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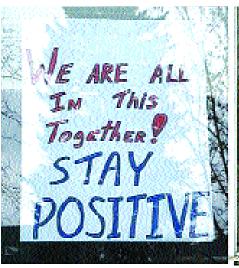
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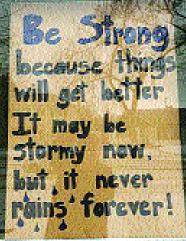
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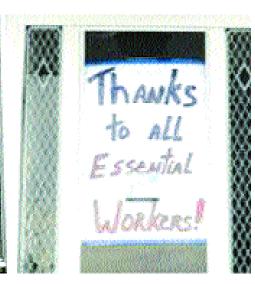
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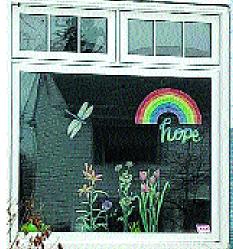
## Signs of the times

on McAdam Ave, East of Main Street, Winnipeg
- Submitted by Jack Slessor

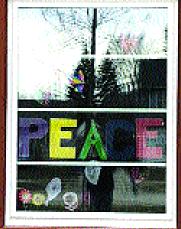












McAdam Avenue neighbours share their positive messages during the COVID-19 pandemic with "Signs of the times!" People show their appreciation of our signs with shouts of "Love your signs!" and "Way to go!" as they pass by walking, on their bikes or in their vehicles. (Photos by Jack Slessor)

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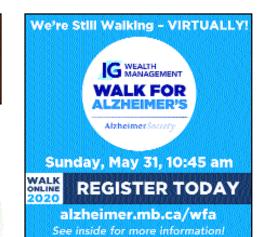
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## Happy Mother's Day

to all the Moms, especially those who cannot celebrate with their loved ones on this special day.



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# Memorable Manitoba 55+ Games Moments - Reliving the Fun & Games!

- Karyn Heidrick (Manitoba 55+ Games Coordinator)

This is the first in a series of articles from **Active Aging in Manitoba (AAIM)** to share some memorable moments of the **Manitoba 55+ Games** through the eyes of participants. Time-travel with us across Manitoba to friendly places, smiling faces and memories that represent the fabric of the Manitoba 55+ Games. Enjoy a glimpse of why older Manitobans have been participating year after year after year.

This cultural trademark of healthy aging in Manitoba was started in 1983 by the Manitoba Society of Seniors, who hosted the inaugural set of Manitoba 55+ Games in

Winnipeg. The provincial event has been held in a different community each year since then, serving up local hospitality and showcasing the unique and special qualities of life in the host community.

In 2012, the torch and spirit of the Manitoba 55+ Games was placed in the capable hands of the Active Living Coalition for Older Adults in Manitoba (ALCOA-MB), which is now known as Active Aging in Manitoba (AAIM). Each year, a wide variety of over 25 age-friendly events ranging from card games to scrabble, snooker, floor curling/shuffleboard, track, swimming and slo-pitch attract

more than 1000 athletes, 300 volunteers and many more spectators over 3 days of fun and celebration of sport for life.

Join Linda Buchanan, who has participated in the Manitoba 55+Games each year, since 2007 (her husband Grant started in 2006), as she relives some of her fond memories of the Games.

"There are so many aspects to the Senior Games that make each year an unforgettable event – one which we will sorely miss this year. Here we are in Glenboro in June, 2018

Continued on next page

# 60-Unit assisted living residence planned for Dugald in the RM of Springfield

APRIL 28, 2020 - DUGALD, MB - A new \$16M, approximately 60-unit Assisted Living residence is in the planning stages for Dugald in the RM of Springfield. **Dugald Place**, planned for occupancy late 2021, will be a 3-storey mix of studio and 1-bedroom units designed to provide on-site dining, bright spacious suites, weekly light housekeeping, and recreation services. The amenity plans call for large common areas including fitness, café, and games rooms; organizers hope to attract an on-site satellite pharmacy/clinic.

Members of the Springfield Seniors

Non-Profit Housing Coop which opened the successful \$14.5M, 47-unit Dugald Estates independent seniors housing coop four years ago, have formed the Dugald Place Non-Profit Housing Coop to develop the new project. "When we built Dugald Estates," said Dugald Place Co-Chair Lesley Thomson, "the RM of Springfield donated the land as well as sufficient land for us to plan for a second building. Dugald Place is the next step in our 'Aging in Place' vision," added Thomson.

"There is a strong demand for seniors and assisted living housing in Springfield," said Mayor Tiffany Fell, "but there is currently no assisted living residence here. We commend this volunteer group for the work they are doing to fill that gap, for their vision, their determination and their hard work in meeting the needs of our community."

As residents in the independent Dugald Estates building age and require more services and support, they can simply move to the adjacent building and remain within their communities in their retirement years, staying close to their roots and their social networks near their friends and families. The new building is not limited to seniors but rather will be available to any adult who needs the kinds of support assisted living can provide.

Final costs are still in development but the group is currently accepting expressions of interest. Those interested in being on a priority list for the suites can make a \$1,000 deposit to be on the waitlist. A fundraising campaign is also being planned to help reduce the overall cost for future residents. For further information, as well as deposit forms, go to www.dugaldplace.com.

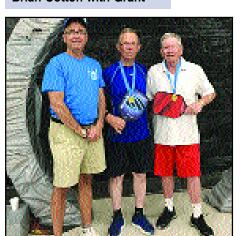




### Memorable Manitoba 55+ Games Moments, Cont'd from page 2



**Brian Cotton with Grant** 



Cal Boscow and Grant win Gold in their age group.

enjoying the talent of Corny Rempel and the awesome hospitality extended to us by the wonderful volunteers of that community. Corny, an Elvis impersonator, played to a full house in the Glenboro community hall, the evening before the start of the Games. I will never forget, near the end of his performance, he said that he would be driving back home that night and asked if anyone needed a ride. Without the slightest hesitation, almost every 55+ woman in the community hall that evening raised her hand unabashedly and waved wildly to *get his attention.* 

Jump ahead to the amazing opportunities to participate in the athletic events as we are doing here in Swan River in June, 2019. It is so great to see so many people venture to "the north" and we are so glad that they are able to experience and enjoy our sights and sounds and northern hospitality.

We have always had entries in golf, track and swimming – and the community organizers always do a

### Memories of the Senior Games

A collection of photos by Linda Buchanan



Cherlyn and Sally -The Pas Golden Girls

yeoman's job of keeping us moving in the right direction. There is the odd glitch here and there but none that we notice as we move seamlessly through each community to our next event. Medal presentations are prompt and results posted for our purview.

