress for the weather conditions and consider that changes due to aging can make us less aware of when our body is getting cold.

Home - spread sand or grit on your steps and walkways and keep these areas free of ice and snow. Wet boots can pose a fall hazard when you come indoors; be sure to wipe

feet as soon as you enter a building. **Out and about** - assume that all wet, dark areas on the pavement may be icy. Stick to cleared walkways – avoid shortcuts that have not been cleared.

Take your cell phone with you. Your cell phone could be very useful in case of emergencies, and you can check on the changing weather conditions. Let someone know if you are venturing out and be sure to check in again when you are safely at home after your walk, snowshoe or cross-country ski.

Use a pack back to carry any items as this will keep your hands free in case of a fall. Having your hands free can also help with your balance.

Snowbanks might block a driver's view of a cross walk - be sure that drivers can see you before venturing onto a cross walk or crossing a street or roadway. Reduced visibility due to heavy falling snow or blowing snow may also prevent a driver from seeing you. Just as you are encountering slippery surfaces, remember

Continued on next page

**Registration is NOW OPEN for the
2025 Manitoba 55+ Games Curling Event, March 4 - 6 at the Steinbach Curling Club.**
For more details check our website: www.activeagingmb.ca or contact us at **204-632-3947**.

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







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A MANITOBA MOMENT

By Bud Ulrich

Meeting seniors with a variety of backgrounds and writing a column here provides an expression of who we are. The “ride” is exciting, rewarding, and a real nice way to meet people and chat about their lives and experiences. I had the opportunity to meet Bob Kuz and talk about his youth, past career, and interests as well as his ongoing active lifestyle.

Bob was born in St. Boniface. His folks were in the hotel business and moved frequently. At the age of ten his family settled in the town of Selkirk, Manitoba. Following high school, he attended the University of Winnipeg gaining a degree in general arts. When asked if he was a good student, there was a long pause, and he said, “Let’s put it this way, I had a good memory.”

For 35 years Bob worked for the Highways Department, starting off as a back-chain-man on a survey crew. “You don’t have to think, you just have to stand there and hold the chain,” Bob said. He worked his way up through the ranks and retired in 2008. At the completion of his employment, he was the number two construction guy in the province. It seems the opportunity to progress from an entry level position to a senior appointment was more available back then than it is today... I could be wrong.

Bob has two adult children, daughters, Sara, and Natalie. He’s been with his partner, Paulette Desaulniers for the past eleven years. He has been retired for sixteen years and fills his day during the spring/summer with golf several days a week. In the fall/winter he officiates basketball.

Sports is a big part of Bob’s life, starting off with hockey. He played the position of goalkeeper. He tried out for one of the travelling teams in Selkirk but didn’t make the team. He

BOB KUZ – A Highly Respected Basketball Referee

claimed he was a good goalie, but only second best. There was another goalie not quite as good as Bob, but his dad made coloured hockey sticks, and promised if his son made the team, every player would be provided with two hockey sticks. Guess what happened! Obviously, an unfair advantage but that’s life! Bob moved on to another sport.

Early in his youth, he played hardball and fastpitch. Later, he played in the Selkirk Men’s League for the Selkirk Ducklings. Their team employed a cute trick of looking clumsy during warm-ups. This caused their opponents to start their second or third best pitcher which gave the Ducklings a large early lead in the game. This system worked well for them, getting them into several final games, which they won.

Basketball was next on his list, and while in Grade 7, a few players from the high school team came to the junior high gym. The skills of these players caught Bob’s attention. This wasn’t his best sport – baseball ranked higher. However, his interest in basketball continued at the officiating level, working high school and senior men’s games. To this day he travels frequently, working games at Teulon and Gimli. For the past 22 years he has officiated some 250 games a season. Bob likes round numbers, and in two more years it will be 60 years involvement with the game of basketball, so that may be his last. His list of working championship games is impressive, working a dozen or more provincial finals. He would have liked to work higher level finals, “But once you turn 50, you almost become a ghost,” said Bob.

Bob enjoys working games in the country. The competition and respect towards officials, seem to be more to his liking. He enjoys the all-round atmosphere. Bob claims the most difficult aspect of officiating basketball



Bob Kuz (L), Corey McCarthy

games is judging the skill level of the two teams. “With low skilled games, if you officiate to the ‘letter of the law’, it will take two hours or more to complete a game,” said Bob. There’s a fine line in what rules you enforce and what rules you relax for the game to proceed. It’s important to let the young players play the game without continuous whistles that may serve no purpose. Bob’s experience and understanding of the game are strong indicators of why he’s respected as a good referee. There will always be criticism towards officials. However, I can’t think of a game where a referee is not required.

For games played in the Winnipeg Minor Basketball League there’s zero tolerance of insulting or derogatory words towards an of-

ficial by parents or fans. If an incident occurs, the official has the power to blow the whistle and stop the game. The convenor of that game will then remove the person(s) from the building – no questions asked. Failure to comply, will result in the game being forfeited to the opponent. It’s unfortunate that actions of this nature occur occasionally. However, in the best interests of the game, the players, and the officials, these rules are necessary.

I ran some well-known basketball names in our province past Bob, i.e., Dave Gus, Bill Wedlake, Rod Pepler, Joe Di Curzio, Ross Wedlake, Irv Hanec, Randy Kusano, and Bill Moore. Bob played with a few of these men, officiated with some, or only knew of them.

When I expressed my views of some National Basketball Association (NBA) games having more body contact amongst players than in the National Hockey League (NHL) games, Bob’s opinion of NBA games during the regular season was – “It’s like WWE wrestling. It’s purely entertainment. The rules are ignored, and the treatment of star players is much different from that of ordinary players.”

Bob was a member at Quarry Oaks Golf course located in rural Manitoba. His low score of 70, or two under par, is impressive. Knowing how difficult the game of golf can be, Bob’s golfing skills rank very high. However, he’s still looking for his first hole-in-one.

Another game, quite different than sports, is the card game of Bridge. This is not an easy game to play and takes many years to become proficient. Once again, Bob excels at this game, playing competitively and often travelling out of town to participate in tournaments. He attributes his success in the game of Bridge to his good memory.

Obviously, competition seems to attract Bob whether it be basketball, golf, or the game of Bridge. ■

Winter Walking, *cont’d from page 2*

that drivers may not be able to stop as quickly due to icy or snowy surfaces.

Walking on snow or ice: When you can’t avoid packed snow, or icy patches do the “Penguin Walk”:

- Watch where you are walking
- Keep your head up – don’t lean forward
- Keep your hands out of your pockets to help you keep your balance
- Point your feet slightly outward just like a Penguin
- Keep your centre of gravity over your feet
- Take shorter, shuffle like steps and go slowly

Don’t let the winter weather stop you from being active – enjoy the outdoors, invite a friend to be active with you. Being active and socializing is all part of healthy aging. Move more, sit less!

Happy Holidays from Active Aging in Manitoba. Wishing you all the best for a healthy, active 2025!

The 2025 Manitoba 55+ Steinbach Games – Curling event – March 4-6, 2025. Registration is now open! For more details check our website: www.activeagingmb.ca or contact us at 204-632-3947. ■

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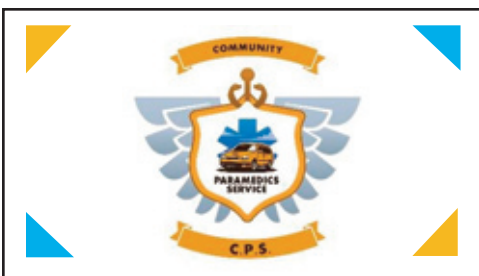
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Barbara McGowan - A Compelling Story



A MANITOBA MOMENT

By Bud Ulrich

I travelled with Rich and Joanne Tabor in their vehicle one afternoon on our way to chat with their good friends, Barbara and her husband Dr. Angus McGowan, at their residence in St. Vital. Barbara and her husband are nearing their mid-nineties. She was comfortable talking about her upbringing, while Dr. McGowan's preference was to remain private.

Barbara was born in Hong Kong and attended school there as well. "Education there had high standards," Barbara said. They had Anglican schools, two Catholic schools, and some boy's schools. She attended the Diocesan Girls' School until she was eleven. When I asked her if she was a good student, she said, "I was a reasonable student."

In 1934, Barbara's parents took her and her brother and sister to England. They were there for three or four years. Her father's work led them to leave England. They travelled to Shanghai where their grandfather and uncle lived. When the Japanese invaded China in 1937, they returned to Hong Kong. "Hong Kong was such a lovely place to live," Barbara said. Every Sunday her father read the paper until 10 a.m. so they had to be quiet, and after that they went hiking and exploring nature.

Barbara spent much of her youth in the Stanley Internment Camp in the southern end of Hong Kong Island. This was a civilian internment during the Second World War. When I asked Barbara what it was like, she responded, "We had a ball!" She was eleven years old, and when she arrived there was absolute chaos. There were four apartment blocks which British people occupied. Those who arrived first got the best accommodations, and by the time Barbara arrived seven of them spent the first night sleeping on the floor in a single room. The Japanese had removed all the stoves, fridges, and most of the furniture. There were no plans made ahead of time for their arrival. However, the Americans sent an advance plan and acquired three blocks in which the apartments included kitchens. This allowed them to get settled very quickly. Barbara spent two years and eight months in the camp.

The first thing Barbara did while interned was explore. They had Indian guides to assist them in their search. "We were able to go all over the place," Barbara said. They found a cave with a yacht in it. That boat was used for four people to escape, eventually ending up in Australia. The children played many games. There were five hundred Hong Kong policemen, and they took a big part in organizing games for them. It was a huge camp, and during the summertime they went to the beach. "It wasn't a prison," Barbara said. After the war, when she realized what others had gone through, she knew she had it pretty good. They weren't starved - they had three meals a day, but the meals weren't adequate. There was no calcium and very little protein. Rice was served often. "After the war, her father wouldn't touch rice," said Barbara.

Barbara got behind in the subject of mathematics, which was due to the format of her



Dr. Angus McGowan and Barbara McGowan.



Stanley Internment Camp - Hong Kong Island.

schooling. For three and a half years, they had only a mat on the floor, a blackboard, and a teacher. There were no books and no writing paper. The only time they had pencils and paper was for exams. They had to learn by listening, which was most difficult. Seems like good listening skills are a lost art these days.

