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Vol. 19 No. 10 | Apr 10 - May 9/21

Senior Scope

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Am I now 'invincible'? .. maybe, sort of

by Roger Currie



The worldwide drama that is Covid-19 is now in its second year. Like people everywhere, Manitobans are now being sent to a variety of places and rolling up their sleeves to get jabbed with a needle. What we are receiving from that needle is one of a number of vaccines that did not even exist a year ago. The pandemic is a colossal health crisis which isn't really going away just yet, but thousands of us are hopefully feeling safer and more protected as each day passes.

In mid-March, us 73 year olds were given the green light to register for a vaccination appointment. I view it as a definite positive sign that I ended up being scheduled for my needle on April 2nd, Good Friday, at the RBC Convention Centre in downtown Winnipeg. It is the largest and busiest vaccination 'supersite' in Manitoba, and getting things to run smoothly has taken a

while unfortunately. One week before my visit there, many 'Boomers' and older folks had to line up outside the building in the bracing cold. It was not what you would describe as a brilliant scene designed to win over anyone with any doubts about the wisdom and value of getting vaccinated. This includes people like me who have challenged mobility and need to lean on a walker most of the time. It turned out that computer problems resulted in not nearly enough staff and volunteers showing up at RBC to get the job done that day. The first full week at the Convention Centre saw a good day followed by a day that was not so good. I'm assured that things were considerably smoother at other vaccination sites around Manitoba.

Thankfully Good Friday turned out to be one of the better days at RBC but a number of things

became clear to me. Most important, no one should really try to do this all by themselves. It helps greatly to have a loved one or a trusted friend or neighbour to drive you there and help 'navigate' once you're inside the building.

Indeed, by Good Friday the folks in charge had recruited and 'strong-armed' a bunch of healthy younger folks to help those being vaccinated. Many were brand new to their assignments, and I'm pleased to thank them and salute them. I thought everyone did really well, and were genuinely helpful. My precious daughter Katie was my driver and helper and I was so glad that she was there. Once inside the entrance, I was offered a wheelchair, and what a grand idea that turned out to be. The final destination was a long way from the door and with Katie pushing the chair we were careful to main-

“From start to finish took just under an hour and I was left with a genuine feeling of accomplishment.”

Continued on page 2

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More info inside!

#IGWalkforAlz



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Am I now 'invincible'?, cont'd from front page

tain social distancing. From start to finish took just under an hour and I was left with a genuine feeling of accomplishment.

I also realized that us Boomers are aging quite rapidly and many of us are getting quite frail. I observed many couples helping each other to get through the process, as well as adult children being there for aging parents. There was definitely abundant love and kindness on display, and it was truly heartwarming.

It helps to trust the scientists and health care professionals in



Roger Currie

this unique crisis. Covid-19 continues to dominate the nightly news that we watch, and there's not a lot of good news to report. Most of us are still not able to put our arms around the grandkids like we did 14 months ago.

Hopefully, as more of us get jabbed in the arm, that will change.

Let us all take care of each other.

Roger Currie is a Winnipeg writer and broadcaster, and a regular contributor to Senior Scope.

Advertising Feature

Walk Your Way in May to Support Families Affected by Dementia

- Alzheimer Society

The **Alzheimer Society of Manitoba** challenges you to **Walk Your Way in May** and be part of the **IG Wealth Management Walk for Alzheimer's**.

While the pandemic prevents walk teams and individuals from participating together in the Society's biggest annual fundraiser, everyone can still walk to support families living with dementia.

Walking your way means you can be as creative as possible – while having fun at the same time! Go for a walk, run or bike ride, or create a fun challenge for you and your team. The sky is the limit!

Here are some ideas: pledge to walk two kilometres a day every day in May with your family; meet up with your team in a park every Saturday in May for a socially distanced walk and picnic; organize a hopscotch party on your street and invite your neighbours to participate; go for Sunday afternoon bike rides on the trail of your choice with your spouse.

The Alzheimer Society is excited to see what their supporters are up to as they walk their own way during May. Teams and individual participants are encouraged to share their story on social media throughout April and May and to tag the following platforms:

- Facebook: **@AlzheimerSocietyManitoba**
- Instagram: **@alzheimermb**
- Twitter: **@AlzheimerMB**

- Hashtag: **#IGWalkforAlz**

Participants are asked save the date on Sunday, May 30 for a national broadcast celebrating all of the amazing ways registrants across the country have participated. The time and link will be available soon at the Alzheimer Society of Manitoba website.

Sign up for the **IG Wealth Management Walk for Alzheimer's** at **walkforalzheimers.ca**



Mother-daughter team - Vanessa and Sonja.

