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Vol. 20 No. 4 | Oct. 10 - Nov. 9/22

# Senior Scope

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Celebrating 20 Years - July 2022!

## National Day for Truth and Reconciliation

- September 30th -

Honouring Residential School Survivors and the Children who didn't get to go home

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See Pages  
19-24  
for Special  
**Housing  
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Photo by Grace Schedler

Indigenous and non Indigenous citizens wore orange shirts on Friday, September 30th forming a sea of orange that made its way from The Forks through downtown Winnipeg ending at the RBC Convention Centre where a Powwow was held to honour Indigenous children and youth that attended Residential Schools across Canada. It was also to acknowledge the injustices made to them—many never survived—and to help heal survivors and their families. This day marks the 2nd annual National Day for Truth and Reconciliation, also known as Orange Shirt Day. Circles for Reconciliation was formed after the Truth and Reconciliation Commission's report was finalized in 2015 outlining 94 Calls to Action. The Circles bring together Indigenous and non Indigenous participants to share information, to dispel misconceptions, and to heal relationships between them. For more information visit [www.circlesforreconciliation.ca](http://www.circlesforreconciliation.ca) or call 1-866-794-2017.



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# Senior Scope

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# Time to do our part for democracy

By Roger Currie



Roger Currie

Political drama in the United States, particularly the 'coup' that Donald Trump tried to pull off on January 6th 2021 has produced some rather intense discussion about the value of 'democracy'. The most important thing that seniors and others can do to help nurture that delicate flower is by casting a ballot on October 26th, or at the advance polls. Local council and school boards will be electing dozens of people to run these institutions for the next four years. Such local votes can seldom be described as dramatic or exciting. About the only mystery that is talked about as we hit the end of August was how many of those positions on local councils and school boards will be 'contested' and how many will be filled by acclamation. When you get by the contests that are taking place in Winnipeg or Brandon, it's not at all unusual for fully half of the positions to be filled by acclamation. Even in Winnipeg two of the 15 council positions have been filled by acclamation this year. If Winnipeggers elect a mayor at the same time as the council, it helps to boost voter turnout, but even then the turnout is seldom more than 30%. A notable exception was the very first local election I covered for CJOB in October of 1971. The major factor was the City of Winnipeg Act, commonly referred to as "Unicity". Prior to 1971, the greater Winnipeg

area included a total of 13 municipalities, each with its own council plus its own police and fire departments. The NDP government of Ed Schreyer thought there would substantial cost savings if those 13 municipalities were replaced by one administrative unit, with a 50 member council. Schreyer and company thought that it was time for 'party politics' at city hall. What happened was 7 NDP-ers were elected and they met as a caucus before each council meeting, with relative little impact. The rest of council was a rather loose and undisciplined coalition of Conservatives, Liberals and independents. The meetings sometimes lasted for days, and the debate was less than brilliant most of the time. The first term was three years, and in 1974 they did it again, a second 50-member gang who were there until 1977. The first draft of the City of Winnipeg Act called for Winnipeg's mayor to be elected by council, but politically that turned out to be a horse that would not run. The reason was Steve Juba, who had already served for 17 years as mayor. He was the ultimate renegade independent. Juba was remarkably skilled as any local politician I ever covered, and he was the last of a vanishing breed in many ways. In the 1960's the mayor was elected every two years, in that decade Steve was twice returned by acclamation. During his first five years as Mayor in the 1950's, Juba also served an independent member of the Manitoba legislature, champi-



Steve Juba

oning causes like 'colored margerine'. He was Manitoba's original populist. He retired in 1977, but 15 years later, Susan Thompson asked for and received a blessing of sorts from Juba when she was elected as Winnipeg's first female mayor. This year there are ten names on the ballot for mayor including Glen Murray who already held the office for 6 years, from 1998 to 2004. If you believe in democracy, remember the words of Churchill "Democracy is the worst form of government, except for all the others that have been tried"

*Roger Currie is a Winnipeg writer and broadcaster. As a cub reporter, he covered Winnipeg City Hall from 1970 to 1975. [rogerc@mymts.net](mailto:rogerc@mymts.net) .. (204) 284-4579*

## Happy Seniors and Elders Month ~ October

## Happy Thanksgiving ~ October 10th

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# "Team Manitoba" Goes for Gold at 2022 Canada 55+ Games in Kamloops, BC

By Lois Dudgeon, Team Manager

"Team Manitoba 2022" returned August 27 from the 2022 Canada 55+ Games in Kamloops, BC. The team of 98 participants ranging in age from 55 – 84 experienced the fun and friendly competition of the national Games in Kamloops August 23-26. Bowler Mike Baziuk (84) and golfer Leona Moore (69) from Ste. Anne and Opaskwaya were chosen to lead Team Manitoba as flag bearers in the Athletes Parade into the Opening Ceremonies. Approx. 2360 athletes from all across Canada participated in this year's parade and Games.

Team Manitoba brought home an impressive (for our numbers) total of **47 medals:** Gold - 20, Silver - 10 & Bronze - 17

- out of 50 1st-timers to the Games, 30 came home with medals!
- MB's oldest participant, Mike Baziuk (84) came home with Gold in Singles 5-Pin Bowling
- The 55+ men's curling team skipped by Ray Baker brought home the Gold after curling all 8 games with only 3 curlers! (due to an injury)
- the track athletes contributed 18 & pickleball 26 / 47 of the medal count.
- Leon Clegg & Greg Athayde broke 3 & 2 Track meet records respectively!

Manitoba athletes participated in 6 / 20 events including 5-Pin Bowling, Curling, Golf, Hockey, Pickleball and Track & Field. This was also the fourth year for pickleball players and a MB hockey team.



Womens 65+ Curling team, Oakbank skipped by Beth McLeod (on left)

Special events included the Opening ceremonies / Athletes parade on Tuesday, a tour and music at the Wildlife Park and Closing dinner & dance on Friday. The eldest male (90) and female (94) athletes were also recognized at the Opening ceremonies. The Canada 55+ Games president also announced the Host Community for the **2024 Canada 55+ Games would be Trois Rivières, Quebec.**

Thanks again to Homestead Manitoba, out of Winnipeg for their generous sponsorship of this years' team shirts.

All Team Manitoba participants need to be congratulated for qualifying for and participating in the 2022 Canada 55+ Games. They're all WINNERS... for proving you're never too old for FUN & Games!

For more information, please contact: Lois Dudgeon, Team Manager at **204-822-6207**  
Your local "Team MB" participant – for a photo with their medal(s).

See more medal winner pics on page 5

## BC "TEAM MANITOBA 2022" - Medalists

Greg Athayde	Winnipeg	Track	Gold – 3 Silver - 1 Gold
Ray Baker, Keith Pottle, Dwight Bottrell, Peter Prokopowich	Dauphin	Curling	
Mike Baziuk	Ste. Anne	5-Pin Bowling	Gold
Lynda Bennett / Viola Labun	W & E St. Paul	Pickleball	Bronze
Martha Bergen / Ron Rogowsky	Winkler / Arborg	Pickleball	Silver
Alphonse Bernard	Winnipeg	Track	Gold - 2
Maureen Bonar / Darren Maginel	Brandon	Pickleball	Bronze
Robin Chase / Pam Mason	Winnipeg	Pickleball	Bronze
Shirley Chubey	Steinbach	5-Pin Bowling	Bronze
Leon Clegg	Lac du Bonnet	Track	Gold – 3 Silver - 1 Gold
Ted Fardoe / Don Flatt	Winnipeg	Pickleball	Silver
Ted Fardoe / Jan McNarry	Wpg / Brandon	Pickleball	Bronze
Don Flatt / Mary Beth Shields	Winnipeg	Pickleball	Bronze
Claude Fortier / Dan Hotel	Winnipeg	Pickleball	Bronze
Ken Friesen	Winnipeg	Track	Gold – 4
Susan Gigliotti / Connie Johanson	Winnipeg	Pickleball	Bronze
David King / Ron Rogowsky	Arborg	Pickleball	Silver
Sandra Klassen	Niverville	Track	Silver – 2 Bronze - 2 Gold
Christina McDonald / Ron Tough	Winnipeg	Pickleball	Bronze
Jan McNarry / Helen Nantais	Brandon	Pickleball	Bronze
Paul Phangureh / Ron Tough	Winnipeg	Pickleball	Gold

TOTAL: 47 - Gold – 20, Silver –10, Bronze - 17

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# Mom's GOLDEN GIRLS

By Myles Shane

 **FRED SHANE'S WORLD OF WINNIPEG**

**Myles Shane**

My mother has always been a terrible sleeper but she has four friends who have stayed up with her most nights and the odd time even helped her fall asleep. You might even know them, Rose, Dorothy, Sophia and Blanche - **The Golden Girls**.

*Thank you for being a friend.  
Travel down the road and back again.  
Your heart is true, you're a pal  
and a confidant.*

*And if you threw a party, invited everyone you knew.  
You would see the biggest gift would be from me  
and the card attached would say,  
thank you for being a friend.*

When most people think of these ladies their minds probably manifest a picture of four senior citizens living together and acting like a bunch of sorority girls. This is partially true. Behind the non-stop laughs this was truly a show about our golden years and how in some ways many of us revert back to our high school personalities, before kids, before marriage, before the never ending responsibilities of life weigh us down.

This four camera sitcom was perhaps one of the most important television female centric comedies over the last hundred years. Truthfully the Golden Girls was an inspiration to so many shows: Sex & The City, Emily in Paris, The L Word, Coupling, Hot In Cleveland, Grace & Frankie, Hacks, Jane The Virgin, Gilmour Girls, Orange is The New Black, Cougar Town, The Sex Lives of



My mother, Lois Shane.

College Girls and probably many more.

The question becomes how did a traditional sitcom become an international brand, inspiring many of today's shows and essentially re-writing the rules for ladies on the small screen? The reality is before The Golden Girls, ladies were traditionally depicted as wives, mothers or eye candy for their man. Even in shows like I Dream of Jeannie and Bewitched both main characters, besides having powers, are depicted as stay at home wives. Until the Golden Girls shows rarely revolved around strong independent female characters, let alone four of them, over the age of 50 with no male in the starring cast. This was a huge triumph for television.

The Golden Girls effortlessly connected across cultures – even in late '80s Saudi Arabia, transmitted it on the Aramco channel, and most of the splendid double-entendres escaped the strict state censors, while Blanche's skimpier outfits did not. Much more recently, it's intriguing that an episode of the superhero cartoon caper Teen Titans Go! Cyborg magically summons The

Golden Girls as the ultimate weapon ("These sassy old broads are the toughest ladies around! When the chips are down, you want The Golden Girls in your corner!" booms Cyborg, reasonably).

"The idea of taking four woman, particularly four older women at that, and giving them a voice – a voice that wasn't afraid to be sassy, sexual and above all funny – was pretty ground-breaking for TV at the time," says pop culture commentator and award-winning British journalist Adam Mattera, former editor of gay lifestyle magazine Attitude.

Mattera describes The Golden Girls as "a bit of a wolf in pastel print", highlighting the ultra-sharp lines penned by series writer/producer Marc Cherry, who later developed the hit program Desperate Housewives: "I remember there were episodes that dealt with subjects most network shows had shied away from – same-sex marriage, menopause, even Aids at a time when Reagan wouldn't even say the word in public," says Mattera.

"But I think central to the appeal was the idea of female friendship – that was the heartbeat of the show: the idea that whatever life threw at you, you could get through with the support of good friends and a slice of cheesecake. It's no wonder a generation of women so related to it. The thing is, you can put those episodes on now and they still pop, the performances are so great. Those women were all seasoned pros. That's why it keeps hoovering up new fans."

Yes, even as my mother is now closer in age to Sophia, she still turns on the Golden Girls most night on her VCR and watches the show probably with millions of other women who can't sleep. ■

## Sri Lankan Seniors Manitoba (SLSM) - Fundraiser Bake Sale

- Senaka Samarasinghe

Sri Lankan Seniors Manitoba (SLSM) decided to conduct a fundraising event (Bake Sale) in 2022. Finger-food items were decided namely cutlet, roll, fish bun, sandwich, dal-wade and piece of cake. Among members number of volunteers agreed to prepare selected food items on Sept 17th (SAT) 2022. This message disseminated among our community. Family wise sent their required number of packs for each family. Accordingly, there were more than 130 packs. Selected volunteers delivered food items on the scheduled date at 10.00 am. SLSM informed members to come and pick their packet(s) between 11.00 am to 2.00 pm. However, by 1.00 pm all members came and pur-

chased their packs.

Other than the above ordered food on a separate table sweets and traditional finger-food kept for sale. For this also volunteers took the responsibility to provide food free-of-charge allowing SLSM to make an income.

This table too empty by 1.00 pm.

SLSM take this opportunity to thank Sandra Sukhan (Immediate Past President of Pembina Active Living) and her husband Robin Sukhan for attending our Bake Sale event. ■







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“Team Manitoba” Goes for Gold,  
cont'd from page 3



Track participants (L-R) Alphonse Bernard, Leon Clegg, Ken Friesen & Greg Athayde. Missing: Sandra Klassen & Britta Spiring.



Womens 55+ Curling team, La Riviere skipped by Bev Atkins (on left).



Ron Rogowsky, Arborg - Silver medal - men's pickleball.



Ron Rogowsky, Arborg, Martha Bergen, Winkler - Silver medal - mixed pickleball.

2022 Manitoba 55 Plus Games

Selkirk Golf Results with Regions

18 Hole – Gross Event:	
55+ Men:	
1st – Nelson Leaske	Norman West
2nd – Glenn Jefferies	Westman
65+ Men:	
1st – Mike Berney	Winnipeg
2nd – Robert Blain	Westman
3rd – Rick Barnett	Winnipeg
75+ Men:	
1st – Terry Dann	Winnipeg
2nd – Bruno Stimpson	Eastman
3rd – Dan Deonarine	Parkland
80+ Men:	
1st – Cliff Thompson	Eastman
2nd – Scotty McLaren	Interlake
3rd – Roland Vandall	Winnipeg
55+ Women:	
1st – Corinne Savitzky	Central Plains
65+ Women:	
1st – Nancy Shumsky	Eastman
2nd – Joanne Stimpson	Eastman
3rd – Sharon Leckie	Central Plains
80+ Women:	
1st – Jeanette Jefferies	Westman
9 Hole – Gross Event:	
55+ Men:	
1st – Nelson Leaske	Norman West
2nd – Glenn Jefferies	Westman
65+ Men:	
1st – Rick Barnett	Winnipeg
2nd – Robert Blain	Westman
3rd – David Babiniec	Interlake
75+ Men:	
1st – Dan Deonarine	Parkland
2nd – George McQuade	Winnipeg
80+ Men:	
1st – James Ticknor	Eastman
2nd – Norval Campbell	Eastman
3rd – Cliff Thompson	Eastman
55+ Women:	
1st – Della Markham	Eastman
2nd – Lori Gullivan	Winnipeg
3rd – Bonnie Papadopolus	Winnipeg
65+ Women:	
1st – Leona Moore	Norman West
2nd – Deb Murphy-MacDonald	Winnipeg

75+ Women:	
1st – Cheryl Dann	Winnipeg
2nd – Shirley Strand	Winnipeg
3rd – Elspeth Sangster	Winnipeg
80+ Women:	
1st – Jeanette Jefferies	Westman
9 Hole – Scramble Event:	
1st place team:	
Patti Keillor	Interlake
John Erickson	Norman West
Roland Vandall	Winnipeg
George McQuade	Winnipeg
2nd place team:	
Leona Moore	Norman West
Rick Barnett	Winnipeg
James Ticknor	Eastman
Nelson Leaske	Norman West
3rd place team:	
Jeanette Jefferies	Westman
John Vertz	Westman
Robert Blain	Westman
Ellen Blain	Westman
18 Hole – Net Event:	
55+ Men:	
1st – Nelson Leaske	Norman West
2nd – Patrick Dewarle	Winnipeg
3rd – Glenn Jefferies	Westman
65+ Men:	
1st – Robert Blain	Westman
2nd – Wayne Bird	Interlake
3rd – John Erickson	Norman West
75+ Men:	
1st – Terry Gabrielle	Eastman
2nd – Bruno Stimpson	Eastman
3rd – John Lamarche	Winnipeg
80+ Men:	
1st – James Ticknor	Eastman
2nd – Ron Corrigan	Interlake
3rd – Roland Vandall	Winnipeg
65+ Women:	
1st – Joanne Stimpson	Eastman
2nd – Ellen Blain	Westman
80+ Women:	
1st – Jeanette Jefferies	Westman



Selkirk Golf Course - site for Manitoba 55 Plus Games golf competition.