At one of the regional events known as the "Northern Olympics", organized by Sharon Arnold and hosted by The Pas Golden Agers group, Jim Evanchuk from AAIM did a demonstration on pickleball and our community really took the sport to heart. In a year or two, we had participants enrolled in the competition and the first year Cherlyn Cain signed on for women's doubles with Alice Spence, they came away with a gold medal. The past two years, her golden partner has been Sally Pierson - they are a couple to be reckoned with. We have many more men's teams and it is exciting to see them compete in various age groups across the competition. The Manitoba 55+ Games have introduced activi-



Friends Gather



Linda, Achim and Cherlyn - The Pas swim team

ties like Pickleball and many other options that offer opportunities to be a participant for life.

Track, shuffleboard, arts and crafts, Crib, Scrabble are some of the other events we enjoy! Till we meet again, stay safe and keep well."

– Linda Buchanan

~ ~ ~ ~ ~

Thank you Linda for sharing some of your Memorable Manitoba 55+ Games Moments.

Stay tuned for the next instalment of Memorable Manitoba 55+ Games Moments when Mike Baziuk will share his and teammate's memories of the Manitoba 55+ Games and their experiences representing Manitoba at the Canada 55+ Games.

Please note: AAIM will be refunding all registration fees associated with the 2020 Manitoba 55+ Games. We apologize for any delays, which have been caused by the COVID-19 pandemic and thank you for patience and understanding.



Corny (Elvis) with Grant and Me (Linda Buchanan)

**AAIM** is pleased to confirm that the Selkirk Host Committee has agreed to re-engage as the road to recovery from the COVID-19 pandemic allows. Moving forward, the target date for the **Manitoba 55+Games is June 8, 9 & 10, 2021** in Selkirk, Manitoba. Thank you to the hundreds of volunteers, who were ready to host the provincial event in 2020 but were stopped in their tracks. We look forward to planning and staging a great provincial event for 2021.

For ideas on how you can stay active and healthy in and around your home visit the **Active Aging in Manitoba** website: **www.activeagingmb.ca** 

If you have participated in the Manitoba 55+ Games and have a story you would like to share please contact **Karyn Heidrick**, **Manitoba** 55+ **Games Coordinator** at: **manitoba55pusgames@gmail.com** or phone: 204-261-9257 or toll-free: 1-855-261-9257. ■

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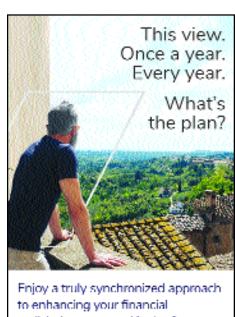
Should there be a change in mailing address since filing a 2018 income tax return, complete the Address Change Request Form on our website by **May 12, 2020**.

To learn more, call 204-945-3744 or toll-free 1-866-626-4862.

manitoba.ca/covid19







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Page 4

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**TAX and ESTATE PLANNING:** 

### Mother's Day Advice: 5 Tips to Help Prepare your Children & Grandchildren for Financial Well-Being

Treena Nault, CFP, RRC, Executive Financial Consultant

With Mother's Day around the corner, I wanted to offer some advice about building financial confidence in the next generation.

Many high-net-worth parents will leave the majority of their money to their children and grandchildren. But with that wealth also comes responsibility.

It's about more than the comfort that your children will receive an inheritance. It's about being prepared to manage that wealth, along with unexpected life changes. There's a responsibility for young people to develop sound financial strategies and self-sufficiency. And there's also an opportunity for parents to nurture that responsibility early on, to help set the next generation up for success.

Here are five ways to help you sustain family wealth and build financial confidence in your children.

### **Demystify Money**

Money has become increasingly intangible over the past few decades with the advent of digital banking and ATMs. Believe it or not, many in the younger generation believe that all you have to do is put in a debit card and the money comes out. This abstract "money grows on trees" concept is why it's more important than ever to teach children the value of a dollar, where it comes from, how it's earned, how it's taxed and how they can earn money back through investments and savings accounts like RRSPs and RESPs.

In working with wealthier parents, in particular, I find that they express a desire for their children and grandchildren to be well-off, but not entitled; they don't want their children feeling their parents owed them anything. It's important

from a multi-generational perspective that children of affluent families grasp both the tangible value of money and the meaning and gravitas behind that money.

#### **Start Young**

The minute your child knows what a dollar is, start talking about it. The earlier children learn about money and start saving — even if it's just birthday money to begin with — the more runway they have for it to compound over time. This is true for all income levels and can get young people invested in the process as they watch their wealth expand. I know that both of my children are excited about learning and investing because they can watch and participate.

Many affluent families aren't comfortable discussing family money and engaging their children in wealth management discussions. They may not want their children to know too much or they're simply not sure how to approach the conversation. However, communication is key and delaying discussions can make things more challenging for children who inherit wealth later.

Like any life advice, it's about providing the right financial advice at the right time. And that's something a professional like me can help with.

### Help Make it Meaningful

Retirement may not be top of mind for young people, but that doesn't mean they don't have financial goals.

Children should be encouraged to "create meaning" and "attach purpose" around their money from the moment they start earning or receiving it.

Goal setting is especially impor-

tant in cases of more affluent families where children may be accustomed to their parents paying the bills. Once they realize how long it takes to earn or save for a particular goal, they develop a better appreciation for what they really want and develop lasting habits around saving and preserving wealth that will serve them well into the future.

Also, a good wealth transfer strategy should consider shared values, and what inspires and motivates the younger generation, not just parents.

### **Review Inheritance Plans**

Perhaps the most important financial conversation you need to have with your children is the one you're trying hardest to avoid.

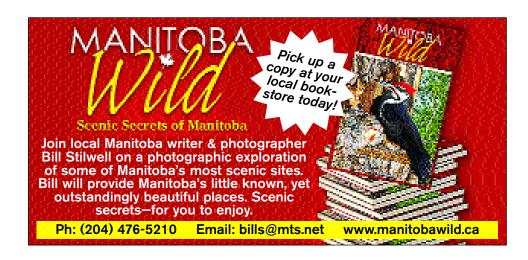
Discussions around wills and wealth transfer tend to make people uncomfortable, but they're vital to ensuring beneficiaries are equipped to handle an influx of "sudden money" in ways that will serve them wisely and respect the values of the benefactor. Failing to disclose wealth or outline estate plans can create unnecessary confusion or animosity down the line.

These "high risk communications" can also provide a needed reality check, especially given today's longer life expectancies or as needs change, she says. The level of inheritance can't always be assumed or guaranteed.

### **Engage a Financial Advisor**

As mentioned above, money and emotion go hand-in-hand, and both are dynamic. For this reason, I offer family meetings. As an impartial advisor I help create a detailed plan for preserving and maximizing wealth — particularly for young

Continued on next page





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### COVID-19 has forced the province to postpone much of the big party



By Roger Currie

Tuesday May 12th is Manitoba Day, marking the 150th anniversary of this province's entry into Canadian Confederation. Major celebrations were planned, and a provincial election was even rescheduled in an effort

to ensure that politics did not distract us from marking the historic anniversary. Who could possibly have guessed that the pandemic known as COVID-19 would disrupt our daily lives so completely. The key to the efforts to limiting the spread of the disease is social distancing. What a different scene it has become from 1970, Manitoba's Centennial year.

