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Vol. 21 No. 10 | Apr. 10 - May 9/23

Senior Scope

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Spring is almost here! It's time to start planning your outdoor activities.

How about going...

Cycling with Sarah

- for women 55+



Sarah MacKenzie with a Liv bike.

Spring is in the air! People are slowly coming out of hibernation and thinking about getting outside and having the goal of being more active. This summer I am hoping to help women 55+ rediscover the joy of cycling.

Just before I retired 6 years ago I went to Bikes and Beyond and bought myself a "retirement bike". I was ready to embrace cycling more fully now that I would have more time. I was out on my bike almost daily and just loving it. However soon I was cycling so much more than I ever thought I would. My leisurely rides became 30 to 40 kilometers long and I knew I had outgrown my retirement bike. I got myself a hybrid fitness bike and kept challenging myself with longer rides. I was feeling fantastic!

Throughout all my adventures I found a great mentor in Emily at Bikes and Beyond. She encouraged me to keep challenging myself and applauded all my achievements. My biggest goal was to cycle 100 kilometers. I worked really hard at it and I'm proud to say that I did it. It was amazing!

This year Bikes and Beyond asked me if I would be interested in applying to become an ambassador with Liv Canada. Liv is the first cycling brand completely dedicated to women. As a Liv ambassador I would promote, encourage and support women 55+ to rediscover the joy of cycling.

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Red Hat Society
Manitoba launches
online shopping
and Celebrating
25 Years!

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Larry Updike
joins us in this
issue as a guest
contributor
talking about the



Larry Updike

truth of
Being
Mortal

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Start planning your
summer, or winter,
trips & excursions,
and activities in the
Travel/Leisure/
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Active Aging in Manitoba (AAIM)
inspiring active lifestyles

Let's Play Golf: Getting Ready for the Season

By Linda Brown, Active Aging in Manitoba Executive Director

Linda Brown

Waiting for Spring. Curling brooms are put away for another season, and golf clubs are ready to go – now all we need is warmer weather! All the physical activity we do year around helps us participate in our favorite activities – cycling, kayaking, bird watching, hiking; your list might be endless with all the opportunities we have in our Manitoba summer months. But what about doing something specifically to get ready for golf? Every golfer wants to know what they can do to improve their golf game. I spoke to Wes Pomarnsky, Interm Manager of Health and Fitness at the Wellness Institute, about what he recommends golfers can be doing while they wait for the snow to melt.

Let's look at some of the components you can work on to get ready for golf:

- Walking – increasing your distance and speed while walking regularly can prepare you to walk the golf course. For example, adding 10 minutes weekly will improve your endurance and prepare you to walk 9 or 18 holes.
- Strength & Endurance activities – stronger legs and upper body will help create the power needed to drive the golf ball and help increase one's muscle endurance to play 9 or 18 holes.
- Flexibility – increasing your range of motion in your upper body will assist with your swing and help reduce the risk of lower back pain.

Increase walking to build up endurance.

Upper body rotation exercise.

Flexibility improves our ability to turn the upper body in the back-swing and follow through. In addition, stretching regularly after activity will help reduce muscle soreness – especially after a few months away from the golf course.

You can do some exercises at home; no equipment is needed.

Bodyweight Squat – Using a chair - stand tall, push the hips back slightly, then lower the hips straight down to a chair.

- Sit down completely in the chair. Take a breath in and breathe out as you stand up. As you get stronger, gently tap the chair without resting at the bottom.

Upper Body Rotation

- Standing with one foot on a raised surface or chair, slowly rotate your upper body to one side while keeping lower body stationary, hold and slowly rotate back to centre, repeat

on the other side. Cross arms across chest. This movement can also be done seated with feet flat on the floor. Remember to keep lower body still with hips facing forward and rotate slowly. Don't forget to breathe.

Doing these exercises regularly will help improve leg strength and your upper body's range of motion.

The Wellness Institute is offering a golf assessment and training program, designed to improve your golf fitness game. Contact **204-632-3910** for more information.

Are you interested in playing in a fun golf tournament? **Consider golfing at the Manitoba 55+ Games, June 20 – 22nd**, in Portage la Prairie. Visit AAIM's website, www.activeagingmb.ca, for more information and to register or call our office at **204-261-9257** to obtain registration information. ■

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

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Message from Minister Scott Johnston - Seniors and Long-Term Care

Historic Budget 2023 benefits Seniors



Hon. Scott Johnston

Dear Friends,

It has been a very busy period, since the release of **Manitoba, A Great Place to Age: Provincial Seniors Strategy**. I've been very proud to be out in the community on behalf of Premier Stefanson and my colleagues in the PC Party.

Our government's historic Budget 2023 increased the department of Seniors and Long Term Care initiatives by over 72 per cent, from \$54 million to \$92 million. Additionally, since the release of the seniors strategy, I have announced over \$35 million in funding for programs and initiatives that will improve the lives of seniors, including most recently:

- Creating a new \$12.6 million **hearing aid grant program**, that will assist eligible older Manitobans experiencing hearing loss to cover the expense of testing, fitting and purchasing new hearing aids;
- Providing the Manitoba Association of Senior Centres (MASC) \$25,000 to support three additional age-friendly hubs that support healthy aging within the larger community with key programs and services;
- Also providing MASC \$300,000 in ongoing funding to expand the Age-Friendly Manitoba Initiative, which supports seniors in leading active, socially engaged, independent lives that contribute to healthy aging;
- Investing \$90,000 to support professional development of staff and volunteers working with seniors to have comprehensive skills and

- up-to-date knowledge on current topics;
- Providing a \$2.9 million increase in annual funding to Support Services to Seniors program which promotes a range of co-ordinated, accessible and affordable community-based services;
- Providing an additional \$100,000 to each Regional Health Authorities to support seniors in navigating and identifying the various community senior services to best meet their needs;
- Providing \$100,000 in ongoing funding to A&O: Support Services for Older Adults Inc. to support the stabilization and expansion of elder abuse services in Manitoba; and
- Investing \$600,000 to support the production and distribution of 200,000 Emergency Response Information Kit packages.

This is a long and extensive list, but it is only a start. I look forward to making many more announcements in the coming weeks and months. Any time I can get out of the Legislative Building and out in the community to meet with Manitobans I consider a great day.

The strategy came about from the many conversations we had with seniors, staff and volunteers working with seniors. We are now seeing the fruition of that feedback, and I couldn't be prouder of my department and staff for their tremendous work.

This strategy will continue to make Manitoba a great place to grow old.

~Scott Johnston
Minister for Seniors and Long-Term Care

A Change in Leadership - Alzheimer Society of Manitoba

The Alzheimer Society of Manitoba's CEO, Wendy Schettler, is set to retire at the end of May 2023.

Schettler's commitment to building a strong organization has shaped her career throughout her 22-year history with the Society, with the last 10 years as CEO. With the number of Manitobans living with dementia expected to more than double by 2050, Schettler leaves the Alzheimer Society poised to meet the growing need for dementia support.

"It has been my honour and privilege to support Manitobans on their

dementia journey and I leave knowing that the organization is ready for what the future brings," says Schettler. "Dementia remains an extremely difficult diagnosis and it is more essential than ever that families have access to the Alzheimer Society for information and support."

Schettler has provided a clear vision for the organization during her time as CEO. Under her leadership the Society saw significant growth including an increase in *First Link*® staff, allowing the organization to expand its program and support offerings.

A leadership transition is already well underway as the Society welcomes Erin Crawford as incoming CEO.

"The Society must be ready to support the growing number of families affected by dementia and Erin has the understanding and experience to prepare for what's ahead," says Schettler.

Crawford joined the Society as Program Director in 2019 and has an established understanding of its programs and operations, and of the growing need for dementia support and services in Manitoba.

"The Alzheimer Society has an incredible history of providing support for Manitobans, so they don't have to go through dementia alone," says Crawford. "We will continue to be there for families every step of the way and always look to the future so we can expand and grow our supports for the rapidly increasing number of people impacted by dementia."

Crawford's tenure will begin effective June 1st. Schettler and Crawford are spending these next few months working together to ensure a smooth shift in leadership. ■

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TRIBUTE TO AN AWARD-WINNING FRIEND

By Scott Taylor, Photo courtesy the Dunn Family



Travis Dunn grew up in Transcona. Like so many young Winnipeggers he started playing hockey on the backyard rink his dad made for him and his three brothers. He grew up to be a solid defenceman and went on to star with the old St. Boniface Saints in the Manitoba Junior Hockey League. He earned a spot as a non-scholarship walk-on with the University of North Dakota Fighting Sioux (now Hawks) and helped them win a D-1 national championship in 1980.

After his second year at UND, he got himself a tryout with the NHL's St. Louis Blues, but was sent to the Salt Lake Golden Eagles of the old Central League and decided, after two games, that the life of a minor pro hockey player was not the life for him.

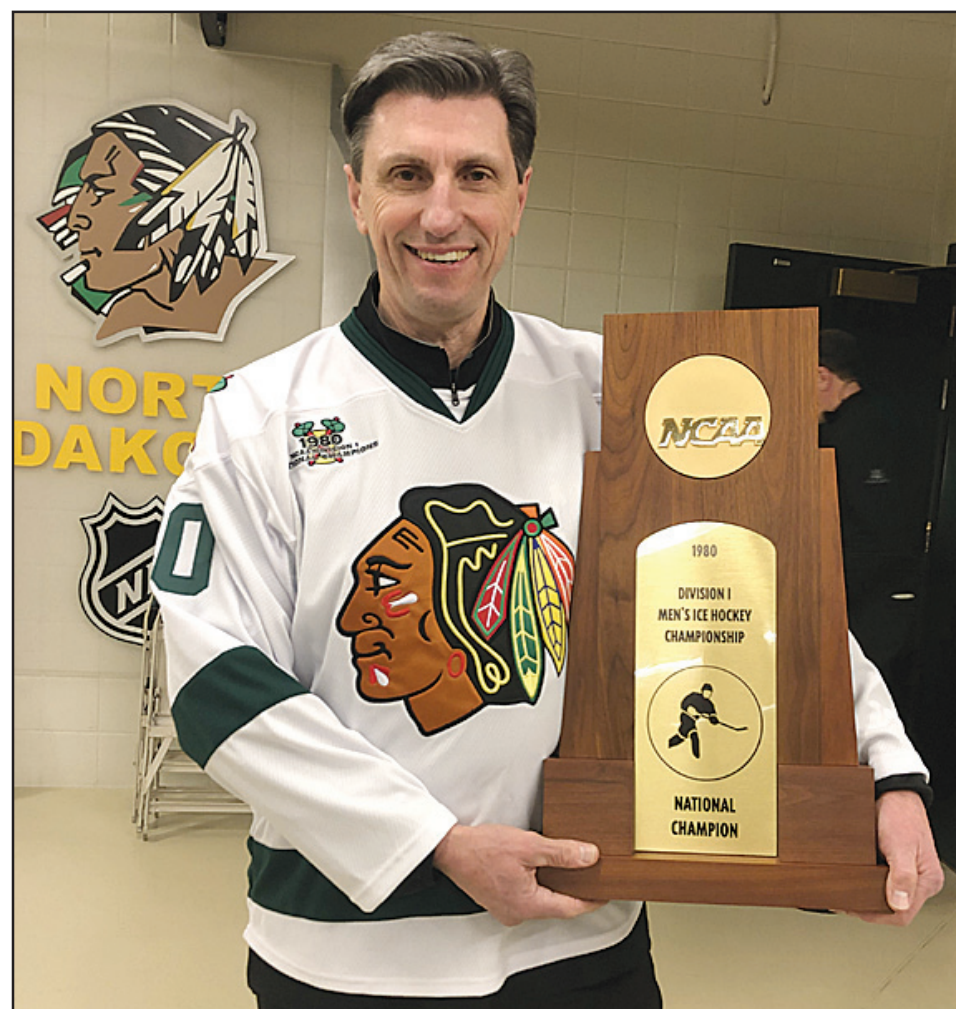
He returned to UND, got his degree and had a long, successful career selling medical supplies. For fun, he worked as an analyst on the UND hockey broadcasts with our old friend Pat Sweeney on WDAZ TV in Grand Forks. In 1988, he married a TV star, Rose Brunsvold, the news anchor from WDAZ and they had two great kids.