After Barbara's brother died, her mother and father went to Britain. Later, they wanted Barbara to go back to Hong Kong for six months.

When Angus was a young man, he had to do his national service after he graduated, so he went to Hong Kong as an RAF officer. An RAF couple introduced Barbara to Angus and that's how they met. One year later they got married. Barbara and Angus have three children, one born in Scotland, one born in Hong Kong, and the third child in England. Barbara and Angus travelled seven times

through the Suez Canal, and she then wanted to travel the Panama Canal. She had never been across the equator, so they went to the south Pacific, Tahiti, and New Zealand.

They moved to Winnipeg in 1961. For twenty-six years, Barbara volunteered her services with the Heart Foundation. She and five other women got Montessori school started in 1967, and it's still going today. Winnipeg Montessori School is one of the oldest and most esteemed schools. These schools are highly recognized for their excellence in teaching.

Barbara's time in the internment camp was eventful, and being a young age, the restriction of freedom didn't seem to bother her. For many of us who have little knowledge of internment camps, I was most thankful to Barbara for conveying her compelling story. Barbara and her husband are the kind of folks who enjoy life and what it offers. ■



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

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

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

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

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

Vital Seniors
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www.stmarymagdelenenewpg.org

Winnipeg Chinese Senior Association
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crystalcityfriendship@gmail.com

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www.dauphinseniors.com

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111 South Railway Ave E / 204-747-2846

Seniors' Outreach Services of BrenWin Inc.
204-747-3283 / sosbrenwin@gmail.com
www.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
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204-548 4131 / gpdrc@mymts.net
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204-548-2210

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www.gimlinewhorizons.com

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www.gmdseniors.ca

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

HAMIOTA
Hamiota 55+ Centre & Restore Community Co-op Inc.
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520 Mountain Ave
www.killarneybseniors.ca

Killarney Service for Seniors
415 Broadway Ave. / 204-523-7115
seniorservice@killarney.ca

LA BROQUERIE and STE. ANNE
Seine River Services for Seniors Inc. / Services Rivière Seine pour aînés Inc.
93 Principale Street / 204-424-5285
src@seineriverservicesforseniors.ca
seineriverservicesforseniors.ca

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

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

MINNEDOSA
Minnedosa Senior Citizens Assoc.
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204-867-1956 / mdsasca@gmail.com

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SANDY LAKE
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Municipality of Harrison Park - Age Friendly Initiative Committee
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executivedirector@gordonhoward.ca
www.gordonhoward.ca

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71 Balsam Street
204-358-2151 / snowsrs@mymts.net

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

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Piney Regional Senior Services
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lgdseniors@gmail.com

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www.si55plus.org

SWAN RIVER
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126 6th Ave N / 204-734-5707
resourcecouncil@srseniorservices.com

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

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

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

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

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

East Beaches Resource Centre
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ebresourcec@gmail.com
<https://ebresourcec.weebly.com>

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Older Adult of the Year Award

The Older Adult of the Year award recognizes Manitoba individuals age 65 and older who have demonstrated outstanding leadership in advocating for health care services. The award celebrates older Manitobans who advocate for and developed community initiatives to ensure older adults have access to comprehensive health care services, including preventative care and mental health services. Award winners embody the spirit of healthy aging, resilience, and community engagement.

Bruce Jorgenson

Bruce Jorgenson has lived in Gilbert Plains, MB since 1974, and is a dedicated volunteer in the community. Bruce is a Lions Club Member and strong participant in all their initiatives and is currently the community's local Bingo caller. Bruce volunteers his own time and financial resources to drive seniors around for errands, grocery shopping and medical appointments, even if it means pushing them uptown in their wheelchairs. Additionally, Bruce delivers Meals on Wheels to local seniors living in the community, including those living in the 55+ residence, ensuring people have access to healthy, hot, enjoyable meals. Bruce also volunteers his time visiting with the residents of the local care home. Bruce steps up to work during provincial elections in the community and seeing his face at the ballot tables instills confidence in community members that their votes will be counted. Seniors aging in Gilbert Plains face many challenges and need support. Bruce helps instill confidence in the community's aging population through his volunteerism, and he has a strong reputation as a person you can depend on and who you can call for help. His dedication ensures that there are activities in the community that bring people together socially, which is very important as people age. When people in Gilbert Plains hear about Bruce and his history of volunteering his time for so many great causes, he instills pride in the community and motivates others to do more. During the pandemic, we were all forced to stay apart, and that caused so many challenges for peoples' mental health. But Bruce worked hard to make sure no one was forgotten during that time and encouraged others to do the same. Bruce is the kindest man you could ever meet, never putting himself in front of the needs of others. He recognizes the important role that seniors have in keeping small communities alive and is a strong role model for all ages in the community, teaching people what is needed to help support small communities to thrive.

Elvin Huntinghawk

When Elders in Rolling River First Nation recognized a need to have their voices heard in their community, they approached Elvin Huntinghawk to help organize an Elders council. Each elder had their own teachings to give to their children, and Elvin provided structure to their gatherings, recording their discussions and giving a voice to the Elders that could be passed on to Chief and Council. He brought traditional issues to the table-but also current social issues that needed to be addressed. He is now the Chair of the Elders council. When he hears complaints, Elvin works proactively to resolve them, making Elders feel that they are important and valued. He's helped the Elders council become organized and helped enable them to share their thoughts and knowledge to Chief and Council. This has allowed them to move ahead on various issues, knowing that they have the support of the community's Elders. This assists with everything from allocating housing to giving financial support to Elders, especially those who live in poverty. Recognizing that many of the reserve houses are older and have inadequate insulation, Elvin started an initiative to have the Band help cover costs for heating seniors' homes, providing wood for those that use a wood stove, and paying heating bills to heat the homes for

those who use electric heating. This has helped people stay in their homes for as long as possible. Elvin has joined the Board of Directors for the local Services to Seniors program to help advocate for resources that are not available on reserve but is available in nearby Erickson. When elders decide to give up their housing, Services to Seniors helps them find a place to live in seniors' homes in Erickson, allowing them to stay in the community and stay connected to their families. Elvin is a gentle, thoughtful man who can see beyond himself, understanding the need to make his community a better place. Elvin wants to make the world better, and when he sees that Elders in his community are struggling and knows that the Band could benefit from hearing from Elders, he provides a purpose to them and an avenue for them to be heard. They are finding a way to move forward with their lives and enjoy living in the community.

Jane Tully

Jane Tully of Portage la Prairie, MB has been a pillar of support for her aging neighbours and friends by addressing the significant challenges they face in remaining in their homes and community. Many older adults in her community struggle with social isolation, the physical demands of home maintenance, and the difficulty in accessing necessary resources. Jane has tirelessly worked to alleviate these burdens by consistently engaging with her neighbours, offering help with yard work, and keeping a watchful eye on their homes while they are hospitalized. Her regular visits to those in the hospital not only provide comfort but also ensure they stay connected to the community. Through her advocacy, Jane has connected many elders with vital resources and services, reducing barriers to aging in place. Her unwavering presence and hands-on approach have made it possible for many older adults to continue living with dignity and independence in their community. Jane's advocacy, community engagement, and support for aging in place have been met with deep appreciation and admiration by both community members and organizations. Her dedication was recognized when she was awarded the City of Portage la Prairie's Volunteer of the Month in October 2023, highlighting her exceptional contributions. Jane's involvement with the Portage Bear Clan, Citizens on Patrol Program, and Cancer Care has further solidified her reputation as a compassionate and committed volunteer. Her work has inspired many in the community, fostering a stronger, more connected environment where older adults feel supported and valued, motivating others to get involved in similar efforts. Jane's ability to recruit volunteers for various projects, committees, and events is a testament to the respect and trust she has earned within the community. When Jane asks for help, people readily step forward, knowing that her initiatives are impactful and meaningful. Even when faced with a minor injury, Jane never lets it interfere with her volunteer work, demonstrating a level of commitment and strength that inspires everyone around her. Her ability to connect with and support older adults while engaging the next generation has made her a role model, with many aspiring to be "like Jane" when they retire. Jane's selfless contributions and her enduring spirit make her truly deserving of this honour.

Jean Marshall

Jean Marshall has been an instrumental leader and advocate for older adults in her community of Woodlands, MB in addressing the critical challenges they face while aging in place. Recognizing the importance of mobility, she volunteered as a driver for Senior Resource of Stonewall, ensuring that seniors had reliable transportation to medical appointments, grocery stores, and social events, reducing isolation and promoting healthy living. Additionally, Jean identified the lack of appropriate

Healthy Aging Awards

Awards presented by Uzoma Asagwara - Deputy Premier and Minister of Health, Seniors and Long-term Care of Manitoba

housing as a barrier for seniors wishing to remain in their community. Through her leadership, she spearheaded fundraising efforts and oversaw the construction of the 12-suite Oak Park Estate senior home, which provides a safe, affordable living option allowing older adults to stay living in the community. Jean is also a contributing member of her church board, the Ladies Auxiliary Legion, and the Quota Club of Winnipeg, making contributions that have significantly reduced the challenges faced by her fellow seniors, ensuring they can continue to live vibrant, connected lives in their community. Jean's leadership has set a powerful example of how one person's dedication can make a lasting impact. Organizations like Senior Resource of Stonewall have praised Jean for her unwavering commitment, often highlighting her contributions as a model of effective community engagement and advocacy. Jean's personal advocacy and community engagement have had a profound ripple effect, inspiring countless others in her community to act in support of preventative health measures. Jean's unwavering commitment and selfless service have not only made a tangible difference in the lives of many but have also inspired others to follow in her footsteps, creating a lasting impact that continues to benefit her community.

Mary Nichols



Mary Nichols of Erickson, MB is a part-time resource coordinator for services to seniors and is a full-time volunteer, helping seniors stay in their homes. Mary works hard to help seniors in her community understand and navigate public systems and resources to ensure they can advocate for themselves and their needs. By spending time with seniors, she can understand what their needs are and communicate that to others. A specific challenge in her community is the lack of services available locally. Seniors need help with things like transportation and may not understand what assistance is available to them. Mary helps by accompanying people during meetings and appointments, advocating for them, asking questions, and helping them follow-up afterwards. This can be anything from working with CRA, Manitoba Housing, doctor's offices, or the new federal dental program. Erickson is also large cottage community where seasonal visitors are often unaware of what services are available in the area, and Mary is also there to support those individuals. Mary shares information and helps arrange everything from cleaning support, finding handy people to do small household jobs, or direct people to the nearest pharmacy or emergency room. Mary shares her personal phone number and makes herself available 24/7. Local businesses and municipalities refer their clients to Mary for support. In recent years she has ventured onto the nearby Rolling River First Nation to ensure they have the services and support they need. By becoming the go-to person in the community for seniors, she has helped others understand what support is available to them, which has also shown others how they can help support their friends and families in the community. Mary's presence has helped permanent and seasonal residents stay in their homes and cottages longer.