My life as a journalist and broadcaster began that summer as I celebrated my 23rd birthday in July. The Manitoba Centennial party was non stop, and the crowds were huge everywhere you went across the province. Queen Elizabeth and Prince Philip brought their two oldest offspring to Manitoba in July, and the Royals were treated like rock stars where-ever they went (pictured).

Much of the partying action was almost spontaneous, rising from the grassroots. Over the second weekend in July in downtown Winnipeg, Portage Avenue came alive between Donald Street and Memorial Blvd.

with a festival called *Get Together 70* (pictured). More than 100,000 turned out, listening to endless music on several stages and sampling mouthwatering food from a variety of trucks. Up on Main Street, in the area of the Centennial Concert Hall and the civic centre, food and music of many nations were on display for a full week. It was the first Folklarama festival and it was a huge success. Outside of Winnipeg, we had the beginnings of other events; the first Turtle Derby in Boissevain, the Frog Follies in St. Pierre and the Corn and Apple Festival in Morden, just to name a few. Festival du Voyageur in St. Boniface had already succeeded in establishing the fact that Manitobans were not be trapped indoors by the frost of winter.

Some of these events that began in 1970 were short-lived, but I think it can honestly be said that much of the fun-loving spirit that we value in this province was driven to a higher level by what happened during Manitoba's Centennial year.

The 1970's and 80's saw the birth of more major events like the Winnipeg Folk Festival and the Fringe. As early as 1967, it had become apparent that this part of Canada was blessed with a priceless resource that made possible what was once thought to be impossible. The resource is the power of

volunteerism. The success of our first go at the Pan Am Games in 67 made new believers everywhere. 50 years on, there was definite reason to believe that at least some of the same magic that we saw in connection with Manitoba's Centennial could be expected to return once more for the Manitoba 150 celebrations. Then came COVID-19, the worst health crisis that the entire world has faced in more than 100 years. It is simply too dangerous to gather in large groups, and it's very difficult to say when something resembling 'normal' will return, if ever. What a shame it is that most of Manitoba's major events will simply not happen in 2020.

However, the 'virtual' world that didn't even exist 50 years ago will ensure that all is not lost and forgotten. A variety of social media are definitely helping to bridge some of the enormous gaps that we face.

Details concerning what will happen on Manitoba Day, May 12th, can be found on this website https://manitoba150.com and on a variety of other provincial sites.

In the meantime, let's all stay safe and help each other as much as possible. ■

Roger Currie is Winnipeg writer, and a proud Couch Potato





Royal visit 1970 (Photo credit: Manitoba Archives)

### Mother's Day Advice: 5 Tips cont'd from page 4

adults in the early stages of understanding their finances.

With an unprecedented intergenerational wealth transfer on the horizon, it is vital for the next few generations to become financially engaged and adopt strategies that will serve them well into the future. As an experienced advisor, I can help you approach these sensitive discussions with your children and your grandchildren and create a customized and tax-efficient approach to transfer your wealth. ■

Treena L. Nault, RRC **Executive Financial Consultant** 

200-1605 Regent Ave West, Winnipeg, MB R2C 3B3

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## Walk Online with the Alzheimer Society! - Alzheimer Society

As people collectively learn how to deal with the challenges of Covid-19, one thing holds true - supporting the health and wellbeing of the local community is the highest priority.

Now more than ever, social interaction - even from a distance - is critically important for people with dementia and their caregivers. That's why Alzheimer Societies across Canada are connecting with communities in new and creative ways for the 2020 IG Wealth Management Walk for Alzheimer's Online.

Walkers can't be together this year, but a plan has been made for people to share their Walk stories online. The Society is challenging walkers to be as imaginative as possible - and to have fun doing it!

Throughout the month of May, it is requested that people participate in the Online Walk from the safety of their homes and yards at a reasonable distance. The Society will feature the innovative and original ways people participate on social media and in a national livestream broadcast on Sunday, May 31 starting at 10:45 am.

The livestream will also present

local musicians and entertainers who are preparing performances for an hour-long show.

Don't let a pandemic get in the way of supporting the Alzheimer Society! Register today and let's all WALK ONLINE!

Register at Alzheimer.mb.ca/wfa or call **204-943-6622** (Winnipeg) or **1-800-378-6699** (Manitoba). ■

### REWiND Co-Founder, Gord Kudlak Dies at 68

Our hearts are breaking as we announce the passing of our charismatic co-founder, dear friend and band brother Gord Kudlak, known to those who love him as "Kuddles".

At 12:25 am on Good Friday, April 10th, the band REWiND lost its beloved co-founder "Kuddles" to complications of diabetes and heart disease.

Known for his heartfelt renditions of retro rock 'n roll favourites like Teddy Bear, Mustang Sally, and Runaround Sue, Gord was always able to pull out the stops in performance, rising above the pain and physical challenges brought on by his illness.

Gord also leaves to grieve his passing, his wife Gerry, his son, daughter, grandchildren, his extended family, and countless Winnipeg fans.

For more information on the band REWIND and Gord's musical background, visit:

#### www.rewindharmonies.com

For an MP3 copy of Gord singing It's All In The Game (recently remastered and recorded for the band's third album) please send your request by reply email:

linbur@mymts.net ■



The band's very first photo shoot in November, 2011. L-R: Larry Ruppel, Linda **Burgess Ruppel, Harvey** Peltz, Gord Kudlak, Gloria Harris. Missing are the other five members of the band (in order of their joining): John Wrublowsky, Chris Wheeler, Rick Hemmerling, Ken Hodges, Kasey Kurtz..

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During these difficult times, you may want to ensure that you have the following documents in place or updated to your current needs:

Our office is open during these COVID-19 circumstances. We are enforcing strict measures for all of our safety.

### Will

- The Excecutor the person who will administer your Will and Estate; make decisions on your behalf; file appropriate tax returns; protect and preserve your assets and follow your wishes.
- The beneficiaries this includes protecting your children, and making special provisions for beneficiaries with special needs.
- Handling your funeral and burial arrangements.

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You may become incapacitated and/or unable to manage your affairs personally. due to either physical or mental conditions which may be temporary or permanent. Without a designated Power of Attorney, the Public Trustee can assume control of your assets and administer your affairs. Alternatively, someone else can apply to the court to obtain control, but this may prove to be a lengthy and costly procedure.

### **Health Care Directive (Living Will)**

Unfortunately, there may come a time when you are not capable of making or communicating a decision as to what medical treatment you would like continued or withdrawn. We can help you remove the burden and the pressure from your loved ones of having to guess your wishes by preparing a document that will enable treatment decisions to be made based on your health care directives.