But it was during the late 1980s that Travis fell in love with broadcasting.

In recent years, he became host of the *Around the Rink Hockey Show* on 740 *The Fan in Fargo* and many of us, from myself, to Jets play-by-play voice Paul Edmonds to UND stars like Riese Gaber, Eddie Belfour and Bobby Joyce became semi-regulars on the show.

Then, early one evening, Travis called to say he'd been offered an hour every Thursday night on the North Dakota heritage station, that 100,000-watt blowtorch, the "Mighty 790" KFGO.

"I want to do *The Game On Hockey Show* and I want you to be my co-host," he said. "We'll treat it just like you treat the magazine. We'll get the best guests and let them tell their stories. And it will be the first real cross-border show with players,



Travis Dunn

coaches, executives and even fans (like Winnipeg movie star and hockey fanatic Aleks Paunovic and UND grad and author Tim Madigan) from both sides of the border."

It was a brilliant idea and a huge success. The ratings were solid, the fact we were on multiple platforms brought us younger listeners and the interviews were both in-depth and light, all at the same time. Paunovic, one of the Track Suit Mafia in the Disney/MCU TV series *Hawkeye* and a star of the TV show *Snowpiercer*, talked about his love for the Jets. Madigan, who was one of TV icon Fred (Mister) Rogers' closest friends talked about the new Broadway play about Rogers based on Madigan's book, *I'm Proud of You: My Friendship with Fred Rogers*. And Eddie Belfour didn't spend much time talking about hockey, but instead his distillery in north Texas.

The show was so good that the Midwest Broadcast Journalists Association, which represents all the radio and TV stations in Wisconsin, Minnesota, Iowa, Nebraska and the Dakotas presented the *Game On Hockey Show* with the 2023 Eric Sevareid Award of Merit for the best mid-market radio sports show in the region.

Sadly, Travis was not around to receive the accolades he so richly deserved. On Feb. 1, 2023, this brilliant, tall, fit broadcaster who always seemed to be in perfect physical condition, passed away suddenly at age 65.

I was gutted that day. Heartbroken for Rose and his family. Heartbroken for his exhaustive list of close friends. Heartbroken for a good friend who truly had his best years in front of him.

And I am still heartbroken today. ■

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seniorservice@killarney.ca

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

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

MINNEDOSA
Minnedosa Senior Citizens Assoc.
31 Main Street S
204-867-1956 / mdsasca@gmail.com

MORDEN
Morden Activity Centre
306 N Railway Street / 204-822-3555
mordenactivitycentre@gmail.com
www.mordenseniors.ca

NEEPAWA
Neepawa Drop In Centre
310 Davidson Street / 204-476-5103
www.neepawa.ca/district-drop-in-center

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

PLUMAS
Plumas Seniors Citizens Club Inc.
102 White Street / 204-386-2029

PORTAGE LA PRAIRIE
Herman Prior Senior Services Centre
40 Royal Road N / 204-857-6951
hermanpriorcentre@gmail.com
www.hermanprior.com

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

RIVERTON
Riverton Seniors Activity Centre
12 Main Street / 204-378-5155
rdfc@mymts.net / www.rivertonfc.com

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

Municipality of Harrison Park - Age Friendly Initiative Committee
204-585-5310

SELKIRK
Gordon Howard Centre
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www.gordonhoward.ca

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Snow Lake Senior Centre
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204-358-2151 / snowsrs@mymts.net

STEINBACH
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ed@patporteralc.com / www.patporteralc.com

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374 1st Street West - Oddfellows Hall
204-467-2582 / si55plus@mymts.net
www.si55plus.org

SWAN RIVER
Swan River & District Community Resource Council
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resourcecouncil@srseniorservices.com

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

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thompsonseniors55@gmail.com

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

VICTORIA BEACH
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ebssinc1@gmail.com
<https://www.ebseniorscene.ca>

East Beaches Resource Centre
3 Ateah Road / 204-756-6471
ebresourcec@gmail.com
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102-650 South Railway Avenue
204-325-8964 / office@winklerseniorcentre.com
www.winklerseniorcentre.com

Cycling with Sarah, *cont'd from front page*

Cycling is the perfect sport for women as we age as it is easy on our joints and provides us with an awesome workout. We can do it on our own or with friends and family.

With the partnership and support of Liv, Bikes and Beyond and the Manitoba Cycling Association I am planning 3 small groups rides. They will be held on the second Wednesday of June, July and August so women can sign up and try out a group ride. Some of the barriers women face are fear of being out alone while cycling, not sure of where to ride safely, physical concerns such as managing arthritis and sometimes just not believing that they can get out there and successfully ride. The group rides will be on bike paths and trails to keep them safe and fun. Each ride will be

approximately an hour long.

Currently there is not a cycling group specifically for women 55+. If there is enough interest the goal is to also establish weekly or bi-monthly group ride(s).

On **May 10 at 1 p.m.** there will be a **launch event for “Cycling With Sarah”** at Bikes and Beyond located at 227 Henderson Highway.

If anyone would like to attend and learn more about this cycling initiative they can email me at cyclingwithsarah@gmail.com.

I've created an Instagram account [@cyclingwithsarah](https://www.instagram.com/cyclingwithsarah) so people can get to know me and to hopefully provide some motivation and support for women 55+. There will be updates posted on the launch event and all the group rides. ■



Sarah MacKenzie (left) with Rose McDonald who has signed onto the Cycling With Sarah team.

Federal Retirees celebrates 60 years

By Dorian Guerard

The National Association of Federal Retirees (Federal Retirees) is the largest national advocacy organization representing active and retired members of the federal public service, Canadian Armed Forces, Royal Canadian Mounted Police (RCMP) and retired federally appointed judges, as well as their partners and survivors. The Association numbers close to 170,000 members, including more than 60,000 veterans and their families, and together speak up for improvements to the financial security, health and well-being of its members and all Canadians.

Did you know you can join even if you aren't retired?

For 60 years, the Federal Retirees community has worked together to envision better retirement for Canadians and to make that vision a reality. We believe every Canadian, today and in the future, should benefit from retirement income security and a strong, sustainable health-care system.

We've achieved so much together since our founding, but here are just a few of the highlights:

- **1973:** Years of consistent lobbying from the Association result in the introduction of legislation providing for full pension indexation.
- **1994:** The Association spearheads the formation of the Coalition of Seniors for Social Equity, which seeks to ensure any changes to



seniors' income-security programs are thoroughly examined.

- **2001:** Association advocacy efforts lead to the creation of the Pensioners' Dental Services Plan (PDSP), a dedicated dental plan for all federal retirees.
- **2018:** After calling for a dedicated voice for seniors in the federal government for years, the Association sees the creation of a new cabinet role — seniors minister.
- **2022:** The Association's hard work at the negotiation table pays off, and Treasury Board approves the proposed PSHCP renewal deal benefitting all federal retirees.

Our preferred partner program also offers terrific savings and exclusive discounts to Association members in the realms of health, technology, home and auto insurance, financial advice and travel.

There's nothing like an anniversary to turn the mind to thoughts of the future. Join us in celebrating and advocating during 2023 because every Canadian deserves a great place to grow up and grow older.

To find out more about how you can benefit from becoming a member and joining our vibrant community, visit federalretirees.ca or visit federalretirees.ca/winnipeg to connect with your local Winnipeg and District Branch. ■

THE HARD TRUTH ABOUT BEING MORTAL

By Larry Uppike



Larry Uppike

This is one of those essays where I don't have a clear outline of what I want to express ahead of time. So I thought I would just begin writing and see where I end up. Here goes.

There are only two things I am starting with. First, the title (above) was already in my mind. Second, there are two quotations I have been saving which I will share now.

"Work on what interests you. Few will recall your work, none of it much matters and most of it will have an incredibly insignificant impact on the lives of others. If you're lucky, maybe a few will comment on it for a day or two. We'll all die and few of us will be remembered. So it goes."

- Gabe Gottlieb
(philosopher, Xavier University)

*"Life's but a walking shadow,
a poor player,
That struts and frets his hour
upon the stage,
And then is heard no more.
It is a tale
Told by an idiot, full of sound
and fury,
Signifying nothing."*

- Macbeth (Shakespeare)

There is a lot of truth embedded in both of those statements. Taken in isolation, they are pretty depressing. How do we square the quotes with any individual effort to make a difference in this world? If it is all going to disappear soon after we're gone, is that effort merely an exercise in futility?

If most of our activities are just going to be forgotten within a few months, shouldn't we just stop what we're doing and surrender ourselves to extreme pessimism or skepticism? After all, it's rather pointless isn't it?

I don't know about you, but I can't go there. I won't.

Yes, we are temporal beings. We all have an "end date". But that doesn't mean that our efforts to contribute something of value to our surroundings are meaningless.

Here's the idea I am fumbling toward: accepting our mortality should make us focus better on things that really matter... on things we can actually do something about.

It is a far better way to occupy our limited time than obsessing over distant, abstract problems which are mostly out of our hands.

I have been an active user of Facebook for many years. Early on, I used it as a forum to debate several issues that I was rather fixated upon. I was opinionated. I was political. I generated a fair bit of controversy. The long comment responses got pretty wild.

As time went on, it began to dawn on me that none of these online food fights meant a damn thing. No significant change was going to result from my self-important rants or from the attention they generated. What the heck was I doing? Who did I think I was?

So a few years ago, I stopped. My Facebook page is fairly sanguine these days. I made a decision to post about things I have a chance of actually influencing. And those things are far closer to home than blathering on about remote theoretical issues that have little bearing on my life.

Years ago, a boss of mine gave me some sage advice: bloom where you're planted. Read that again.

Your efforts to make a difference won't melt into nothing if you are focused on what you can do right around you.

Days after you're dead, no one will give hoot what you said (or posted) about Donald Trump, Justin Trudeau, monetary policy, terrorism, economic development, corruption, or a host of other general issues.

However, you might change the course of a few lives by working at a local food bank, volunteering, contributing to your local charity, helping your neighbour, performing a special song, being a good parent, spending time with a disabled person or a shut in... in essence, just being a decent human being.

These activities are your best shot at being remembered. And your best shot at living a meaningful life.