Let's inspire each other and show our support for families affected by dementia. Together, we CAN make a difference.

CORRECTION

Two Milestone Birthdays at the Dufferin Senior Centre

We are honoured to have two ladies celebrating a milestone birthday.

Viola Battenchuk celebrated her 100th birthday on February 26, while Josie Feriuk celebrated her 100th birthday on March 12.

Congratulations to two amazing ladies on their birthdays.

May your days be filled with sunshine, smiles, laughter and love.

The board of directors and the

entire membership of Dufferin Senior Centre wishes you all the best of health and happiness.

Due to covid there will be no photo.

(We left you hanging in the last issue of **Senior Scope** – March 10/21) – by not completing the last sentence so you didn't know what wouldn't be there. Our apologies!)

April 8, 2021

COVID-19 BULLETIN #395

This bulletin marks 395 days of tracking the COVID-19 virus in our province by Manitoba public health officials.

The current five-day COVID-19 test positivity rate is 4.8 per cent provincially and 4.6 per cent in Winnipeg. 137 lab-confirmed cases have been identified bringing the total in Manitoba to 34,793.

Public health officials are announcing 40 new screened or sequenced cases of the variants of concern have been detected today. Of these, 37 are B.1.1.7 variants of concern with 32 from the Winnipeg health region, two from Interlake-Eastern health region, two from the Prairie Mountain Health region and one from the Southern Health-Santé Sud health region. Three new screened or sequenced uncategorized cases have been detected and are from the Winnipeg health region.

In addition, officials report that a previously reported death has been linked to a variant of concern. The death, linked to the B.1.1.7 variant, occurred in late March of a male in his 70s from the Winnipeg region.

Today's (April 8/21) COVID-19 data shows:

- zero cases in the Interlake-Eastern health region;
- 55 cases in the Northern health region;
- 18 cases in the Prairie Mountain Health region;
- six cases in the Southern Health-Santé Sud health region; and

- 60 cases in the Winnipeg health region.

The data also shows:

- 1,066 active cases and 32,781 individuals who have recovered from COVID-19;
- 58 people in hospital with active COVID-19 as well as 83 people in hospital with COVID-19 who are no longer infectious but continue to require care, for a total of 141 hospitalizations;
- 13 people in intensive care units with active COVID-19 as well as 20 people with COVID-19 who are no longer infectious but continue to require critical care, for a total of 33 ICU patients;
- the total number of deaths in people with COVID-19 is 946; and
- the total number of screened or sequenced cases related to variants of concern for the following:
 - B.1.1.7 is 298;
 - B.1.351 is 20;
 - cases that have not been categorized is 21; and
 - the total number of variant of concern cases is 339.

Ongoing reviews of active case information has allowed for the removal of an additional 317 cases to 'recovered' from 'active' and provides a more accurate reporting of active cases.

Laboratory testing numbers show the total number of lab tests completed since early February 2020 is 596,872.

An outbreak has been declared at Boissevain Health Centre and Evergreen Place Personal Care Home in Boissevain. The facility has been moved to the Critical (Red) level on the **#RestartMB Pandemic Response System**.

Additional data related to COVID-19, including data on outbreaks as well as some downloadable and historic data, can be found at <https://geoportal.gov.mb.ca/>.

New Public Health Orders

Public health officials advise minor amendments are being made to current public health orders. The changes include allowing liquor cart sales on golf courses and increasing the maximum attendance at self-help meetings to 25.

The changes came into effect on Friday, Apr. 9 at 12:01 a.m. Due to increasing test positivity rates and the risk posed by variants of concern in Manitoba at this time, the orders are being extended to Apr. 30.

Personal Care Home Visitor Guidelines

Personal care home visitor guidelines have recently been updated to allow for up to two general visitors to visit a resident at the same time, provided the visit occurs outdoors, and one general visitor in a COVisitation shelter or designated indoor visitation room.

Visitors will be required to wear a medical-grade mask, which will be provided by the facility. In-room visitation continues to be limited to designated family caregivers and end-of-life circumstances. As the weather gets warmer, public health officials continue to recommend that visits take place outdoors as much as possible, as the risk of COVID-19 transmission is significantly less than in an indoor setting.

Possible exposure locations are listed online by region at the province's **#RestartMB Pandemic Response System** webpage.

For up-to-date information on possible public exposures to COVID-19 in regions, visit www.gov.mb.ca/covid19/updates/flights.html#event and click on your region.

Updated enforcement statistics are posted online weekly.

For more information, go to **Cross-Departmental Reports** at <https://manitoba.ca/openmb/infomb/departments/index.html>.