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Advertising Feature

# Strategies for Getting a Diagnosis

- Alzheimer Society of Manitoba

What do you do when you see someone you care about begin to show signs of forgetfulness or disorientation? And what if that person does not want to seek professional help?

“Any changes in thinking—even if they seem too mild to make a diagnosis, and regardless of their age—are worth discussing with a primary care provider,” says Dr. Elizabeth Rhynold, a geriatrician in practice in the Prairie Mountain Health region. Dr. Rhynold will be among the panelists speaking at the Alzheimer Society’s 2022 Care4u Family Conference.

There are other options to consider, she says. “If symptoms are developing, it’s an important time for a family member to start regularly attending medical appointments with the person. You can frame it as ‘when you’re being asked questions and put on the spot it can make

memory worse so I can help you.’”

Keeping track of the changes you are noticing is really important. Describe specific incidents and record the dates they occur, Dr. Rhynold suggests. If you will be accompanying the person, you can share what you’ve observed with their primary care provider. If they are unwilling to let you accompany them, you can suggest they take your notes with them to their doctor visit as a way of providing a detailed account of the cognitive changes.

If you can’t attend the appointment, you can still let the doctor know what the visit is about, says Dr. Rhynold. “A health care provider can receive information from anybody without breaching confidentiality, so a concerned family member can write a letter saying what they’re observing, and that’s when those detailed notes are critical. That way, it can at least go into the

electronic health record, relieving some of the worries in the minds of family members.”

If you are currently in this situation and need support, please call the Alzheimer Society to talk about some of the resources available to help you navigate through this difficult time.

.....

### Alzheimer Society’s 2022 Care4u Family Conference

The Alzheimer Society invites you to join us on Saturday, October 22, 2022 from 9 am to 12:30 pm for a morning of learning strategies and resources to help you find and strengthen your courage as a care partner amidst times of constant change.

We are featuring health care professionals who are ready to share the latest in care techniques, com-

munication strategies and community resources while empowering care partners to pay attention to their own well-being.

Register now by visiting

[alzheimer.mb.ca/care4u](http://alzheimer.mb.ca/care4u)

For more information, please contact: Jennifer Vicente-Licardo, Education Manager

204-943-6622

or

1-800-378-6699

[alzeducation@alzheimer.mb.ca](mailto:alzeducation@alzheimer.mb.ca)

# The Benefits of Aging in Place

- Heart to Home Meals

There’s no place like home, home is where the heart is, and home sweet home, are all well-known phrases for a reason – the sentiment is that home is where we find love, comfort, security, and family. With that in mind, it’s no wonder that when surveyed by The Royal Bank of Canada, nearly 90% of Older Adults want to age at home.

Here at **Heart to Home Meals**, we recognize that staying at home for those golden years can be a complicated decision, however, we’re here to make it easier for you as you age. Not only do we provide stress-free, mealtime solutions of delicious, nutritious food delivered directly to your door, but we also help eliminate the burden of grocery shopping, the fuss of dirty pots and pans, and the guilt of wasting food, to name a few. We deliver to many +55 buildings, private homes, and apartments. We deliver free anywhere in Winnipeg.

With the hurdle of, “I don’t want to cook anymore,” jumped, what are some of the benefits you can expect to experience by aging at home versus moving into an assisted living facility or a nursing home?



easily transmissible illnesses and support the ongoing health of your mind and body. As well, aging at home allows you to control who you’re going to be in contact with, and thus, can help lessen the stress of “catching” anything.

### Stay Connected

In case facilities, there can be rules surrounding when and for how long residents can receive visitors, whereas at home, it’s just a matter of

opening your front door to your family and community. Remaining at home brings the freedom to interact with who you want, when you want – the benefits of surrounding oneself with loved ones, of having a social network, and a strong support system as we age is so important as companionship can play a large part in feeling happiness, fulfillment, and connection.

### Live in Comfort

You’ve spent years making your house into a home. From your warm memories and familiar smells to your comfortable mattress and favourite chair, your home is where you feel both emotionally and physically comfortable. Aging in place allows adults to remain in familiar surroundings, and, with the help of Heart to Home Meals delivery service, can enjoy life out of the kitchen, assured that the delicious meals delivered will nourish Older Adults’ bodies and minds.

### Receive Personalized Care

In addition to the benefit of cost-savings, getting home care assistance can be done in a very controlled and personalized way, making sure the “fit” and services provided are perfect – home care is a one-on-one experience and can be customized to meet an individual’s needs and schedule. As well, a further benefit of home care is that it can provide companionship, all the while preventing caregiver fatigue.

As you can see, there are many benefits of staying in our homes and communities as we age, including maintaining independence, comfort, and easy access to family, friends, and support.

At Heart to Home Meals, we want to make aging at home an easier reality for Older Adults by providing a wide and delicious array of nutritious chef-designed meals. Delivered free right to your door, no subscriptions, no contracts, and no obligations. ■

### Maintain your Independence

Chances are that in your adult life, you’ve always had and enjoyed the ability to make decisions such as when and what to eat, what activities you do or don’t want to participate in, and when you want company or when you would prefer to be alone. Aging outside one’s own home can curb that freedom – your living space may be shared, your meals selected by others, and your routines disrupted. Self-determination can feed into one’s sense of satisfaction, dignity, and peace, so as we age, it’s invaluable to have our personal wishes and preferences honoured.

### Keep Germs at Bay

Not only has the multi-year global pandemic greatly impacted our social and business lives, Covid-19 and its’ variants have also had devastating effects on nursing homes. Like this virus, others such as colds and flus can spread among the residents in communal living environments. Aging in the comfort and safety of your own home may better protect you from

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Part II: 

# Ben Hatskin Changes Hockey in Winnipeg Forever

By Scott Taylor, Photos courtesy Hockey Hall of Fame Images and Winnipeg Jets: A Celebration of Professional Hockey in Winnipeg



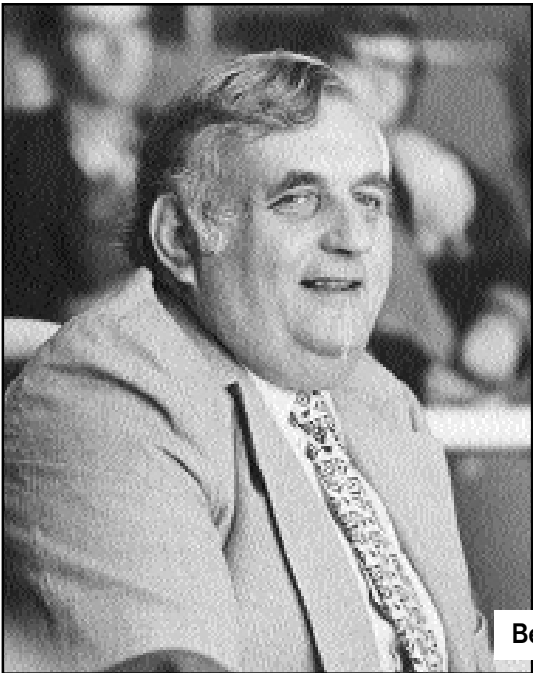
With the 2022-23 National Hockey League season underway and Winnipeg Jets 2.0 back on the ice for their 12th season since returning to the league after a 15-year hiatus, Scott Taylor looks at the origin of one of the most interesting franchises in professional sport.

Ben Hatskin loved sports. All of them. He was good at them, too, but his parents, hard-working, big-hearted Russian immigrants, desperately wanted their son to play violin or even mandolin.

Heck, they would have settled for a piano player, a singer, even a dancer, but at the age of 13, young Bennie Hatskin fell head over heels in love ... with Canadian football.

Louis Hatskin and his young wife Annie Cohen, had arrived on the hard-scrabble prairie in 1911. They had journeyed nearly 10,000 kilometres from Proprask, Russia to Winnipeg, Canada in an effort to find religious freedom and to chase the new and inviting North American dream. They had virtually nothing when they arrived at the train station in Winnipeg. But they did have high hopes.

Young Louis had learned boxmaking in Russia and when he came to Canada, he began a wooden boxmaking business in Winnipeg's melting pot of a North End. The plant grew, more men were hired and Hatskin's business boomed. By the time his first child, Benjamin, arrived on Sept. 30, 1917, the Hatskins were a successful middle-class Jewish family. Happy, and slowly but surely, becoming quite Canadian.



Ben Hatskin

A MAN CALLED "FAT"

"My parents always believed that if you worked very hard for a very long time, you could be a success in Canada," Hatskin once told the Winnipeg Tribune. "Everything they got out of life, they earned."

The exact same thing could be said about their son.

By the time he was 13, Ben had picked up his lifelong nickname, "Fat." After all, the strong, aggressive box-maker's son from the North End was 5-foot-8, 185 pounds. Whip-smart and tough as nails, Ben had no desire to become a musician. He loved sports and the family business and he had vowed to do well at both. He loved hockey, but he excelled at football.

Hatskin grew up near MacGregor and Bannerman, and attended Ralph Brown and Aberdeen Schools and St. John's Technical High School and every year he became a bigger, stronger, tougher football player. In 1938, at age 19, he won a job as an offensive lineman with the Western Rugby Union's nine-year-old Winnipeg Blue Bombers. He was paid the princely sum of \$100. How times have changed.



After an outstanding rookie season with the Bombers, Hatskin earned himself a full-ride to the University of Oklahoma, thus becoming one of the first Canadians ever to earn a U.S. football scholarship.

However, his stay at Oklahoma would not last long. War cut short his U.S. college football career and he decided to return to Winnipeg where he went back to the local pro football side and had a terrific six-year career. In 1939 and 1941, he was the centre on the Bombers' two Grey Cup championship teams.

Toward the end of Hatskin's football career, one of his teammates, his boyhood friend Les Lear, asked Ben if he'd like to join him in a business proposition. Lear loved the thoroughbred races at Winnipeg's Whittier Park and he asked Hatskin if he'd like to start a small racing stable.

The stable was a huge success and in 1957, 13 years after he and Lear had started their stable, Hatskin went out on his own. Hatskin Farms once had 15 horses stabled at Assiniboia Downs and many of them spent the winter running the top southern tracks in the United States.

Still, "Fat" always loved the art of the deal and felt himself drawn to interesting ideas and challenging investments. He bought a night club and then another, but by the mid-1940s had realized that the little box in the corner of the room was the real gold mine. So, to no one's surprise, the city's premier deal-maker became the city's premier juke box magnate.

In the mid-60s, the Hatskin family sold its box-making plants in Calgary and Winnipeg so Ben and his brother Rube shifted their interest and, more importantly, their money to a number of more modern corporate pursuits: Hatskin Containers, Lodge Investments and Triangle Acceptance. Ben also created Universal Music and, almost immediately, it became the largest musical services company in the city.

By the time he reached his 48th birthday, he'd graduated from Bannerman

Continued on page 8

# Let's Celebrate the Bannatyne Legacy Circle Together

- HSC Foundation

We hope you can join us to honour a community of philanthropists who have named the **HSC Foundation** in their will, by watching the **Bannatyne Legacy Circle Celebration** live on [hscfoundation.mb.ca](http://hscfoundation.mb.ca) at 10 a.m. CDT on October 15, 2022.

The morning will be filled with the stories of our 2022 Bannatyne Legacy Circle members, updates on the impact philanthropy has on health care, exceptional live music, and more.

"Legacy donors come from all walks of life and make gifts of all sizes. What they share is a passion for Manitoba and a desire to improve health care for all," says Irma McKenzie, Director of Gift

Planning at the Health Sciences Centre Foundation.

You can find more information about the Bannatyne Legacy Circle and legacy giving at <https://www.hscfoundation.mb.ca/impact/legacy-giving/>.

To learn more about all of the Bannatyne Legacy Circle members, please visit <https://www.hscfoundation.mb.ca/impact/legacy-giving/members-of-the-bannatyne-legacy-circle/>.

The HSC Foundation Bannatyne Legacy Circle Celebration has been made possible by supporters: Johnston Group Inc., Canad Inns Destination Centre Polo Park, Outstanding Branding, and BelleFosh Signs. ■



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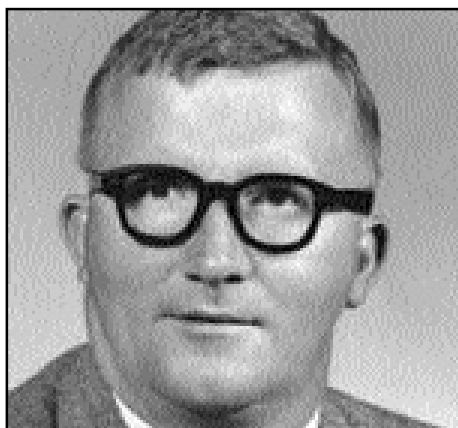
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**Manitoba Sports History - Ben Hatskin, cont'd from page 7**

Top Row (L-R): Wild Bill Hunter, Dennis Ball, Gary Davidson.  
Left: Dennis Murphy

Street to Easy Street and in 1965, he and his beloved wife Cecelia settled into the poshest apartment building in the poshest neighborhood in town.

His businesses were thriving and life was good, but he had this demon. While he was working from dawn 'till dusk to become successful, he still spent his spare time around Winnipeg's neighborhood hockey rinks. Somehow, he'd found time to manage the senior amateur East Kildonan Barons and later, the Winnipeg Junior Esquires. No matter how hard he tried, he just couldn't get hockey out of his blood.

Then, one evening, he had a few drinks with a guy named Denis J. Ball.