Yes, our mortality is a hard truth. But that's not the whole story... ■

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avec Jessica Dupuis, coordonnatrice nationale
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PHARMACARE DEDUCTIBLE RATES FROZEN FOR UPCOMING BENEFIT YEAR

The Manitoba government will freeze deductible rates for the Manitoba Pharmacare Program in 2023-24 to keep pharmacare affordable for Manitobans who need it, Health Minister Audrey Gordon announced.

"Our government recognizes the financial challenges facing many Manitobans," Gordon said. "That is why, for the third time in four years, we are waiving any increase to the rates for the 2023-24 benefit year, which begins on April 1."

Each year, program participants are required to pay a portion of the cost of their eligible prescription drugs, which is the pharmacare deductible. It is updated every year, based on a set formula. Following this formula, the rates for 2023-24 would have increased by more than six per cent if the Manitoba government had not chosen to implement a freeze. In 2022-23, the pharmacare deductible rates increased by 1.8 per cent. In the

previous two years, the Manitoba government froze the deductible rates, recognizing the financial challenges caused by the COVID-19 pandemic and related economic recovery.

The deductible is calculated based on adjusted family income, and Manitobans are reminded that a family's deductible may still change this year if their income has changed. Annual filing of taxes is recommended to ensure access to this important program.

Pharmacare is a drug benefit program for eligible Manitobans whose income is seriously affected by high prescription drug costs. Coverage is based on total family income and the amount paid for eligible prescription drugs.

For more information about the Manitoba Pharmacare Program, visit <https://gov.mb.ca/health/pharmacare/>.

“A Manitoba Moment”

A Chance Visit to Oseredok

By Bud Ulrich



Bud Ulrich

Dr. Melita Gabric, Ambassador of the European Union to Canada, made a special visit to the Oseredok Ukrainian Cultural and Educational Centre in Winnipeg, speaking to Ukrainian refugees who were taking English lessons. While she speaks Slovene, English, French and Serbian/Croatian, her speech to the Ukrainian students required translation. It was a very “moving” moment as Dr. Gabric entered the classroom, and the students stood up immediately showing respect for her.

Part of the efforts on the political landscape includes European Union financial aid to help the refugees and imposing Russian sanctions. They are trying to curb the ability of the Russian regime to wage this tragic and completely unprovoked and unjustified war.

Dr. Gabric emphasizes Canada has been a close ally, friend and partner and the European Union is grateful to Canada for everything it is doing to support Ukraine, to support Ukrainian people, to support European security which leads to global security.

“Canada is welcoming as we all know. Immigration is very high and Ukrainian people are generally warmly embraced. I would also emphasize that European countries have opened their doors widely to Ukrainians who are fleeing this horrible war and at one point we had about 12 million Ukrainians in European countries. We are certainly trying to make sure they have everything they need – access to housing, education, health care and social benefits so they can live their lives.”

There are many questions we are dealing with on both sides of the Atlantic regarding Canada’s support of Ukraine. Dr. Gabric emphasizes it is important that we stay united, that we continue to support Ukraine for as long as it takes, and that we provide what we can to those Ukrainians who were forced to flee this war.

When asked how Ukrainians prepare themselves mentally, physically, and financially to move to Canada, Dr. Gabric states it’s hard for her to talk about this specifically. “Essentially one can understand how difficult it is to leave their country, and in the case of Ukrainians who are fleeing, mostly women and children are leaving part of their families behind. I can imagine this is extremely difficult. We must be positive; we must think about all the support that Ukraine is being given, all it deserves for its resilience and for the courage of its people. We believe Ukraine will prevail.”

“The world is changing because of this unprovoked and completely unjustified aggression against what was an independent country, a sovereign country. This war has caused enormous suffering, tragic loss of life, and terrible destruction in Ukraine. It has vast consequences for the geostrategic situation in the world. We have seen a lot of changes in, let’s say, the geostrategic realignment of the supply chains. Things are still changing, and we will see more changes down the road, but this aggression is having a significant impact on the international scene.”



Dr. Melita Gabric, Ambassador of the European Union to Canada

During my visit to the classroom at Seredok Cultural and Education Centre, I had the pleasure to chat with the instructor, Illia Shvets, and students, Nataliia Dymtruk and Oleksii Shakhov, from the Ukraine who are learning English. There are approximately 30 students who seem eager to learn the English language during a three-hour morning class over a period of eight weeks.

Instructor Illia, also from Ukraine, arrived in Canada in 2015. He worked as a lawyer’s assistant back in Kyiv. Illia is fluent in English and Ukrainian and conducts his classroom with passion using several different aids to make the learning of English effective and fun. He is concerned with keeping the attention of the class over a three-hour period. Illia developed his own curriculum to satisfy the needs of the students, as their needs are constantly changing. At the conclusion of the course, there is a final test on the material learned, with each student preparing a speech on any topic of their choice.

Nataliia enrolled in this class last July. She came to Canada along with her husband and daughter, Sofii, who is five years of age. She found it very difficult during the first few months of her arrival and cried quite often, missing her family back in Ukraine. However, she is able to communicate with them online occasionally. Understandably, Nataliia’s mother misses her granddaughter very much. Nataliia is determined to get a job and improve her English language skills. Clearly, she enjoys the course at Seredok, and is seeking a new life in Winnipeg.

Another student, Oleksii, arrived ten months ago in Winnipeg. His mother and father immigrated to Ireland from Ukraine. Oleksii has a master’s degree in agriculture and worked with a logistics company in agricultural sales in Ukraine. He has been working on construction of roads in Winnipeg, driving truck, and some welding. He would like more communication with English-speaking people, as he spends most of his time with Ukrainians speaking their native language. Oleksii is a pleasant young man who is very appreciative of Canada’s assistance



Illia Shvets - Instructor



Svitlana Poliezhaieva - Executive Assistant



Nataliia Dymtruk - Student



Oleksii Shakhov - Student

to Ukrainian refugees.

The Oseredok Centre is largely run by a group of dedicated volunteers and a few staff members. This centre offers instructor-led workshop style English classes for Ukrainian

refugees, a boutique, an art gallery & museum, and a very “moving” video of Ukrainian historical art, which concludes with vivid images of the Russian invasion of Ukraine. ■

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IN TUNE WITH OUR COMMUNITY

~ April 2023 ~

There's no 'eggs-act' way to celebrate Easter...!

Although it is a Christian holiday, Easter incorporates both pagan and secular traditions... and of course chocolate!

Even before Christianity, the egg represented fertility, rebirth and a new beginning. Christians took the symbol and applied it to the resurrection, hoping that in doing so, they would be able to convert pagans to Christianity.

Real eggs, which for the poor represented an important source of protein, were traditionally given to celebrate Easter. But, in the late 1800s, bitter chocolate eggs began to be given as gifts. Once sweet milk chocolate was invented, chocolate Easter eggs really took off.

Ukrainians have the ornately decorated pysanka – hollow egg shells painted with great care using geometric shapes and a variety of colours. With the large, established Ukrainian population on the prairies, and the arrival of new refugees, many Manitobans are familiar with pysanka.

Then we have the Easter bonnet. An Easter bonnet is essentially any new bonnet bought for springtime. Again, it symbolizes renewal,



much like eggs do. New clothes for a new season. A new look for a new year. During the Depression, a new bonnet, or just sprucing up an older hat, was a cheap and easy way to feel ready for spring. You may not see too many people in Easter bonnets these days, but the tradition has a quaint quality that takes one back to a time where a new hat could give someone a thrill.

Easter has evolved over the centuries into what we know today—with family, friends, feasting, fun, and the coming of Spring!

Robbi Goltsman-Ferris is a CJNU volunteer

Visit CJNU at St. Vital!

We're particularly excited here at CJNU this April, as our Remote Studio is stationed for the month at a brand new location to us—St. Vital Centre!

We'll have contests, prize draws and other fun things on offer at our location—just to the left of Hudson's Bay—so we really hope you'll pop in to say 'hello', and perhaps become a member of our co-op?

We're broadcasting live from St. Vital Centre until 6pm every day of the week. It'd be great to see you if you're in the neighbourhood!

We're also hoping you'll stop into the Centre during the Children's Hospital Foundation Book Market, taking place April 21st and 22nd, with stalls being set up throughout the mall on those days.

ST. VITAL
CENTRE

Our April Host Sponsor—CancerCare Manitoba Foundation—Challenge for Life

We are delighted to welcome CancerCare Manitoba Foundation as our Host Sponsor for April—as they gear up for this year's Challenge for Life!

Too many people in our lives are touched by cancer. Do you know that half of us will hear the words "you have cancer" in our lifetime?

By participating in the Challenge for Life, you can take action and raise critical funds to improve the cancer journey for Manitobans. At the same time, you'll be protecting your tomorrows and reducing your own risk of cancer through exercise. The funds you raise will support early detection, local research, world-class treatment and vital programs and services at CancerCare Manitoba.

You can change lives. You give hope. For the first time since 2019, the Challenge for Life is back with in-person options! Choose to join the experience at Assiniboine Park on June 3 for the 20k Walk or the new 5k Walk. Or, complete your own challenge virtually to reach a distance of 20k or 200 minutes of fitness anytime from May 27 to June 3.

Since 2008, Challengers have raised more than \$15.3 million to change lives and sup-



Nancy's Nightingales taking part in the 2019 Challenge for Life at Assiniboine Park

port the work of CancerCare Manitoba. The success of this event is because of each individual who says "YES" to taking the Challenge. Each of them has a powerful reason for why they take the challenge that fuels them. This year, you can be a part of this incredible group of people all moving toward

the same goal...a future free of cancer.

Register as an individual, community team, or corporate team. People of all ages and abilities can have fun participating. Join us in the 16th annual Challenge for Life and help change the course of cancer...because you can! Register now at ChallengeForLife.ca.

Our April Community Partners



Find us @CJNU937 on Social Media | Visit CJNU.ca to learn more!



Flin Flon: A Hockey Town

- Written by Myles Shane,
published in *Hollywood North Magazine*

I grew up in the cold wintery town of Winnipeg. Most nights I'd spend tending the outdoor nets at the Garden City hockey rink as freezing winds whisked by me trying to tear off my appendages. If you've ever played hockey on outdoor rinks or lived in a small town that breathes the game, *Flin Flon: A Hockey Town* is a documentary you need to see.

For those of you who have never heard of Flin Flon, as it's rarely if ever mentioned on Canadian or American television, Flin Flon is a small town in Northern Manitoba who's claim to fame is its junior hockey team, **The Flin Flon Bombers**. Perhaps the most celebrated individual to ever come from the small town is NHL star of yesteryear, Bobby Clarke. Many believe he was responsible for putting Flin Flon on the map.

The documentary begins with some interesting factoids about the small town and you are introduced to a few of the residents. The town's name is taken from the lead character in a 1905 paperback novel, *The Sunless City* by J. E. Preston Muddock. **Josiah Flintabbatey Flonatin** piloted a submarine into a bottomless lake where he sailed through a hole lined with gold to



enter a strange underground world. A copy of the book was allegedly

found and read by prospector **Tom Creighton**. When Tom Creighton discovered a high-grade exposure of copper, he thought of the book and called it Flin Flon's mine, and the town that developed around the mine adopted the name.