For up-to-date information on **COVID-19** in Manitoba, including information the online screening tool, testing criteria and locations, self-isolation requirements, public health fundamentals and the provincial response level on the **#RestartMB Pandemic Response System**, visit www.manitoba.ca/COVID19.

Pembina Highway history book in the making:

REQUESTING YOUR ASSISTANCE:

Local writer seeking memories of places on Pembina Hwy. (Winnipeg) for book on history of the highway.

If you recall the old drive-in theatre, Rancho Don Carlos, the Holiday Sun & Swim club, the dairy and poultry farms, or anything else that used to be on Pembina Hwy...

Addresses south of the underpass were renumbered in the 1950s. If you or someone you know has memories or photos of Pembina Highway between the 1920s to 1980, please contact **Wayne Chan** at pembina.history@gmail.com.

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Update from Canada's Minister of Seniors, Deb Schulte

Canadian Snowbirds - re-entry protocol

With spring upon us, Canadian snowbirds are preparing to return home. Some may have been vaccinated abroad and have questions on whether pre-entry requirements still apply.

Although the scientific evidence is clear that the COVID-19 vaccines approved for use in Canada are highly effective at preventing serious illness, there is a lot we do not yet know: if vaccinated individuals can carry and spread the virus to others without knowing it, how long vaccines protect us for, and if current vaccines work against all variants of concern. Until there is sufficient population protection through vaccination, everyone will need to continue with public health measures that we know are effective, regardless of whether you have received one or two doses of vaccine, or are not yet vaccinated.

In addition, the accuracy of a COVID-19 test depends on when you are tested. If you are tested in the days shortly following infection, it is unlikely that the infection will be detected. That means that even if you receive a negative test result, there is still a risk that you could go on and transmit the virus to others once the infection proceeds further.

That's why federal pre-entry requirements remain the same for

all travellers entering Canada. Travellers are not exempt from requirements even if they have:

- been vaccinated against COVID-19
- tested negative for COVID-19
- recovered from COVID-19

All travellers must get tested for COVID-19 within 72 hours prior to boarding a flight to, or crossing the land border into, Canada; they must then get tested for COVID-19 on arrival in Canada and, again, on Day 10 of their quarantine.

After entering Canada, travellers must quarantine for a minimum of 14 days, even when they have proof of a negative molecular test.

When entering the country by air, travellers must await the result of the COVID-19 test they took on arrival, in a government-authorized accommodation at their own expense.

Mandatory submission of travel information (ArriveCAN)

Before boarding a flight to Canada or arriving at a land border crossing, travellers must electronically submit their travel and contact information as well as their quarantine plan using the **ArriveCAN mobile app** or by signing in online at **Canada.ca/ArriveCAN**.

Within 48 hours of entering Canada, all travellers must use

ArriveCAN or call the toll-free number, **1-833-641-0343**, to confirm they have arrived at either a government-authorized hotel or the address they provided for their place of quarantine or isolation. They must also complete a **daily self-assessment** for COVID-19 symptoms during their 14-day quarantine period.

Note that the province or territory of your final destination may have additional restrictions.

For complete details on quarantine and pre-entry test requirements when entering Canada by air or by land, please see:

- Mandatory quarantine or isolation
- Flying to Canada requirements checklist
- Driving to Canada requirements checklist
- COVID-19 border measures news release

(Links to the above will be available at **www.seniorscope.com** in this News Release which will be posted on the home page.)

The failure to comply with the current entry restrictions is an offence under the Quarantine Act and could lead to up to 6 months in prison and/or up to \$750,000 in fines. ■

A special birthday greeting goes out to
Florence Danard
who celebrates 100 years on April 9th!

From all the staff and residents at Seine River Retirement Residence in Winnipeg.

Happy 100th Birthday Florence!

Advertising Feature



"WHAT'S A POWER OF ATTORNEY FOR?"

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

By making an Enduring Power of Attorney you give authority to a trusted person to take care of your affairs when you can't because of mental incompetence, say from a stroke or Alzheimer's. It's good to have a joint account with your spouse or other care-giver so they can pay your bills for you. But what about decisions regarding your medical care and accommodation? This is a sample clause in an Enduring Power of Attorney that would take care of that:

I authorize my attorney to make all necessary decisions concerning the care of my person while I am in any personal care or medical facility, or any other place, including any medical decisions that may require my consent. If I am still mentally competent my attorney must consult with me before authorizing any important changes in my care, but if I am no longer mentally competent my attorney may make such decisions, taking my best interests into consideration.

If you become mentally incompetent before you do an Enduring Power of Attorney your care-givers would have to go to court at a cost of thousands of dollars to get a "committeeship" to manage your financial, health and accommodation issues. With the Enduring Power of Attorney all you have to do is sign it in

front of a qualified witness. An Enduring Power of Attorney is typically done at the same time as a Will.