Healthy and Active Living Ambassador Award

The Healthy and Active Living Award award recognizes Manitoba individuals age 65 and older who actively contribute to helping older adults stay physically active in their communities. The award winner's efforts have a significant impact on the health and well-being of older adults through promoting physical activity and fitness.

Dr. Songyan Liu

Dr. Songyan Liu has been instrumental in promoting healthy, active, and connected living within the Winnipeg Chinese Senior Association (WCSA). Under his leadership, the organization has expanded from health lectures to a diverse range of activities, including Tai Chi, fitness and hobby classes, healthy eating programs, educational lectures, and cultural events, most notably the Canada Day Celebration in Bridgwater over the past three years. Many community members, especially seniors, face challenges in staying physically active due to a lack of accessible and culturally relevant programs. These initiatives have effectively addressed issues like social isolation and language barriers, challenges often faced by ethnic minorities. Dr. Liu organized inclusive and culturally-specific programs at WCSA that cater to the unique needs of Chinese seniors. He also facilitated multilingual support and ensured that activities like Tai Chi and square dancing were not only culturally familiar but also easily accessible, therefore reducing barriers

and fostering a more active and connected community. His efforts have significantly grown WCSA's membership, now exceeding 2,000 individuals, including many newcomers, reflecting the success and impact of his initiatives. His team has also been instrumental in fundraising efforts and ensuring the sustainability of these programs. Dr. Liu's dedication has not only improved the physical well-being of seniors but has also enriched their mental and social health. This has strengthened community bonds, fostered intergenerational connections, encouraged cultural exchange, and transformed WCSA into a thriving hub for wellness, engagement, and inclusivity.

Jack Dubnicoff



Jack Dubnicoff is active in many community athletic organizations including the Manitoba 55+ Games, Manitoba Runner's Association, two curling clubs, lawn bowling club, and swimming club. He participates in golf, bocce ball, walking and running, including in organized races, as well as lifting weights and maintaining a healthy lifestyle every day. Jack is a highly-decorated athlete, winning many events at the Manitoba 55+ games and was selected as a healthy living ambassador of the Wellness Centre in Winnipeg in 2012. He was inducted into the Manitoba Runner's Hall of Fame in 2022 for his dedication to running and has been a member of the organization for 44 years. Jack won the North American Grandmasters speed skating championship in 1993 and held many provincial records for speed skating events. He is also an avid volunteer, volunteering with the World Police and Fire Games in 2023 and the Winnipeg Firefighters Half Marathon each year. He was also a volunteer at the 1999 Pan Am Games managing food service. Jack is often cited as an inspiration to others for his dedication to fitness throughout his life. He has been the focus of many published articles on active aging in Manitoba, including the Winnipeg Free Press, Linden Words, and the Tuxedo Park Gazette and has inspired many to lead healthier lives. He and his wife, Carol, are committed to doing something active every day. His family runs a yearly 5km race in the winter together and he is often seen at running events, cheering on others and encouraging active lifestyles.

José Randell

José Randell is an active and dynamic advocate for fitness and accessibility in her community of Gilbert Plains. She personally assists in giving people access to exercise opportunities in her community. She is the leader that goes to the community hall early to shovel the steps and wheelchair ramp so those with mobility issues can enter the building safely. As Gilbert Plains has limited instructors and facilities, Jose is willing to explore providing classes online, by video or zoom. Technology helps people in her community access different activities and learning opportunities to stay active and Jose plays a huge role in facilitating this. When she lived in the country, she would drive to town to go for walks. If she had walked already and someone called her up for a walk, she would go again. Jose is a tireless advocate for seniors. The Gilbert Plains Resource Council is thankful that she is on the board as she is always thinking of ways to get seniors active. She attends programs like Steppin' Up With Confidence, chair yoga and any other activities that are organized. She thinks of new activities to try and is the first to volunteer, to help, to motivate and to get things ready for whatever the Resource Council has on its plate. She has made the organization better because of her vast knowledge, encouragement and leadership.

Judi Bewer

After the construction of Old Grace Housing Co-op in 2018, Judi Bewer, a resident there, organized a group that shares fitness activities to residents of all abilities and background who might be interested in physical activity. Her classes are held three times per week and consist of a blend of dance, stretching, weights, yoga, and Pilates. The co-op is a diverse community, consisting of residents who are young, old, able-bodied, differently-abled, newcomers, and born Canadians. Judi's activities are inviting and inclusive including a recently-arrived Ukrainian grandmother and some participants who Judi has adapted her workouts to accommodate mobility challenges. In addition to the activities described above, she also attends aquacize classes with some of the same women who attend her exercise classes. Judi and her husband were organic flax farmers for 40 years near Birtle, Manitoba. While in Birtle, Judi spearheaded the development of an exercise facility, which gave her the experience she needed to participate in the creation of an exercise room at the new housing co-op once they

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Healthy Aging Awards *cont'd*

retired and moved to Winnipeg. She comes prepared to classes with her iPad and Bluetooth speaker, having researched a musical theme for the week and created a playlist on Spotify. Judi is a natural leader. Her experience in physical education and her ability to lead by example is impressive and inspiring. It's also reflected in the joy of movement experienced by participants in her classes.

Meryl Orth



Meryl Orth is a retired teacher of over 50 years from Brandon, who learned to navigate the health care system as her mother's advocate to keep her mom healthy while acting as her caregiver, igniting a passion for seniors' advocacy. She became active in advocacy and joined various organizations including Seniors for Seniors Advocacy, the Brandon and Area Retired Teachers Association, the Retired Teachers Association of Manitoba Wellness Committee, the Brandon Age Friendly Committee of Council, the Transportation Options Network for Seniors Board, the City of Brandon Vision Zero Task Force, the Brandon Accessibility Advisory Committee, and serves on the Shared Health Patient and Family Advisory Committee. She has co-chaired the Brandon Health Checks - Health and Wellness Expo Steering Committee. Meryl participates in putting on various speaker sessions, forums, and activities that help promote healthy and active aging in the organization's community, for example: having laughter yoga at a lunch event to provide older adults exercise they can participate in. Meryl has also put together trips for retired teachers and their spouses to locations like the Human Rights Museum in Winnipeg for socialization opportunities to avoid loneliness and isolation. Meryl, as co-chair, submitted the Health Checks event as a case study submission to the UN Decade of Healthy Aging in November 2023 where the event became part of an online progress report platform hub with over 200 submissions. She is an inspiration to younger colleagues for her tireless work in the community. She is always want-

ing to help someone in need find the support to carry on and often receives phone calls for help and advice on a variety of topics that focus on health, wellbeing, and staying active.

Intergenerational Impact Award

The Intergenerational Impact Award recognizes the voluntary contribution of Manitoba individuals (of any age) or organization (whose intergenerational activities is led by volunteers) that have created innovative solutions to improve the health of older adults in the community through meaningful intergenerational activities and connections. Recipients devote themselves to improving seniors' lives by promoting healthy and active living, bridging generational barriers and cultivating meaningful connections.

Bose Agbayewa

Bose Agbayewa spent her career working as a Nurse in Winnipeg and has spent much of her life dedicated to helping newcomers to Manitoba integrate into society. Her work as a nurse exposed her to the needs and challenges that internationally-educated nurses face when coming to work in Manitoba. Bose spent part of her career working as a nurse navigator for internationally-educated nurses and has spent a significant amount of her time working with the Manitoba Start program, helping nurses new to Manitoba integrate into their nursing roles here, assisting them with any needs they may have. Bose is a prominent role model in her community and has been described as a one-of-a-kind individual who works hard to support her community-at-large in many ways. She has served as the president of the Manitoba Nigerian Association, and has volunteered with Folklorama, both on their board, and as an ambassador for the African pavilion. In these roles, she has worked tirelessly to be a strong example for young people and of the value of giving back to your community.

Frances Hutton

The small community of Foxwarren has welcomed several Ukrainian families. Frances, at the age of 90, volunteers taking 6 Ukrainian children, ages 4-14, to the Binscarth Park and Pool, 2 km outside of town. She supervises them in the pool while also being active in the pool herself. She does this every day, weather permitting. Despite the language barrier, these families have come to feel they belong here. The school, individuals and all community members have donated items and worked hard to help the newcomers feel welcome here. Fran has given the older children yard chores to do so they can help contribute to the community. She has also be-

come a very important resource to the family whenever they need anything. She entertained their visiting grandparents when they came to visit even though they did not speak any English. The most challenging program to get seniors to attend is the community's intergenerational program. Each month during the winter, one class from the school comes to the senior's centre for 1 hour of games. Fran hasn't missed any of these events since the program started and taught them how to play cribbage, has spent time with them, and has helped foster intergenerational relationships. For most of her life, Fran has worked with both the young and the old. She volunteered as a babysitter when her family was young and as they got older, she worked in a care home for the elderly. This connection between the two generations was always there and she has become a strong leader in the community, fostering the same connection in others. Fran always welcomes new people, regardless of age. Even if they are only visiting the community, Fran knows who they are. Her door is always open for tea or coffee, and some fresh baking.

The Grandma and Grandpa Swim Program

The Grandma and Grandpa Swim Program began in 1983 and continues to be a strong and vital part of North Centennial Seniors Association. On Tuesdays throughout the regular programming season (October to June) a grandparent is paired with a young daycare participant, and both get to play in the water. After Covid, the board spent many hours contacting past volunteers and promoting the program. Now in 2024, they have increased the NCSA membership and have grandpa and grandma volunteers. The grandparents volunteer their time to teach pre-schoolers water safety which helps build intergenerational relationships. These activities in water can often be easier for seniors than those on land, enabling more older adults to participate and stay active. The Grandma and Grandpa Swim Program volunteer service has made a lasting impact in the community. No other similar program exists in Winnipeg, and it could not operate without the help of the community. Many seniors who could not join an exercise program during Covid return by starting with the Grandma and Grandpa program and then add other activities. The program also provides socialization which is a creative way to support mental health. The program has been ongoing for 40 years thanks to a committed group of volunteers.