There's definitely a certain beauty to watching the pride the citizens take in their town. At the same time the documentary is able to juxtapose from the exterior shots of the sleepy small town to the fast paced action on the rink where the entire town watches the Bombers play an opponent. The game is filled with fights and later the viewer is given access into the team sanctuary - the dressing room. The interviews with the players don't seem rehearsed. Most of these players sound like they are from small towns and have had limited education. Their days are made up of working odd jobs around the city like cutting wood, then practicing. However there's no doubt they are local celebrities. Their hard work and passion is more than appreciated by their fans.

The real premise of this documentary is why do so many of these players leave home at 14, 15 or 16 to play junior hockey with the Bombers? Will

they be the next Clarke or Leach? Not likely. Some of them want to follow in their fathers' footsteps while others believe they have a shot at the big time. Most of the players miss out on their teenage family years. Instead they are billeted into homes in Flin Flon and the team becomes their family.

For the players who are 19 and 20 they were asked what's next? For most of them their hockey career is over. This was their adventure. This was their 15 minutes as Andy Warhol would say. Some players talked about going back to school and learning a trade. Others spoke about taking a year off and seeing the world while earning money from odd jobs.

For this reviewer perhaps the saddest part about this documentary is that the majority of these guys won't go back to school. They'll end up back in their small towns working at the local mill, mine or whatever the main industry happens to be. The next 40 years of their lives will be spent raising a family, working at the steel mill and remembering the great times they had with all their teammates playing in a little town called Flin Flon. ■

Happy Easter Manitoba



Heather Stefanson
Premier of Manitoba

Scott Johnston
Minister of Seniors and Long-term Care

**Manitoba
PC Caucus**



Home Sweet Home

Whether you are aging in place or planning to downsize and move to an independent living apartment, condo, lifelease, 55 plus/senior housing complex, or a supportive housing or assisted living residence, you can find some options and services here on pages 10-15 to help you with some decisions you may have to face that may help you live as comfortably as possible.

7 Nutrition Facts you should know

~ Heart to Home Meals

In the age of the internet, there can be plenty of misinformation on nutrition and diets at your fingertips and it becomes confusing to determine what's best for you. We've broken down the top 7 nutritional facts all seniors should know to make it easy and accessible to live a happy and healthy lifestyle.

1. VARIETY IS KEY

When dietitians and nutritionists recommend eating a meal that is as colourful as the rainbow, it's not just because it looks beautiful. A diet that includes a wide variety of vegetables, grains, and proteins ensures you are getting a variety of vitamins and nutrients that those foods provide. A nutrient-dense meal helps to keep up your energy, encourage brain activity, and promote a healthy heart.

2. APPETITE OFTEN DECLINES WITH AGE

As we age, there are many factors that contribute to a loss of appetite, whether that be for medical or personal reasons. Along with specific health concerns, seniors may experience a loss in activity and taste buds that affect their hunger levels, and reduced mobility may make cooking difficult. But to keep the body fueled and energized, it's important for seniors to eat consistently. If you're having a difficult time keeping up an appetite, here are

some tips to making mealtime easier and more enjoyable:

- Try ready-made meals delivered right to your door with **Heart to Home Meals!** These delicious and nutritious meals make it easy for seniors to enjoy exciting new foods and whip up their own meal in minutes.
- Enjoy dinner with friends and family! Eating with others is a great mood booster that may encourage you to eat more at mealtime.
- Keep a daily routine for meals! Eating around the same time every day can help the body feel ready to eat at those times.
- Be more active! Increasing your regular exercise and activity helps to build up an appetite (be sure to consult with your doctor before starting any new exercise regimen).

3. DRINK PLENTY OF WATER

Water has long been promoted as an essential part of a healthy diet, but as seniors, it's even more important to drink enough water throughout the day. As we age, our thirst levels decline, and if we don't maintain our water intake, it can lead to dehydration which causes weakness, unclear thoughts, constipation, and kidney stones. Drinking water also helps to regulate your body temperature (a must in hot climates!), lubricate and cushion joints, protect sensitive tissues, and cleanse the body of wastes and bacteria.



Although 4-6 cups of water a day is a good rule of thumb, there's no one-size-fits-all recommendation when it comes to how much water you should drink a day. It's also important not to drink too much water when taking certain medications. Consult with your doctor to determine what works best for you and drink gradually throughout the day to ensure balanced hydration.

4. STICK TO THE GOOD FATS

"Fat" has become a scary word that people try to avoid at all costs, but not all fats are bad! Monounsaturated fats, such as those found in olive oil and avocados, boost heart health to reduce the risk of heart attack and stroke. Found in eggs and fatty fish like salmon, Omega-3 fats are another

essential fat for proper brain function, heart health, and anti-inflammation, lowering your risk of diseases like diabetes, Alzheimer's, and cancer.

Artificial trans fats on the other hand are best to be avoided. Often used in processed foods, these fats can lower good HDL cholesterol and raise bad LDL cholesterol, dramatically increasing a person's risk for heart disease.

Looking for a quick and easy option that's low in artificial fats? **Heart To Home Meals** offers Low Saturated Fat meals as a convenient way to keep a healthy lifestyle.

5. AVOID A VITAMIN D DEFICIENCY

Vitamin D is a unique vitamin that also functions as a hormone in the body, so experiencing a deficiency can take a major toll on your body and mind and is associated with serious diseases such as diabetes, osteoporosis, and others. As few foods have high amounts of Vitamin D in them, many get their daily dose when the skin is exposed to the sun. But if you live in a colder climate or have limited accessibility to the outdoors, it may be difficult to maintain this crucial nutrient. To help prevent or reverse a deficiency, consider taking a supplement or a tablespoon of cod liver oil each day to keep up your Vitamin D levels.

6. DON'T RELY ONLY ON SUPPLEMENTS

If you don't like vegetables or eat a lot of junk food, you may look to supplements to keep a balanced diet. Although supplements are great alternatives when vitamins are not available through food (like Vitamin D), they can't match the variety of nutrients you can get from real foods.

Vegetables, fruits, and other whole foods contain special nutrients that supplements only have a small part in, to help fight disease and live longer. In addition, these foods are loaded with fiber, protein, and other essentials to serve you with a nutrient dense meal that feeds the body in multiple ways.

7. SLEEP AFFECTS YOUR EATING HABITS

A poor night's sleep doesn't just make you feel groggy in the morning. It can also lead to unsatisfied hunger and inconsistent eating habits that affect your overall health. Poor quality sleep disrupts hormones in your body that tell you when you're hungry and when you're full, creating irregular eating times and a craving for low-nutrient, high trans fat foods. On the other hand, a good night's sleep regulates your body and encourages you to choose a well-balanced diet that keeps you satisfied and energized throughout the day. ■

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Why a life lease may be an excellent option for you?

By Lori Blande, Member at Large, MLLOA and Resident of Colorado Estates, life lease, Winnipeg, MB

Today's retirees are getting increasingly younger, often empty nesters, and 55+ seniors looking for a lifestyle with flexibility, low maintenance and security. They want to be able to take extended trips and not have to worry about leaving an empty house. They don't want the responsibility of home and yard maintenance. They are looking for a sense of community and support that will allow them to maintain their independent life.

If you are in any of these situations, you might want to consider life lease accommodation.

The life lease model is a relatively new concept in North America, although it has a long and successful history in Europe.

In Manitoba, the life lease concept was developed in response to the anticipated housing developments during the nineties and into the new millennium. And with recent data predicting a major increase in the 55+ demographic over the next decade, this points to a life lease as an excellent option.

All life lease projects are not the same. They vary across Canada and within Manitoba, and are misunderstood more often than not. This article aims to provide some key information to help you better understand the concept.

Most life lease projects are developed, owned and run by a sponsor group, such as a service club (i.e., Lions, Kiwanis, Rotary), a church group, or an ethnic organization. Sponsor groups operate as non-profits, and the rental costs are generally lower than the going market rate for a comparable unit in a 'regular' rental building. Individual resident(s) are granted the life lease in accordance with a written lease agreement that details the costs, rights and obligations of all parties, as well as any regulations governing the life lease (i.e., *The Life Leases Act*, *The Residential Tenancies Act*).

The basic tenet of the life lease agreement gives the lessee "the right to occupy the residential unit for as long as you live".

There are three main types of life lease facilities.

1. The most common life lease is a rental agreement that requires an initial payment called an entrance fee. That fee is invested, and any interest garnered is reinvested in the life lease facility. You do not receive any interest, but the fee is refunded when you terminate the lease. Remember that you are not purchasing any part of the real property, only the right to reside there for as long as you live.
- Entrance fees and rental costs vary depending on the age and circumstance of the facility. Generally, the rental or lease rate is based on the apartment/unit's proportionate share of the operating expenses, capital expenses and debt servicing costs, as well as a base rental fee. The lease is for the life of the tenant(s) signing the lease, which means you cannot reassign your lease on termination. Instead, the lease reverts back to the sponsor organization.
2. A market value life lease facility is more of an 'investment' in the rental unit. In this case, your lease is assignable, which means you can decide to whom you want to 'sell' that lease when you vacate the unit. Remember that you still do not own any part of the real property and may only 'sell' the assignable lease subject to the terms of the lease agreement.
- The opportunity to 'sell' the assignable lease on the market gives you a chance to recapture any renovation costs and possibly make a profit. Keep in mind that this is based on markets

at the time of sale, and may also result in a loss of investment if markets are poor. You are usually responsible for the rental costs until the lease is 'sold' and assigned to a new tenant.

3. There are also some for-profit life lease facilities, but they are an exception, and not covered here in this article.

If you are considering a life lease opportunity, the main things to keep in mind are:

- Life lease units are not condos you don't own them.
- Units are normally furnished with appliances, just like regular rental suites.
- The facilities generally have more amenities and common areas, such as club-rooms, hobby and exercise rooms, and some underground parking.
- You also have more of say in what goes on in your building. Typically, there is a residents' council/association

that organizes social activities, which creates a sense of community. You actually get to know your neighbours, and you have a small but mighty support group right next door.

There are more than 100 life lease complexes in major cities and smaller rural towns and villages throughout Manitoba. And according to the Canadian Mortgage and Housing Corporation, complexes sponsored by non-profit organizations are becoming an increasingly popular housing option.

If you are interested in the life lease option, feel free to contact us at the **Manitoba Life Lease Occupants Association (MLLOA)**. We are a non-profit organization that represents more than twenty-five life lease member complexes in Manitoba. We also provide education, and monitor legislation, governance and resources. For more information, visit our website at www.mlloa.ca. ■

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By Wileen Mauricio, Eco Medical Equipment

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mastectomy fittings. We have a full-service shop with a licenced mechanic for vehicle mobility equipment installations and repairs and technicians for homecare equipment installations and wheelchair repairs. We pride ourselves as a one stop shop in the medical industry.

Eco Medical's professional team consists of sales consultants and customer service representatives with many years of experience in the health-care business. Please feel free to stop by or give us a call and we will be happy to help you with any of your Healthcare needs.

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More information
View neighbourhood reports for residential break and enters and stolen vehicles. **<https://winnipeg.ca/police/ewatch/>**
Visit CrimeMaps to view Crime Statistics in Winnipeg.
<https://winnipeg.ca/police/crimestat/viewMap.aspx>

Tips to prevent window strikes from birds

The release rate for window strike patients is low at only 32%. It is estimated that window collisions kill upwards of 25 million birds per year in Canada alone.
During the daytime, glass windows reflect the sky and vegetation, making it impossible for birds to tell there is a barrier. During migration, these numbers increase as nocturnal migrants will often fly into lit windows at night.