> **Standard Fees\* Seniors** WILL \$175.00 \$150.00 **POWER OF ATTORNEY** \$125.00 \$100.00 HEALTH CARE DIRECTIVE \$75.00 \$50.00 \* PLUS TAXES - rates are based per person

Legal services provided by Tanis B. Jury Law Corporation.

### **Federal and Provincial Social Benefits for Seniors**

Over the years I have read many articles in the Senior Scope that focus on information pertaining to improving senior living standards and providing availability for better health. The articles that appeared were well documented, very informative and educational in content. The Senior Scope which is an excellent tabloid, provides useful and entertaining information for all ages throughout our province. As a senior, I have browsed through many articles for information that specifically are factual identifying what services seniors can inquire and retain for themselves.

Occasionally certain articles do appear that talk about federal and provincial benefits for seniors in Manitoba. At times, the information has an adequate sense of direction, what is available and what governments administrate certain programs. What I would like to do in my article, further enhance awareness of the many beneficial programs that both levels of government offer our seniors.

Knowing that we are living in this uncertain time, a global pandemic COVID-19, and as a senior who is very conscientious of the present health crisis; I would like to provide information and direction to seniors at this unpredictable time, identifying federal and provincial benefits that are available to all.

Under the Federal jurisdiction we know there is a Canada Pension Plan (CPP), a reduced pension may be applied for at age 60 or deferring to age 65+ at which time an increased pension may be available. Then there is the Old Age Security (OAS) Pension Plan, applied at age 65, employment history is not a determining factor for eligibility but a resident for at least ten years. The Guaranteed Income Supplement (GIS) is also available to low-income Canadian residents who are receiving OAS. In addition, the Federal government looks after the Allowance Program, your household income is considered in determining eligibility; plus, the Allowance for the Survivor, eligibility if your spouse or common-law partner is deceased. All these programs are overshadowed by Service Canada.

On the other hand Canada Revenue Agency (CRA) looks after the Disability Tax Credit (DTC) program, Federal Caregivers Amount Tax Credit, Medical Expense Tax Credit, Registered Retirement Savings Plan (RRSP) and the Goods and Service

Tax (GST), a tax-free quarterly payment that helps offset all or part of the GST you pay.

From a Provincial perspective, one must not overlook the following program that is available, 55 Plus program. This is a Manitoba income supplement plan assisting low-come residents but if a person is receiving the federal Old Age Security (OAS), you are non-eligible. As a senior living in Manitoba we should investigate such programs as the Manitoba Primary Caregiver Tax Credit, Manitoba Housing, Rent Supplement Assistance Program, Senior School Tax Rebate and School Tax Assistance for Tenants 55+.

Every senior resides in a Federal riding constituency, they should acquaint themselves with their MP-Member of Parliament. Why is this so important? Well, your MP can serve you in many capacities using their community office to help and navigate your issues pertaining to federal government benefits, departments, programs and services. Your Member of Parliament can help if you have questions or concerns about your CPP, OAS, GIS, Income Tax-CRA issues, CPP Disability, Employment Insurance (EI), Phoenix Pay problem, Canada Post, Veterans Affairs services, and many other areas. Their office case workers are available to help in many of the federal identified jurisdictions, your issues can be investigated and resolved.

Over the years I have become more concerned and informed about scams than ever. The number of scam victims across Canada continues to grow, vulnerability is prevalent. As seniors, we should be aware of identity theft, a problem that all seniors at times ignore until they experience it.

Why did I mention scams and identity theft? Whatever Federal or Provincial program benefit you are presently involved with or intending to apply for, scammers are always on the lookout to collect or reproduce your personal information or identity for criminal purposes. Down the road, I can provide more information about scams and identity theft that affects everyone and in our community. Be safe, be vigilant and stay healthy in these extraordinary times.

Peter J. Manastyrsky A Step Beyond & Associates 204-663-4651 pmanas@mymts.net

### Mac Davidson - Surviving Cancer - PART I

**Mac Davidson** 

By Tanya Elrick, daughter of Mac Davidson

2017 will be a year my family will never forget. It was the year my father, Mac, was diagnosed with cancer, had a heart attack, and received a stem cell transplant, all within the span of 8 months. It was quite the journey through our health care system, and one many people don't get to see. It really involved my whole family, my mother Ardith, my sister Stacy, my husband Trevor and myself.

Things all started in April when my dad noticed some swelling in his chest. Initially he thought it was due to muscle strain, but when it didn't go away, he went to his doctor to get it checked out. Dad was further concerned about the lump because his eldest sister was battling non-Hodgkin's Lymphoma at the time.

This wasn't Dad's first cancer battle. In 1999 he had some lumps in his throat that turned out to be swollen lymph nodes due to non-Hodgkin's Lymphoma. We were lucky that it was caught early and cured with mild chemotherapy.

He saw his doctor on May 10 who recommended an x-ray, which he had that day. On May 12 he was referred to Dr. Skrabec at CancerCare. May 15 he had bloodwork done as well as a CT scan. May 17 we received the diagnosis: Cancer. The big 'C'. Diffuse Large B Cell Lymphoma (DLBCL), the most common form of Non-Hodgkin's Lymphoma. DLBCL typically affects the lymph nodes but can also affect other parts of the body, like the bone where dad had first noticed the swelling.

At the time of his diagnosis, my dad had retired from his full-time government job, although he had recently gone back to work for them, part time, as a consultant. He just wanted to make sure his work schedule didn't negatively impact his busy curling and baseball schedule. The Tuesday after his diagnosis (since the weekend was the long weekend, and the office was closed) he went to tell his boss he was quitting. Couldn't find his boss and kept going up the chain of command until he found someone. His resignation was immediate. He figured between baseball, work, and fighting cancer, that he only had the time and energy to do two of the three. Work was less fun than baseball and well he needed to fight the cancer, so work had to go.

The next steps were mainly get-

ting more information on the cancer and how it was affecting him. The tumor was close to his heart, so his cancer team scheduled a multigated acquisition (MugA) scan on May 24th. This would let his team know how well his heart was pumping, which would be helpful not just to

evaluate how well his heart was doing before treatment but could be used to see how the treatments affected his heart.

Five days later I took Dad back for more tests, this time a biopsy on the tumor on his chest. My mom had been going with him to his other appointments and was

missing work because of it. I coincidentally had an appointment with my allergy doctor that day and had taken the day off and was able to take him to that appointment. That was the day things really hit me, walking into the cancer care ward at the hospital. This was real. My dad has cancer. At the same time, I was impressed with how large the CancerCare wing was.

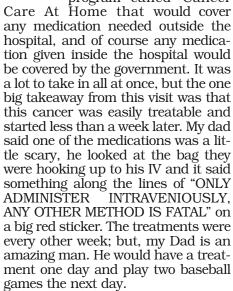
The biopsy went smoothly. I wasn't in the room when it was happening, but just on the other side of the door and could hear my dad joking with the nurse about his chest hair being shaved. Since the tumor was close to the surface, the surgeon was able to use local anesthetic to perform the biopsy. The procedure was quick, and the next step was to wait for the biopsy and MugA scan to be evaluated so his cancer team could come up with a treatment plan.