#### THE "WONDERFUL" DENNIS BALL

Dennis Ball carried on a lifetime affair with the game of hockey, an affair that his wife of 43 years, Joyce, would never have dared to question.

According to [newyorkrangers.com](http://newyorkrangers.com), Ball, who passed away on April 22, 2003, served the New York Rangers for 25 years in a wide variety of scouting and administrative positions.

Rangers' public relations director John Halligan once wrote: "Although virtually unknown to generations of Rangers fans, Ball was an integral part of the Rangers organization from 1950 to 1975... A gregarious man with devilishly dancing eyes and a wicked sense of humor and timing, Denis Ball virtually bled Ranger blue."

"In 1975, Ball joined the St. Louis Blues as vice president of hockey operations, and later assistant general manager. He remained with the Blues for eight seasons until his retirement in 1983. In 2001, he was inducted as a builder into the Manitoba Hockey Hall of Fame and, in 2002, the Rangers honoured him with a special award for 25 years of service."

"Denis did a little bit of everything," said his old boss, Emile Francis, back in 1974. "He was a jack-of-all-trades and extremely loyal to the organization. Plus, he knew everyone in hockey. His contributions, even behind the scenes, were tremendous. He was a great person and a wonderful friend."

Speaking of wonderful. Ball also thought Ben Hatskin would make a wonderful owner. Pro team, amateur team, didn't matter to Ball. The long-time NHL executive saw something in Hatskin that made him believe that the boxmaker's son had the chutzpah required to make a success out of a venture that begs for people who aren't afraid to take chances.

So, one evening, late in 1966, Ball joined Hatskin and their friend Bill Cracklen at Hatskin's Town & Country Cabaret. Ball ordered up three scotches.

"Hey Benny, you still involved with that junior team?" Ball asked Hatskin.

"No, Denis, I'm a bit of a free agent these days," Hatskin responded with a laugh.

"Hmmm," Ball nodded, sitting up in his chair. "You know the boys have started up the Western Canada Junior League again and they're looking for teams. (Flin Flon's) Paddy Ginnell says he'd love to see a team in Winnipeg. Interested?"

Interested? When it came to hockey or an investment that nobody thought had a hope, Ben Hatskin was always interested.

"That was the night the hockey thing really started with me," Hatskin told Free Press reporter Reyn Davis shortly before his death in 1990.

"Originally, all three of us were going to partner together to own a team in the new league, but Denis was still affiliated with the Rangers and he backed out because, well, because he just lost interest. But Denis planted the seed. Up to that time I was involved with Universal Music and the Town & Country Cabaret. At the time, I guess I listened so intently that I got involved with the idea of a hockey franchise and before I knew it, I was a hockey operator."

"So why did I get involved? Pretty simple really. It seemed like a good idea, they showed us a good business plan, and, in those days, when I saw a good deal, I usually went after it."

So in early 1967, Ben Hatskin had himself a franchise in the WCHL.

"They asked me if I had a name for the team," Hatskin said a few years later. "I said I did, but I wanted to get permission to use it first."

Hatskin had been a long-time friend of New York Jets' owner David A. (Sonny) Werblin. Hatskin deeply admired Werblin's show-biz savvy as vice-president of the Music Corporation of America. As well, Hatskin had been blown away in 1965 when Werblin, 10 years Hatskin's senior, bought the American Football League's New York Titans, changed the name to the Jets and then went out and offered a \$400,000 contract to University of Alabama quarterback Joe Namath, who had been drafted by the NFL's St. Louis Cardinals. Namath accepted and suddenly the Jets were playing with the big boys.

It was the kind of thing Hatskin loved and so in early 1967, a chubby guy from Winnipeg nicknamed "Fat" called a skinny guy from New York nicknamed "Sonny," and asked him if he'd mind if the new junior hockey team on the prairie was called the Jets. Werblin was flattered, Hatskin was

thrilled and from 1967 until 1973, the Winnipeg Junior Jets played in relative obscurity, often at the bottom half of the standings, in the WCHL.

Of course, Ben Hatskin's foray into the world of hockey ownership would soon become more intense, more scrutinized and more expensive than he'd ever imagined. And he would ultimately give his fellow Winnipeggers 24 years (plus the most recent 12 more, of course) of thrills, euphoria, frustration and despair.

#### HATSKIN TURNS PRO

In the late spring of 1970, at the end of the American Basketball Association's third season, the league's two founders, Dennis Murphy and the camera-friendly Gary Davidson filed papers in a Delaware courtroom officially proclaiming the creation of the World Hockey Association.

On June 10, 1971, in a meeting room in a New York Hotel, Davidson and Murphy publicly announced their intentions to start a rival to the National Hockey League. Their philosophy was quite simple: establish a major pro hockey league in cities shunned by the NHL (many Canadian and in the Western USA), as well as in North America's major media markets – New York, Los Angeles, Toronto and Chicago -- to go head-to-head with their "competition."

It was a grand notion and yet they were convinced that a rival pro hockey league could ruffle the NHL's feathers, just as the ABA had ruffled the feathers of the NBA. Neither one of them knew much about the game (neither one had even skated before), but they were full of hustle and chutzpah. To get started, they went looking for a couple of hockey men who could be just as passionate – and just as crazy – as they were.

Enter Edmonton's Wild Bill Hunter. Wild Bill was almost certifiable, but no one in Western Canada, with the exception perhaps of Winnipeg's Ben "Fat" Hatskin, loved the game more. Murphy decided that he would enlist Hunter to help him find owners for a new league.

"Usually, when Gary, Wild Bill and I travelled around North America looking for investors, I'd arrive in a city, phone up a lawyer or an accountant that I knew and ask him to introduce me to some wealthy business people who might want to see our business plan," Murphy said years later.

"Within a day or two, we'd have half-a-dozen meetings set up and then I'd make our pitch. I'd ask them 'Would you rather be known as a guy who owns a hockey team in Detroit or

a guy who manufactures brassieres in Muskegon.' It was a pretty good line and they took the bait just about every time.

"But when I got to Winnipeg, I didn't need to ask anybody about someone who might be interested. I already knew. Wild Bill had told us about Ben Hatskin. He was our man from the day we first arrived in Winnipeg."

Hatskin was perfect. He already owned the Winnipeg Junior Jets in the WCHL, he was wealthy and he was a risk taker. Murphy flew into Winnipeg met with Hatskin. And it didn't take long to convince the burly, former box maker that the WHA could fly.

"When the idea of a second major league originated I was all for it," Hatskin told the Tribune. "I figured it was maybe the only chance our city would ever have to go major league in any sport. I felt that it was only a matter of time before pro hockey came to a city the size of Winnipeg and as the only major hockey operator, I wanted to make sure I was involved."

"I'd loved my association with the game, but I wasn't going into pro hockey for the good of my health," Hatskin added. "I was 54-years-old. I loved it but I didn't NEED it. But I wanted it and that was enough. There was a chance to make money, sure, but hockey wasn't a tax write-off."

"I wanted to make hockey as big as anything in pro sport in Canada. It was going to be a challenge, but we were never afraid of challenges. On Sept. 13, 1971 we paid the new league \$25,000 – a far cry from the NHL's \$7.2 million (at the time) and Winnipeg had a pro hockey franchise."

So, Hatskin was in. He would pay Murphy and Davidson 25 grand for the right to own the Winnipeg franchise in what would eventually start out as a 12-team league along with New England, Cleveland, Miami, Ottawa, Quebec City, New York, Houston, Los Angeles, Alberta (Edmonton), Minnesota (St. Paul) and Chicago.

In November of 1971, he hired an ex-Canadian football star and hockey executive named Annis Stukus to be his first general manager. He kept his junior GM, Billy Robinson, as his director of player personnel and baseball executive, Terry Hind, was brought on as executive (or office) manager. He was a year away from his first season and he had most of his people in place.

The Winnipeg Jets of the World Hockey Association were suddenly real. ■

**NEXT MONTH:** *Hatskin, Stukus and Robinson build a hockey team.*





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204-467-2582 / si55plus@mymts.net  
www.si55plus.org

SWAN RIVER

**Swan River & District Community  
Resource Council**  
126 6th Ave N / 204-734-5707  
resourcecouncil@srseniorservices.com

THE PAS

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

THOMPSON

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

TREHERNE

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

VICTORIA BEACH

**East Beaches Social Scene**  
3 Ateah Road / 204-756-6468  
ebssinc1@gmail.com  
www.ebresourcec.weebly.com

**East Beaches Resource Centre**  
Traverse Bay / 204-756-6471  
ebresourcec@mymts.net  
www.ebresourcec.weebly.com

WINKLER

**Winkler & District MP Senior Centre**  
102-650 South Railway Avenue  
204-325-8964 / office@winklerseniorcentre.com  
www.winklerseniorcentre.com

Stay Active -  
Stay Connected

www.manitobaseniorcommunities.ca

Free Blood Glucose Test Launched in WRCC

Reported by WCSA 2022-09-20



shorten lifespan through its well-known complications such as sight loss, amputations, kidney failure, stroke, and heart failure.

Prediabetes is a condition with higher blood sugar than normal, but

lower than diabetes. Without proper management, Prediabetes can develop into diabetes. A worse case is someone has diabetes, but higher blood glucose is undiagnosed and causes discomfort until serious complications arise.

To help potential patients with early detection of high glucose levels, to raise the awareness on diabetes risks, and to delay or diminish the occurrence of its severe complications, WCSA and PAL55+ are working together to provide blood glucose test service in the **Whyte Ridge**

**Community Centre** to the community members and all the residents.

This walk-in free service is funded by the Government of Manitoba and the *New Horizons for Seniors Program* by the Federal Government. It runs from **September 20, 2022 to March 30, 2023** inclusively. Tests are performed by trained and qualified volunteers every Tuesday (10:00 - 12:00) and Thursday (13:00 - 15:00).

If you have any questions, please email [wcsa.wpg@hotmail.com](mailto:wcsa.wpg@hotmail.com).



Winnipeg Chinese Senior Association  
温尼伯华人老年协会





Common Sense at City Hall



HAL ANDERSON.ca

CHARLESWOOD • TUXEDO • WESTWOOD

Things To Do

WINNIPEG

Misc. Events

**Red River Coin & Stamp Club** - Monthly Show, 2nd Sunday ea. month, 10 am-4 pm, at the Best Western Hotel, Headingley, MB, 4140 Portage Ave (W.) Full Covid-19 vaccination and masks required.

**Manitoba Coin Club** - Monthly Zooms resume: **204-479-9124**, [treasurer@manitobacoinclub.org](mailto:treasurer@manitobacoinclub.org).

Health / Wellness

**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.

Music / Dancing

**Anavets Assiniboia Unit 283** - Fri. Night Dancing to Live Bands. Sept. 9/Marvells, 16/Destiny, 23/Dynamics & 29/Vintage Groove. Must be double vaxxed. 3584 Portage Ave. **204-837-6708**

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

**The Senior Choral Society of Winnipeg** - Our first practice, after a 2 year pause, was Monday, Oct. 3, 10 am-noon (approx), in the basement of McClure United Church, 533 Greenwood Place, behind the CNIB on Portage Ave. We are a four part choir and have room in all four sections - soprano, alto, tenor and base. Info, Gerda: **204-669-5570**.

**REWIND band** - Put A Little Love In Your Heart - Gig for Gord! Join local band REWIND and support the Heart and Stroke Foundation. For more info and to donate, visit: [www.rewindharmonies.com](http://www.rewindharmonies.com)

Sales / Various

**Riverbend Seniors Group** - Bake & Craft Sale & Luncheon, Sun. Nov. 6, 10 am-2 pm, at 400 Osborne St. Free admission.

**Red Hat Society** - 3rd annual Red Hat Prawda Shopping Sale, Sat. Oct. 29,

Sports / Fitness / Games

**The Pembina 55-PLUS Curling League** - looking for curlers at the Pembina Curling Club at 1341 Pembina Hwy (near McGillivray). Two games/wk, alternating btw Mon. Wed. and Fri. 1 pm. Teams established using random selection for each of 4 rounds (10 Games). Individual registration available for 1,2,3 or 4 rounds. Alternative is sparing. Registration info: [55pluscurling.com](http://55pluscurling.com), or email: [contact@55pluscurling.com](mailto:contact@55pluscurling.com).

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

**Whirlaway Westerners** - Learn Modern Square Dancing! Open House is Fri. Sept. 16 7-9:30 pm at Kirkfield-Westwood C.C., 165 Sansome Ave. All welcome. Carole **204-831-8954**.

**Tuxedo Lawn Bowling Club** - Learn how to Lawn Bowl and Play, Tue & Thur 10 am-noon; Wed 7-9 pm; Sun 2-4 pm. No equip. required. Introductory free play. Contact Virginia: **204-255-8828**

**Vital Seniors** - Bridge coordinator & players needed for Thurs. afternoon, 1-4 pm, at 3 St. Vital Rd, St. Mary Magdalene Church, lower level, \$4.50 per person per session, with VS membership. Call Les **204-452-2230** by June 30.

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

Volunteering

**Misericordia Health Centre and Misericordia Place** - Volunteers being accepted to join the dynamic caring team and support patient care. Training is provided for any Volunteer Role. Giftshop, open 10 am-4 pm (3 hour shifts), Rehabilitation/Physiotherapy programs shifts, 8:30-12 noon and some afternoons. Visit [www.misericordia.mb.ca](http://www.misericordia.mb.ca), **204-788-8134** or email [volunteer@misericordia.mb.ca](mailto:volunteer@misericordia.mb.ca)

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

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

**Bethel Place** - congregate meal program is looking for volunteers to assist in the kitchen and dining room. Lunch time and supper time shifts available. Commitment 3 hours once/wk. Must show proof of Covid 19 Vaccination. Info: Melanie Camara at [mcamara@bethelplace.ca](mailto:mcamara@bethelplace.ca)

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

**Deer Lodge Centre** - 2109 Portage Ave. Volunteers needed. **204-831-2503** or visit [www.deerlodge.mb.ca/volunteers.html](http://www.deerlodge.mb.ca/volunteers.html)

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

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

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

**St. James-Assiniboia School Div.** - seeking volunteer morning swim instructors for grade 3 students. Will assist qualified instruc-

tor 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](mailto:pghb@mymts.net)

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

**Vista Park Lodge Personal Care Home** - in St. Vital - Volunteers needed. [Catherine.Linnemann@extendicare.com](mailto:Catherine.Linnemann@extendicare.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.

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

**Caregiving With Confidence is now a program of A & O: Support Services for Older Adults** - Our programming will remain the same. **204-452-9491**.

**Creative Retirement Manitoba** - Affordable Lifelong Learning. Classes a mixture of online and in-person. Art History, Bridge, India Travelogue, Estate Planning, DNA for Genealogists, Winnipeg Music History, Canadian Railways and much more! Visit [creativetirementmanitoba.ca](http://creativetirementmanitoba.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 with light lunch and a 4-piece band. Bingo, Yoga, and 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**.

STAY SAFE, HEALTHY & HAPPY!

WASH YOUR HANDS. WEAR A MASK.

SAFELY DISTANCE FROM OTHERS.