- Wildlife Haven

You can help reduce these numbers by closing your blinds at night. And make your windows more visible to birds by installing insect screens, tape or paint in 2x2 inch sections. The American Bird Conservancy has information on window collisions: **<https://abcbirds.org/glass-collisions/>**
If you do come across a stunned bird, call the **Wildlife Hotline team: 204-878-3740.**

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Submitted by Angela Pollett, - Client Care Manager, Just Like Family Home Care

My name is Angela Pollett. I have been in the Health Care sector for almost 40 years and can honestly say it has been very fulfilling and rewarding to know that I have made a difference in people's lives over the years.

I have been a part of the **Just Like Family** team for two years and my role in the company is the Client Care Manager.

I have always had a passion for taking care of people and especially providing care for the elders. I feel that it is very important for our elders to remain in their own homes for as long as possible. I believe It gives them a sense of security and safety in an environment in which they are accustomed to and it allows independence as well as preserving their dignity.

At a very young age I worked as a volunteer at the Health Science Center. I knew then that my mission was to take care of people. My first paying job was at the Salvation Army long term



Angela Pollett

care facility in Saskatoon. I was given the opportunity to work in many different areas and oversee the facility, staff and client's care under the supervision and direction of the administrator and doctors. Unfortunately, every good thing comes to an end but my 18 years of service gave me a sense of pride knowing that I gave my all to people that needed my help.

After leaving the Salvation Army LTC facility due to closure of the facility I assisted in starting up and operating a 22 bed intermediate care facility. It was an amazing and successful

accomplishment for a few years until my husband accepted a transfer to Winnipeg with the job he was in.

We made the move to Winnipeg in 2001 and within a year I accepted a position in a Healthcare company. For almost 18 years I continued to devote my services making sure that clients in the community were well cared for.

In 2021 I was blessed to be connected with Kenny Adewoyin who is the executive director of **Just Like Family Home Care**. Together with Kenny and our caregivers, we provide Health care services to clients in the community and in the Long-term care facilities. I am thankful every day that I have the knowledge,skills and the continuous longing to take care of people in need. I hope to be working with Kenny for many years to come so that I can continue to make a difference in the lives of many that are in need of help from **Just Like Family Home Care**.

~ Angela.

Just Like Family Home Care.
Angela D. Pollett
Community Health Manager
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Fred Douglas Heritage House

~ Tenant at Fred Douglas Heritage House

My name is Shirley and I want to let you in on a secret! **Fred Douglas Heritage House** is a supportive housing facility located centrally in downtown Winnipeg. When my doctor decided it was no longer safe for me to live on my own, my family reviewed the various options and found that Supportive Housing was a perfect fit for me. Supportive Housing is for people who can no longer safely live alone, but don't require the level of care a personal care home provides. The staff at Heritage House assist me with showering, they remind me to take my medication and they make sure I enjoy the home cooked meals made daily.

Can you believe they also send someone to do light housekeeping and laundry every week!? I've never had it so good! Some of my friends and neighbours get a little confused at times but the friendly staff is always there to lend a helping hand.

My suite at Heritage House is very spacious and comfortable with large windows in the living room and bedroom. I have a kitchenette with a microwave and fridge, a separate living room and a bedroom with an ensuite bathroom. I brought in my own



Heritage House Offers

- Non-medical staff on site 24/7
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- Stand-by assist for showers
- Cueing for activities of daily living
- All meals
- Weekly housekeeping and laundry
- Daily recreation and light exercise programs

furniture and my daughter hung up all of my favourite pictures, filling my new home with so many wonderful memories.

Fred Douglas Heritage House's suites are large enough to accommodate couples and only one person needs to meet the eligibility for supportive housing.

Living here for the last 3 years, I could go on and on about what a wonderful place Heritage House is. I know that supportive housing was the right decision for me and my family. Give Heritage House a call and come for a tour! ■



Shauna Gladish • Site Manager • 204.949.9027 • sgladish@fdl.mb.ca
** Assessment required to qualify for Supportive Housing

Safely Live Longer in Your Home!

~ Henry's Construction & Projects



As people age, bodies slow, develop limited mobility and everyday simple tasks can become an ordeal, impeding independence and autonomy. Many seniors today want to remain independent and continue to live in their homes versus moving into communal housing.

There is an uptake in renovation trends that enables seniors to continue to live safely, comfortably and longer in the home that they love and in the community that they want to be in. Homes can be modified to make it safe and accessible to meet the current need for individuals who have mobility challenges due to illness, weakness or elders who need to ensure that they avoid trips and falls.

You are in charge of your home and decide on the design of the safe space that you need to make it functional now and for your future needs. Whether it is building a ramp, widening entryways, installing a curb-free shower stall or grab bars, modifying vanities or kitchens or bedrooms, or putting in an elevator, you are in charge of your space!

When hiring a company to remodel your home, it is crucial to choose a company that is built on quality - quality material, sound craftsmanship, can work with budget limits and provide you with exceptional customer service. It is also important that the company talks to you about your abilities and ideas to ensure your new space is functional for you and your loved ones.

Henry's Construction & Projects is a Winnipeg based renovation and construction project management company

managed by a Project Management Institute certified Project Manager with over 20 years' experience in the construction industry. The expert staff at **Henry's Construction & Projects** work diligently with clients to modify current living space making it accessible for all members of the household.

Henry's Construction & Projects manager, Steven Schellenberg takes a hands-on approach with each new remodel request. Schellenberg meets with homeowners to get their renovation ideas and then consults with and take recommendations from other professionals. He has a high standard of ethics and consults with other specialists, including Occupational Therapists, who assesses physical and psychological needs to include in the remodeled space, designers and architects who draws a plan with the ideas and engineers who ensure that the current home is structurally sound to accommodate the remodeling. Certified tradespersons work to make the homeowners' design ideas a reality.

Schellenberg ensures that every step of the process is done to perfection, according to current industry Codes and by Licence and Inspections. Every step of the process is checked and double checked for quality, function and esthetics. Schellenberg values sound design, craftsmanship and quality material; he treats each client with the same respect as he does with his family and each house with the same importance as his own. ■

(See advertisement below)



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~ Lisa Bright, The Courtyards at Linden Pointe

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The Courtyards at Linden Pointe in Winnipeg, Manitoba, is an ideal place for seniors to call home. Without the everyday tasks associated with home maintenance, you'll be free to embrace a lifestyle you've always dreamed of, with as little or as much support as you need. Active seniors appreciate our **Independent Living** option, allowing them to enjoy the full array of events and amenities our community offers. Our **Assisted Living** option provides you or your loved one the same access to all amenities, plus help with daily tasks as needed. For those living with Alzheimer's disease or another form of dementia, our highly



trained caregivers in our **Memory Care** neighborhood use the latest techniques in offering compassionate care. At The Courtyards at Linden Pointe, we're here to help you or your loved one live life to the fullest by supporting your overall health and well-being. Select the lifestyle option that suits you, and then make your new suite your own. Add a cozy rug and pictures of your loved ones to create a home

that reflects you, and rest assured our team is happy to help with anything you need.

Visit **The Courtyards at Linden Pointe** for a tour of our beautiful community and see firsthand all that we have to offer.

Linden Pointe is a premium, master-planned senior living campus nestled in one of Winnipeg's premier shopping, restaurant and recreational neighborhoods. **The Courtyards at Linden Pointe** is part of our initial offering that presents a vibrant living experience for seniors; we are excited by the opportunity we have been given to pamper residents with modern amenities, comforts and services. The Courtyards is also designed to provide a little extra assistance that allows us to promote and maintain an active lifestyle for each and every one of our residents.

Within The Courtyards, residents can engage in the culinary delights of the True North Restaurant & Lounge, whose food rivals top restaurants in the surrounding area. Meanwhile, The Gateway Theatre provides residents with a real-world cinema experience

showing various present-day and nostalgic movies. Active lifestyles are promoted through the LifeSmart Fitness center, where residents can participate in group classes and individual workouts to keep their minds and bodies sharp. Combine these experiences with countless other amenities, and it presents a one-of-a-kind opportunity to connect and flourish.

Our community truly is a five-star senior living experience that has never felt so good.

In addition to shared spaces and **life-enriching amenities**, you can benefit from the friendly companionship of your fellow residents. Plus, enjoy the peace and tranquility of your own private living space with features and finishes designed for your unique lifestyle needs.

Life at **Brightwater** is a joyous, fulfilling experience you're sure to love. We are always excited to welcome new residents!

If you'd like more information or to schedule a personal tour, feel free to contact Lisa Bright directly at **431-778-6105** or lisa.bright@bwliving.com
(See advertisement on back page)

Accessibility

April 5, 2023

MANITOBA GOVERNMENT LAUNCHES PUBLIC ENGAGEMENT TO REVIEW ACCESSIBILITY FOR MANITOBBANS ACT

The Manitoba government is seeking meaningful input through public engagement as part of ongoing efforts to enhance accessibility for all Manitobans, Families Minister Rochelle Squires, minister responsible for accessibility, announced.

"Accessibility is a basic human right, yet many people in our province still face significant barriers in their communities and workplaces," said Squires. "Our government is committed to increasing accessibility and hearing from the public is an important part of this work. I'm pleased Manitobans will have the opportunity to help us improve the effectiveness of the Accessibility for Manitobans Act and its regulations."

The minister noted the consultation is part of a comprehensive five-year review of the Accessibility for Manitobans Act, which became law in December 2013 and provides a clear and proactive process for identifying, preventing and removing barriers. Physical, communication and systemic barriers prevent a significant portion of Manitobans from fully participating in society. The act aims to eliminate barriers by developing accessibility standards for government, public and private-sector organizations including municipalities, businesses and not-for-profit organizations.

The mandatory review will focus on initiatives already taken under the act and the structures that support it.

The public engagement will help Sarah Lugtig, who is leading the review, report on the effectiveness of the act and make recommendations to the minister.

Manitobans are invited to provide feedback at <http://engagemb.ca/accessibility-for-manitobans-act> before May 26.

In-person **public forums** held this spring will provide accessibility measures such as braille documents, ASL, closed captioning and personal care attendants to assist those with lived experience to participate and share perspectives. An accessible virtual forum will be held later in May.

The forums will be held across the province at three sessions including:

- Brandon – April 20 from 1 p.m. to 3:30 p.m. (Keystone Centre, 1-1175 18th St.);
- Thompson – May 2 from 1 p.m. to 2:30 p.m. (Ma-Mow-We-Tak Friendship Centre, 4 Nelson Rd.); and
- Winnipeg – May 15 from 1 p.m. to 3:30 p.m. (Viscount Gort Hotel, 1670 Portage Ave.)

For more information on the Accessibility for Manitobans Act, visit www.accessibilitymb.ca/ ■

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Things To Do

WINNIPEG

Events / Sale Events

A & O: Support Services for Older Adult - 2023 Virtual Housing & Active Lifestyles Expo, Tue. May 30, 9:30 am-3:30 pm. Past exhibitors get first chance to be a virtual exhibitor. Info at: sdelvecchio@aosupportservices.ca.

Elmwood/EK Active Living Center - Annual Exhibit & Art Sale, Fri. Apr. 21 6-9 pm, Sat. Apr. 22 10-4, Sun. Apr. 23 12-4 pm, 180 Poplar Ave. Raffle supports local charity. Free adm. Door Prize. Visa, MC, Debit.