Finally, on June 9, just under a month from when he first went to the doctor about the growth, we were at CancerCare to meet with an oncologist, the hospital pharmacist and a "cancer concierge" to find out what life would be like for the foreseeable future, and discuss the treatment plan.

The most common treatment for this type of cancer is CHOP, which is the acronym for all the drugs used in the treatment regime. Another drug, Rituximab, can also be added, and my dad's doctors decided to include it in his treatment, so the "official" treatment plan was R-CHOP. Listening to the pharmacist talk about all the side effects of all the medications

was scary! Mouth sores, nausea, hair loss, neuropathy (tingling and numbness in the extremities). And of course, his immune system would be weakened so frequent handwashing was important, as was keeping an eye on his temperature as a fever could indicate an infection.

My father was lucky in that he still had benefits as a government retiree, and he had coverage through my mom's work. Being that she worked at an insurance company, the benefits were pretty good! Even without the benefits though, the pharmacist explained that there's a program called Cancer



The tumor on my dad's collar bone started to visibly diminish within a week. He had few side effects, other than hair loss, and eventually some

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LIFE LEASE REPRESENTATIVE

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loss of feeling and tingling in his hands and feet. He also developed what's called "chemo brain" where you become more forgetful. After four treatments, CancerCare was confident they had been successful.

Around August 10th, things took a turn for the worse -- a new tumor appeared. The doctors ordered more bloodwork, and another visit to the doctor on August 15th was scheduled. They ordered another CT scan to see how things were progressing and switched to a new treatment which started on August 21. The tumor shrank, but soon after, tests revealed the new Chemo was not working either.

On August 30th we met with Dr. Paulson, a stem cell plant specialist (turned out to be the grandson of the Doctor that delivered Dad) to discuss a possible stem cell transplant. We were given a large binder with all the information on the stem cell transplant. My dad was lucky in that he could do what was called an autologous stem cell transplant. Rather than having to find a matching donor, they could give my dad drugs that would make his own system produce stem cells, which would then be treated and given back to him. The bad news at the appointment though was that without the stem cell transplant, there was only about a 5% chance of beating the cancer. With the transplant, the chance of beating it jumped to 50%. ■

**Continued** in the **JUNE 10-JULY 9** issue of **Senior Scope**.

Or read the whole story at www.seniorscope.com/newsbits.html



www.heritagelife.ca



## Snail mail takes 30 years to deliver By Robin Burnett-Klyzub

A few years ago, our mother, Dorien Burnett, moved into Brandon after our father, Jim Burnett, passed away. Mom now lives at Valleyview Care Centre (long term care).

Previous to Valleyview care Centre, mom lived at the Odd Fellows senior apt building. While cleaning out mom's suite, we (the family) took home mom's important keepsakes that she couldn't take with her to Valleyview.

In one box were mom's photo albums, old greeting cards (mom kept every one she ever got) and cherished news stories.

While looking through them, I found a graduation card made out to a "Ryan" and signed "Congratulations and Best wishes for your future. From Jim and Dorien Burnett". Plus, there was \$25 that fell out of the card as I opened it. By the look of the "old" \$20 bill and \$5 bill, this card was made out several years ago.

There was no envelope with the card, no last name and no address.

However, being that we are from the smaller community Pierson/Melita, I figured it couldn't be too difficult to deduce to whom it was intended for.

This letter then got set aside and I forgot about it until recently. I went on a mission to find our "Mystery Ryan."

I felt compelled to ensure that Ryan received the card and well wishes intended for him, however long ago.

With the assistance of some friends, I was able to track him down and was given his phone number.

"Ryan" has requested that his last name NOT be used in this story.

I called him at home and explained to Ryan who I am, who my parents were and what I had that was intended for him... his graduation card and \$25.



Dorien Burnett receives 90 red roses.

Ryan laughed with surprise and said a heartfelt thank you. He said, "Well, I graduated 30 years ago but that is very nice."

As we talked a while I came to learn that Ryan didn't know, or really remember mom and dad. And in fact, mom and dad really didn't know Ryan.

This did not surprise me as that's the kind of people mom and dad were. They may not have known Ryan but they knew his parents and that was enough for them to acknowledge their son's big day. Mom and dad were great supporters to their community and were always ready to help someone out.

I explained that I would like to mail

him his long over due graduation card, and the money inside. Ryan stated he would love to have the card but not to worry about sending the money and perhaps it could be donated or used some other way.

Ryan also stated that they are also expecting their first grandchild in May, 2020.

Included in the card sent to Ryan was a little note mentioning that mom lived in Brandon now and she will be celebrating her 90th birthday on Nov. 1, 2020.

Although, it was very nice of Ryan to offer to keep the money and just send the card, the cash was included. In the spirit of which it was intended, "best wishes for the future"

it was suggested perhaps it could be put towards their new grandbaby and set up a bank account.

Ryan received his long over due greeting card mid-March 2020 and apparently was quite moved by the gesture made so long ago.

In kind, Ryan responded with sending a beautiful thank you letter to Mother Dorien. He thanked her for her kind gesture and for the fact that she held on to it for so many years and that even after 30 years, it was ensured that he still receive it! He also wanted to acknowledge her upcoming 90th birthday and sent 90 long stem Roses!

Mom was completely shocked and overwhelmed to receive them. In fact, she was completely confused as to why she had received them and who was this "Ryan" who sent them!?

With the current COVID-19 pandemic and all care facilities being under lock down with no visitors allowed, mom had not been informed of the finding of this forgotten card and that this mystery "Ryan" had been found and it was delivered to him with the same spirit in which it was intended.

To say the least, mom was completely overwhelmed and shocked to receive such a beautiful surprise during a time when she is a little lonely and missing her family during this time. It couldn't have happened at a more perfect time to help lift her spirits.

A part of me thinks that our late father may have also had a helping hand in the timing of it all. Dad used to buy mom ONE RED ROSE for her birthday. Perhaps, he knew mom needed a smile and also wanted to remind her that he remembers her 90th birthday is coming up this year.

## Volunteer Spotlight: Karen Bate

As a long-time regular customer of the **Children's Hospital Book Market**, I'd been intrigued about the 'behind the scenes' aspect of it for years. How did it run? What needed to be done to make it a 'go'? What were the facilities like? And how on earth did they sort all those books?

It took me several years to pick up the phone and finally do something about it (I'm the world's best waffler).

I wanted to do something on a regular, volunteer basis. I wanted to make a difference, no matter how small my contribution may be. The Children's Hospital Market seemed to be a perfect fit, as my life unfolded.

Fate (or whatever) was starting to hit me over the head, yelling 'This. Is. Where. You. Belong.'