RURAL MANITOBA

Misc. Events

**Gimli - National Association of Federal Retirees** - Free Lunch and Learn, Oct. 26, noon, at 106-94 First Ave, Gimli. Guest speaker - Keeping Safe from Scammers. Register: [nafwpg@mymts.net](mailto:nafwpg@mymts.net), **204-989-2061**. For more info about discounts and benefits of membership: [www.federalretirees.ca](http://www.federalretirees.ca)

**Steinbach - South East Artists** - Show & Sale, Sat. Nov. 5, 10 am-4 pm, Clearspring Centre in Steinbach.

Programs / Services

**Beausejour AA** - Meets every Tues. and Fri. 7:30 pm - at same location.

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

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

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

Email ready-to-print electronic PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca). **FREE** for non-profits and current advertisers. Submit PSAs by October 30th for the November 10/22 issue.

**Ile des Chenes, Grande Pointe, Lorette, St. Adolphe, Landmark** - Yoga with Juliette Nadeau. Gentle/invigorating yoga for 55+ at the TC Energy Centre in Ile des Chenes Thur. 9 am, and at Club Blés d'Or in Lorette, Wed. 10 am. Classes \$5. Classes for adults (including 55+) are Wed. 6:30 pm, 4 classes \$40, drop in \$12. Register: [yogaforyoumanitoba@outlook.com](mailto:yogaforyoumanitoba@outlook.com)

**Interlake North Eastman** - Services to Seniors programs include: transportation, friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. Arborg and District Seniors Resource Council **376-3494**; Ashern Living Independence for Elders **768-2187**; Brokenhead/Beausejour Outreach for Seniors **268-7300**; Victoria Beach - East Beaches Resource Center **756-6471**; Eriksdale Community Resource Council **739-2697**; Fisher Branch Seniors Resource **372-6861**; Gimli Seniors Resource Council **642-7297**; Lundar Community Resource Council **762-5378**; Riverton & District Seniors Resource **378-2460**; St. Laurent Senior Resource Council **646-2504**; Selkirk & District Senior Resource Council **785-2737**; Stonewall - South Interlake Seniors Resource Council **467-2719**; Springfield Services to Seniors **444-3139**; Teulon and District Seniors Resource Council **886-2570**; Lac du

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

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

**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](mailto:montcalmserviceprogram@gmail.com)

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

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

**Springfield - Springfield Seniors** - **204-444-3139**, [springfieldseniors@mymts.net](mailto: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>

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

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 - Activities for Manitobans 55+.

**SCWW** provides educational and recreational programming in a fun and interactive atmosphere by phone.

To inquire or to register: **204-956-6440** | Toll Free: **1-888-333-3121** | [info@aosupportservices.ca](mailto:info@aosupportservices.ca) | [www.aosupportservices.ca](http://www.aosupportservices.ca)



## Things To Do

## WINNIPEG, Cont'd

**The Happy Gang** - Afternoon fun, Thur. Oct. 20, 1:30-3 pm, at Prairie Spirit U.C., 207 Thompson Drive. Conversation, Cards, Table Games, Bridge. Complimentary refreshments. Covid rules observed as set out by Prairie Spirit U.C. Info, 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](mailto:meadowoodseniorsclub@gmail.com).

**Mensheds Manitoba Inc.** - Peer run program by men for men at Westwood Community Church, 401 Westwood Drive. Call **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](mailto:ncsc@shaw.ca), [ncseniors.ca](http://ncseniors.ca)

**Pembina Active Living (PAL) 55+** (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Fall Schedule TBA. Men's casual breakfast, PALpeddlers, PALPutter, PALHiking, Yoga, Older Adult Weight Training (online) [office@pal55plus.ca](mailto:office@pal55plus.ca), [www.pal55plus.ca](http://www.pal55plus.ca), 204-946-0839.

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

**St. James Assiniboia 55+ Centre** - Various programs and activities. 3-203 Duffield St. **204-987-8850**, [www.stjamescentre.com](http://www.stjamescentre.com)

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

## South Winnipeg Seniors Resource Council

Our educational and informational ZOOM Sessions & Pop-Up Offices are BACK - Tuesday Oct 18th at 10 am - **Virtual Tour of the Royal Canadian Mint** - One of the largest and most versatile mints in the world, offering a wide range of specialized, high quality coinage products and related services.

MORE SESSIONS TO COME! Our presentations registration is on a first come first serve basis.

Sign up, email: [resources@swsrcc.ca](mailto:resources@swsrcc.ca) or call **204-478-6169**. Please indicate your session choice and include your name, phone number and email address.

### Pop-up Office Schedule - October 1, 2022 to end of May, 2023

- **The OutLet Collection Mall** - 1st Thursday of every month - 10 am to 2 pm
- **Charleswood Library** - 1st Friday of every month - 10 am to 2 pm
- The new **Bill & Helene Norrie Library** - 2nd Tuesday of every month - 10 am to 2 pm

- **The Rady Centre** - 3rd Thursday of every month - 10 am to 2 pm
- **Osborne Library** - 4th Tuesday of every month - 1 pm to 4 pm

Schedule is subject to change. Please call **SWSRC** for more information.

## Travel / Leisure / Activities

Advertise your travel business, event or activity here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca) for details.

### SPECIAL OFFER

Have an Event, Travel Business or Leisure Activity that you'd like to let Manitobans know about?

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It's simple, share the space, share the cost of a larger advertisement as a whole.

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- Alex Haley



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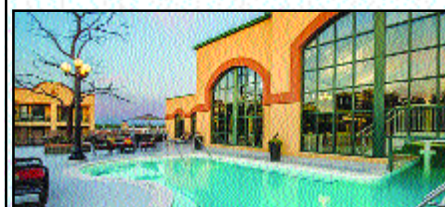
Scize River Services Services d'Entretien Sèrie

### Temple Gardens Mineral Spa Tours

Soak in Canada's Largest rooftop geothermal mineral pool in Moose Jaw, Sk

November 13-16th - \$499.00 pp dbl occ

**Tour Includes:** 3 nights lodging at Temple Gardens Mineral Spa Resort Hotel with attached skywalk to Casino Moose Jaw, Beaver Bus Lines Motorcoach transportation from Winnipeg plus Unlimited Access to Mineral Pool from 7 am-11 pm.



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Text or call Terry:

204-955-5428

[terry@keyboardventures.com](mailto:terry@keyboardventures.com)

[www.keyboardventures.com](http://www.keyboardventures.com)

310 Weitzel St. • Wpg

324 Main St. • Stonewall



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# Kelly Lewis Artistry

[kellylewisartistry@yahoo.com](mailto:kellylewisartistry@yahoo.com)    @KellyLewisArtistry on FB  
204-513-0593    kelly\_lewis\_artistry on IG

*Kelly Lewis is a local winnipeg artist who specializes in affordable Pet Portraits.  
Contact Kelly Lewis Artistry to get your quote on a custom Pet Portrait today.*



2022 **Stonewall**  
**Pickleball** Tournament

SEPT. 9-10-11/22 (presented by South Interlake 55+)



Above: Practicing with a mini-net provided by Prairie Pickleball before their games start. Pictured right: 3.75 Women's match winners. Skill levels started at 2.5 and went up to 4.0 for the very skilled. This was only the second Pickleball tournament that Stonewall has held. The first was in 2019 and both were a total success. But there is always room for improvement and a team of dedicated volunteers are already working out the minor kinks and planning for next year's tournament which is sure to be even bigger and better. Stay tuned.



If you'd like to learn or just play Pickleball, check with your local 55 Plus clubs. In Stonewall, contact the South Interlake 55+ at [si55plus.org](http://si55plus.org).




Left: Men's 3.5 Competition. Below: You're never too young to start playing Pickleball. It's always a good idea to inspect the ball to make sure it is not cracked or damaged before a game. :)




## Committed to **Manitoba seniors**


Our PC government is proud to support the needs of seniors across our province.



**Heather Stefanson**  
Premier of Manitoba



**Scott Johnston**  
Minister of Seniors and Long Term Care



**Manitoba**  
**PC Caucus**



# CELEBRATE • *Healthy Aging*

## The Importance of Staying Connected

### A Conversation with a Centenarian

There is no secret to longevity... according to centenarian Edith Landy, who is 102 years old. With many older adults living well into their nineties and beyond, Edith is not a novelty.

### "I just live how I live."

"My mother died when I was eight. She was 36 years old. Two of my sisters lived well into their nineties". Outliving friends and family are the hard bit about aging, with memorials and funerals becoming all too common.

When people find out about Edith's age, she often gets treated differently. People make assumptions; individuals start talking slower or less intelligently. Most people are unaware they are being ageist; prejudice or discrimination against people based on their age. The excellent news – ageism can be stopped. You can change the way you think about aging. Reflect on your thoughts; learning and acting when you hear an ageist joke or stereotype can help.

Having faced many challenges over the years, dealing with Covid was no big deal to Edith, who lives independently. She stayed in her home and abided by the restrictions. She is hesitant to impart advice for fear that someone who takes her advice shouldn't otherwise.

Music has been a mainstay for Edith since her early teen years when she garnered a love for music. Edith and her friends would head downtown to The Bay or Eaton's as young women and listen to records in the "music room" department store. Growing up, she never had music in her home; she had no time. "My father hummed," she remarked. Along with listening to records in the downtown department stores, once married, her husband shared his love of classical music with her too. "Listening to the symphony is a thrill"; Edith has been attending Winnipeg Symphony Orchestra for over half her life. Concerts were fantastic as all Edith grew up with was a radio.

After getting married, having a supportive husband was key for her, having five children in 8 years. Edith did what she had to do to support her family; she worked outside the home. She worked evenings and nights, opposite shifts to her husband.

### Giving back to her community was vital.

Edith and her late husband spent countless hours and over twenty years volunteering at the North End Centennial Complex and earlier spent time at the North End YM/YWCA and the Seven Oaks pool.

Talking with Edith, an intelligent, spirited woman with a healthy dose of go-getting energy, was a pleasure. Bottom line – we are all individuals; the one shoe fits mentality doesn't apply.

### Just live your own best life.



### The Importance of Social Engagement

For older adults, possibilities for social participation can change for various reasons, such as health, retirement or change of residence.

Activities that involve interaction with others can greatly improve their health and quality of life. Those who engage regularly in activities with friends or family, or who have someone to talk to often have a more positive outlook. Participating in hobbies and activities with others can also help them find pleasure and purpose in life during difficult times. Some of the main benefits include:

#### Enhanced Mental Health

Socializing can help older adults feel loved and needed as their lives are affirmed by the activities they do and by those with whom they interact. Being around other people, especially if you're doing something fun or rewarding, helps us keep a positive outlook on life.

#### Sense of Belonging

Enjoying the company of others who have similar personalities or interests helps us feel like we belong somewhere. For those who may have lost a spouse, family member or friend, the need to belong may be more intense. Engaging with others can cultivate new friendships and can create lasting bonds.

#### Better Self-Esteem

The more people socialize or participate in activities with others, the more they benefit by feeling like they contribute to their community. Any kind of positive interaction with friends, family or neighbors can help us feel confident in ourselves and our abilities.

#### Improved Physical Health

When we have good conversations or do things we love with others, our bodies release health-promoting chemicals that boost the immune system to ward off illness and make us feel physically well. Also, socializing promotes an active lifestyle and better nutritional intake.

#### Increased Cognitive Functioning

Socializing is also key to keeping the brain sharp as we age. Having an active social life encourages us to continue learning, observing and responding to the world around us. Conversation and activity are great for exercising the mind and can potentially lower the risk of dementia and Alzheimer's disease.

#### Purposeful Living

Having somewhere to go, something meaningful to do or people to see helps us get excited for the day. When we build strong relationships with others, we gain a sense of fulfillment, and spending quality time with those we love reminds us that life is worthwhile.

## FREE Healthy Aging Challenge

### October 24th-30th

Join us to explore small changes that can add up to better well-being. The free challenge is open to all and includes daily emails that feature topics from the Wellness Institute's Lifestyle Medicine experts and Active Aging in Manitoba, such as exercise, gratitude, mental wellbeing, connections, brain health and more! **Sign up today - <https://wellnessinstitute.ca/aa-challenge/>**

Brought to you by a partnership between Active Aging in Manitoba and the Wellness Institute for Active Aging Week and Seniors and Elders Month.





# CELEBRATE•Prevention

## Stay Healthy & Active through Prevention

### Seasonal safety tips

When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, such as falls on slippery, uneven or icy surfaces. And of course, as with most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, as the weather starts to cool off:

#### Make sure to bundle up

If you have lower blood circulation, you could be more susceptible to changes in temperature. Put on additional layers of clothing throughout autumn as the days can start out very cool and then warm up later on. Layers are easy to shed and adjust as temperatures change, and make. Also be sure to wear a hat that covers your ears, insulated gloves, a warm jacket and a scarf when temperatures really start to drop. You can never be too prepared to face our unpredictable Manitoba weather!

#### Keep the shovels ready!

Living in Manitoba, it is likely that we can experience an early taste of winter during autumn. So keep the shovels handy, and get help clearing the snow in case your area gets an early winter storm.

If you choose to shovel, take some precautions. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Take precautions if you have problems with balance or have issues such as osteoporosis or arthritis.

#### Light up your surroundings

The key to preventing unfortunate falls and trips is to watch where you are walking, which in turn requires your living space to be properly lit. Place a lamp next to your bed within your reach. Set up nightlights in hallways, bedrooms, and any other room that you may use in the evenings. Store flashlights in drawers and cabinets that are easily accessible.

#### Prevent falls

When possible, avoid walking on wet, leafy or icy sidewalks to avoid slipping. If you must walk outside (and your pathways are not dry or clear), wear shoes or boots with non-skid soles to help with traction and keep you steady on your feet. If you walk with a cane, it is a good idea to consider replacing the rubber tip before it gets worn out or even purchase an ice pick-like attachment to help with your balance.

#### Don't feel guilty asking for help

Most of us are wired to not ask for help when needed, we've been told it's a sign of weakness. Nothing can be further from the truth: asking for help is smart and actually a sign of strength. There are many resources and supports available. Family, friends and loved ones are a good place to start, but when no one is available.

If someone you know is feeling isolated Call 311 to access resources available through **A & O: Support Services for Older Adults**

### FREE Presentation

*Staying on Your Feet: Taking Steps to Prevent fall and Fall-related Injuries.*

**October 25 at noon – 1 pm**

Aimed at reducing the risk of falls among older Manitobans. We will help you understand the risks of falling at home and in the community. You'll receive information to help to determine your risk of falling and how to take action to lower your risk.



Pre-registration is required – please call **204-632-3912** OR email [info@activeagingmb.ca](mailto:info@activeagingmb.ca).

## Prevention is Key - Get the Shot Not the Flu!

### Make sure to get vaccinated

As we age, we know that eating healthy foods and being physically active will contribute to our overall health and well-being. However, we sometimes tend to pay less attention to other healthy choices that could be life-changing, for example, getting the vaccination for Influenza that is appropriate for us.

There's a good reason why the message '**Get the Shot, Not the Flu**' is so prevalent. Influenza is not merely a cold or stomach illness; it's serious and can be deadly.