Golden Rule Seniors Resource Centre - OPEN HOUSE, Apr. 26, 10 am-2 pm, 625 Osborne St. Presentations, Door Prizes. Info: goldenrule@swsrc.ca or **204-866-6776**

St. Mary Magdalene Anglican Church - Spring Garage Sale, Fri. Apr. 28, 9 am-5:30 pm & Sat. Apr. 29, 9 am-noon, at 3 St. Vital Road. Cathy: **204-256-6157** or email stmarymag.garagesale@gmail.com

The Norman Art Group - Annual Spring Show & Sale, Fri. May 12 4-9 pm, Sat. May 13 10-3 pm, at Church of St. Stephen and St. Bede, 99 Turner Ave, in St James.

The Winnipeg Model Railroad Club - Open House & Train Show, Apr. 22-23, Sat. 10 am-5 pm, Sun. 10 am-4 pm, Charleswood Legion Hall, 6003 Roblin Blvd. Admission by donation. Proceeds to St. Amant.

Misc.

McNally Robinson Booksellers - Community Classroom courses on writing, storytelling, and more with a fantastic lineup of educators. mcnallyrobinson.com/classes

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

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

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

Music / Dancing

Manitoba Music Lover's Festival - Apr. 24, 25, 28, 29 & May 1, 7 pm, at Westwood Community Church, 401 Westwood Drive. 5 concerts, 15 Ensembles. Tickets \$8 at door. www.facebook.com/manitobamusicloversfestival

RURAL MANITOBA

Programs / Services

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

Brandon Nifty Needlers - Quilt Show, Apr. 28 (2-8 pm), Apr. 29 (10 am-4 pm), at First Baptist Church, 3881 Park Ave. Brandon. Admission \$5.

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

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

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

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

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**

Forever Young Club - Fundraiser Dance & Silent Auction, Apr. 29. Club will donate to 'Candlelighters Childhood Cancer Support Group'. Live band/DJ, late lunch. Tickets: fycwpg@gmail.com or **204-261-4442**

The Happy Homesteaders - sing with our A Capella group of retired males. No experience required, training provided in barbershop style singing. Daytime concerts and practices. Perform mostly at seniors' residences. Info, Vern: vnelson@nelsonfinancial.ca, **204-256-5562**, (retired), or Harvey: **204-888-6306**, hschmidt7@mts.net.

Vital Seniors - Line dancers needed for Mon. 12-1 pm and 1:15-2:45 pm, & Fri. 10-11:30 am, to June 2023. Classes \$7 with a yearly membership of \$7. **204-334-3559**.

Whirlaway Westerners - Learn Modern Square Dancing! Kirkfield-Westwood C.C., 165 Sansome Ave. Carole **204-831-8954**.

Sports / Fitness / Games

Garden City Senior Golfers Club - looking for Men 55 and older to golf in a fun league, Once/wk, May-Sept. 75 members. Play in a different foursome each month within an hours drive of Wpg. Be a walker or cart-rider. Special green fees (golfer is responsible for) at certain clubs in city. Info, Brian Ridley: **204-669-4795**, www.gcsqwpg.com, pritchardfarm@shaw.ca

Ladies Golf League - Looking for women to join our 9 hole Thur. morning golf league at Crescent Drive Golf Course. Tee times 7:15-8:30 am starting May 4. Info, Lorraine: **204-256-3826** or lorr.sosh26@gmail.com

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

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

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

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

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

Volunteering

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

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

The Alzheimer Society - two people needed to join our governance board. Interested, qualified individuals from across Manitoba with diverse backgrounds are encouraged to apply by Apr. 21. Visit www.alzheimer.mb.ca for more info.

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

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

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

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

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

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

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

St. James-Assiniboia School Div. - seeking volunteer morning swim instructors for grade 3 students. Will assist qualified instructor at St. James Centennial and St. James Civic Centre Pools. Clear Police Record Check with Vulnerable Sector Search and Child Abuse Registry Check. Fully immunized against COVID-19 or valid exemption. **204-837-6697**, pghb@mymts.net

Ukrainian Cultural and Educational Centre Oseredok - Volunteer teachers of English needed to teach a class of adults from war-torn Ukraine at beginner level. Wait list of 320 students. Contact nsametz@mymts.net.

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

Villa Cabrini - Is currently looking for volunteers to assist with our Congregate Meal Program. Lunch and supper shifts are available with 3 hr commitments/week. Contact Samantha Silvester: vcabrini@mymts.net 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: recruit@winnipeglostdogalert.com Facebook Page Administrator: treasurer@winnipeglostdogalert.com Volunteers needed for: president@winnipeglostdogalert.com. Visit www.winnipeglostdogalert.com

Programs / Services

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

Assiniboia Wood Carvers Association - Woodcarving Fridays, 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: Ikehler84@gmail.com or Wayne: **204-792-3932**

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

Continued on next page

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

Resource **372-6861**; Gimli Seniors Resource Council **642-7297**; Lundar Community Resource Council **762-5378**; Riverton & District Seniors Resource **378-2460**; St. Laurent Senior Resource Council **646-2504**; Selkirk & District Senior Resource Council **785-2737**; Stonewall - South Interlake Seniors Resource Council **467-2719**; Springfield Services to Seniors **444-3139**; Teulon and District Seniors Resource Council **886-2570**; Lac du Bonnet - Two Rivers Senior Resource Council **345-1227**, Pinawa **753-2962** or Whitemouth/Reynolds **348-4610** or Winnipeg River Resource Council **367-9128**

Montcalm Service to Seniors - Some services: Friendly visiting/phone calls, Mobility equipment rentals, Errands, E.R.I.K. kits and more. Chrystal: **204-746-4547** or montcalmserviceprogram@gmail.com

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

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

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

Seine River Services for Seniors (RM of La Broquerie and RM/Town of Ste-Anne) - Help and support with transportation services, companionship, homecare services. Melanie Bremaud: **204-424-5285**. **Les services rivière seine pour aînés** - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud : **204-424-5285**.

Selkirk - Gordon Howard Centre (384 Eveline St) - Hobby workshops, fitness classes, recreational programs, volunteer opportunities, special events (outings, seasonal meals and presentations). 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 to the City of Selkirk. Volunteers needed for office help, transportation drivers, handi helpers (house cleaning, yard work). **204-785-2737**, Selkirkrc@mymts.net

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

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

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

Teulon Seniors Club - Cribbage, crafts and more, Tuesdays, 1:30-3:30 pm; Food security initiative; Free iPad training; Exercise classes and more! Info, Alice: **204-886-0406**.

Teulon Seniors Club - Afternoon dance, lunch, fellowship, live band every 2nd Thur. of mo. at Teulon Rockwood Centennial Centre, Main St. Thur. Apr. 13, Band: *Mosaics*. Thur. May 11 - Band: *Country Pride*. Band 1 pm. Doors open noon, Lunch at 3 pm. Door prizes, 50/50, silent auction. Alice: **204-886-0406**.

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

Things To Do

WINNIPEG, Cont'd

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

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

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

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

The Happy Gang - 207 Thompson Drive. Conversation, Cards, Table Games, Bridge. Complimentary light refreshments. Please bring an edible or usable wrapped item for an exchange between the guests just for fun. Chris: **204-895-7410**.

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

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

Pembina Active Living (PAL) 55+ (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Programs include: Exercise: variety fitness, yoga, zumba, seniors' fitness, line dancing, and older adult weight training. Social: Lunch PALs, Movie PAL's, Men's Breakfast. Creative: PAL Painters, Always Write, Book Club, Still Bloomin' Garden Club. Games: Pickleball, Bridge, Bocce, PinPAL's. Community: PAL Cares Group, Alzheimer Support Group, Conversation Circle for Newcomers, Cultural Connections, Ring & Ride, Take 5 Day Club. Education: Tech Tuesday, PAL Presents (info & Music), Tablet Library, PAL Travel Tips. **204-946-0839**, office@pal55plus.ca, www.pal55plus.ca.

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 Seniors Resource Council - Pop-up Office Schedule - to end of May, 2023: Outlet Mall - 1st Thur. of mo, 10 am-2 pm; Charleswood Library - 1st Fri. of mo, 10 am-2 pm; Bill & Helen Norrie Library - 2nd Tue. of mo, 10 am-2 pm; Rady Centre - 3rd Thur. of mo, 10 am-2 pm; Osborne Library - 4th Tue. of mo, 1 pm-4 pm. Schedule subject to change. Info: resources@swsrc.ca or **204-478-6169**

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

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

Winnipeg Chinese Senior Assoc. - Diabetes Awareness & Prevention Program, up until Mar. 30/23. Walk-in Blood Glucose Testing, Tues. 10 am-12 pm, Thurs. 1 pm-3 pm, at Whyte Ridge Community Centre, 170 Fleetwood Rd. Open to public.

Travel / Leisure / Activities

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

Good Neighbours Active Living Centre
Celebrating 30 years of Community Service

30th Anniversary Fundraising Lunch
Friday, May 5th
Doors Open: 11:00am

CTV NEWS WINNIPEG
Special Guest MC:
Colleen Bready
CTV Weather Anchor

Door Prizes
Rainbow Auction
50/50 Draw

Tickets Only: **\$30.00**

Call: 204.669.1710
Good Neighbours Active Living Centre
720 Henderson Hwy.

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MUSICAL ADVENTURE!
October 15-27th, 2023
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For rates & information:
www.brainlinttheatreschool.ca
or **204-219-3979**

SERVICES AVAILABLE

Income Tax Return Preparation
Free service for eligible taxpayers in La Broquerie, Ste-Anne, and surrounding area.
March 1st - April 29th, 2023
(Mon-Fri - 8:30-12 pm & 12:45-4:30 pm)

Are you eligible?

- Annual revenue less than \$35,000 per person, or \$45,000 per couple.
- Less than \$1,000 of investment interest in 2022.
- No income from rental property, business, self-employment or capital gains.
- * A person deceased during the 2022 tax year is not eligible.

For more information, contact
204-422-7020

Connecting you to other services such as:
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Seine River Services for seniors inc. Services Rivière Seine pour aînés inc.

204-424-5285
labseinerss@gmail.com

New Billing Service Agreements to Support Manitobans Recovering from Total Hip and Knee Replacement Surgery

The Manitoba government has made it easier for eligible Manitobans recovering from total hip and knee replacement surgery to access physiotherapy and rehabilitation services from any Manitoba physiotherapy clinic, Health Minister Audrey Gordon announced April 5/23.

“The Diagnostic and Surgical Recovery Task Force, and agreements such as this, will help patients access the care they need now as the Manitoba government expands capacity and builds a more resilient public health system for the future,” said Gordon. “By streamlining billing processes and providing comprehensive support, we’re also removing barriers and freeing up health-care providers to focus on delivering care to patients across Manitoba.”

As of April 1, the Manitoba Physiotherapy Association (MPA) will manage all physiotherapy billing services for eligible adult outpatients recovering from total hip and knee replacement surgery. Under the contract, all registered physiotherapists in Manitoba are eligible for reimbursement. This is an interim agreement until a more permanent billing arrangement is established, which is expected to take place in the coming months.