Some of my earliest memories involve my mother taking my brother and me to the sale at Polo Park. Each booth had wonderful surprises in them, even if I could barely see over the edge of the tables at the time. All those BOOKS! And Mummy said we could buy a BUNCH! Then we would wander off to find things she wanted, and I was fascinated by big glossy coffee table books and travel books, and bored to tears (probably literally) as she spent time going through reams of mysteries, fantasy, sci-fi, biographies, cookbooks, histories... To this day, I love books, and have a house full of them. My husband wants us to downsize, and has pointed out that I can't possibly re-read all my 'friends' before I die – even if I live to 125. Hmm.

My father was a high school teacher. He was very involved with his

students and the programs they were taking. He was also involved with some school extra-curricular programs, which required extra research and work. Where do you get enough books about Gilbert and Sullivan, for instance? (remember, this is long before computers, never mind the internet). Check out the Book Market.

Dad loved his job, and loved children of all ages. If a youngster was pedalling down the street on a squeaky bike, Dad would be chasing them with an oil can. Neighbouring kids learned about building fences, flower beds and vegetable patches. When Dad died of a massive stroke, my mother opted for donations to be made in his name to the Children's Hospital, since that was more of his legacy, than the illness that claimed him.

My mother was voracious reader. Anything and everything. As her children grew, the Book Market was still a 'thing' for all of us. It was a much looked forward to event. One of her greatest fears was to follow suit of her parents as she aged, and lose her sight. What could she do about travel? And most of all, what about reading? Of course the inevitable happened, but she graduated to large print books (available at the Book Market) then audio books. As the years went by, she donated much of her collection to the Book Market, hoping her 'friends' would do some good for the children. (An aside, since my mother's biggest fear was going blind, and it came true, my biggest fear is winning \$50,000,000. I'll let

When she died, the Book Market



Karen Bate

was once again the obvious choice for donations in her name.

All which leads back to me and my volunteering. My parents had instilled a great love of reading and books into me, but my own life took me to direct connections to the Hospital. My first stay at any hospital was to give birth, which I think was a pretty good record. However, our babies had a couple of bumps along the way, and we ended up visiting Children's Emerg a few times. The longest stay was 5 weeks with our son, when he was a wee lad of 18 months. At that time I saw the kindness and efforts made by everyone on staff at the hospital, from the overworked nurses to the volunteers pushing carts of - you guessed it - books. I was very grateful that my partner and I were able to shift our schedules, so that one of us was with our son 24 hours a day, while the other parent was with the other child at home. The nurses expressed their gratefulness, but I got to see more of the functioning of the hospital, what was needed, and quite frankly, what will always be needed.

Over the years, both of my children were taken by their Mummy and Grandma to the book sales annually. They knew they would be able to search for gaps in their collections, or try new books. ('How many?' 'As long as you can carry the bag.') We explained to them where the money from the books was going.

My book connection went further, as I went from reading them to writing them. And of course you need reference material to do that, which of course leads you back to.... you get the idea.

So really – when I was looking for a volunteer job (after all the inevitable committees at the kids' schools) I'm not sure why I deliberated so long. I finally made the call, and was scheduled for a training session.

I had no idea how much I was going to learn! What a wonderful experience. All those categories (and sub-categories) of books. The constant stream of boxes and books coming in to be sorted. Each one is like a present – you don't know what's going to be in there, and each one is a surprise. Some have real gems.

The April Book Market was cancelled but the Children's Hospital hopes to see you at the September Book Market if it's back on track by then. Up-to-date information is available at www.goodbear.ca.

### Living with Dementia - Even in the Worst-Case Scenario? By Betty Barkman

I appreciated reading Nancy Scott's story (Senior Scope, Feb-March issue) about living with her husband's dementia diagnosis. I identify with what she says – it rings a bell for me in so many ways. I would like to add though that when I was in her current stage, I found a lot of encouragement by participating in the Support Group that was led by a staff member of the Alzheimer Society. There I learned a lot; valuable stuff that I might never have picked up otherwise.

That was more than five years ago, and the story didn't end there. It still hasn't.

My husband lives in a locked-down high-needs special-care unit for people with acute dementia and aggressive behaviour. This unit is one of the few such - most PCHes offer only more-or-less regular care facilities. He's been in there now for over three years and he's always one of ten - all on a similar journey. I visit regularly (or did before the virus pandemic put a stop to that). Some days when I walk in, I walk into chaos; there's screaming, crying, pushing, loud scold-y crow-like chatter or a huge smelly diarrhea mess all over the dining area. Other days it's comparatively serene, quiet, peaceful. But no matter which kind of day we stumble into, there are things all of us caregivers, whether visitors or staff, have learned to accept. No one eats or washes or bathes on a pre-made schedule. If something doesn't work now it might work on the next try or perhaps another day, and that's okay. No one remembers which is his or her room so you can expect to find your loved one in the wrong places. That can be funny; one day I walked in and found three others sleeping soundly on my hubby's bed, across the bed with feet dangling down while hubby was playing with water in someone else's bathroom. You smile and think of taking a picture but remember! It's okay. Everybody's property soon becomes communal; if an item is missing you learn quickly where it might be and sooner or later, you'll find it. You learn as you go. What makes this place so enviably "wonderful" is its atmosphere of total acceptance; unless someone's safety is truly at stake there is no pushback; no arguing; no fighting with a patient. Every single loved-one is treated with kindness and respect and a million rounds of patience. The words, "It's okay," are the theme of each new day.

I didn't used to know all this. The day my husband was re-located to this place - without warning and against my will, I thought it was the end of the world. It sure felt that way to me.

His downhill slide into dementia had started slowly at first before escalating into a rapidly spinning



**Betty Barkman** 

out-of-control roller coaster ride. Early on, both before and after his diagnosis, I was very determined and committed to caring for him myself, at home. Even when I realized I needed help and was getting some assistance, I clung to that goal fiendishly. Then Ĭ had an accident that put me temporarily out of commission and promptly put Leonard into a respite spot in a care home. I tried to hurry up my healing but soon discovered that his now new doctor and mine were in cahoots. They

decided that Leonard would never come home again. I was not happy.

And so began the "mobile" journey of his next sixteen months. Between hospitals and care homes, everybody was kind and gracious and good to us but nothing seemed quite the right fit. Just when we thought we had it figured something else would come up and we had to start over. His condition looked like Alzheimer's but not the typical kind; his diagnosis, based on his MRI and other tests was a rarer thing called CAA (Cerebral Amyloid Angiopathy). This may explain some of his complications. Both his seizures and his tantrums were violent; neither of them was something we had ever dealt with before.

To understand the grunt of my pain I need to flash back to who he was before all this began. Like every one of those ten people in his ward, he has a glowing before-story to show and tell. He and I were married for fifty something years during which time he was, not perfect, but always a faithful and devoted husband. He was an exemplary father for our six children, now all grown. He was a people-person and an avid community man. He was a well-loved pastor of a healthy country church. . . To see such a man go down with one of the ugliest forms of dementia is, simply put, a hard thing to see. And if that happens to be your beloved, the pain is excruciating.