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

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Advertising Feature

You Might Become a Victim of Identity Theft? Protect yourself with IDSHIELD.



By Peter J. Manastyrsky

In the face of the ongoing COVID-19 crisis, there are numerous reports of potential scams. With all the recent **data breaches** there is a huge problem that everyone faces **IDENTITY THEFT**. There are numerous reports of fraudulent schemes because of the increased time people spend at home.

Identity Theft is a major problem in Canada, it manifests itself in many ways such as credit fraud, social insurance fraud, driver's license fraud, medical fraud, criminal or character fraud, tax return fraud, bank accounts, email addresses, passports, the list goes on. There is no end to this horrific calamity.

With all the recent data breaches, there is a huge problem that everyone faces "**criminals don't want your money, they want your identity**" millions of people lose their identity every year. It takes minutes to steal your identity, but years to repair the financial damage and emotional toll.

There is a way to prevent this dilemma, be on top of your situation, by having a

comprehensive identity protection and restoration program in place. Protect your bottom line with **IDShield - LegalShield Manitoba**, equipped to assist any individual with the information and expertise one needs to protect against **Identity Theft**.

The **IDShield** program provides the following service to individuals or family members:

TRANSUNION credit report / CREDIT monitoring / MONTHLY credit score tracker / DATA sweep / WALLET lock / EMAIL breach search / DARK web monitoring / IDENTITY consultation / FULL-SERVICE restoration / UNLIMITED service guarantee / COUNSELLING when you need it and IDENTIFYING Coronavirus scams. This program tracks your ALERTS and have on-the-go access with the IDSHIELD Mobile APP. This Identity Theft program protects you 24/7 and most of all your INTEGRITY.

Safeguarding your identity has never been more important than now! Every year identity theft cases increase from the previous year. **IDShield** is a comprehensive identity protection plan with proprietary features that go beyond other

plans in monitoring your personal data and restoring it if a data breach occurs.

Recently **IDShield** was recognized in **Forbes magazine** as one of the "**Best Identity Theft Protection and Monitoring Services**" the best comprehensive restoration program- Unlimited Service Guarantee.

As an independent associate of **LegalShield Manitoba** and member of the **Better Business Bureau** of Manitoba, my commitment is to ensure that you and your family members understand the **IDShield** program so that your life is **protected** and **empowered**.

There is no obligation, confidential dialogue, please call or email. Thank you. ■

Peter J. Manastyrsky
Independent Associate

LegalShield Manitoba

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pmanas@mymts.net



Winnipeg Police Service

Fraud – Investigation: C21-45651

On February 26, 2021, at approximately 11:45 a.m., two Winnipeg Police Service Foot Patrol officers were working the downtown area when they were approached by an employee of a retail business in the area. She was with a female senior who was on her cell phone. The employee advised the officers that she was attempting to stop the woman (victim) from turning over Google Play card codes to a suspected phone scammer. The employee further advised that the victim had just purchased \$1,000 in Google Play cards from the store.

One of the officers accessed the victim's phone and determined that the scammer was still on the line.

The officer told the suspect that he was a WPS officer, gave him his badge number and said that the fraud had been halted, to which the suspect replied: "*I don't care who you are; this transaction is between her and me. Put her back on the phone.*" The suspect ultimately ended the call.

It was learned that the victim had been told she would be arrested due to a tax matter. She had been directed to turn over banking information, PINs, to purchase \$1,000 in Google Play cards all to avoid arrest and not tell anyone about the call.

Officers walked the victim to her bank, which was close by. The situation was explained to the assis-

tant manager, who was able to freeze the victim's accounts and change passwords. The assistant manager noted she was very familiar with the scam and deals with victims daily. The victim's bank accounts were not compromised.

Finally, the retail store manager contacted Google Play, who refunded the victim's purchase.

The Winnipeg Police Service reminds the public that no legitimate agency will contact you by phone and ask for payments in this manner or request banking information.

Additional resources can be found at <https://www.antifraudcentre-centreantifraude.ca/index-eng>.

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Forging new beginnings with Parkinson's disease

Not Just a Bad Case of the Shakes

by Irene Worster-LoScerbo

People who know me best are those who have not only witnessed my daily struggle with Parkinson's disease, but have also intervened over the last fifteen years with acts of kindness and genuine compassion. When debilitating muscle spasms, neuropathy, and rigid joints weigh me down and make standing, sitting, or lying down, feats I cannot accomplish on my own, my earthly angels find ways to help me cope.