With an investment of over \$2.5 million, an estimated 6,100 eligible patients recovering from total hip and knee replacement surgery will have access to and coverage for physiotherapy and rehabilitation at their Manitoba provider of choice and as part of their continued care, noted Gordon.

“The Manitoba Physiotherapy Assoc. is pleased to help Manitobans as they receive well-needed care across the province from their physiotherapists of choice and in their communities,” said Anna DiMarco, president, Manitoba Physiotherapy Association. “The MPA is well positioned and eager to provide interim billing services for all Manitoba physiotherapy clinics until

alternative, permanent third-party billing arrangements are put in place.”

Since October 2022, the Manitoba government has arranged direct-bill contracts at three private clinics for post-operative outpatient physiotherapy and rehabilitation care for patients. In this next phase, patients can receive care at any Manitoba physiotherapy clinic with billing services run through the MPA. Patients who have had total hip or knee replacement surgery since Jan. 1, and who have not received treatment can qualify for up to six individual physiotherapy sessions or 10 group sessions starting April 1. Connecting eligible patients with this care is part of their discharge process following surgery.

The Manitoba government established the Diagnostic and Surgical Recovery Task Force in late 2021 to address waitlists for diagnostic and surgical procedures, and other related services affected by the pandemic. Supported by experts from across Canada, the team of respected local health-care professionals identify and implement short- and long-term solutions to improve surgical and diagnostic waitlists and make overall lasting improvements to Manitoba’s health-care system.

For more information about the Diagnostic and Surgical Recovery Task Force, visit www.gov.mb.ca/health/dsrecovery.

What is your travel passion!

~ Sherry Petrasko

I would like to introduce myself, I am Sherry Petrasko owner of Travel with Zeal. I have been in the travel industry for over 25 years. My first passion is travel and my second is the greenhouse business. As my family who has been for 3 generations. I have lived in the Springfield area for most of my life. I have travelled to all parts of the world and each time I learn more about culture, food and history. I can assist you with any aspect of travel. I specialize in Cruises, Bus Tours, Multi-Generation trips and historical travel.

The last 2 years have been hard on all businesses and the tourism sector has started to rebound. With all the constant changes in the industry I stay on top of all the current information for my clients before they travel and during. It is important to have the piece of mind that someone is a phone call away to put you at ease while in destination. I find my office hours are 24/7!

If you are on **Facebook** or **Instagram**, please like me at <https://www.facebook.com/TWZPetrasko/> or <https://www.instagram.com/twzpetrasko/>

Feel free to reach out to me on any travel related inquiries. What is your travel passion!



Sherry Petrasko
Senior Travel Consultant
P: 204-256-6243
M: 204-791-1877
spetrasko@tpi.ca
<https://travelwithzeal.ca>

(See advertisement below)

Red Hats Manitoba launches Online Shopping ... and Celebrating 25th Anniversary

- Red Hat Society, Manitoba

Besides eating out, one of the favourite activities Red Hatters like to do is go shopping. And now, a little “shop therapy” can be done from the convenience of your sofa. How you say, just visit our website [redhatsManitoba.com/shopping/](https://www.redhatsmanitoba.com/shopping/).

Once there, look at the main menu bar across the top until you see the word SHOPPING. Click on shopping and a drop-down menu will appear. There are categories from hats and fascinators to shoes and much much more! A picture of the item, description and price as well as contact information will show up. Please note most items are gently used or new; all sales are final; and cash payment only.

More and more ladies are joining the Red Hat Sisterhood and it is becoming very difficult to find red hats accessories and purple outfits. Our Online Shopping website provides the opportunity to shop for such items.

<https://www.redhatsmanitoba.com/shopping/>



And once you have your beautiful new outfit and hat, why not join us at the upcoming **25th Anniversary Gala Celebration** to be held on **Saturday, April 29, 2023** at the historic Norwood Hotel. We have a fun-filled afternoon and evening planned. Everything from vendors alley, silent auction, and a chance to take your picture with a red hat fedora, much like the one that started the whole Red Hat movement 25 years ago. A 3-course meal, entertainment, and rock & roll band rounds out the evening. Registration form and information can be found on our website; registrations are to be received by April 15th. You do not have to be a Red Hatter to attend and it is a great way to see what the Society is all about; maybe you will decide to become a member. Bring a friend or two.

So be ready for the warmer season by enjoying online shopping at the new Red Hat Online Shopping site:

Travel / Leisure / Activities

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



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What is Lawn Bowling?

Who? Active Seniors & Retirees

Where? Tuxedo Lawn Bowling Club
370 Southport Blvd
Winnipeg, R3P 1V5

When? Tue & Thu - 10 am - 12 noon
Wed - 7 - 9 pm
Sun - 10 am - 12 noon

Why? Easy Activity Outdoors
Social Time (BBQ's)

Come to Learn How to Lawn Bowl and Play. No Equipment Required. Introductory Free Play.

Contact Virginia:
204-255-8828



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April 2023 Pros Know Expos Shows



Thursday, April 20th | 9:30am - 2:00pm | North End
Sgt. Tommy Prince Place | 90 Sinclair Street
MASC Host: North Centennial Seniors Association



Wednesday, April 26th | 9:30am - 2:00pm | Fort Rouge
Fort Rouge Leisure Centre | 625 Osborne Street
MASC Host: South Wpg. Seniors Resource Council

Visit prosknowexpos.ca for all of our 2023 show dates, locations & more!

30 Plus Exhibitors! Senior friendly Organizations and Businesses dedicated to the well-being of our 55+ Community!

Assisted & Independent Living * Active Aging & Well-Being * Decluttering & Moving * Senior Friendly Real Estate
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Sri Lankan Seniors Manitoba (SLSM) are active members of their community in Winnipeg and understand the importance of connecting with others through organizations such as the **Pembina Active Living Centre (PAL)** (see next page for more information on PAL).

JOIN AN ACTIVE LIVING CENTRE IN YOUR AREA.

See [Page 5](#) for a list of **Manitoba Association of Senior Community** centres in Winnipeg and rural Manitoba.

Zing Into Spring: Organized by PAL - Senaka Samarasinghe

Sri Lankan Seniors Manitoba (SLSM) participated *Zing Into Spring* organized by Pembina Active Living (PAL) held on March 21st (TUE) 2023 from 11.00 am to 2.00 pm at Whyte Ridge Community Centre. To represent SLSM, Ismath and I participated for this grand event. When PAL requested SLSM to nominate a Board Member for PAL, Mohamed Ismath (Board Member, SLSM) was selected by the Board of SLSM. We have to be thankful to PAL for electing Ismath as Vice President of PAL. Majority of the population in Winnipeg is comprised with Older Adults. To improve the quality of life of the above indicated popula-

tion-segment is the priority task of any senior organization. Based on the situation, I had a discussion with Susan Fletcher, Executive Director of PAL. Susan stressed the need to identify and implement programs with diversity. That will help to integrate elders into the society significantly and does not make them feel lonely. As discussed above to put into practice, Susan introduced Renée Vincent, Volunteer Program Coordinator, PAL. Bernadette McCann talked with me. Bernadette expressed that she is happily enjoying SLSM activities published in newspapers namely *Lifestyles* and *Senior Scope*.



Renée Vincent, PAL Volunteer Program Coordinator with newly nominated board member of SLSM, Mohamed Ismath.



Susan Fletcher, Executive Director, PAL, with Renée Vincent and Senaka Samarasinghe.

I proposed to Songyan Liu, Vice President and Secretary, Winnipeg Chinese Senior Association to embark

in a few Joint Learning Programs with SLSM. ■

Hema Sung Sinhala Hit Song

- Senaka Samarasinghe

Hema likes to sing Sinhala super-old hits. When members requested her to sing an old hit, she sang a song on 10-3-2023. All of our participants sang along with her. Hema is not only a singer but also Sinhala poetry writer. She wrote a set of poetries for Yathra monthly Sinhala and English newspaper published in Toronto. Gill's Supermarket agreed with Sri Lankan Seniors Manitoba (SLSM) to shipped the monthly newspaper free of charge from Toronto to

Winnipeg. This is a good service for Sri Lankan community in Winnipeg as there is not a Sinhala newspaper printed in the Province of Manitoba. Gill's is providing this service for more than four years. Sri Lankan Association of Manitoba is conducting its Sri Lankan **New Year celebrations on April 15th (SAT)** 2023. For that SLSM will offer an event. Practices were conducted with all participants. ■



Hema sings for and with SLSM members.



SLSM members enjoying Hema's performance.

Manpower Requirement for Manitoba: Discussion with Honourable Jon Reyes

- Senaka Samarasinghe

Honourable Jon Reyes (Jon) currently serves as Minister of Labour and Immigration since January 2023. Throughout 2022, he served as Minister of Advanced Education, Skills and Immigration, and in 2021, he was appointed Minister of Economic Development and Jobs. Previous to these roles, Jon was appointed Special Envoy for Military Affairs for the Province of Manitoba from 2016 to 2021. Because of his current role, Sri Lankan Seniors Manitoba (SLSM) Board Member (BM) Felix proposed at the last Board Meeting of SLSM to get an appointment to meet the Minister to discuss manpower requirements in the Province of Manitoba. Indra, the President of SLSM nominated four BMs namely, Felix, Daya, Upali and Senaka. SLSM obtained an appointment with Jon for the morning of Monday, March 27, 2023 at his constituency office located on Pembina Highway in Winnipeg, Manitoba. Jon requested each of us to introduce our team. Upali said that he will keep minutes of the meeting for SLSM. Felix expressed that his task is to inquire from the Minister the type of immigration information for 2023. Daya explained that his respon-

sibility was to collect required manpower data from Sri Lanka. He stated that he will arrange to obtain the information through the Sri Lanka High Commissioner's Office in Ottawa. Senaka said that he will do a summary of the meeting. Jon said that one of the major pathways is the Manitoba Provincial Nominee Program (MPNP), a highly successful program that was created by a Progressive Conservative government in 1998. Applicants can apply online. The maximum overall points is 1000 points. However, applicants are often selected with points between 600 and 700 points or higher. Under this program, annual allocations are determined by the federal government for each province. For 2023, allocations were higher than in 2022. Manitoba received 9,500 allocations for 2023 which is a 50% increase from 6,367 for 2022. Jon promised to provide necessary information continuously to SLSM from his office and encouraged us to visit immigratemanitoba.com for up-to-date information. Senaka informed that in Sri Lanka's main foreign currency earner is the workers' remittances. The High Commissioner of Sri Lanka to Canada, Mr. Harsha Kumara Navaratne,



SLSM members meet with the Honourable Jon Reyes (Jon) - Minister of Labour and Immigration

is conducting discussions with the Canadian government on how to cater in a small way for the annual huge demand in areas such as caregivers and nurses. Jon therefore recommended that SLSM observe the possibilities not only with the provincial government but also with the federal government. All of us thanked Jon for his valuable time for SLSM, a period where Sri Lanka is undergoing acute prob-

lem of foreign exchange deficiency. If SLSM can pave the way for employment opportunities to Sri Lankans that will help to improve the current foreign exchange crisis. Further, Manitoba will facilitate to provide manpower needs. In brief, this intervention will be a mutually beneficial venture in both the short and long. Thank you Honourable Jon Reyes for meeting with us. ■

Gathering at the Dufferin Senior Centre for St. Patrick's Day fun



Everyone had a good time dancing and line dancing at the St. Patrick's Day dance at the Dufferin Senior Centre last month. Of course some just had to get their picture taken with the cake. The Gemstars band was very good as always. Many guests went home with a prize. Dufferin Senior Centre always have great dances. It is a friendly place to spend an afternoon of dancing and socializing. Call us for information on our programs and events: 204-771-3325.