So that brings us to the high-needs special-care unit he has now lived in for over three years. I had already been through the gamut of disillusionment and sometimes despair; this place felt like another giant step backward; perhaps a further spiralling down a slippery path to hopelessness. He'd been sent here because others (including the experts) could not cope with him in his condition. The whole thing felt bleak and terribly tragic. Could anything worse have happened to me?

Guess what? I was wrong. Dead wrong.

Soon I was ready to admit it. Something was changing. Big time. Was it just inside of me? Maybe. Or maybe it was that my eyes were being opened to some unexpected things that surprised me. I saw rules more reasonable than any I'd seen elsewhere. I saw grace and kindness and patience being shown a thousand ways in the most difficult scenarios. Where did all this goodness come from? I wondered for a while but eventually concluded; a loving God had sent us to the right place at the right time. What I had feared would be the worst place was the very best thing that could have happened to us.

Don't get me wrong. This article is not meant to be religious nor is the place he is at - it is a public government-run place. And the people - both staff and patients, are as international as they could come. English and Irish, African and Philippian, French and Ukrainian, Muslim and Hindu, Native American and even Mennonites. Various immigrated staff members are Arabic, from several different countries, but all have joined in, like one family happily working together for one goal - to lovingly care for their patients.

The powers that be are talking of sending hubby back to a regular home; that's how much he has improved.

When they do, I will cry. ■

#### Manitoba Churches –

### Hartney - St. Andrew's Anglican Parish / Old English **Church - 1894**

(602 River Avenue, Hartney, Municipality of Grassland) Manitoba Municipal Heritage Site No. 345

When it was built by local craftsmen and church members between 1893 and 1894 this church was known as the Anglican Parish of St. Andrew's, and also as St. Andrew's Anglican Church.

Several of its characteristics are similar to those of traditional English Anglican church architecture, applied here to a small prairie parish. The church's distinctive exterior features are the steeply-pitched gable roof over the nave, chancel and porch; the buttressed brick walls; and the eight pointed Gothic windows glazed with coloured glass. The chancel was added in 1907. The large stained glass window that at one time was behind the altar was moved to the town

The Old English Church is a prominent landmark set in spacious welllandscaped grounds beside a main route into town. It has a historic and physical relationship with the former rector's house to the west, and a large mansion of the same buff-coloured brick to the east.

The church has a dramatic interior where, under exposed trusses, the pastel coloured walls contrast with the dark wood trim on the windows, main vestry

doors and baseboards. It has the original organ, and the mostly hand-carved delicate wood furnishings that include altar, pulpit and pews. These items were added periodically when funding became available through the efforts of the Ladies' and Girls' auxiliaries, and



from private endowments.

The church did not have a permanent pastor for a while and closed in the 1970s. With the Victory Church of Brandon taking over it became the Old English Church. It is now well cared for.

Photographed in 2009

Tyrrell Mendis, assisted and encouraged by his wife Doreen, has photographed more than 700 places of worship in Manitoba over the past 35 years. It is an ongoing project to record the fast-disappearing relics of our heritage.

His travelling exhibition of 48 pieces, Testaments of Faith, Manitoba's Heritage Churches is now available for booking.

If you would like a particular church featured in *Senior Scope*, or would like to make a booking for his exhibition, contact **Tyrrell Mendis** at:**tymendis@shaw.ca** / (204) 774-0677 / (204) 794-1909 / www.theimpressionists.ca.ManitobaChurches/ (Testaments of Faith)

### **Testaments of Faith, Manitoba's Heritage Churches**

### EXHIBITION **Photographs by Tyrrell Mendis**

July - August, 2020 (Dates TBA) Ste. Therese Chapel (Museum) Cardinal, Manitoba

View a photo collection of Manitoba's fastdisappearing relics of our heritage, taken and compiled by Winnipeg resident Tyrrell Mendis.



Ste. Therese Chapel, in Cardinal, southwestern Manitoba, is now a museum.

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### Slow Cooker Potato and Leek Soup

Metric	Ingredients:	Imperial
2	carrots, diced	2
3	potatoes, peeled & diced	3
375 ml	cabbage, chopped	1 1/2 cup
1	leek, washed & diced	1
1	medium onion, chopped	1
1 L	chicken broth	4 cup
-	salt & pepper to taste	-
1	bay leaf	1
125 ml	sour cream	1/2 cup
10	slices bacon, cooked crisp & crumbled	10

In a slow cooker; combine carrots, potatoes, cabbage, leek, onion and chichen broth. Stir in salt and pepper to taste and bay leaf. Cook on low 8 to 10 hours or high 4 to 5 hours. Remove bay leaf.

In a small bowl; combine a bit of hot liquid from slow cooker, to prevent curdling, with sour cream. Stir into crock pot. Add bacon.

### **CROSSWORD**

### House Building Pros By Adrian Powell

#### ACROSS Ear-like

- Sleep stage that's linked with dreaming
- Comes out ahead 13 Final musical
- passage
- 14 Popto baby
- 15 Bone doc., brie 1y 16 Walked all over
- 17 Shoot out
- 18 Felt unwell
- 19 Has cabin fever,
- maybe 22 Illuminated
- 23 Shipping hazard
- 24 Takes part in a filibuster
- Cass and Mid in the '60s
- 32 Supportive shouts 33 Popular household
- cleaning brand 35 Vote into office
- Golfhole objective 65 Silent actress
- 37 Rock full of crystals 39 Piece of your pants
- 40 Place in piles, say DOWN Leisure suit
- material, once
- 42 Complains loudly
- 46 Pecan or almond
- Young gent
- 48 Totally loses it
- 56 Formally register.
- 57 Exchange a few words
- 58 Uncouth one 60 Wheretoweigh in
- 61 In this location
- 62 Grease job
- 63 More timid
- 64 Manitoba's official bird

- Markey
- Halloween mnth.
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- Swanky GMauto Smashes into Correct the text
- Agebra and trig Leave base with
- permission Pungent yellow
- cheese 10 " \_ all be
- oversoon."
- 11 Alice \_\_\_\_, painter of many pregnant nudes

- 20 Central area
- 24 In better health
- 26 Thsi deu has a
- 27 Artichoke centre
- 28 Where you live
- 29 Quarter round moulding
- 31 Gibson of
- "Braveheart" 34 Dudes
- antelope
- 37 Himalayan
- 38 Vulnerable to wind

- 12 Lays down turf
- 14 What you owe
- 21 Failing grades
- couple

- - 40 Adam's third born 43 Dr. Scholl's product
    - 44 Supplier to an army base

and rain

- Ancient metal collar, 25, Swiss watch brand, 45, Cream of the crop. 48 Spandau Prison's
  - last inmate 49 Footportion
  - 50 Waiter's aid (so do I) 51 Reverberation 52 Work on a tough
  - piece of meat 30 Free from 53 Mountbatten, for on e
    - 54 Adjective follower, usually
      - 55 Mongolia's desert 59 Selkirk's river
        - SOLUTION ON NEXT PAGE