Older adults are at greater risk of Influenza during the autumn season. What's worse, the flu can aggravate pre-existing health conditions and even require hospitalization.

According to the World Health Organization, influenza vaccination is the 3rd priority intervention to achieve healthy aging after the prevention of falls and the promotion of physical activity.

As we age, there is a natural weakening of the immune system, which increases the risk of Influenza related complications.

Many older adults are living with a chronic condition, such as cancer, heart disease, pulmonary disorder or diabetes, which can put increased stress on the immune system, making them much more susceptible.

### The burden of Influenza

Influenza remains a serious infectious disease and is estimated to be responsible for approximately 12, 200 hospitalizations and 3,500 deaths across Canada annually.

The more informed you are, the more you'll understand the importance of getting an annual flu vaccine to help protect yourself and prevent the spread of the flu to those you care about, including the most vulnerable.

#### Prevention options:

Protect yourself against the burden of influenza and serious related complications by getting the flu shot that is right for you, such as the high-dose vaccine for Influenza, now covered and available in Manitoba. The high-dose vaccine for Influenza has proven superior protection and can help you stay healthy throughout the flu season.

#### What are the risks?

- On average, adults 65 years and older account for 70% of flu-related hospitalizations and 90% of flu-related deaths.
- In adults 65 years and older, the risk of death associated with the flu was:
  - **5X GREATER** among those with chronic heart disease
  - **12X GREATER** among those with chronic lung disease
  - **20X GREATER** among those with BOTH chronic heart and lung conditions.

### Did you know?

The high dose flu vaccine is now available and completely covered for Manitobans aged 65 years and older. Be sure to discuss this with your health-care provider.

Get vaccinated to help protect yourself and prevent the spread of flu to others!



Always consult your healthcare provider about what choice is best for you.

Supported by an education grant from Sarah Pasteur.



# CELEBRATE • Connection & Community

## Embracing the Importance of Belonging

Humans are social beings and are hardwired to want to be with others. When we are young, we thrive on these social connections but as we age those connections sometimes become harder and harder to keep. Feeling a lack of connection to the world around us can affect anyone at any age but can be more common among people 65 and older.

Being part of a community can have a positive effect on mental health and emotional wellbeing. Community involvement provides a sense of belonging and social connectedness. It can also offer extra meaning and purpose to everyday life.

As we re-engage with those around us while still navigating the world of safe interactions, we can celebrate the connections we make within our communities - local people and places that inspire us to keep moving in a positive way! If you are looking for ways to connect to your community, why not try:

- Connecting with your neighborhood Rec. Centre or senior centre to see what fall programs are starting. Visit the Manitoba Association of Senior Centres website at: [www.manitobaseniorcommunities.ca](http://www.manitobaseniorcommunities.ca) for more info on a local senior centre near you.
- Volunteering some of your time to a worthwhile cause that is important to you. Not only will it make you feel more grateful for the things you may take for granted, but studies show that volunteering for the purpose of helping others increases our own well-being. Check out [activeaginginmb.ca](http://activeaginginmb.ca) for volunteer opportunities, or head to [www.volunteermanitoba.ca](http://www.volunteermanitoba.ca)

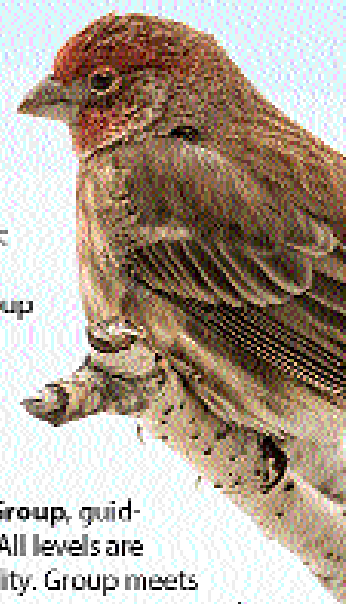
- Consider joining or even starting your own bird-watching or walking group with a group of friends or neighbours. It's always a great idea to have a walking buddy! As an added bonus, it creates a support system to help everyone stick to regular exercise.

Here are a few established, local walking groups:

**Prairie Pathfinders** is an organized walking group that offers weekly walking within Winnipeg and hikes throughout Manitoba. There is a fee to join but you can try it out free of charge: [www.prairiepathfinders.mb.ca](http://www.prairiepathfinders.mb.ca)

Join the **Dakota Community Centre Walking Group**, guided by an Active Aging Manitoba trained leader. All levels are welcome. Walker and wheelchair accessible facility. Group meets Thursdays from 11:30-12:30 at the Dakota Community Centre, Jonathon Toews Sportsplex on the indoor track.

- Libraries are hubs of information, which serve as the perfect place for lifelong learning. Cognitive stimulation is so important, especially as we age. Libraries can also offer access to computers and printers or connection with friends and family through social media or email. Consider dropping in at your local library to see what's new and exciting this season! All Winnipeg Public Library programs are free of charge. Visit their calendar of events at: [www.wpl.libcal.com](http://www.wpl.libcal.com) for more information.



# CELEBRATE • The Changing Season

## Tips to Enjoy Everything Fall Has to Offer

There's a chill in the air and the leaves are starting to change – fall has arrived!

The change in seasons also brings shorter and cooler days which can unfortunately also lead to less physical and social activity. Therefore it is especially important to find ways to be physically, socially and mentally active in order to maintain good overall health.

Here are a few ideas you can take part in to embrace the changing seasons:

### Decorate the house

Seasonal decorations can go a long way to get you into a positive mood! You can put out colourful, cozy throw blankets, or bring out any other fall-themed items you might have stored away. Some glass pumpkins, a fall wreath on the door or a bright centerpiece on the table all add a nice seasonal touch.

### Practice mindfulness

Make a list of the things you are thankful for, seasonally or in general. Try to be mindful every day, present in the moment and savour the small things that make you feel happy, such as a hot cup of tea or curling up with a good book. Also consider trying meditation or taking up yoga.

### Take a walk, ride or roll

Make time to enjoy a walk, bike ride or roll in a wheel chair. Embrace whatever form of movement you can and get outside and admire the changing colours. Inviting a friend or family member to join you is always a good idea too! Fall can be one of the most beautiful seasons and being outside this time of year is a great way to boost your mood and get some exercise at the same time!

### Attend a fall festival or market

Fall festivals, craft fairs, trips to a pumpkin patch, or fall markets are all great ways to spend a day celebrating autumn. Take advantage of local markets and bring home some autumn goodies such as; pumpkins, squash, local honey, jams and jellies, root vegetables or fresh baking. Check with your local community to see what events might be upcoming near you!

### Learn something new on a cool or rainy day

Whether you decide to stay indoors at home, or venture out, try to do something that's educational. Visit your local library and pick out a good book, check out an exhibit at a local gallery or simply stay in and watch an educational documentary.

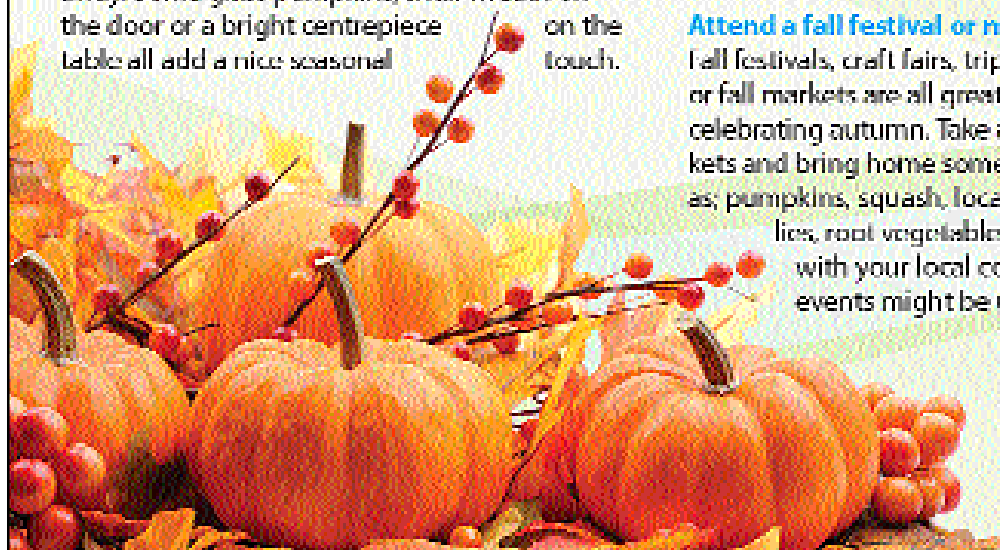
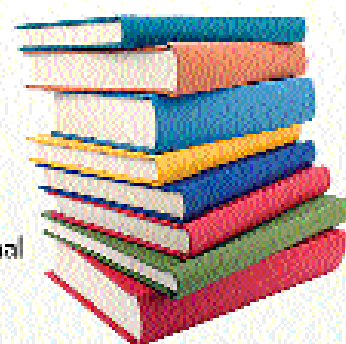
### Make a fall craft

Crafting is a great hobby any time of year, but especially as the days get shorter and cooler.

Try your hand at knitting a cozy scarf, or put together a fall centerpiece. Perhaps your local community or senior centre offers a painting or pottery class. There are also many options for those who might be less crafty. You can get a fall-themed adult coloring book, paint by numbers project or even a good old fashioned puzzle - there is something for everyone!

### Bake some fall treats

Baking is a great way to celebrate the autumn season! Think pumpkin spice muffins, cinnamon apple cake or anything else that makes you feel cozy. Invite family or friends to join you and make a day of it!





# CELEBRATE • Movement & Independence

## Physical Activity is Essential to Healthy Aging

You have probably heard the saying “celebrate the little things!” During Active Aging Week and Seniors and Elders month, we want you to celebrate what you do to be physically active!

Aging can bring physical challenges, chronic health conditions, loneliness and a desire for a more meaningful and fulfilling life.

As an older adult, regular physical activity is one of the most important things you can do for your health. Staying as physically active as you are able to helps maintain the ability to live independently and reduces the risk of falling and fracturing bones. It also reduces the risk of heart disease and of developing high blood pressure, cancer, and diabetes.

Older adults should strive to **move more and sit less** throughout the day. Any amount of physical activity is better than none!

Try to take stock of all the activities you are engaging in throughout the day. Did you know that simple tasks like vacuuming, raking leaves, gardening, dancing, and walking to the grocery store can all be counted as physical activity?

The Canadian 24-hour movement guidelines recommend 150 minutes per week or 30 minutes daily over five days of moderate to vigorous activity. They are designed to help older adults remain independent and reap health benefits. Overall health benefits include reduced blood pressure, better blood sugar control, and improved mobility. Maintaining mobility by being active daily is key to remaining independent as you age.

‘Exercise Snacking’ is currently a big fitness trend. It’s a term to describe engaging in short bouts of activity throughout the day and can also help with your weekly 2.5-hour total. It’s not a new concept, but it works, contributing to your well-being and giving you a daily energy boost. Instead of heading to the refrigerator for a snack break, switch it up and take an ‘exercise snack’ break instead.

Your exercise snack could consist of taking a flight of stairs, walking around the block, picking a few weeds, or simply practice getting up from a chair and sitting back down slowly several times.

For more exercise ideas, check out our Take a Minute to Move Breaks on our website: [www.activeagingmb.ca](http://www.activeagingmb.ca)

Research has shown that exercising can add 6 minutes to your life for every minute of expenditure. Now that’s a significant investment!

### Find Your Balance

Celebrate your independence by working on your balance every day. Balance exercises can help in preventing a fall, improve your posture and strengthen your leg muscles. Check out these balance exercises you can do at home, which only require a few minutes every day!

Initially, you can do these movements by holding onto a chair or the wall. When you feel steady, try it without assistance.

1) Stand on one foot using a chair or counter top for support. To challenge your balance, hold with one hand rather than both. For a further challenge close one eye at a time while balancing and then close both together. How long can you hold this pose?

2) Walk the line. Find a line on the floor. Walk it forward and backwards, placing one foot in front of the other as though walking a balance beam.

### Move more, sleep better

The 24-hour Movement Guidelines also focus on getting enough sleep. Sleep is a pillar of health that gets neglected even though falling short affects much more than energy and alertness.

There are many reasons why older people may not get enough sleep at night. Feeling unwell or being in pain can make it hard to sleep. Some medications can keep you awake. No matter the reason, if you don’t get a good night’s sleep, the next day you may:

- Be irritable
- Have memory problems or be forgetful
- Feel depressed
- Have more falls

Studies also link disrupted sleep to various health issues, from obesity and diabetes to hypertension, cancer, and depression. Sleep deprivation also increases the risk of injury and accidents. Research indicates that sleeping less than six to eight hours per night increases the risk of premature death by 12%. The recommendation is 7 to 8 hours of good-quality sleep regularly.

Most people find that they sleep better and have an improved outlook on life when they add regular physical activity into their days. In addition to health benefits, being active also impacts our mental and social health.

Ultimately, try to reduce your sedentary time each day, move more, and sit less! Try calling a friend to go for a walk and enjoy some time in nature. Join a group to learn Tai Chi, play pickleball, or participate in an exercise group to increase your social connections and be physically active at the same time!

Celebrate what you can do every day. Enjoy and appreciate every minute that you are able to be active!





# The Pros Know 55+ Active Living & Resource EXPOS 2022



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

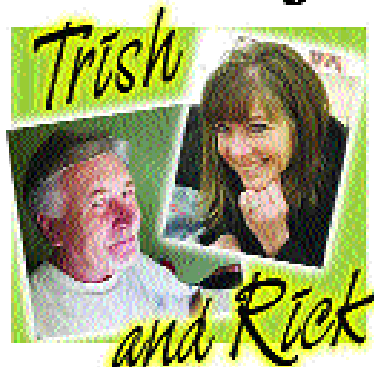
## Okay, that wasn't fun... But we have News!



**Fall Show No. 2**



**October 12th (Wednesday)**  
**Good Neighbours Active Living Centre**  
 720 Henderson Hwy.  
 10:00am - 3:00pm



**WOW!** Our September 8th show with our friends at **Dakota Community Centre** didn't quite go as planned. Thanks to a construction accident up the street, 3500+ Hydro customers were without power that morning, including us! Sooooo...Here's the new schedule as of October 4th, our next show if you see this on time is Wednesday, October 12th at **Good Neighbours Active Living** at **720 Henderson Hwy.** as noted to the left. Dakota has been rescheduled for all

of us for Friday, November 25th. Thanks to the gang at **Dakota** for their professionalism and work to make sure everyone was evacuated safely and events rescheduled. Awesome stuff!

That said, we have some exciting news, important news. **Shared Health Manitoba** has stepped up to the plate big time by bringing to the Fall Expos a walk-up **Covid Vaccination Clinic** for each show. That's right, when you come to either of the two remaining shows in October or November, we'll have these amazing folks with all available vaccines for you without appointment. Bring your ID with your Provincial Vaccination Card and they will help you on the spot.