Growing Together Program: Heidi Goerz, Anita Stepaniuk and Jennifer Kappy

The Growing Together program began as a desire to incorporate intergenerational programming at Donwood as it is a benefit to the community that encourages connections between older adults and youth providing opportunities to learn and share. Jennifer Kappy, the Tenant Resource Coordinator and Manager of Volunteer Services at Donwood EPH, connected with volunteer Heidi Goerz and Anita Stepaniuk, a German, International and EAL teacher from River East Collegiate. Heidi and Anita combined their knowledge and passion for gardening and working with older adults to design a program that engages the students and the tenants of Donwood EPH, with the ongoing support from River East EA staff, Clara and Birgit, EPH tenant Madeline, and Norine the Community Enrichment coordinator of Donwood along with Donwood Leadership and their Board of Directors as the program blossomed. Students from River East Collegiate and tenants meet weekly after school to learn about seeding, planting methods, and plants. They work together on planting projects which has resulted in multiple plant sales throughout the year. Heidi continued to volunteer over the summer working with one of the Donwood tenants to beautify the grounds of the EPH. Growing Together has seen relationships blossom between residents and students. Donwood EPH staff and tenants have expressed deep appreciation for the opportunity to engage with younger generations, noting the positive impact on the tenants' wellbeing and social engagement. Students created a logo for the program, and Jennifer designed and gifted T-Shirts with the Growing Together Logo for all participants. Heidi and Anita share their passion of gardening, share experiences, and facilitate conversations between tenants and students. They share their excitement to engage students who were new to gardening and wanted to learn, and to the tenants who embraced the opportunity to do something they used to do. Jennifer organized and set up two successful plant sales at Donwood EPH that gave greater exposure of the program to family and tenants. She also organized a special volunteer lunch, called Every Moment Matters, and has created many opportunities for meaningful interactions, where students and older adults work side by side, sharing knowledge, stories, and experiences. The Growing Together program has made an impact, not only with students and Donwood tenants, but has also touched the whole community. ■



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Earl's Silver Alert Petition, *cont'd from front page*

and provided information that he was missing on the local neighbourhood Facebook site, but it was taken down because it was not from the official Winnipeg Police social media, which was not available for us to share until the next day. We needed to get the word out about my dad's disappearance as quickly as possible to save his life and the present system did not support that. Even when we did share the police post the next day and put up hundreds of posters, we were weeks into the search and meeting people in the area where my dad went missing who had no idea dad was missing," Britt says.

The proposed Alert system ideally would go out to the police department for immediate posting and broadcasting.

"This petition will not help find my husband but it might help other families in the future," states Brenda.

Britt stresses, "The loss of my dad has been devastating to my family. My parents were married for 48 years, they would have celebrated their 49th wedding anniversary this year. Dad was born and raised in Winnipeg. He was of Swedish ancestry and was a retired teacher. He dedicated his career to teaching Indigenous Communities in Northern Manitoba. He also joined the army reserves when he was age 50 to 55. He ate healthy and exercised his whole life. He was

a survivor of childhood polio, a near fatal accident when working in construction in his 20's, and more recently a survivor of prostate cancer, for which he received treatment during the pandemic. Dad was a home handyman and an avid gardener. He was the kindest and most loving father I could imagine. He was very vulnerable due to his dementia at the time he went missing and it is incredibly distressing to think of him dying alone in the cold of drowning or exposure. His body has not been recovered and we have not been able to give him a dignified burial.

My mother notified Service Canada and dad's CPP and OAS were cancelled in September, but because there is no death certificate, my mother has not been approved for the survivors benefit."

The petition started on October 22nd, 2024 and MP Dancho will present it in Ottawa after the petition ends January 20, 2025. You can help with this effort by signing the petition.

People can also support the cause by writing to their government officials (MLA, MP, Minister of Justice: minjus@manitoba.ca; or write to the **Alzheimer Society** and advocate for their endorsement of Silver Alerts; or write to the Minister of Health: Uzoma Asagwara: minhsltc@manitoba.ca.)

Here are some resources for tracking devices:

Alzheimer Society Canada:
<https://alzheimer.ca> (Search 'tracking devices')
Project Lifesaver Manitoba:
<https://www.projectlifesavermanitoba.ca>
RAZ Memory Cell Phone:
<https://www.razmobility.com>

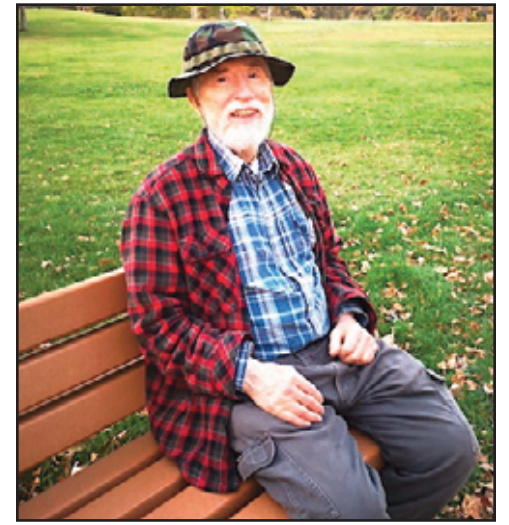
"There is an urgent need to improve systems to protect and track seniors with dementia," says Brenda. ■



Britt Moberg with her father, Earl.



Earl Moberg, grandbaby, Brenda Moberg



Earl Moberg

How to Manage the Season of Overeating - Heart to Home Meals

The holidays are a great time for connecting with family, sharing joy, and enjoying some of the beauty of winter. What we need to be mindful of, is the plentiful, heavy food we eat around this time of year. It's not just the family feasts either – between advent calendars and Christmas cookies, snacking on sweets can contribute to overeating as well.

Especially as we get older, overeating can take its toll on our bodies, even if it's just around the holidays. Unwanted weight gain, spikes in blood sugar, and improper nutrition are all possibilities. While the occasional indulgence around the holidays is just fine (go ahead and enjoy that eggnog), being mindful about what we eat can make us happier and healthier.

Here's three tips on how to watch what you eat:

Eat more slowly

When the table is packed with festive food, and conversation can distract you, it's easy to eat quickly and without being mindful of what's going into your mouth.

When this happens, we can easily devour our meal, knowing second helpings are coming right behind them.

When we eat quickly, however, sometimes our bodies don't get a chance to let us know they feel "full." There's generally a delay between when you feel satiated, and overfull. During that time, it's easy to continue eating, even if that will lead to discomfort later. By taking time to eat slowly, we give our bodies a chance to catch up.

Be mindful about alcohol

It's easy to indulge in a few drinks over the holidays. And in moderation, alcohol is often a fine accompaniment to food. That said, being mindful of what we drink is actually a key part in not overeating. While scientists aren't precisely sure why, alcohol consumption is frequently associated with overeating. Making sure you don't overindulge with alcohol will prevent overindulgence with food, too.

And, while a bottle of beer doesn't seem like much, alcohol is full of empty calories that can contribute to weight gain. When



you consider your consumption, think about a drink the same way you would a snack, and make sure your portions reflect that.

Drink plenty of water

Water is truly the greatest beverage -- it keeps us hydrated and healthy without adding a single calorie to our diets. Water has the added benefit of filling up our stomachs so that we're less inclined to fill up on food. Keeping a glass of water handy throughout your holiday activities is a good idea.

Another reason to consider drinking water regularly is that often our bodies mis-

interpret thirst for hunger. The sensors in our body can send very similar signals for both hunger and thirst, and when we're surrounded by holiday goodies, it can be all too easy to reach for a treat before a sip of water. But try having a drink instead and see how you feel!

While overeating can be all too common this time of year, there are steps you can take to manage it properly. Try eating more slowly, minding your alcohol consumption and drinking lots of water, and you'll be able to enjoy the season.

And don't forget, with Heart to Home Meals, you can enjoy food that has been selected not only because it's delicious, but also because it has been properly portioned and selected for its nutritional value. Get in touch today and find out how we can help with your meals this holiday season.

From Heart to Home Meals, we wish you the very best over the Holiday Season, cherish the time and enjoyment of the Holiday with your Family and Friends. We wish a healthy and Happy 2025. ■

Bringing joy to your meals.

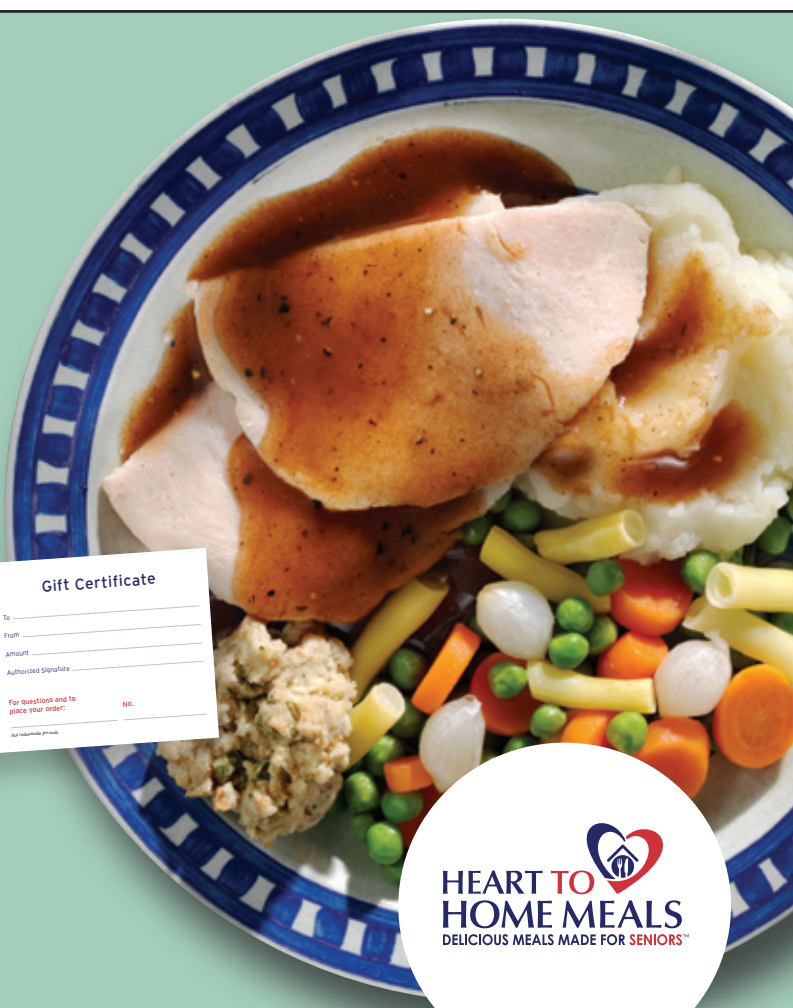
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SIX DEGREES OF
**PORTAGE
& MAIN**

By Myles Shane

Meet Arnie Zipursky

It was the summer of 19-something-or-other, and I was at a crossroads—or, more accurately, stuck on the shoulder of life’s highway, trying to flag down a passing dream. I’d just been politely shown the door after my first year at Ryerson film school. Well, maybe “shown the door” isn’t the right phrase. Let’s just say they didn’t exactly roll out the welcome mat for a second year. I was crushed. All through my teenage years, I had one dream: to become a screenwriter. But now, with Ryerson out of the picture, that dream felt like it was slipping away, just out of reach.