PAL CARES

Pembina Active Living (PAL) (55+) offers Community Support in South Wpg.

Submitted by PAL. Photos taken from our photo gallery on the PAL website - www.pal55plus.ca.



*Do you like to lend a helping hand?
Does your organization need volunteers for
a special project?*

**Pembina Active Living 55+ offers more than just
awesome programs that nurture mental
and physical wellness.**

PAL members believe in giving back to the community in many ways:

- **Free rides to programs** at the centre for those who can't get there on their own.
- **Free English conversation classes** for newcomers to practice English with a friendly senior.
- **Take 5 Day program** offers a great day out for isolated seniors.
- **Alzheimer Support Group** where caregivers can share and be encouraged as they navigate life during this difficult time.
- **PAL Cares** is our volunteer program that offers help with various

needs in the community. Over the past year, our members have helped with Wpg Harvest, made gifts for residents of the South East Personal Care Home, worked at Siloam Mission, assembled ERIK kits for South Wpg Seniors Resource Council, served at a volunteer appreciation banquet at the St. Mary's Road Food Bank, and helped at the Manitoba 55 Plus Games.

Whether you come to enjoy our wonderful programs or to make a difference in our community, we welcome you! Come join us!

Let's be PAL's!

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**Today's Recipe**

www.PeakMarket.com

Scalloped Cabbage

| Metric | Ingredients: | Imperial | Metric | Ingredients: | Imperial |
|--------|--|----------|--------|-------------------------|----------|
| 1 L | cabbage, coarsely shredded | 4 cup | 5 ml | oregano | 1 tsp |
| 1 | can tomatoes, undrained (14 oz / 398 ml) | 1 | - | salt & pepper to taste | - |
| 10 ml | sugar | 2 tsp | 125 ml | cheddar cheese, grated | 1/2 cup |
| 1 ml | paprika | 1/4 tsp | 250 ml | fresh fine bread crumbs | 1 cup |
| 5 ml | salt | 1 tsp | | | |

Cook cabbage in boiling water until wilted, about 6 minutes, drain well. Combine tomatoes, sugar, paprika, salt and oregano, breaking up tomatoes as you mix.

In a greased 6 cup (1.5 L) baking dish, place cabbage. Sprinkle with salt and pepper to taste. Cover with tomato mixture, then cheese. Top with crumbs. Bake, uncovered in preheated 350 F (180 C) oven for 30 minutes or until heated through.

Serves 6



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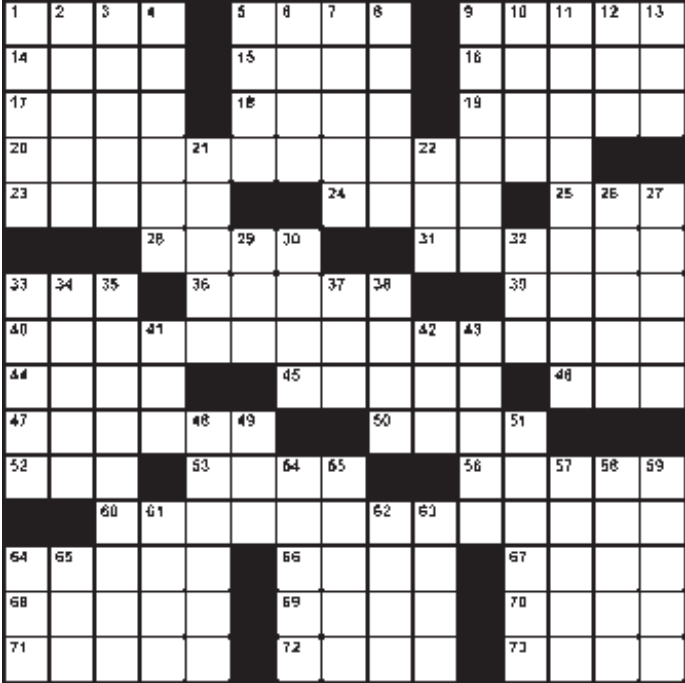


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CROSSWORD - Army Matters (MEDIUM) By Myles Mellor

- ACROSS:**
- Cold War participant
 - Indicate shock
 - Some members of Parliament
 - N.Y.C. cultural attraction
 - Puerto Rican hit singer
 - Last resort in a plane
 - Laid up, so to speak
 - Biped mountain legend
 - With sorrow
 - The fife and drum are key instruments in it
 - Block house?
 - Showy flower
 - Shed
 - Telephone button
 - Computer key
 - Student score
 - Rejoice
 - Derek of Derek and the Dominos
 - Left right, left right
 - Relating to aircraft
 - Hemingway, to friends
 - "Whoopee!"
 - "Kiss" singer
 - Explosives
 - Great perception for a poker player
 - Lambaste
 - Florida's ___ National Forest
 - Where squads show their stuff
 - Records company
 - "Mon ___!"
 - Tolstoy et al.
 - Poison
 - Some may be gigantic in Hollywood
 - Russian "Nana"
 - Tchaikovsky ballet roles
 - Siesta
 - Coal carrier



- DOWN:**
- Taste that's not sweet, sour, bitter or salty
 - Edna Ferber novel
 - Suspect
 - AM/FM devices
 - Spanish painter
 - US abbr.
 - Half human half horse deity
 - First-class
 - Tenant
 - City east of Santa Barbara
 - Makeup color
 - Half of MCCC
 - Digs for pigs
 - Venerated symbol
 - Currency exchange board abbr.
 - Mohawk River city
 - Easily irritated or annoyed
 - Fire
 - Saying with a mystical meaning
 - Meadowland
 - Role for Johnny Depp
 - Nobility
 - Prominent lady in the time of Nero
 - Paper size, abbr.
 - "___ pis!" ("Too bad!" in France)
 - H+, e.g.
 - Vietnam War Memorial designer
 - Count me in as well
 - Data disks
 - Edwardian, e.g.
 - Mold or carve artwork
 - One may be above a bucket
 - Ecru
 - Lend ___ (listen)
 - Parkinson's drug
 - It's just south of the Himalayas
 - Quotation notation
 - Auto brands
 - Brown shade
 - Campers, for short
 - Fell in the forest

WORDSEARCH - Springtime By Roni Alward & Senior Scope

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

APRIL
BARBECUE
BEGONIA
BLOOM
BLOSSOM
BOOTS
BUD
BUGS
BULB
BUNNIES
BUNNY
CLOUDS
CLOVER
CROCUS
DAHLIA

DANDYLIONS
EASTER
ECHINACEA
EGGS
FAST
FLOWERS
FOXGLOVE
FREESIA
GARDENING
GERANIUM
GOLOSHERS
HEAT
HIBISCUS
IRIS
LAVENDER

LENT
LILY
MARIGOLD
MELT
MIGRATE
MIGRATION
ORCHID
PANSY
PETUNIA
PICNICS
POLLEN
PUDDLES
RAINBOW
RAINDROPS
REGENERATION

ROBINS
SHOWERS
SLUSH
SPRINGTIME
SPROUT
STORMS
SUN
THAW
THUNDER
TULIPS
UMBRELLA
WALK
WARM
WINDY

SOLUTION ON PAGE 23

FB FUNNIES!

I didn't believe the chiropractor could fix my posture. But... I stand corrected.

I told my carpenter I didn't want my steps carpeted. He just gave me a blank stair.

What did the surgeon say to the patient when he insisted on closing up his own incision? 'Suture self!'

I wonder if chickens use foul language.

An invisible woman married an invisible man. Their kids are nothing to look at.

I took my new girlfriend to the roller rink for our first date. The admission was half price. She called me a cheap skate.

Studies show that when farmers talk to their cows they produce more milk. It's in one ear and out the udder.

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Mind & Memory A to Z Trivia

By Gary Adams - Helping to Keep Brains Young

All answers begin with the letter “K”

1. This is an onlooker who offers advice at a poker game:

2. This a Japanese act of a person's self defense:

3. This is a canoe type boat originally used by Canada's Inuit people:

4. This is the main structure extending the length of the boat:

5. This the primary speaker at an important event:

6. This body part separates the waste from a person's blood and excretes it as urine:

7. This is a name given to someone who acts like he knows everything:

8. This is a fun name for women's underwear in England:

9. This the band fronted by Gene Simmons:

10. She will be the U.S. Vice President on January 20, 2020:

11. This is the most southern occupied land in the United States:

12. This is American slang for women's breasts:

13. Speaking lovingly about her husband Michelle Obama said Barack is a:

14. She won the first IDOL talent contest and is now a fun judge on TV's "The Voice" talent show:

15. This is the name for a dried and cured herring:

16. She is a popular morning TV show host:

17. Name two Canadian cities or prominent towns that begin with KE:

18. Name a Manitoba town with an Irish related name:

19. He is Canadian Donald Sutherland's son:

20. This was Roberta Flack's #1 hit song:

21. Which of these is correct "KNICKKNACKS", "KNIKNACKS", "KNICKNACKS" or "NICKNACKS":

22. She starred in movies, The God Father, Annie Hall and Something's Gotta Give:

23. She starred in movies Cold Mountain, Eyes Wide Shut and Australia:

24. If we wanted a bucket of fried chicken we might go to this place:

25. He was the only one of this Boston family's four sons to die of old age:

26. Nickname of people from New Zealand:

27. This is the National Airline of The Netherlands:

28. This is the first name of the detective portrayed by Telly Savalas:

29. Trump and the leader of this country exchanged love notes:

30. This company claims to have the cheesiest macaroni:



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~ Author, Gary Adams

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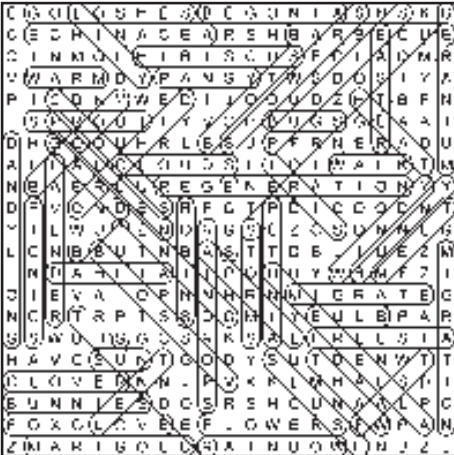
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A to Z Trivia 'K' SOLUTIONS

1. Kibitzer

2. Karate

3. Kayak

4. Keel

5. Keynote

6. Kidney

7. Know-It-All

8. Knickers
9. Kiss

10. Kamala Harris

11. Key West (Florida)

12. Knockers

13. Keeper

14. Kelly Clarkson

15. Kipper

16. Kelly Ripa
17. Kelowna and Kenora

18. Killarney

19. Kiefer Sutherland

20. Killing Me Softly With His Song

21. Knickknacks

22. Keaton (Diane)

23. Kidman (Nicole)
24. KFC

25. Kennedy (Ted)

26. Kiwis

27. KLM

28. Kojak

29. Korea

30. Kraft

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