So if it's your first, fourth or fifth, doesn't matter, we are blessed to have these folks coming to your neighbourhoods as noted. Another huge service, the 2nd Year Nursing Students from **RRC Polytech** will have their 'Blood Pressure Clinics' as well! Yippeecccc!

Cannot stress enough the importance of our 24/7 On-Line Resource Hub so you can keep up to date and get more details and information on a timely basis. Please find us at [prosknowexpos.ca](http://prosknowexpos.ca).

Thanks for your support! **Trish & Rick**

**Fall Show No. 3**



**November 25th (Friday)**  
**Dakota Community Centre**  
 1188 Dakota Street  
 10:00am - 3:00pm



## The Fall Expos just got better!



**Shared health**  
**Soins communs**  
 Manitoba

Covid  
 Vaccination  
 Pop-Up Clinics



**RRC POLYTECH**  
 Bachelor of Nursing - Year 2

Blood  
 Pressure  
 Clinics

Here are some more "Covid stories" that readers submitted with their contest entries in July and August.

**THANK YOU FOR SHARING YOUR STORIES!**

## MY COVID STORY...

### Jean Koch's Wonderful Story During COVID-19 Pandemic

COVID-19 Pandemic had a significant impact volunteerism sector in Manitoba. These unprecedented times due to the pandemic also impacted Jean Koch's volunteering at Seven Oaks Hospital.

Prior to COVID, Jean enjoyed providing essential volunteering support to the delivery of patient care at the hospital. She volunteered as a Renal Clinic Helper and Diagnostic Imaging Administrative Clerk. In order to protect the health of those involved, her volunteering services at Seven Oaks Hospital which she enjoyed very much, were temporarily suspended.

To her happiness, the health restrictions began to ease. The hospital took a phased in approach to the resumption in volunteer services that were temporarily paused due to COVID-19. Initially, Jean volunteered to assemble personal protective equipment PPE packs. Jean accepted this important volunteering opportunity to prepare packs containing masks and eye protection for hospital staff. In Fall 2021, Jean returned to some of her regular volunteer responsibilities. As a volunteer, she was able to stay connected, give back, and feel like she made a difference during a public health crisis.

Jean continues to enjoy being an integral component at Seven Oaks Hospital assisting with clerical duties as a Renal Clinic Helper and providing confirmation calls that support and build relationships with patients and the hospital's care Diagnostic Imaging team.

Jean's volunteering during COVID played an important role in supporting Seven Oaks Hospital's values of meaningful community participation and improved health

and well being of individuals, families and communities. Her involvement as a volunteer strengthened and built a healthier community!

Thank you, Jean!

~ Submitted by **George Koch** (Wpg)

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### My COVID story

When the call came out for retired nurses to be immunizers, I applied. What was I thinking? It had been 16 years since I worked as a casual Home Care nurse. Well, I completed the required refresher course online and did the prerequisite practice. Shared Health offered me a job. At my age, I wasn't about to start immunizing without being immunized myself. That meant that I missed doing the first shift offered to me at the RBC centre so did not get my "official" first day training nor receive my ID badge. I never did get it. My next shift was at the very busy Supersite in Selkirk. The RNs in charge would often put me in the observation room there which I wasn't comfortable with since my CPR training had long since expired. After meeting a nice nurse who was also working in the community, she gave me a contact for the nurse in charge of the Interlake-Eastman RHA who could put me into community clinics. It was there that I found my niche. I always enjoyed working in smaller communities as a Public Health Nurse. I ended up working with some lovely people in Teulon, Stonewall, Stony Mountain, St. Laurent, Lundar, Eriksdale, Gimli, Beausejour and Oakbank. In the fall, I even did flu clinics in these communities. It was nice to get back into public health, but I had only signed up for as long as they needed me which was about a year.

I didn't do it for the money which has ended up donated to charity. Hopefully, I played my part in helping people to keep the pandemic at bay. It isn't over yet and I do keep sanitizing and masking where appropriate. Would I do it again? In a heartbeat!

I really feel for those people in the front lines who were slammed with so many deaths and so much work that they had not signed up for.

~ **Cathy C.**  
 Warren MB

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### My COVID story

Our Covid-19 Pandemic Christmas was celebrated in a unique way. Our family got together and exchanged Christmas gifts outside on the tail gate of a truck. Then we had a bonfire and wiener roast. It was unusual but we did follow all the Covid-19 protocols that were in place at the time. It's one Christmas we won't forget!

~ **E. Stilwell**

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### My COVID story

I served seniors lunches three times a week. They were always grateful. Most of the time they just wanted someone to talk to.

The joke is most of them are younger than me.

Filled in time playing crib with my handsome man, Bob.

~ **Gisele T.** (Wpg)

### My COVID story

Made it thru the two year initial Covid pandemic by following all protocols and limiting outings to two or three a week - visiting my daughter in Selkirk and running errands.

However, in mid 2020, discovered esophageal cancer and went thru radiation and chemotherapy W/O major issues.

Managing very well, except for weight loss. All looks positive.

~ **George B.** (Wpg)

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### My COVID story

I had a bad cold and was sick for 5 days. Finally recovered and was feeling good and went with 3 friends to the Widows Supper in Portage la Prairie. Wonderful supper and entertainment.

We sat at a table that had 4 empty seats. A young couple with 3 children asked if they may sit with us. The children were coughing but were very friendly and asked about our masks.

Three days later, I had Covid. My son from Calgary visited me and on his return home 2 days later, also had Covid.

He told all his friends, he had all his needles, had spent the winter in Arizona, and had to visit his Mom to get Covid.

~ **Judy N.**  
 Portage la Prairie MB

P.S. Good for a laugh as I was sick but not enough to die, and my son is okay too.

MORE 'COVID' STORIES TO BE PUBLISHED IN THE NOVEMBER ISSUE OF **SENIOR SCOPE**. IF YOU STILL HAVE A 'COVID' STORY YOU'D LIKE TO SHARE IN **SENIOR SCOPE**, FEEL FREE TO EMAIL IT TO [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca), or MAIL IT TO **SENIOR SCOPE**, Box 1806, Stonewall, MB, R0C 2Z0.





# IN TUNE WITH OUR COMMUNITY

~ October 2022 ~

## Honouring the Past, Celebrating the Present, Building the Future... Together: CJNU's Pledge Drive - Oct 20-23!

The 2022 CJNU Pledge Drive is right around the corner - **October 20th to 23rd**, to be exact. As always, we will be filling the airwaves with some of the greatest music ever recorded, and shining a light on the good in our community. This year during Pledge, we are

**HONOURING THE PAST,  
CELEBRATING THE PRESENT,  
BUILDING THE FUTURE... TOGETHER.**

This year has been one of adjusting to a new normal. We are all having to look for new ways to stretch our nickels and dimes, and here at your radio station it is no different. The reason we hold our Annual Pledge Drive is twofold: to help balance the books by year-end, and to invest in the future of the station to ensure we're here for the long haul.

Technology is changing every minute and we continue to strive to keep pace. Through the support of donors to the Pledge Drive over the past three years, CJNU has been able to invest almost \$100,000 in crucial new equipment and software - including a new and more powerful transmitter (with installation pending the approval of the CRTC), better microphones and up-to-date broadcast consoles for our studios. This kind of capital expenditure would be impossible without your support. Thanks to the careful stewardship of our budget by our staff and Finance Committee, we have managed to make these investments while still ensuring we have funds in reserve for emergencies or unforeseen circumstances.

Our Pledge Drive is the one time each year we reach out to listeners, members and friends of CJNU, and say it straight: if you see value in what we do here at CJNU, please consider supporting us. CJNU operates as a not-for-profit cooperative, powered almost entirely by a team of over 100 volunteers that both produce the programming



There will be a daily draw during Pledge Drive—with anyone who donates \*any\* amount eligible to win a stereo!

you hear on the air, and work behind the scenes to ensure we stay on the air. We have worked tirelessly over the past 16 years to support our community, by sharing our platform with fellow not-for-profit organizations, charities, arts and cultural organizations, and small local businesses. It's a core part of our mandate: to reflect the community we serve. We want to make this a better place to live through the broadcast of different programs, interviews and special features, highlighting the positive things happening in our city and province.

As always, we will have some wonderful prizes on hand for those who donate any amount during Pledge Drive - with many of those prizes being chosen specifically to help you stretch those nickels and dimes as far as possible, and others to help raise a smile, or help you have a good time! There will be several early-bird prize packages for those who make a contribution before October 20th, daily prize draws on each day of the Pledge Drive, and, of course, a number of grand prize packages too!

We will also be continuing our partnership

with Peak of the Market and Harvest Manitoba - where the first three hundred pledges lead to a donation of 30lbs of fresh veggies to Harvest. This year in particular, we are delighted to once more be able to give back to some of those in our community who need our help the most.

Plus, for those who choose to donate \$60, \$125, \$250 or \$500, we have gifts and incentives to offer once again - keep your ears open as you listen to the station, and your eyes peeled as you check [CJNU.ca](http://CJNU.ca), where we'll have the full rundown of incentives and prizes for this year!

Ultimately, our Pledge Drive is a celebration - a four-day showcase of everything CJNU is and does. Every volunteer involved in CJNU will be lending a hand in some capacity - either in the run up to, during, or after the Drive. We sincerely hope you'll be able to lend a hand, too, by making a donation to the station.

The level of gratitude we feel for our members and listeners has no end - because without you, there simply is no CJNU.

## \$93.70 = "CJNU Dollars"!

This year we celebrate 100 years of radio broadcasting in Manitoba. Over the course of the Pledge Drive, you'll hear 100 on-air features under the title of *100 Years, 100 Moments* - exploring moments of importance in the history of our community.

If you make a donation of exactly \$93.70, you will receive a special incentive: a limited-edition, 45rpm single record, featuring some of the highlights from the past century in our City and Province - as well as a CJNU USB flash drive, with all 100 moments pre-loaded! Dust off the turntable, pop it on the platter and give it a listen, or maybe display your single as a commemorative item. And, of course, you can use your flash drive for any other files you might want to load!

This is a unique gift, and availability is strictly limited, so we hope you'll consider donating!



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Thank you for your support!

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# Bridging the Gap Between Independent Living & Personal Care Homes

- Todd Lewisy

It's a dilemma that many families are facing these days: an elderly parent can no longer live safely at home. Yet, they're not ready to be placed in a personal care home. Consequently, families are often left wondering where they can find the level of care their parents require. The answer comes in the form of an intermediate care facility, says Shauna Gladish, site manager for Fred Douglas Heritage House at 100 the Promenade behind Portage Place. "We offer supportive housing that's a step up from assisted living," she says. "For example, we have tenant companions that will prompt residents to take their medication at the right time, help with showering and give timely reminders. We also offer meal services and meal programs." Accommodations – which range in price from \$1,099 per month to \$2,047 per month depending on the size of the suite - come in the form of good-sized one-bedroom suites

that are equipped with a bedroom, living room, kitchen, and storage closet. "Residents can take an elevator down to the dining room and activities," she says. "There are different activities, from light exercise to chair exercise and hall walking. A recreation coordinator comes in from 1:00 to 4:00 to do games, and there's bingo and movie nights from seven 7:00 to 8:00." Winnipeg's original intermediate care facility, the Thorvaldsen Care Center – which has been in operation for over 60 years – is also there to bridge the gap between independent living and personal care homes. "Our two-storey facility in Osborne Village on Stradbroke Avenue is specifically designed to offer a home-like atmosphere in a contemporary setting," says administrator Jocelyn Thorvaldsen-Dunstan. That peaceful setting is complemented by in-house staff that are there to help residents around the clock.



"The idea is to provide reliable, consistent care in a safe, comfortable environment with supportive services," she explains. "We want to create the best possible quality of life for our residents." That means that residents get proper meals, activities that provide stimulation and regular interaction with other residents. "Families often get caregiver burn-out because parents aren't coping at home. When they come here, they can have a stress-free visit with the peace of mind that comes with knowing there's someone here 24 hours a day to look after mom or dad." She adds that although rooms are in demand, there are still openings. "Sometimes, there may be a three to four month wait, but we normally have a bit of availability," says Jocelyn. "The monthly fee is \$2,850, and that's all-inclusive." Winnipeg-based SAM Management also has housing options for seniors, ranging from life lease properties to

co-ops to Canadian Legion facilities, says property manager January Melillo. "Life lease properties – which are great for active seniors – require paying a refundable entrance fee of \$41,000 to \$110,000," she says. "Units are one bedroom, one bath and two-bedroom, two bath. The smallest is 950 sq. ft., and the largest is 1,700 sq. ft. Properties include Agape Villa, Colorado Estates, Vasa Lund, and Riverbend Plaza." Next comes the co-op option, where a membership fee is required, and rent is based on income. The two facilities are Artemis House at 22 Furby Street and Payuk, an Indigenous community at 500 Balmoral Avenue that offers housing to families and older adults. Finally, there's the Canadian Legion, says Melillo. "Older adults can get smaller cottages for as low as \$425 a month for veterans and \$600 for Legion members. It's a very affordable option." ■

### Fred Tipping Place

601 Osborne Street • Wpg

- 55+ Subsidized Independent Living for Seniors.
- Studio suites available for rent.
- Rent is 30% of your income.



Please find a link to pictures and a video of our suites at [www.bethania.ca](http://www.bethania.ca). There is also an application which can be printed on filled online.

Contact Bill Griffin at **204-453-8302** for further information.



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Recreation, and  
Transportation included

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[www.theparkway.ca](http://www.theparkway.ca)

## Villa Heidelberg

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An apartment complex designed for independent seniors and mature adults 55 and better.

Convenient downtown location close to the Legislative grounds, Assiniboine River and the River Walk to the Forks. Bus stop in front.

**INCLUDES:** Free laundry, on-site management in beautifully maintained, quiet building. 24 hour security/2-way intercom system. No Pets.

**Why pay more than you can afford? Rent based on income. No damage deposit.**

To view a spacious, non-smoking studio apartment, call **204-942-7633** (leave message) or visit [www.villaheidelberg.ca](http://www.villaheidelberg.ca)



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# Affordable Seniors Housing

## Monash Manor - 55+

### 865 Sinclair • Winnipeg

Monash Manor is located in Seven Oaks, conveniently located near bus routes, grocery stores, and Garden City Shopping Centre. The property offers bachelor and 1 bedroom apartments, an elevator, a multipurpose room and coin laundry on the main floor.

**Rent is geared to income.**





## St. James Legion Lodge

### 2730 Ness Avenue • Winnipeg

St. James Legion Lodge is a quiet 55+ apartment building in the St. James neighbourhood. It's conveniently located close to restaurants, Grace Hospital, and churches, and the building features a multipurpose room, storage lockers, and a Resident Manager on site.