To say my parents were disappointed would be an understatement. Maybe it was partying. Maybe it was the long-distance calls that blew up the credit card bill. Whatever the case, I could see it in their eyes—they were worried. But here’s the thing about my parents: no matter how many times I stumbled, they believed in me.

Then came a twist in the plot I didn’t see coming. My parents had friends who were cousins with this guy, Arnie Zipursky, a former Winnipegger turned big-shot film producer in Toronto. And Arnie? Well, he turned out to be my savior. He threw me a lifeline, offering me a job on his hit kids’ TV show, *Eric’s World*. It was hosted by Eric Nagler, and at the time, it was a big deal.

That summer, I did a little bit of everything: catering, lighting, set design—I even shadowed a writer or two. It was like Film School 2.0, but this time, in the real world. Arnie didn’t just give me a job; he gave me hope. He gave me a second chance to chase my dream when I wasn’t sure I deserved one.

The Super 8 Camera That Changed His Life

It’s funny how some conversations take you back, like stepping into a time machine without even realizing it. That’s how it felt when Arnie joined our host Fred Rutman, a former Winnipegger with a best-selling memoir, on *Six Degrees* podcast. Arnie started things off by sharing his Winnipeg roots: “I grew up in West Kildonan, right at the corner of Seven Oaks and McGregor. I knew from a young age this is what I wanted to do. My dad got me a Super 8 camera for my Bar Mitzvah, and I used it to create stop-frame animations. I’d even convince my high school teachers to let me make a film instead of writing an essay.”

In those days Winnipeg wasn’t exactly a hotbed for budding filmmakers. “There



Arnie Zipursky

weren’t a lot of options here,” Arnie admitted, so he headed west after high school to Capilano University on Vancouver’s North Shore. “It was a two-year multimedia course, and I just fell in love with film theory,” he said. From there, the dream grew bigger. He applied to York University, Concordia, and even UCLA. UCLA was out, too expensive. Concordia? “They didn’t accept me,” Arnie said with a sly grin, adding, “So I figured, maybe they’re anti-Semites.” (He was joking, of course.) York University became his home, where he spent another two years immersed in the world of film.

By the early ’70s, Arnie was out in the real world, diploma in hand, ready to make his mark. “I started a company with a couple of other ex-Winnipeggers. They both made Aliyah over thirty years ago and moved to Israel.” The company, Neshama Films, was where it all began.

When Fred asked how he met his partners, Arnie’s eyes lit up. “We met at the YMHA when we were kids. I used to spend weekends there—floor hockey, ping pong, racquetball, swimming. It was great.” Those childhood connections laid the foundation for his future collaborations.

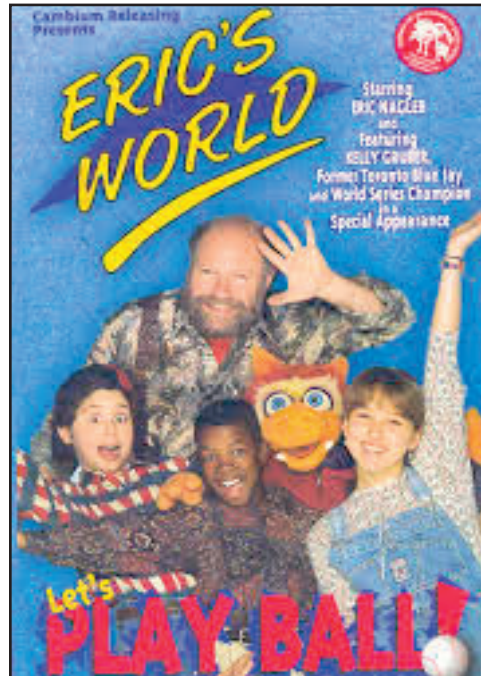
Arnie’s first big break came right out of film school. He directed a documentary that found its way onto *The Nature of Things* and *PBS*. But his big splash? “My first major project was *Sharon, Lois & Bram’s Elephant Show*,” Arnie shared. From there, he became a fixture in the industry, seamlessly moving between the production and creative sides.

Listening to Arnie, I couldn’t help but think how lives like his aren’t just stories—they’re a masterclass in chasing dreams, making connections, and finding success where you least expect it.



Arnie Zipursky (left) with *Six Degrees* podcast host Fred Rutman.

For sponsorship opportunities on *Six Degrees* podcast contact Myles Shane at myles@hiltz2.com.



Arnie’s hit kids’ TV show, *Eric’s World*.



Arnie’s sci-fi time travel TV series.

A Family Business

When Arnie started talking about his new show, *The Way Home*, his pride was palpable. “It’s a sci-fi time travel series,” he explained, “What I’m most proud of is that 80 percent of

the creatives—producers, directors, actors—they’re Canadian.”

He leaned back, reflecting on his journey. “I’ve been lucky in this business, but you do get

Continued on page 10

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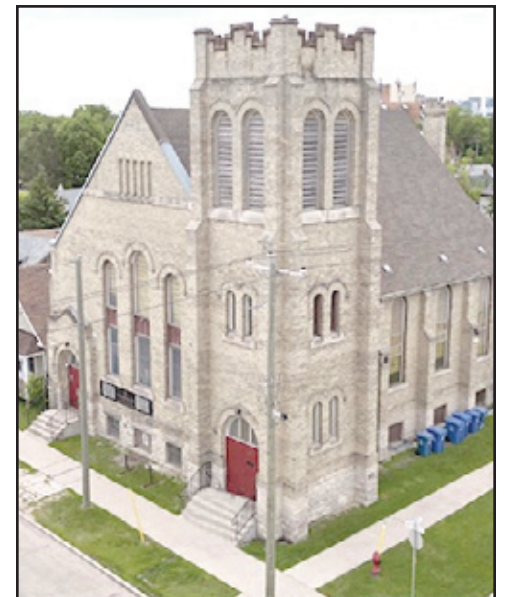
Cherished memories of Robertson House

By Norman Ciastko

Robertson House was always full of activity. In 1957 our team became basketball champs and we each received a trophy. In this picture I am wearing my tyro shirt (Norman Ciastko). The tall man in the back row was the coach, John Fuge. My father (Carl Ciastko) is in the third row on the right.

Friday nights there was a dance at Robertson House, and we were always taking books from the library. We took a railway train to our camp near Gimli and had wonderful summer experiences. We played football and a game like cricket, and we swam in the lake, went canoeing, and enjoyed a bonfire at night. I cherish those memories.

57 years later, this group had a reunion at the Marigold restaurant. The church was recently taken over by a group that had enough money to pay for renovations. Robertson Memorial Church is now again in good hands. God bless the people who frequent this church. ■



Robertson House was a recreational hall across the street from its Church, Robertson Memorial Presbyterian (above) on Burrows Avenue in Winnipeg's north end.



The Holiday Season is Approaching!



Embracing Age-Friendliness: Enhancing Well-Being This Holiday Season

As the holiday season approaches, it's essential to foster an environment that is welcoming and inclusive for individuals of all ages, particularly older adults. Age-friendly practices not only enhance the quality of life for seniors but also enrich our communities by promoting intergenerational connections and understanding. All organizations and individuals play a roll in enhancing the age-friendliness of their community. Here are a few tips that we can all consider...

Ways to Be Age-Friendly This Holiday Season

Accessible Events: When planning holiday gatherings or community events, ensure venues are accessible to everyone. Consider factors like wheelchair access, seating arrangements, and transportation options. Providing information about accessibility in advance helps attendees feel more comfortable participating.

Engaging Activities: Offer activities that cater to a range of abilities and interests. This might include craft sessions, storytelling, or music events that invite participation from all ages. Tailoring activities to be more inclusive ensures that everyone can contribute and enjoy.

Creating Intergenerational Opportunities: Encourage family members and friends to involve older adults in holiday traditions. This could be as simple as cooking together, sharing stories, or engaging in holiday crafts. These moments strengthen bonds and create cherished memories.

Providing Technology Support: Many older adults may find it challenging to navigate modern technology. Offering workshops on using social media, video calls, or online shopping can empower them to connect with loved ones and participate in virtual celebrations.

Mindful Communication: When communicating during the holiday season, be patient and attentive. Speak clearly, and don't hesitate to repeat or clarify if needed. This shows respect and consideration for older adults, making them feel valued in conversations.

Volunteer Opportunities: Encourage younger community members to volunteer their time to assist older adults during the holiday season. This could involve helping with shopping, delivering meals, or simply spending time together. Such acts of kindness foster community spirit and connection.

Celebrate Diversity: Recognize and celebrate the diverse backgrounds and traditions within your community. Organizing events that highlight various cultural practices fosters understanding and appreciation among all age groups.

Thoughtful Gifting: When choosing gifts for older adults, consider their interests and needs. Practical gifts that enhance their daily lives, such as subscriptions for audiobooks or magazines, or personalized items that evoke memories, can bring joy and show thoughtfulness.

In Conclusion...