They recognize and respect the two Irene's:

- me ON, when meds are working properly to keep me upright, mobile, and relatively pain free, and
- me OFF, when meds fail, brain and body stop communicating, and I become weak, weepy, trembly, and unable to operate my wheelchair.

OFF periods or crashes can last several minutes or go on for hours, are generally unpredictable, sometimes disabling me in public quite suddenly, at the most inopportune times, but can be triggered by stress, physical stimuli such as sound, light, room temperature, and odors. Crashes often coincide with mealtime—nausea and vomiting being the most disruptive symptoms. Parkinson's Disease is not just a bad case of the shakes.

Like thirty percent of the Parkinson's population, I have no tremor. When ON, I can still thread a needle, operate a sewing machine, and type—albeit slowly and clumsily,

but well enough to enjoy these pastimes and share my creations with others. If you see my body sway back and forth or in a circular writhing motion of the neck or waist, it may be a sign (the specialists say) that there is either too much or too little Parkinson's medication in my system. I speculate that these contortions occur for no other reason than to twist my bowel and bladder into nasty knots of pain—I am dyskinetic like Michael J. Fox—without the money.

Parkinson's is what it is, and I accept it as part of my life's journey. It is said that trouble travels in threes (or in multiples of three), so for companionship, we've been joined by fibromyalgia, asthma, spinal stenosis, knees that no longer have protective cartilage, and a right hip that dislocates if you look at it the wrong way. Did I forget glaucoma? Between 1998 and 2005, this band of sickos joined forces, set up martial law with Parkinson's as Major General. One by one my privileges were taken away—no climbing stairs, no strenuous housecleaning or heavy lifting. By 2015 he kicked me out of my own kitchen, allowing me to move freely between other rooms on the main floor—if I used a walker or dropped to my poor old knees and crawled. Basement, upstairs bedrooms, backyard, and pool were off limits. April 2016, we

made the necessary move to an apartment.

I asked our family doctor for a referral to the surgeons at Concordia Hip and Knee Institute. Surely, they would agree to replace both my knees and possibly my wonky hip. I am not a believer in unnecessary medical procedures, neither am I a fool. In my case, total knee replacement surgery could be brutal, invasive, painful beyond belief, and take a long time to heal. "Perhaps three years," the experts confirmed, and added that, strong as they are, metal knees hurt too much to be kneeled on!

I have grieved losses before and explained to concerned family members that being unable to kneel was a small price to pay for regaining the ability to walk. If my Parkinson's brain couldn't be fixed, I'd tackle whatever else could be.

My neurologist has tried almost every available drug to help control my Parkinson's symptoms. The few showing promise had horrible side effects that proved intolerable. I refused deep brain stimulation surgery, and with that being my final option, I am back to where Parkinson's found me in the first place—taking levodopa-carbidopa, the same medication my late father took thirty years ago for his Parkinson's. It is still the gold standard, the drug that always works—but for five to ten years maximum, after which it loses efficacy.

Confident with my decision to fix the knees, I had the left replaced in 2017, the right in 2018. My husband took great care of me post op and in February 2019, we enjoyed a two-week vacation in Florida where I practised with my walker, spent hours in the hot tub and pool stretching my neglected muscles in an effort to strengthen them and improve my sense of balance. Back home, I continued to use my walker every day, even purchased a newer model.

One afternoon while home alone and feeling particularly perky, I parked my new walker in the bedroom, rolled my manual and power wheelchairs into a closet for storage. With them both out of sight, I could concentrate on walking my way to better health.

I picked up a scrap of paper from the closet floor, walked unaided to the kitchen, tossed the scrap into the recycling box, turned, and fell to the floor with a loud thump. My entire left side glued itself to the vinyl plank flooring as if held down by suction cups. Something prevented me from getting up—my 185 pounds?

I thought it might be wise to call someone in case I had really hurt myself (I couldn't tell), but I'd left my cell phone on the living room couch and it took me one hour to drag my body there, inch by inch across the floor—a grand distance of five or six feet. I grabbed a cushion, used it

Continued on next page

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Parkinson’s... *cont’d from page 6*

first to knock down my phone, then stuffed it under my head for support, closed my eyes, and lay there taking long, deep breaths. I dialled 911 and then my husband.

Within a matter of minutes, I heard the wailing of sirens, the "ding" of the elevator door opening, and the clomp-clomping of booted feet as first responders rushed down the hall to my aid. Hubby arrived just in time to let them in. One of the paramedics asked if I could wiggle the toes on my right foot, or if I could lift the leg. How ridiculous! Of course I could. Or so I thought, until a sharp, piercing pain convinced me otherwise. I screamed, and within seconds we were caught up in a race to stabilize my fractured right femur, get me onto a stretcher and hooked up to intravenous morphine (entry point being one of my ankles since all veins in my arms and hands had mysteriously disappeared). My paramedic/ambulance mate held up the drug-dripping leg and warned me of a bumpy ride ahead. He could not explain how falling on my left hip had broken the right.