**Rent is geared to income.**



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TO FIND YOUR NEW HOME

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# sam.mb.ca



## HOUSING OPTIONS & RELATED SERVICES

# 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 furniture and my daughter



### Heritage House Offers

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

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](mailto:sgladish@fdl.mb.ca)

**\*\* Assessment required to qualify for Supportive Housing**



## FRED DOUGLAS HERITAGE HOUSE

Uniting Healthy, Heart and Home

# Fred Douglas Heritage House

## "One of Winnipeg's Best Kept Secrets"

**Supportive Housing centrally located in downtown Winnipeg**

- ◆ Tenant companions onsite 24/7
- ◆ Wheelchair accessible suites
- ◆ Nutritious meals prepared daily, in-house
- ◆ Individually temperature controlled suites
- ◆ Emergency pull cords
- ◆ Daily activities & exercise programs
- ◆ Weekly housekeeping & laundry service
- ◆ Limited number of low income subsidies available
- ◆ Secured facility
- ◆ Onsite hair salon
- ◆ Couples welcome!!



One bedroom suites at Heritage House are the largest of all Supportive Housing sites in Winnipeg

**100 The Promenade**  
(behind Portage Place)

Take a virtual tour at [www.freddouglassociety.com](http://www.freddouglassociety.com)

For information or tour contact Shauna at **204-949-9027** | E-mail: [sgladish@fdl.mb.ca](mailto:sgladish@fdl.mb.ca)

*Subject to Supportive Housing entrance criteria.*





# What's Independent Living?



By Rick Roschuk

## Taking the stress to the trash and living a relaxing meaningful retirement!

Seniors Lifestyle Editorial

**We've asked it before and we'll ask it again?** What do you mean by a stress free retirement? Well, first off, you've worked most of your life, maybe raised a family or two, if you have grand kids etc. and now with the house and yard a little too much work, you ask what can I do to find that relaxing and comfortable day to day I so richly deserve?

Now though nothing is perfect in life, there are folks out there who have made it their lot in life to help us do the transitions into older adult living as seamless and worry free as possible. The folks at Brightwater Senior Living have been honing the process of life transition for years now and they know a thing or two. So when it comes time to talk with anyone, especially for those of us wanting a great place to really live without those dang hassles coming with owning a property, The Courtyards at Linden Pointe is a true option for the best look-see in a Independent Living experience.

Case in point, **Lisa Bright, Sales & Marketing Manager (431.778.6105)** has available a number of really quite amazing and varied living scenarios, services and amenities that literally walk you down a relatively stress-free path to a unique Independent Living outcome. Let's give some examples;



The Courtyards at Linden Pointe - 75 Falcon Ridge Drive

When you make your tour appointment to visit one of their open houses, you are treated to a number of options that include Studio, One and Two Bedroom Suites. The layouts and designs are clean and warm and very accessible where needed. This is so very important because you want a place that truly is your new home and that special place to cozy-up in at any time of day or night.

So, you've found the right suite, you love the location to all the various shopping and entertainment options, but what else is there? Well for starters on those days you don't feel up to a drive anywhere, but you need a little self love, why not check out the impressive list of amenities and services right in your new building.

The Courtyards at Linden Pointe has been thoughtfully designed to include Premium Restaurant Dining, a lounge to watch sports and other events, All-Inclusive Meals, a Salon and Barber Shop. To help with your day to day items there are Light Care Services, Weekly Housekeeping and Laundry Service. And if that's not enough, how about their Yoga & Fitness Centre, the Movie Theatre and for those so inclined, the Art Studio. A great combination to make life better and to make it easier for our well being.

I have been remiss in the past not to mention that Victoria who looks after their community events, plans amazing daily engagement activities including local entertainment for all.

Our last topic of discussion today has been dabbled a little in the past, but can't be stressed enough. How do I move? I have so much to deal with before I can transition into this wonderful new life. What do I do? Where can I get help? Valid concerns, spot on questions. As leaders in 55+ Living, Lisa Bright and Linden Pointe are actively involved in our community networking with numerous older-adult life transitioning experts. These connections provide you with people who can help you declutter, stage, sell your home. They can help you with outside storage and the handling of valuables you wish to bring. They can provide the services and leadership needed for you to make the move again, as easy as possible, removing the stresses. I kind of like that.

Another very important item of note; Linden Pointe has added various levels of nursing services for those who need it. An added level of comfort and peace of mind.

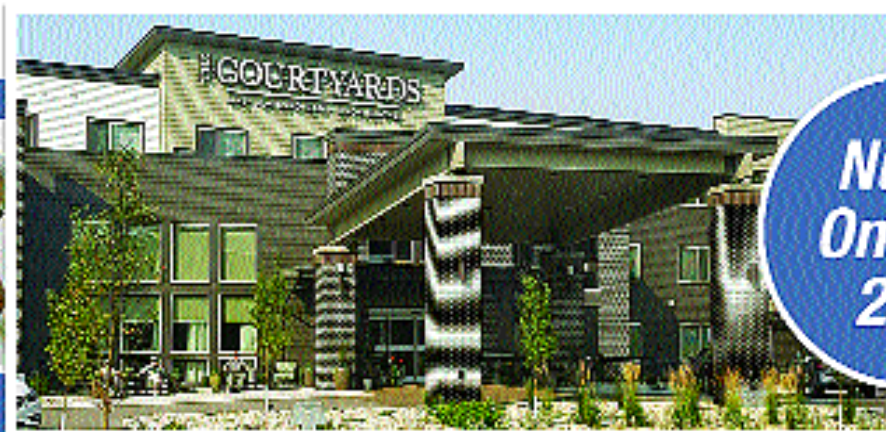
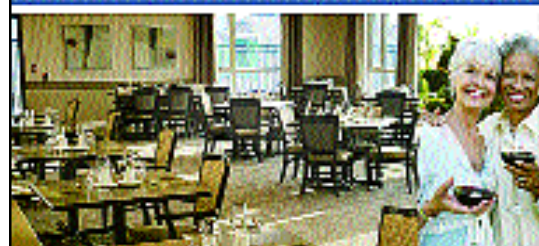
So please, don't hesitate to pick up the phone, call Lisa (431.778.6105) and book that tour appointment. Your questions get answered and you'll get the help you need to transition into the most comfortable style of Senior Living you can hope for.

# LINDEN POINTE

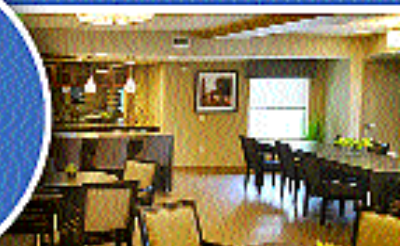
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75 Falcon Ridge Drive - Winnipeg, MB.

## Call 431.778.6105 to book your tour!





E-Watch

A safety and crime prevention education and awareness initiative of the Winnipeg Police Service.

**Take Action**  
Every member of the community should be on the lookout for a potential bad situation. We all have a role to play in Safety and Crime prevention. Take Action.

**Emergency or crime in progress, call: 9-1-1**  
Non-emergency calls: **204-986-6222**  
Report a crime online:  
**<https://winnipeg.ca/police/report/default.stm>**

**Call 3-1-1 (City of Winnipeg):**

- to report a crime or fraud
- for property maintenance concern
- sanding on slippery roads or sidewalks

**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>**

If you see something - say something!

**Royal Canadian Mounted Police:** Emergency or crime in progress, **call: 9-1-1** | To report a crime, or for immediate police assistance, contact your local RCMP detachment or the police service of jurisdiction in your area. **[www.rcmp-grc.gc.ca](http://www.rcmp-grc.gc.ca)** | Crime Stoppers Canada at **1-800-222-8477**

# That’s a Carefree Move

Moving is always an emotional time but when it’s coupled with downsizing and leaving your long-time family home, it can become overwhelming. We accumulate so many things over a lifetime of raising

a family and managing a household. From equipment and costumes that came from driving our children to dance, hockey, music lessons, etc. to China cabinets chalked full of gorgeous dishes and collectibles. Now with the thought of needing to down-size and move, where does one even begin?

A local company offers a helping hand and words of encouragement to its senior clients during this season of life. “We realize that this can be a very difficult time for people,” says Leroy Peters, owner of **Carefree Concierge**. “They are saying farewell to a huge chapter in their lives and moving on to a new adventure. It takes courage and we recognize that a big part of our role is to encourage and provide reassurance.”

The **Carefree Concierge** team looks after every detail of a move.

From sorting and organizing to packing, moving, and fully unpacking everything – and they mean everything! Beds are made, kitchens fully set up, shower curtains hung along with photos and art. Even TV’s and phones are connected and tested to ensure that when you walk into your new home, it’s set up as though you’ve been living there for weeks.

Lori Erickson, a client of Carefree’s shared her experience. “I have moved many times and by far, my best move was with **Carefree Concierge**. This service is professional but also importantly - friendly and caring, which is important for us older adults. Before the actual move, Leroy was always available to answer any questions and the move itself was so organized that everything went like clockwork!”

The customer reviews on their website and social media echo Lori’s comments and the company has earned the highest 5-star rating for their high level of customer service. When asked what drives the **Carefree Concierge** team, Leroy was quick to respond with, “Our focus is on finding the little things that can brighten someone’s day. When our customers come into their fully set up home and notice something special we did to recognize an important story or memory of theirs – that’s when we know we’ve done it.

**That’s a Carefree move.**

**Carefree Concierge** offers free in-home consultations. If you (or someone you know) is planning to move in the coming months, call or text Leroy at **204-330-6629** for a free estimate. ■

Moving this Fall?

We make moving easy and look after all of the details including:

- Sorting & organizing
- Packing
- Moving
- Complete unpacking
- Making beds
- Hanging photos/art and shower curtains :>)

Affordable and stress-free.

Carefree Concierge

204-330-6629

Call for a free estimate

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## Wildlife Haven – 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.

You can help reduce these numbers by closing your blinds at night

and making your windows more visible to birds! By installing insect screens, tape or paint in 2x2 inch sections, you can make the windows much safer for migrating birds. 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** right away at **204-878-3740** for guidance.

## Explore More Living at The Wellington by Revera

At **The Wellington by Revera**, you can choose to live life the way you want. Our goal is to support every resident in living a life of choice and purpose.

Residents of **The Wellington Retirement Residence** enjoy best-in-class services and amenities including flexible dining options, housekeeping, laundry, 24/7 staffing and emergency response call bells and pendants.

The residence offers tailored recreation programs and fitness facilities, social activities, all informed by Revera's *Dimensions of Wellness* program, a whole-home approach to seniors' health and wellness.

The *Dimensions of Wellness* is a holistic framework that we have adopted and embraced to ensure we are meeting all of our residents' lifestyle needs. The *Dimensions of Wellness* include physical, social, emotional, intellectual, community engagement, environmental, and spiritual elements, and are specially designed to balance and complement one another based on the choices and preferences of our residents.

The *Active Living* team designs its Active Living programs based on *Dimensions of Wellness* to ensure a balanced selection of fitness, recreation, social and intellectual options are available. From Pilates and painting classes to trivia and outdoor excursions – there's so much to experience when you're a part of **The Wellington** retirement community.

We know that Winnipeg seniors want an active living lifestyle in a retirement home that offers opportunities to engage in their desired choices and customizable options – not a set menu of programs for everyone.

Starting with their first visit to **The Wellington**, prospective residents can meet our knowledgeable and compassionate team to gain valuable insights and peace of mind as they explore retirement living. Our role is to provide information and answers to important question so

they can confidently decide what's right for them now - and in the future. Explore more living at **The Wellington**.

For more information, visit **The Wellington** website or call **1-204-259-3002** and speak to Liz Venderbos our expert advisor.

<https://reveraliving.com/en/live-with-us/manitoba/winnipeg/the-wellington>

<https://reveraliving.com/en/live-with-us/know-your-options/retirement-living/active-living>

# The Wellington

## luxury senior living

### 3161 Grant Avenue - Winnipeg, MB.

One of the first retirement residences in Winnipeg, The Wellington is a luxury senior living home that's full of elegant charm and character, offering retirement living in a warm, safe and vibrant environment.

Residents of The Wellington Retirement Residence enjoy best-in-class services and amenities including flexible dining options, housekeeping, laundry, 24/7 staffing and emergency response call bells and pendants.

For more information call **204-259-3002** and speak to *Liz Venderbos* our expert advisor.





# HOUSING OPTIONS & RELATED SERVICES

Advertising Feature

## JOINT PROPERTY & WILLS

commentary prepared by  
Rosemary Hnatiuk, barrister, solicitor & notary public

Some people like to keep title to their property in their name only, relying on the will to divide everything after their death.



If you require a Will and/or Power of Attorney, a Co-habitation Agreement, Separation Agreement or any Real Estate Transactions, I am available to prepare them.

**I am able to travel to the homes of clients or meet in a convenient location, if requested.**

Virtual meetings using Zoom or other platforms are also possible. I can provide service in French and German. I also understand Ukrainian and Spanish.

**Call or email for an appointment.**

*In person availability is dependent on current Public Health Guidelines.*

**Cellular:** 204.228.7063  
**Office:** 204.355.9404  
**Toll Free:** 1.855.933.5454  
[rkhnatiuk@rosemaryhnatiuk.ca](mailto:rkhnatiuk@rosemaryhnatiuk.ca)  
**Fax:** 204.355.9405

However, if the intended heirs are put on title as joint owners before the death of the testator, the property automatically passes to the other joint owners and does not become part of the estate. This reduces the cost and hassle of probating the will. The Property Registry will simply remove the deceased's name from the title for a modest fee. If the property is the only asset in the estate, then the will may not need to be probated at all. Lawyer's fees will also be significantly reduced if real property is in joint ownership, as fees are calculated as a percentage of the value of the estate but joint property is not part of an estate. Probate can take a long time, tying up sale of the property and distribution of the estate. In addition, there can be tax benefits to adding future heirs as joint owners while the owner is still alive, since capital gains are only payable on "disposition" (N.B. there is no capital gain on a primary residence). As long as your name is still on title, it is not a "disposition" so no taxes are payable. But beware! You may not be able to sell the property without the consent of all the other joint owners and they are entitled to their legal share of the proceeds. Specialists should be consulted about these things, as everyone's situation is unique.

*These observations are not intended to be legal advice on any matter discussed. Legal problems are very specific in nature and legal professionals should be consulted for best results.*

# Support for Seniors: Manitoba's Compassionate Care

- Karen Blackwell, Just Like Family Home Care

Kenny Adewoyin has been the owner/operator of **Just Like Family** in Winnipeg since 2020. She and her team provide compassionate, personalized support for seniors, bringing peace of mind and comfort to numerous families across the area.

Kenny's story is like that of so many newcomers to Canada. Leaving Nigeria and her management position with one of the world's top global logistics companies (earning her a prestigious Employee of the Year Award), she and her family came to Manitoba in June, 2011. With this new beginning, Kenny changed career directions and began caring for oth-

ers as an in-home health care aide. She spent several years bathing, feeding, and caring for seniors, providing kindness, compassion, and support.

In 2020, Kenny and her husband discovered **Just Like Family**. She was drawn to the idea of having a larger impact on seniors and their families, ensuring each family received the level of personalized care and support they deserve. She is a believer in the positive impact of "Aging in Place," where seniors have the supports and services they need to live safely and independently in their own homes. She officially joined **Just Like Family** as the sole franchise owner in Manitoba.