Being age-friendly fosters a culture of respect and inclusivity, especially during the holidays. Thoughtful practices ensure everyone feels engaged and appreciated. The holiday spirit lies in building connections and sharing joy across generations. Embrace age-friendliness to make a positive impact in your community.



manitobaseniorcommunities.ca info@manitobaseniorcommunities.ca

Meet Arnie Zipursky,

cont'd from page 9

pigeonholed. My first big hit was *Sharon, Lois & Bram*, and because it was so successful, I kind of got labeled as a producer of children's programming." But Arnie wasn't one to stay in a box.

"We just finished a feature documentary," he shared, his tone growing serious. "It goes undercover at zoos across North America, exposing how elephants are treated to perform tricks for the public. *Zoos, circuses—it's eye-opening. It's a great story.*"

When Fred asked him if he had a favourite genre, he just smiled. "For me, it's all about telling stories," Arnie revealed. And those stories? They're as diverse as they come. "Right now, we're making a lot of TV movies—rom-coms, Christmas movies, thrillers. This year, we even developed a limited horror series."

Listening to him, you could tell Arnie wasn't just in the business of making shows; he was in the business of connecting people to stories that mattered. Whether it was a heart-warming rom-com, a thought-provoking documentary, or a time-traveling sci-fi adventure, Arnie's passion was clear: it's all about creating something that lasts, one story at a time.

And then, just when Arnie thought he'd seen it all, life threw him a curveball—the kind of twist you don't see coming until it's already hit you. His passion? It had quietly turned into a family business. "My wife directs documentaries," Arnie said, almost marveling at it himself. "Our kids? They never showed much interest in what we did, at least, not at first. My oldest studied creative writing at Concordia, my middle daughter was going to be a lawyer, and my youngest has a degree in functional medicine. But here we are. Now all three of them are in the business, and I didn't see it coming. You don't think of film production as a family business, but here we are."

Dad Was a Butcher

Arnie reflected on his own youth, painting a vivid picture of life in Winnipeg. "My dad was a third-generation kosher butcher," he said. "My grandfather pulled him out of school to help at the butcher shop, and my dad never liked it. He was delivering meat on his bike in the dead of Winnipeg winters. That was his reality."

But Arnie's father was determined to break the cycle. "He did everything he could to make sure none of his kids followed in his

Continued on next page

Advertising Feature

Navigating the Holidays and Dementia

- Alzheimer Society of Manitoba

The holiday season is often filled with gatherings of family and friends, festive decorations and the hustle and bustle of seasonal traditions. While many enjoy celebrating, this time of year may also bring stress, sadness and disappointment. For individuals and families living with dementia, the holidays can be an especially challenging time.

Unfamiliar places, large groups of people, noise and a hectic pace can bring feelings of anxiety, fatigue, frustration and depression for both someone living with dementia and care partners. Feelings of grief or loss can also arise over the holidays, including a sense of sadness when you've decided to let go of certain traditions, especially if it means less time with family or friends.

Care partners may also experience ambiguous loss – a type of loss you feel when a person living with dementia is physically there but may not be mentally or emotionally present in the same way they once were.

The holidays provide a good opportunity to seek support from the people around you. It can be difficult to ask for



help, but getting that support from family, friends or neighbours can have benefits including reducing stress and preventing burnout.

Another way to reduce stress and avoid feeling overwhelmed by the holidays is to

consider your time and energy. You may think about simplifying celebrations, like having smaller or more casual social gatherings or cutting down on a few holiday tasks, like baking, shopping or decorating.

Here are a few more tips and ideas to

help you safely enjoy the holidays while navigating dementia:

- Make a simple wish list ahead of time of straightforward goals that will help you set realistic expectations for yourself
- Communicate with family and friends about your needs and boundaries for holiday activities and gatherings
- Plan a video call to connect with family as an alternative to meeting in person
- Take care of your mental and physical health – be aware of doctor or clinic closures and have a list of phone numbers to contact in case of emergency

When you're unsure where to go for help and support, or how to approach the upcoming holiday season, the Alzheimer Society is a welcoming place to turn. The Society's First Link Client Support team can help you figure out how to navigate holiday gatherings and traditions in a way that's safe, comfortable and enjoyable.

You are not alone this holiday season. Connect with the Alzheimer Society by calling **204-943-6622** (Winnipeg) or **1-800-378-6699** (Manitoba) or emailing alzmb@alzheimer.mb.ca. ■

Arnie Zipursky, *cont'd from page 10*

footsteps," Arnie recalled, "When I was a kid there were over a dozen kosher butchers in Winnipeg. My grandfather started ours on Selkirk Avenue, and then it moved to Grant and Centennial. That shop was such a part of our family history."

In 1985 his father would sell the deli to Omnitsky Kosher Deli. Not long after, Arnie's parents moved to Vancouver.

Even now, Winnipeg holds a special place in his heart. "I still have family and a few really close friends there," Arnie said. "I visited twice last summer, though I don't know why I never seem to make it in the winter." He laughed, the kind of laugh only a former Winnipegger could manage. "We've shot about six movies there over the years, some Christmas films, some rom coms. I always love the chance to come home."

The Christmas movies are part of an impressive portfolio, including projects for Hallmark, Lifetime, Discovery, and even the Oprah Winfrey Network. But Arnie's current pride and joy? His hit time-travel show, *The Way Home*, the top-rated cable show in the U.S. "It's about three generations of women and how they navigate this time travel element in their lives," he explained. "But really, it's more of a family drama. It's intergenerational, totally character driven."

He lit up as he talked about the cast. "Andie MacDowell plays the grandmother, Kyler Leigh the mother, and Sadie Laflamme Snow the teenager. The three of them? Spectacular. Between their performances, the writing, and the directors we've got—it's magic. At this point in my career, to have a hit series like this? It's a gift." For those who might not recognize Kyler Leigh? Arnie was quick to add, "She played *Supergirl's* sister and was in *Grey's Anatomy*."

As the podcast with Arnie came to a close, one thing was abundantly clear, his journey is a testament to the power of perseverance, adaptability, and the enduring pull of storytelling. From his early days in Winnipeg with a Super 8 camera in hand to leading one of the top-rated shows on cable television, Arnie has carved a path that's as inspiring as it is diverse.

Whether it's producing heartwarming Christmas movies, exposing hidden truths through documentaries, or bringing intergenerational dramas to life, Arnie's career reflects a genuine love for his craft and an unwavering commitment to quality. Now, with his family joining him in the industry, it seems the legacy he's built is poised to continue for generations to come.

For Arnie, the magic isn't just in the lights and cameras—it's in the connections, the stories that resonate, and the chance to leave a lasting impact. As he put it, "At this point in my career, to have a hit series like this? It's a gift." And for those of us lucky enough to watch his work unfold, the real gift is Arnie himself, a storyteller who reminds us that success is never just about the destination; it's about the journey. ■

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RETIREMENT COMMUNITY



Our December Host Sponsor is Harvest Manitoba

CJNU are excited to once again be broadcasting from Harvest Manitoba for the month of December—a hive of activity at this time of year. We asked the team at Harvest to share why your support—especially during the holiday season—is so crucial.

With the holidays right around the corner, thoughts turn to family time and the joys of the season. Unfortunately, for many Manitoba families, the holidays add extra stress to their days. Each month, more than 20,000 households access a food bank in the province.

These numbers are growing month over month, year over year. Rising grocery prices, inflation, increasing rent and transportation costs, along with low hourly wages, are all contributing to these numbers. Nationally, food bank use has skyrocketed to over 2 million visits this past March. Food banks were not created to handle this volume of people, and many are reaching their capacity to help.

This year, over two thirds of food bank clients have children, and almost half of these children are under 18 years of age.

Harvest Manitoba is about more than just hampers. We are about hope and confidence. We are about helping to empower people to live their best lives. But we can't do it without our generous donors. It's our donors that give us the energy and the means to accomplish our goals. Donations of food, funds and time help provide nour-



ishment to families, seniors, people living with disabilities and children. You can help that little girl accomplish more at school because she can concentrate in class. You can help that family put food on the table so they don't have to decide between rent and food this month.

Yes, the number of people accessing a food bank is growing every month. Yes, the number of people who have a full-time job, but still need food, is growing. And yes, there are hundreds of families with children in food bank lines each month.

But you can provide hope – hope of a brighter tomorrow and a happier holiday. Donors are the people who make a difference.

To learn more, listen to CJNU throughout December—or visit harvestmanitoba.ca

The Season of Giving... Back.

After Remembrance Day, and until the end of the year, CJNU celebrates what we like to call *The Season of Giving... Back.*

This is the most important time of year for so many charities and not-for-profit organizations in our community, and in particular we want to thank and recognize our community partners:



If you can, we ask you to please consider supporting one of these great organizations. But more importantly, we encourage you to support **any** cause that means something special to you.



With all our very best this holiday season—we hope your December is filled with friends, family, food and fun! -CJNU

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

Sri Lankan Senior Community

Mahamevnawa Buddhist Monastery: Winnipeg

By Senaka Samarasinghe

I got an appointment with Ven. Amitha Samadhi Thera from to visit there with Ven. Chandakiththi Thera on Nov. 6th (WED) 2024 at 4.00 pm. Accordingly we were there on time. Other than Ven. Amitha Samadhi two Monks namely Ven. Kalyana Samuddha Thera and Ven. Kamala Tissa Thera also joined for the Dhamma discussion.



Handing over a copy of my book "Accelerated Mahaweli Development Program: Memoirs of a Staffer" to Ven. Chandakiththi Thera.

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Things To Do - WINNIPEG

Check for closures during the Christmas Holiday season.

COIN / STAMP COLLECTING

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

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

LUNCHEONS / FUNCTIONS

The St. John's High School - Graduating class of 1975 will be celebrating 50 years in June, 2025. If you were a teacher in this era, or if you attended for even ten minutes between 1970-75, we'd love to have you on our contact list to keep you in the loop. Please e-mail tigers1975@myyahoo.com to get connected.

Friendship Force Winnipeg, a non denominational, non political organization that promotes world peace through travel and homestays - Monthly luncheons at different venues, presentations, entertainment and fellowship. Info, Elizabeth: [204-452-5299](tel:204-452-5299) or www.friendshipforcewinnipeg.org.

Prairie Canada Carvers Association (PCCA) - Annual Show & Competition, April 11-12-13, at the Pembina Curling Club, 1341 Pembina Hwy. April 11 to register and bring carvings to the show. April 12 & 13 - open to the public.