The rest of November was a disaster, involving much pain from emergency surgery that repaired only three of the four fractures I sustained. Since the surgeon would not allow me to travel until spring, we had to forfeit our fast-approaching month-long getaway in Florida and subsequent two-week stay in Vegas. The trips were not adequately covered by travel insurance and our financial loss proved to be every bit as painful as my fall.

Good riddance to 2019, Year of Broken Hips and Cancelled Trips.

Its overzealous successor, 2020, we dubbed Year of Covid 19, Confusion, and Chaos in High Places. Exit 2020 to the tune of Auld Lang Syne.

Along came 2021, the TV version, as celebrities expounded on their favourite hacks for making this year better than last. Many spoke of the next twelve months as a series of blank pages on which we might doodle our dreams. Others said 2021’s pages were not blank. Dreams could not erase the yellowed blotches left by last year’s tears. In the midst of a trial or at the end of our rope, we could forge a new beginning if we lived life to the full, embraced the bad with the good.

New beginnings sounded like an awful lot of work.

I think most people, especially control freaks and old fogey writers like myself, crave sameness in our everyday lives and expect perfect, predictable conclusions to stories we write, read, or view on a screen. Don’t you just love loose ends that are neatly tied, duckies lined up in a row, debts paid, mysteries solved? Our heroine rides bareback, at one with her mount, a handsome black stallion. He shakes his head and breaks into a slow, easy gallop. With hooves barely touching the ground, he carries his mistress out of harm’s way, over yon hill, and into the sunset. Safe and sappy are those who prefer the guarantee of happy endings over the uncertainty of life as it unravels in real time.

We did not celebrate New Year’s Eve in the traditional way, made no resolutions. We did obey Manitoba’s pandemic lockdown rules, ate din-

ner across the hall with Mary, who lives alone and shares our bubble. Hubby spent January cleaning, cooking, shopping, and walking outdoors when weather permitted. I knew I should follow his lead and be moving, that inactivity plus Parkinson’s equals suffering. But I was hurting too much to move.

I sat and read, crafted birthday gifts, snacked, took my hourly meds and bathroom breaks, crashed, took naps, woke up, and once again looked for things to occupy my mind and whatever other parts of me worked best. I did stretches when my body allowed. I used my cell phone to check my email and Facebook accounts, did online banking at the computer in my room. I set aside an entire day to write a tongue-in-cheek but tender tribute in verse to a cousin with whom I shared an offbeat sense of humour. In her Christmas card, she’d asked me to pass her greetings on to my sisters, adding that “Life can change in a hurry.” She died four days into the new year.

Writing about my cousin left me spent, but happily proud that I had captured her most endearing eccentricities. (It is quite common for people with Parkinson’s to empathize deeply with and experience almost firsthand the feelings of others.)

That’s how I passed my daylight hours until the evening home care worker arrived to assist me with bedtime prep. As much as I appreciated and enjoyed this nightly routine, I dreaded the long, painfilled hours after dark.

Restful, restorative sleep is a rare commodity for people with Parkinson’s. Our medications often make hitting the hay a scary proposition what with vivid nightmares, screaming, and, in extreme cases, delirium. The mere sequence of getting into bed, covering oneself, and settling uncooperative body parts comfortably is a struggle. Blankets, sheets, and soft mattresses are not the only enemies, however. The disease itself causes bladder and bowel sensitivities that worsen in the wee hours, as do muscle spasticity and cramping. I try to take each night one problem at a time—even when they strike simultaneously.

Take this winter, for example, by 4:00 a.m., the toes on my right foot would curl tightly; the ankle became rigid; calf and quad muscles contracted; tendons pulled. The pain always roused me. If untreated, the right leg would be shorter by morning, my mobility further compromised. To fix this, I took a rescue dose of levo-carb and then sat in my wheelchair massaging and applying heat packs to the clenched toes until home care arrived at 7:00 a.m.—did a lot of pre-dawn writing and photo-editing, too, as a distraction.

Accustomed as I was to facing these battles day and night, I worried 2021 would end up being a sad rerun of 2020, or worse—feared I might wear myself out entirely, perhaps even contract the Corona virus which had been responsible for shutting down the exercise programs and therapy services my healthcare team had prescribed.