### WORDSEARCH - Artists By Senior Scope

R S E N S Ζ DCL ΑE ARBARAHEPWORTHH BACONWGR ISV

Bacon **Bansky** Barbara Hepworth Blake Boyd

Bruyn

**Butler** 

Claesz Cole Corot Dali Degas Derain

Drysdale

Dufy

Eli Broad **Ernst** Etty Gaugin Goya Gris Heyden

Kitaj Klee Lowry Manet **Matisse** Melendez Millais Jean Greuze Mondrian

Monet Moore Nash Nolan Nolde **Pasmore** Rembrandt Reynolds

Rodin Sisley Spenser Steen Stubbs Sully Warhol West

SOLUTION ON NEXT PAGE

### Mind & Memory A to Z Trivia

By Gary Adams - Mind and Memory Presentations - Helping to Keep Brains Young

### Today all answers begin with the letter "A"

- 1. The goal of this company is to sell everything:
- 2. This is a country and a continent: 3. She wrote about a murder on a train:
- 4. An odd TV family:
- 5. This American state has 3,000 rivers:
- 6. This was the first pill sold as a medica
- 7. In this craft fabric is sewn onto a background: 8. When we are near the end we hope to see:
- 9. Caribbean Island established by Holland:
- 10. He was the star in the movie "Scent of a Woman":
- 11. He is a Canadian and host of Jeopardy:
- 12. This was a prehistoric Canadian lake: 13. He invented the telephone:
- 14. Model homes strive to have a warm:
- 15. These scary creatures snuggle before mating:
- 16. Everyone has one under their chin:
- 17. Prior to 2019 this country had 6 million rabbits:
- 18. This province has a "Red Deer": 19. Madonna sang "Don't Cry For Me "
- 20. This is a major resort city in Mexico:
- 21. He was the tallest U.S. President (6'3") so far:
- 22. Name the person who said "Open Sesame":
- 23. In golf this is three strokes under par: 24. This continent is 40% sand:
- 25. Woody Allen won an Oscar in 1978 for this movie:
- 26. This fruit is similar to a peach:
- 27. Ben Affleck directed this 2012 Oscar winning movie:
- 28. A pleasant feeling after graduating:
- 29. This is the capital of Greece: 30. This English car company introduced their first car in 1906:



you have our permission to PRINT or FORWARD this Quiz Challenge to Tenants, Retirement Residents, Members, Friends, Staff, Retirement Homes, Hospitals, Clubs, Families and Associations.

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

To request direct e-mail sends to friends or family, forward address to trivia@shaw.ca

~ Author, Gary Adams

### Also visit

www.seniorscope.com/fun.html for more A-Z Trivia and lots more fun such as 'Greetings From Winnipeg' with 'Funnies'

SOLUTION ON NEXT PAGE



rickgoodmansk@gmail.com

By Rick Goodman ©Copyright 2020 / Email rickgoodmansk@gmail.com Read more of The VIRUS DIARIES at www.seniorscope.com

This corona virus is having a negative effect on my health these days. When we first started self isolating Bea and I thought it would be an excellent opportunity to get back in shape. We'd have a light breakfast and then do a yoga routine and then go and work out on the treadmill. By day three we had slacked off to the point where we were making sure we were getting enough rest. You can compromise your immune system by not getting enough rest. I racked up around sixteen hours of high quality rest yesterday alone. Sleeping in and Netflix, that's the answer, no virus is going to lay me low.

Our yoga routine is starting to suffer as well. Yesterday my downward facing dog position looked more like a squatting elephant.

"You should walk more," Bea

"I wore that step counter you gave me yesterday and it said I did four km in less than 24 hours," I replied.

"I don't think back and forth from the couch to the fridge for beer and snacks really counts," she said. "And speaking of fridge, where's that chicken I put in there yesterday?"

Busted! I wonder how long it will be before she misses the cheesecake.

Not that she's perfect. I noticed that she's been struggling with her child's pose position lately. And this morning she came up with a genuine humdinger of an excuse for not doing yoga any more. She said that an article on Facebook claimed that yoga was nothing more than devil worship in disguise and she wouldn't be participating any more until her pastor could give her his theological opinion on the matter. And that wasn't going to happen any time soon because he was in the hospital recovering from a high speed treadmill wreck.

"Right on!" I said, "You sure lucked out there. Praise the Lord!"

Apparently not everybody appreciates sarcasm when they hear it.

The sad truth is that ever since we started self isolating we've been over eating and under exercising. It was time to choose... get things back under control or say to heck with it and shop online for his and hers muumuus

And that's why we're taking turns jogging behind the van out on our camp road. It's hard but it's healthy. One drives, one jogs. Every time the pace slacks off whoever is driving waves a bag of sandwiches out the window. Bologna sandwiches. My favorite. ■

### FACEBOOK FINDS

### Coincidence?

### *If...*

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

Equals...

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

### Then...

K + N + O + W + L + E + D + G + E11+14+15+23+12+5+4+7+5=96%

H + A + R + D + W + O + R + K8 + 1 + 18 + 4 + 23 + 15 + 18 + 11 = 98%

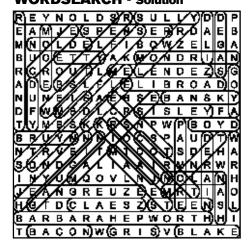
Both are important, but...

A + T + T + I + T + U + D + E1 + 20 + 20 + 9 + 20 + 21 + 4 + 5 = 100%

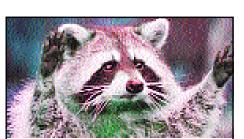
### **CROSSWORD** - Solution



### **WORDSEARCH - Solution**







2020's official mascot. Washes its hands incessantly. Always wears a mask. Rearrange the letter in **RACCOON** and you get **CORONA!** 

You know how it is when you're sitting on the toilet and suddenly notice there isn't any toilet paper so you have to get up and do that 'waddle' to get a roll? Well.... I'm nearly to Walmart!

### A to Z Trivia SOLUTIONS

- 1. Amazon
- 2. Australia
- Agatha Christie 3. Addams
- 5. Alaska
- 7. Applique
- 9. Aruba 10. Al Pacino
- Aspirin
- 8. Angel

- 14. Atmosphere
  - 15. Alligator 16. Adams Apple

11. Alex Trebeck

13. Alexander Graham Bell

12. Agassiz

- 17. Australia
- 18. Alberta

- 19. Argentina 20. Acapulco

- 29. Athens
- 30. Austin Distributed free to our seniors and friends during this COVID-19 troubling period. Play more A to Z Trivia at www.mindandmemory.ca

21. Abraham Lincoln

22. Ali Baba

23. Albatross

25. Annie Hall

28. Afterglow

24. Africa

26. Apricot

27. Argo

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