The Women's Canadian Club of Winnipeg - Luncheon, Dec. 17, 12 noon, RBC Convention Centre. Shoestring Players will present two staged readings: "Another Way Out" by Lawrence Langner and "The Role of Della" by John J. Wooten. Cost \$35. Reservations and Info: [204-488-8750](tel:204-488-8750), rochelpin@shaw.ca

MUSIC / DANCING

The Convalescent Home of Winnipeg - TUNE-Up Café, Tuesdays, 6:15-8 pm, at 276 Hugo St. N. Meeting place for those living with memory challenges and their family/friend care partner to gather together and sing. Free to join. Wheelchair accessible. Must pre-register: Sherry, tuneupcafe276@gmail.com.

Forever Young Club - December "Festive Frolic" dance, Sat. Dec. 28, 7:30 pm-12:30 am at Anavets #283, 3584 Portage Ave. Live music by Geoff Ericson & Rockets. Advance tickets only - \$30; e-transfer fycwpg@gmail.com or call [204-261-4442](tel:204-261-4442).

The Senior Choral Society of Winnipeg - 533 Greenwood Place, behind CNIB on Portage Ave. Gerda [204-669-5570](tel:204-669-5570)

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](tel:204-233-5892)

SPORTS / FITNESS / GAMES

The 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](tel:204-396-5751) for info.

The Happy Gang - Afternoon Fun, Thur. Dec. 12, 1:30-3:30, Prairie Spirit United Church, 207 Thompson Dr. Conversation, cards, table games, bridge, complimentary light refreshments. Info: [204-832-1000](tel:204-832-1000) or [204-895-7410](tel:204-895-7410).

Ladies Bowling League - Fridays, weekly, 1 pm, at Polo Park Lanes. Bowl for fun, non competitive, all levels welcome. \$12.75 for 3 games/wk. Includes prize money and luncheon end of season in May 2025. Break at Christmas and on Good Friday. Rosalie: [204-770-3903](tel:204-770-3903)

East St. Paul/Transcona Seniors' Curling Club - looking for Men & Women, 50+, to curl in a fun league, once/twice/wk, Oct-Mar with about 70 members fr. Wpg. Play Wed. & Fri. 10 am, at East St. Paul Curling Club, 260 Hoddinott Rd. Season is 3 rounds of 7 games, and draw new teams each round. Play in 1, 2 or 3 rounds on either/both days. Contact Darryl Chody: [204-224-4016](tel:204-224-4016) or dkchody@mymts.net or www.esprancurling.com.

Manitoba Ladies Past Presidents' Curling Association - encourages women who have been past presidents of ladies and/or mixed curling leagues anywhere in the world to continue to enjoy the friendships and camaraderie of curling. We host a 1 day Bonsel in November and a Spring AGM & Luncheon in May. For more information and how to join, please contact Anne at arussell@mts.net or [204-226-1893](tel:204-226-1893).

The Pembina 55 PLUS Men's Curling League - Pembina Curling Club, 1341 Pembina Hwy. Season is 4 rounds, 10 games per round. Two games played ea week, alternating btw Mon., Wed. and Fri., 12:30 pm, Oct.-Mar. Teams established with random selection before each round. Options: play in one, two, three, or all four Rounds. Or spare. Info: 55pluscurling.com or contact@55pluscurling.com.

Charleswood Senior Curling - Inviting curlers, all abilities, and ages, enter as individuals (not teams), we reorganize the teams each quarter to encourage social interaction, Mon's & Fri's, 9:30 am. No prizes or trophies, just fun and fellowship. Contact Membership chair Iris: [204-895-1124](tel:204-895-1124) or aclairm@shaw.ca or visit www.charleswoodcurlingclub.com

St. Vital Retired Mixed Curling Club - looking for individual players (full time or spare) for Tue's & Thur's, 10 am league. Contact Ernie Nuytten: enuytten@gmail.com or [204-803-6230](tel:204-803-6230)

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

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

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

Seniors Whist Group - play Wednesdays, 12-3 pm at St. Emile Church Hall, 556 St. Anne's Rd. Info, call or text Sonja: [204-254-1408](tel:204-254-1408).

St. Vital Cribbage Club - Mondays, 12-3 pm, St. Emile Church, 556 St. Anne's Rd. All welcome. Jim: [204-230-4511](tel:204-230-4511).

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

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

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

SUPPORT GROUPS & PROGRAMS

Canadian Red Cross - Free Friendly Calls Program to help address loneliness and isolation. Sign up to connect with a Red Cross volunteer. Also training provided to become a volunteer. Info: [1-833-979-9779](tel:1-833-979-9779) or friendlycallingmb@redcross.ca

WRHA - Long Covid Self-Management Group. Sessions: Tuesdays, Oct. 1-Nov. 19, Noon-1:15, Virtual (Zoom). Register: [204-940-1150](tel:204-940-1150), ext 6.

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

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](tel:204-942-2880)

T.O.P.S., Take Off Pounds Sensibly - Non-profit, friendly, non-judgemental weight loss support group meets Tuesdays, 6:00-7:45 pm, at Westdale School library, 6720 Betsworth Ave. Info, Susan: [204-896-4807](tel:204-896-4807).

St. Vital T.O.P.S. Weight Loss Support Group - T.O.P.S. (Taking Off Pounds Sensibly) is a non-profit weight loss support group. Meet Mon. eve's, 6:15-7:45 pm, St. Eugene Church (side door), 1009 St Mary's Rd. in St. Vital. First meeting free. Louise: [204-990-2144](tel:204-990-2144), www.tops.org.

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

VOLUNTEERING

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

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

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

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

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

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

Misericordia Health Centre and Misericordia Place - Volunteers being accepted to support patient care. Training provided. Giftshop, open 10 am-4 pm. (3-hr shifts), Rehab/Physio programs shifts, 8:30-12 noon and some afternoons. [204-788-8134](tel:204-788-8134), www.misericordia.mb.ca, volunteer@misericordia.mb.ca

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

Southeast Personal Care Home - Volunteers needed at 1265 Lee Blvd - days, eve's, wknd's. Call [204-269-7111](tel: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](tel:204-560-5181)

Victoria Lifeline - Melissa: [204-956-6773](tel:204-956-6773) or msitter@victorialifeline.ca

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

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

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

PROGRAMS / SERVICES

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

A&O Support Services for Older Adults - Senior Immigrant Settlement Services. Free In-person and Virtual classes available for newcomers 55+. Register: [204-956-6440](tel:204-956-6440) or siss@aosupportservices.ca or in person at 200-207 Donald St., Mon-Thur, 9-4.

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](tel:204-837-6708).

Archwood 55 Plus Inc. (a non profit organization for seniors) - Monthly Bingo at Archwood Community Center, 565 Guilbault St. 6 Cards, 20 games - \$10. The progressive card of 3 - \$2. Concession stand.

Assiniboia Wood Carvers Association - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: Ikehler84@gmail.com or Mel: [204-291-4592](tel:204-291-4592).

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

Charleswood Active Living Centre - NEW LOCATION - A 357 Oakdale Drive (as of Dec. 18/24), 5006 Roblin Blvd. Various Programs & Activities for 55+. Mon-Thur 9-4, Fri 9-3. Membership \$35/yr. Info: [204-897-5263](tel:204-897-5263) or email info@charleswoodseniorcentre.org.

Dakota 55+ Lazers Senior Centre - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: [204-254-1010](tel:204-254-1010) ext. 217. WHIST, Wednesdays, 12:30 pm, contact Jonathan Toews Centre, 1188 Dakota St.

Dufferin Senior Centre - 377 Dufferin Ave. Dinner & Dance, Sat. Oct. 26, 12-3 :30 pm. Members \$15, Non members \$20. Wed. Oct. 30, Soup & Perogie lunch, 12-1. Call Al [204-771-3325](tel:204-771-3325) for info.

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

Golden Rule Senior Resource Centre - 625 Osborne St. Hours: Mon-Fri 9:45 am-3:30 pm. Drop in for Tea or Coffee during bus hrs. Book Club, meets 2nd Fri. 1 pm. Conversation Café, Dec. 20. 1 pm. Register by phone or drop in. Participants & Volunteers Holiday Party, Wed. Dec. 18, 1 pm. Closed for the holidays. Other programs (Steppin Up with Confidence, pickleball, carpet bowling, floor curling, cribbage, bridge, scrabble, etc.) Info, Marsha: [204-306-1114](tel:204-306-1114), goldenrule@swsrc.ca. No membership or fee to participate.

Funders: Community Recovery Fund, New Horizons Senior Programs & Winnipeg Foundation.

Lions Place Adult Day Club - 1 day/wk of socialization and wellness, morning coffee/muffin, chair exercises, games, recreation, hot lunch. Transportation provided. \$18.88 (or \$9.81, dependent on income) per wk. Participants re-

Continued on page 15

The Pros Know **55 Plus** Active Living & Resource CONFERENCE EXPOS 2025

Visit prosknowexpos.ca for On-Line resources for Seniors! 2025 Expos Info 12-01-24

2025 Will be even better me thinks!



Rick Roschuk
Trish Bennett

Optimist? Heck Yeah! As we have been detailing the last couple of articles, November 1st was the groups 25th show in 36 months. Amazing dedication by all of these folks it was. But we can be better, much better at delivering the much needed resources our Seniors need to live better, healthier and happier lives.

The two main shows for us for next year, are May 28th and September 24th at Good Neighbours Active Living Centre.

Both on Wednesdays, both with a new and important twist. These events will have 8-1 Hour mini seminars, 4 in the AM and 4 in the PM. These will have major keynote speakers who will deliver important and pertinent info to help us all live better as noted. It has been and continues to be said that 'Knowledge' is your power and we know these speakers can and will deliver just that. With the Exhibitors (40+) present in the building on these days, there is no doubt you will leave there more informed and better equipped to handle the art of aging.

The leadership group from AAIM - Active Aging in Manitoba and the management from Senior Scope Newspaper, continue to bless us with their collective wisdoms and sponsorships. Much of what and how we do, is based on their programs and the respect they have for our older adult population. We can not thank them enough.