To cheer myself up, I googled “new beginnings” and began copying a list of synonyms: “rebirth, revival, rejuvenation, reinvigoration, resumption, reappearance, revitalization, restoration, rebound

...” When my cell phone chirped to announce the arrival of an email, I added my own r-word to the list—relief.

What a nice surprise! It was from a magazine editor who asked if my poem, Clouds, was still available for publication. Although I am not sure when I submitted this poem, I do know exactly when and where I wrote it.

As a wannabe poet, I had been used to writing in seclusion and would reveal my creations carefully to a small, select readership, but in June 2004, I attended a local writers’ meeting and joined the group. During one of their seminars on poetry, I wrote and read aloud Clouds—not the first poem I’d ever written, but the first one composed in public and shared with strangers whose reactions I could neither predict nor control. From that day on I wrote, submitted, and published my work. Thanks to Clouds, I became a writer. And now, after sixteen years of sitting on the shelf, this little poem will make its own debut. You might say my poem and I each forged new beginnings.

And if truth be told, I have been forging all along—thanks to Major General Parkinson and his cohorts who force me over and over again to regroup, take risks, and get more creative in finding ways to live life positively and proactively in the company of the disease that Michael J. Fox calls “a gift that keeps on taking.” ■

Clouds

by Irene Worster-Lo Scerbo

~ drift ~
across my sky
like popcorn
spilled out fresh and white
I thirst
after clouds

~ cuddle ~
dreams and guard
them safely
for me day and night
I peek
between clouds

~ wrap ~
my sky in Hope’s
warmest fleece
gift of life and light
I kneel
before clouds

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The Assignment - Perseverance and Joy

by Betty Barkman

It sounded sort of doable – this assignment I'd been given. Write a devotional, a two- or three-page article. Choose any one of the Christian virtues as your topic and then pour your soul into it, remembering of course the structural standards we have studied – intro, definition, main point, illustrations, conclusion. And don't be afraid to reveal the progression of your thoughts.

"So, which virtue do I choose?"

Immediately perseverance is on my brain. Exactly why I cannot tell; not at first. I know that like humility it can be an elusive one and sometimes hard to define.

So when in doubt, I ask Mr. Google. He says perseverance means to continue in a course of action even in the face of difficulty or with little or no evidence of success. Now that is not a glamorous picture, but it sounds sort of biblical, doesn't it? So I do the next thing, I search for that old concordance.

The concordance says that the word perseverance in all its forms shows up twenty times in the New Testament. That is not a lot, so I decide to check them out and I discover some interesting tidbits. In His ministry Jesus never used the word, but later His close followers certainly did. Several list it as a high priority in the characteristics of our faith. In His revelation as He gave it to John, Jesus Himself used it in two of the compliments He gave to churches He was pleased with.

I decide to zero in on the Hebrews 10 reference. "So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God you will receive what He has promised. . . For in just a little while He who is coming will come. . . and "I take no pleasure in him who shrinks back. . ."' (35-38)

The fact seems to be established; perseverance is not only a desirable virtue, but also a necessary attribute of the person who claims to be a Jesus follower.

That leads me to questions though. How does one acquire it, other than by slugging all day long through knee deep mud? And, how high is the price-tag? Can I afford to buy into it? Can I afford not to?

I have been reading *Iran's Great Awakening* by Dr. Hormoz Shariat. Just new off the press it tells the great story of a Muslim boy who turns Christian in America and then after many twists and turns, including his Ph.D. in computer engineering and a Bachelor's in Bible, he sells out to the conviction that God is calling him to be a leader in bringing a million Muslims to Jesus – particularly in his own beloved Iran. There are many, many obstacles, and bumps along the way, many no-way moments but he along with others keeps pushing forward. Now that they have passed the million mark they have stopped counting; the number is too big. Dr Shariat is getting older now, but he still keeps at it, plugging away.

Is that what perseverance looks like? What it is meant to look like?

In my own journey . . .

About a year ago I wrote the article, Even in the Worst-case Scenario. Some of you may remember; it was published in the May 10 issue of *Senior Scope*. And you can look it up in its archives (https://www.seniorscope.com/images/pdfs/v18n11_may10_20_lores.pdf) even now; to understand my story well you may need to do that. It is about dealing with my hubby's CAA.

Now here is the next chapter of that story. During the first wave of the pandemic he got moved, without my involvement of course. And I cried just like I said I would. But the story does not end there.

I have multiple opportunities to practice perseverance. And anytime I forget I am quickly reminded – relearn it. Dealing with the pandemic is a hard hit for all of us. That is a given. Dealing with a beloved husband, who used to be respected and almost hero-worshipped by the many people who knew him, disintegrate before your very eyes, and degenerate slowly into something that's closer to vegetable than a regular human being, adds a massive extra layer to the challenge of persevering through tough times.