In her first weeks, Kenny—an outgoing, friendly, and kind woman—was afraid. Putting her fears aside, she began making contacts, delivering flyers, and getting the word out about her business. Instead of rejection, Kenny found warmth and welcoming. She met people eager to help her in her goal to provide exceptional care and support for seniors and their families—making a positive impact on the lives of so many in our community.

While her business began in the Winnipeg area, Kenny is currently expanding into Brandon, Carman, Selkirk, Interlake Eastern Region, Southern Health Region, and surrounding rural areas. Her goals include providing support for seniors and caregivers in rural areas—a population that is often marginalized and overlooked. She and her team provide a variety of services so each client and family receive a care plan tailored to their unique circumstances. Some of the most common services include personal care (grooming, bathing, etc.), companionship, home support (meal preparation, light housekeeping, etc.), live-in care, Health Care Aide, and Nursing services. Whether a family is looking for temporary respite care, long-term care, or something in between, Kenny and **Just Like Family Home Care** offer the highest quality of care giving with empathy and compassion.

Kenny and her team offer free in-home consultations to seniors and their families across the area. Not only does she love getting to know the people in her community, she feels great satisfaction knowing she brings peace of mind and comfort to those who may be facing challenges.

If you or a loved one are considering in-home care, please reach out to Kenny at **Just Like Family Home Care**. ■

## SAFETY ALERT

### How often do you reach for an extension cord?

Extension cords are especially handy in the winter months to plug in your block heater or seasonal light strings. But just like anything that conducts electricity, use extension cords carefully. When choosing the right cord for the job, consider:

**Will the cord be used indoors or out?** Never use an extension cord outside that is rated for indoor use only.

**What will you be plugging in?** Make sure to match the amperage, and wire gauge to the device you'll be plugging in. But never use an extension cord with a high wattage appliance or device that produces heat. Plug these directly into an outlet.

**Is the cord you plan to use worn out or damaged?** Using a damaged cord can result in a severe shock or fire. Recycle it appropriately.

**Does the extension cord have a certification label like CSA or cUL?** This will ensure it meets Canadian safety standards.

**How close is the electrical outlet the cord will be plugged into?** Cords are available in various lengths, but the longer the cord, the less its current carrying capacity. Never connect two or more cords together; or cover cords with a rug or furniture as they can overheat quickly.

**Will the extension cord be used for a short period of time?** An extension cord is a temporary solution. If you're short of electrical outlets in your home, it might be time to hire an electrician to install outlets where you need them.

Visit [hydro.mb.ca/safety](http://hydro.mb.ca/safety) for more information.

Safety. It's in your hands.



## JUST LIKE FAMILY HOME CARE

[www.justlikefamily.ca](http://www.justlikefamily.ca)

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- Respite Care
- Light Housekeeping
- Cooking /Meal Prep
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1460 Chevrier Blvd #200 · Winnipeg





Kamal Khara,  
Minister of  
Seniors Canada

September 29, 2022

## Message from the Minister

This past summer I met with older Canadians across Canada and it was a privilege for me to learn more about the incredible work of seniors serving organizations. I also heard from seniors across the country about the challenges they face and these conversations will inform my work as Canada’s Minister of Seniors in this fall session as we continue working hard for to create an economy for everyone.

One of the first things we are doing this session is working to implement new measures to help make life more affordable. Bill C-30 will double the Goods and Services Tax Credit (GSTC) for six months which will deliver support to roughly 11 million individuals and families who receive the tax credit, including more than half of Canadian seniors. Single seniors who qualify for the tax credit would receive up to an extra \$234. With the temporary doubling of the GST Credit amounts for six months, a senior would receive up to \$701 this benefit year through the GST Credit.

These new measures showed our commitment to support older Canadians as we celebrated National Seniors Day on October 1st. National Seniors Day is a time to celebrate all the contributions of older Canadians to support our families, workplaces and communities. Older Canadians are an important part of our social fabric and we are committed to supporting their needs and improving their quality of life.

### Important information for seniors

#### New Horizons for Seniors Program call for proposals (NHSP)

The 2022–2023 NHSP call for proposals for community-based projects has just launched. The NHSP supports projects that engage seniors in their communities and address one or more of the programs five objectives:

- social participation
- volunteering
- mentoring
- expanding awareness of elder abuse
- capital assistance

Organizations are invited to submit project proposals that empower seniors in their communities, contribute to improving their health and well-being and help them move beyond the pandemic.

The 2022–2023 NHSP call for proposals for community-based projects is open until November 1, 2022.

Organizations are to apply online to allow funds to flow as quickly as possible to communities.

The paper application is still available for those who are unable to apply online. They can contact their regional Service Canada office to request any help they may need to submit their application online, and if online submission is not possible, our department will provide the organization with an application that they can complete and submit by email or mail.

For information on how to apply, please visit: the New Horizons for Seniors Program – Community-based projects website.

#### Honouring National Seniors Day, 2022

Every year, on October 1st Canada celebrates National Seniors Day.

Older Canadians offer a wealth of experience, knowledge and memories that ground and inspire us every day in our families, workplaces and communities.

The government is committed to ensuring we are responding to the needs of Canada’s aging population properly. Some things that are recently new for older Canadians include:

- Doubling the GST tax credit for six months
- One-time \$500 top up to the Canada Housing Benefit Program
- 2022-23 New Horizons for Seniors Program
- Age Well at Home initiative

To celebrate seniors throughout the country, and commemorate National Seniors Day, you could:

- Visit a seniors residence in your community
- Visit an NHSP funded project that helps local seniors
- Thank and show gratitude to the seniors around you

Seniors deserve to be treated with respect and dignity. For more information on how to get involved as a senior, visit program and services for seniors.

#### Stay up to date with COVID-19 vaccines: Get a booster dose

While COVID-19 can affect anyone, Canadians over the age of 65 are at higher risk of developing complications. Staying up to date with your COVID-19 vaccines remains the best line of defence against serious outcomes from COVID-19.

Vaccines reduce the risks of severe illness and death from COVID-19 but protection fades over time. **If it’s been longer than 6 months since your last dose, consider getting a booster dose.**

While it is possible to get sick with COVID-19 after getting a booster, it helps:

- strengthen your body’s defences against the virus; and
- provide strong protection against severe illness, hospitalization and death.

You should get vaccinated even if you’ve been previously infected or think you may have been infected. Although a previous COVID-19 infection can provide some protection against reinfection, that protection also fades over time. Up-to-date vaccination—including booster doses—is recommended to help maintain effective protection, especially against severe outcomes.

For more information on COVID-19 vaccination or to book an appointment, visit your provincial or territorial website. Help strengthen your defences against serious illness by staying up to date with all the COVID-19 vaccine doses recommended for you.

#### Information resources

- NEW Fact sheet: Stay up to date with your COVID-19 vaccinations
- Video: Why do I need to get a COVID-19 booster dose?
- Social media images: Get the facts about COVID-19 booster doses
- Website: COVID-19 booster doses

#### Aging in Place Challenge program

Older adults across the country agree that they want to keep living in their own homes for as long as possible—safely and injury free.

In 2021, the Government of Canada announced the new **Aging in Place Challenge program** led by the National Research Council of Canada (NRC). Researchers from the NRC are partnering with like-minded private, public, academic and other research organizations in Canada and abroad to develop breakthroughs in technology to help older adults and their caregivers live safe, healthy and socially connected lives while remaining in their homes and communities of choice.

The aim is to increase the number of older adults who are living in homes and communities of their choice by 20% by 2031.

The program supports safe and healthy aging in four areas:

- Safety: Innovative living environments and injury prevention at home
- Health: Cognitive monitoring and enablement, chronic health management and daily living support
- Connection: Mobility, transportation and social engagement

## Visited: Prof. Siri Gunasinghe’s wife - Madam Hemalali



Prof. Siri Gunasinghe is an iconic figure of the Golden Era of the Peradeniya University. I came to know that his wife Hemamali sung a song for her husband’s 90th birthday on February 18th 2015. You’re the Breeze that Eases Life’s Fatigue was the theme of the birthday song. Few of my Uni. Gurus (Teachers) Hiran, Erika Dias and Laki Yapa were contemporaries with this couple in Peradeniya. Suranga my son-in-law arranged a family trip to B.C. and my granddaughter Chamathi designed the itinerary. With Chamathi managed to assign a window to visit legendary lady Hemamali in the Island of Victoria, B. C.

The historic day was July 22nd (FRI) 2022 at 3.00 pm. All of us visited her. After a brief discussion with us, she laid British style tea table with cups and saucers, handmade teapot cover. Over a cup of tea, she illuminated their professional services in Sri Lanka and Canada to motivate not only seniors but also two of our granddaughters how her husband offered a Professorship in the Dept. of History in Art, the U. of Victoria and in 1970 his family migrated to Canada. Up-to-date this couple, their two children and grandkids (three generations) used this University.

She happily narrated her and her husband’s professional services not only in Sri Lanka but also in Canada for more than seven decades.

Maname an inspiring Sinhala drama was first staged on Nov. 3rd 1956 at the Lionel Wendt Hall, Colombo 7 and Hemamali Gunasekera (as a teenager) who played the lead-role as Maname Princess. The romance had developed while Dr. Gunasinghe helped for Maname drama. However, she left Maname after she got married to him. After graduating from Peradeniya, Hemamali followed a doctoral degree in Linguistics in U. of Victoria and she dedicated in teaching English.

In 1956, when Prof. Gunasinghe introduced free verse it became the fashion. He used spoken language in his writings and everyone enjoyed the simplicity. He who challenged the status quo, and paved the way for new directions. He was an award-winning poet, novelist, critic and film director.

Sinhala movie Sath Samudura (Seven Seas) is a landmark Sri Lankan film directed by Prof. Gunasinghe and released in 1967. This film is considered a major work in Sri Lankan cinema. In 1968, eight national (Sarasaviya) awards offered for the film and Hemamali appeared as Sophie Nona.

- Standards: Smart home standards that support safety, and enhance technical interoperability

Get involved: sign up for opportunities to share your expertise

The Aging in Place Challenge program is currently looking for older adults or caregivers who are interested in becoming an expert and who have lived experiences in this area. Older adults, caregivers and advocates who wish to share their real-world insights and experience are invited to submit their interest. There will be a number of opportunities to get involved in the coming years to provide your thoughts and opinions.

#### Call for participants for two research studies on home equity, housing debt, and retirement

Employment and Social Development Canada seeks participants for two research studies that will help to fill gaps in knowledge on how Canadians

use home equity. Eligible participants will be compensated.

#### Reverse Mortgages Study

This study aims to better understand the motivations for getting a reverse mortgage and the resulting impact on retirement security.

Visit the Reverse mortgages study web page for more information.

#### Home Equity and Retirement Study

This study will explore the impacts of mortgage loans and home equity lines of credit (HELOCs) on retirement planning and security among Canadians aged 45 and older.

Visit the Home equity and retirement study web page for more information.

To apply to join a study, contact us by phone at **1-833-540-3290** or send an email to:

**NC-RESEARCH-INNOVATION-  
GD@hrsdc-rhdcc.gc.ca.**

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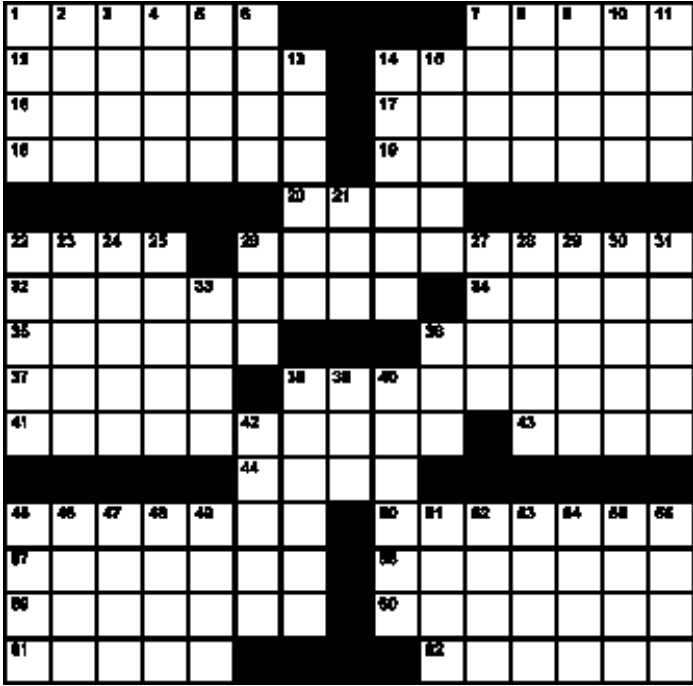


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CROSSWORD - (HARD) By Myles Mellor

- ACROSS:**
- 1. Human
  - 7. European capital
  - 12. Cover
  - 14. About the skull
  - 16. Algonquian spirit
  - 17. King of classical tragedy
  - 18. Like ski trails
  - 19. Occur earlier
  - 20. Cousin of beige
  - 22. "Hurry!"
  - 26. Balling up
  - 32. Office machines
  - 34. Mountaineer's challenge in Switzerland
  - 35. Looked
  - 36. Latin name for England
  - 37. Lake crosser
  - 38. Property acquisition
  - 41. Time for maternal relief and celebration (2 wds)
  - 43. Turn's partner
  - 44. Author of "Leading With My Chin"
  - 45. Clutch
  - 50. Pokes fun at
  - 57. Stunned (3 wds)
  - 58. Most trendy
  - 59. Knocks out
  - 60. Natural history museum display
  - 61. Persuades
  - 62. Old Testament book
- DOWN:**
- 1. Apple pie makers
  - 2. President's office
  - 3. Carson City neighbor
  - 4. Kind of wire
  - 5. High: Prefix
  - 6. Monarch on all fours
  - 7. Ordered
  - 8. Home to Phillips University
  - 9. Kelly of TV talk
  - 10. Seagoing: Abbr.
  - 11. "What \_\_\_?"
  - 13. Pink Floyd's axeman
  - 14. Dried coconut meats
  - 15. I Love Lucy episode
  - 21. Mid.
  - 22. Pet protection org.
  - 23. Bundle
  - 24. "You \_\_\_ kidding!"
  - 25. Tea variety
  - 26. Byrnes who played Vince Fontaine in "Grease"
  - 27. Trait carrier
  - 28. Word with flash or fire
  - 29. Cold house
  - 30. Diamond and others
  - 31. Reunion attendees
  - 33. Hunting target
  - 36. One of the largest trees in the world
  - 38. Lords
  - 39. Sea eagle
  - 40. Made up for
  - 42. Raging fire
  - 45. Radiator sound
  - 46. De novo
  - 47. Nil
  - 48. 6-Jun-44
  - 49. Crackers
  - 51. Desperate Housewives character
  - 52. Bloated things
  - 53. Grime
  - 54. Steven's Spielberg's mother who gave her last name to the Princess in Star Wars
  - 55. Salinger girl
  - 56. North, for one



**Sing, Dance, Run or Play, Stay Active and Age Your Own Way!**

**HAPPY SENIORS' AND ELDERS' MONTH**  
- OCTOBER -

WORDSEARCH - (EASY) By Myles Mellor

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

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SOLUTION ON PAGE 26





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