Into the new year, we're hoping to announce upcoming 2025 dates for other

possible Seniors Resources events that will be happening around the city. These events, though not part of our show listings, are huge in their own right and we intend to market them in conjunction with ours. Our community deserves to know the 'Who, What, When, Where' of these added resource gems and we are proud to help spread the word. The older adult well-being community has really come together the past 2-3 years coming out of the big Covid push. We have learned that working together is in the best interests of all. There is truly strength in numbers. To this end, we do believe that 2025 will be better. In the meantime, we're working on the December 1st release of the 2025 shows on our website. Please pay us a visit there as noted below and 'Happy Holidays' to you and yours! R&T

Our **2025** Expos two Dates

Good Neighbours
Active Living Centre



720 Henderson Hwy.

Wednesdays,
May 28th and
September 24th

Show Times: 10:00am - 3:00pm

2025 Event Details / Exhibitor Listings / On-Line Resources:
at: www.prosknowexpos.ca

Things To Do - WINNIPEG Continued

FREE for non-profits and current advertisers. Submit PSAs by Nov. 29th for the Dec. 10 issue. Email wording for your PSAs to: kelly_goodman@shaw.ca.

ferred by Homecare Case Coordinator through WRHA at 204-788-8330. Or the Club: 204-784-1229.

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

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

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

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

Over 60 Card Club - For Men, Women and Couples. Wednesdays, 1-3 pm, at St. Andrews Church, 2700 Portage Ave. We're currently playing Whist, Euchre and Crib. Contact Carla: 204-297-0811

Pembina Active Living (PAL) 55+ NEW LOCATION: 933 Summerside Ave. Programs will cease from Dec. 18th - Jan. 5th programs@pal55plus.ca or 204-946-0839

Probud Club of Winnipeg - Social group for retired and semi-retired, meets 3rd Tue. ea. month, 9:30 am, at 603 Wellington Cres. Interesting speakers and topics. Guests welcome. <https://winnipegprobud85.wordpress.com>

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

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

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

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

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

The Y. A. H. Club - Young At Heart (seniors) Club at Windsor Community Centre, 99 Springside Drive (St. Vital). Programming: Book Club, Tai Chi, painting classes, canasta, card making, yoga, puzzle afternoon, Dinner Club, flower arranging, The R.O.M.E.O's Group and more. Rosie yah@windsorccc.ca or Judy 204-233-0648 or office@windsorccc.ca

Things To Do - RURAL MB

FREE for non-profits and current advertisers. Submit PSAs by Nov. 29th for the Dec. 10 issue. Email wording for your PSAs to: kelly_goodman@shaw.ca.

PROGRAMS / SERVICES

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

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

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

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

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

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

Ile des Chênes/Lorette - Yoga - Gentle yet invigorating drop-in yoga mornings or evenings for women and men 55+. For all shapes and sizes; no experience needed. Contact Juliette: 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** 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

Morden Services for Seniors - 306 North Railway St. Service providers - help with Home & Lawn maint., Snow removal, House clean/laundry, Transportation, Footcare, Computer training. 204-822-5663, mordensfs@gmail.com.

Niverville Recreation - Indoor walking track, public skating, drop-in sports and fitness classes. New Leisure Guide Out Now! Visit niverville.ca. Info: 204-388-4600 ext 3

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

Norman region - 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.

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

Seine River Services for Seniors (RM of La Broquerie and RM/Town of Ste-Anne) - Help and support with transportation services, companionship, homecare services. Melanie Brémaud: 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. <https://seineriverservicesforseniors.ca>

Selkirk - Gordon Howard Centre - Various activities, outings, seasonal meals and presentations. 384 Eveline St. Info: 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 City of Selkirk. Volunteer positions avail: Driver escort, Handi helper, Friendly visitor, Delivering Meals on Wheels. 204-785-2737, selkirkseniors.com

Springfield - Springfield Seniors - Stick curling, Pickleball, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. 204-444-3139, springfieldseniors@mymts.net.

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

Stonewall - South Interlake 55 Plus (si55Plus) - 374 1st St. West. Membership - \$25/year. Weekly Exercise, Line Dance, Cards, Men's Chat, Ladies' Coffee and Craft, Pickleball, Quilter's Corner, Book Club, Luncheons, Ukulele Club, Bus trips, and more. 204-467-2582, si55plus@mymts.net, www.si55plus.org.

Teulon Seniors Club - Teulon Hall, Main St. Dance, Thur. Dec. 12, 1-3 pm, dance to the Gem Stars. Dance, Thur. Jan. 9, 1-3 pm, dance to the Steve Ambrose and Friends. Doors open at noon, lunch 3 pm. Silent Auction, 50/50, door prizes, coffee/tea/juice. Admission \$10.

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

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Good Neighbours Christmas Crafts Sale 2024

By Trish Bennett



Making a donation for the Good Neighbours Active Living Centre to Susan Sader (left), Executive Director of the Centre made possible by the hard and dedicated work by Rick Roschuk and Trish Bennett of the Pros Know Expos.

Well, talk about the 'Spirit of Christmas'! On Saturday, November 30th, our little elves took a break from Santa's Workshop and helped us host our annual Christmas and Crafts Sale at Good Neighbours Active Living at 720 Henderson Hwy.

With over 35 tables of stunning crafts and Christmas themed pieces for sale, the 400+ visitors were also treated to amazing baked goods in 'Frosty's Food Fair'. Throw in some yummy sandwiches at Hobnobs Café, you didn't have to go home hungry either.

Charming Christmas classics played in the gym area while shoppers mingled and jingled in the Holiday Spirit. Smiles abound, little eyes twinkled with joy over the sights

and sounds that only Christmas can bring. Oh, and the little kiddies had fun too!

We'd like to thank our many volunteers who worked so tirelessly to make this event possible, the vendors with their magic and of course you, the public, for once again being there with all of us.

Lastly, to *Senior Scope* Newspaper and our Sponsors for your advertising support and community spirit. To Kelly Goodman (*Senior Scope*), for your generous donation to the Centre once again in the spirit of giving.

We are reminded that 'Good Neighbours make for Better Communities'.

Happy Holidays to everyone! ~ TB

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Sri Lankan Senior Community

Urban Buddhist Monk from Sri Lanka

By Senaka Samarasinghe

I like to introduce Ven. Talalle Chandakitti Maha Thera (Bhante) as an Urban Buddhist Monk. He is the Chief Abbot of the Nārada Bauddha Dharmayatanaya situated in Colombo 7, which is a high-status area within the Municipality of the City of Colombo. Devotees who participate in its activities come not only from within the city limits but also from the Colombo Metropolitan Region. To commemorate Bhante's 50th birthday, its devotees have identified about fifty projects to accomplish during next year. Most of the projects are to mitigate urban and rural poverty.

Bhante has established a spacious Mindfulness Centre named Pānasiha Senasuma in a serene environment at Alawwa in the Kurunagala District. Majority of devotees of the Dharmayatanaya are employed in the private sector under stressful conditions and



Royal Pandit Ven. Talalle Chandakitti Mahā Thera

the Mindfulness Centre, which is less than two hours drive from Colombo, gives an opportunity for them to get mental relaxation through meditative practices.

Towards end of the 1990s, the late Madihe Pannasiha Maha Nayaka Thera shifted the Buddhist Information Centre to the current location and named it the Narada Centre in memory of Venerable Narada Maha Thera of Siri Vajiraramaya, a pioneer in Buddhist missionary work in the West. Bhante Chandakitti continues this noble work of disseminating the Dhamma with youthful vigour not only in Sri Lanka but also in foreign counties including North America, Europe, Japan and the Middle East.

Besides the Buddhist missionary work abroad, Bhante conducts innumerable Dhamma Sermons broadcast over TV and Radio and many of them are on YouTube. He has authored more than 60 publications and is a prolific composer of Sinhala lyrical songs. As at present there are over 110 lyrical songs to Bhante's credit.

Current responsibilities of Bhante, among others, are being (1) Chief Abbot of Nārada Bauddha Dharmayatanaya, Colombo; (2) Founder and Head of Pānasiha Senasuma International Buddhist Centre, Alawwa in Kurunegala District; (3) Founder and Advisor of Siri Rahal Senasuma, Anuradhapura; (4) Patron and Founder of Dharmadeepa Foundation, Colombo; and (5) Adviser, Dharmavijaya Foundation. In addition, eight novitiate monks are undergoing training under his tutelage.

His first visit to Winnipeg was from June 14 to 17, 2014. His second visit was from Nov. 6 to 8, 2024. I was privileged to arrange both the visits.

The year 2025 will be a landmark year for Bhante. He will be celebrating his 50th birthday and his 36th year of being ordained as a monk. ■

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WORDSEARCH - Tis The Season By Roni Alward & Senior Scope

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Cozy	Frost	Icy	Scarf	
Crisp	Frozen	Igloo	Shawl	

SOLUTION ON PAGE 19

CROSSWORD - By Myles Mellor

ACROSS

- Christmas saint
- Christmas drink
- Blue Ridge Mountains locale
- "Much ___ About Nothing"
- Fashion statement to be like Santa? (2 words)
- Happier
- Where the sun rises
- Chewy candy
- Envelope that comes back to you
- Where it's ___!
- Trick taker, often
- "Fields ___ Gold" Sting
- Holiday song
- Christmas Eve flier
- Mother's cooking preference
- Capt.'s superior
- Celebratory spheres
- Celebrate
- Carpenter's Xmas present?
- Monopoly piece
- Good set to get at Xmas?
- Surprised expression
- Meeting place
- US New Years' Eve celebration place (2 words)

DOWN

- "Happy ___!" (2 words)
- Jolly gift-giver
- Creole vegetable
- Bose speakers provide it
- New Year's ___
- Eden, for one
- Beauty tools (2 words)
- Hymn
- Stuff oneself
- Hand warmer
- Enjoyed good food
- Go brown in the sun
- Casual attire
- In favor of
- A pint, maybe
- Data storage devices
- Zeros
- Ice house
- Long, long time
- Baseball fan wear
- "___ are the champions"
- Cookie container
- Baseball gear
- Underwear for Xmas?
- Angora garment
- He found there was no room at the inn
- ___-Wan Kenobi
- 2:00 or 3:00
- Hollywood's home
- Purse bauble
- Boring present for Dad!
- "Welcome" site
- "To ___ is human ..."
- "Comprende?"

SOLUTION ON PAGE 19

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Have you ever noticed that a man's "I'll be home in 10 minutes," is exactly the same as a woman's, "I'll be ready in 10 minutes?"

Thank you for teaching me the definition of 'Plethora'. It means a lot.

- Authors unknown

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