A staff member told me my husband had progressed to a better stage, sounding like that was a good thing. Maybe it is true, in some ways at least. But there is a reality here that few people see. Here is a man who can be transferred or turned to different positions only by hooyer, who can eat only mushed baby food and who speaks not one whole word. Occasional grunts yes. Occasional half-smiles similar to a young baby's. And occasionally, very occasionally, if you are super alert you will see his eyes pop open wide as if in a moment of recognition. But this lasts now for about two seconds; if you blinked you missed it.

This current stage has now plateaued. For about a year there has been little change. Dealing with this calls for perseverance alright. Throw in the pandemic with all its

restrictions and you have a whole big can of worms.

During certain weeks in summer I was able to get a pass and go in regularly to visit, heeding all the rules of course. During these visits I would feed him his mush. I would tell him about life. I would turn on soft music to fill the room. Sometimes I would read scripture and pray. And sometimes I would be a rewarded with a tiny nod of approval.

Then the pandemic worsened. For several months I have not been allowed to see him. Not at all. One of my daughters was allowed in one day and she made it a FaceTime visit. One of the caregivers, a friend of mine, does that too from time to time. I love that. At the moment of this writing it looks like I will again be allowed to visit briefly under strict supervision. We will see.

So what does perseverance look like?

I have concluded that for me it means kicking my memory into gear and recalling the day I as a young bride stood at an altar with shaky knees, saying, *for better or for worse, till death do us part*. No matter what.

But is there more? This pandemic is truly testing us as believers. Will we succumb to the trend of backbiting and rebelling? Or will we take a stand on the side of trusting God, obeying the rules, and rejoicing in the Lord regardless?

I had chosen JOY as my personal Christmas theme. I put it on my cards. A friend made me a lovely sign out of old barn wood to celebrate this single word. And while looking at that, now sitting atop my china cupboard I made a new resolution. Lord willing, JOY would be the theme of my year - 2021, and my new goal in the perseverance challenge. Pandemic notwithstanding; popular depression notwithstanding. No matter what.

The joy of the Lord is my Strength, my bible tells me.

Will it be easy? No way. It will take a lot of persevering; a lot of moments of re-learning to persevere. But by the grace of God, I am convinced, it is possible. ■

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Missed Opportunity for Retailers and Restaurants

by Kathy Kristjanson

Retailers have missed the boat when it comes to increasing their sales during COVID-19. It's been fascinating to watch how they have been expanding on-line shopping opportunities while they have totally missed a large part of the market. I am referring to the market for seniors which I have recently joined. And it's a mistake that both retailers and restaurants have made.

My niece tried to encourage me to shop on-line a few years ago and I resisted. I think that part of my hesitation was that I would end up spending too much money. Then COVID-19 hit. So I decided that I would tackle on-line shopping – my niece assured me that it was easy. But one attempt after another just got me increasingly frustrated. It soon became obvious that programmers had developed the web-sites with the under 40 age group in mind. I'm convinced that not one company thought to have seniors test their websites before they went live. If it hadn't been so frustrating I would have found it amusing.

Staples wanted me to pick up my parcel in a small town in Ontario even though I live in Winnipeg. It should have been easy changing the address of the store, but that feature didn't work. So it took 2 days and 5 tries before I got my order in. I had ordered night lights and when they arrived it was the bulbs that came and not the actual night lights! I've determined that it is definitely too complicated to try to return them. So purchasing night lights is going to have to wait until the city is no longer in Code Red and I can go to an actual store.

Save-on-Foods is another web-site that you need a child to help you operate. They actually don't seem to want you to log in – if you

are already a customer it is almost impossible to find out where you click to get back into the system. So I phoned the company to make some suggestions to make it more user friendly and was told in no uncertain terms that they didn't want any feedback.

But I still didn't give up on this on-line ordering – my next try was with M&M Food Market. Their web-site stated that seniors who ordered on-line for pickup would receive a 10% discount. So I tried! And tried! And tried! After I finally admitted defeat I went to the store and explained to the clerk what had happened. I asked if he could show me how to set up the order on-line so that I could do the curb-side pick-up. He said that he had no idea how to do it! And after all that he didn't even give me the 10% off!

And don't get me started on on-line ordering from restaurants! I have not been able to order from Skip the Dishes – their web-site just doesn't work for seniors! The only way my husband and I can order pizza or Chinese food is the old fashioned way – by phoning the restaurant! Although this article doesn't make it sound like it, I am actually fairly computer literate and used computers extensively at work. So it is even more frustrating when I know that some fairly simple changes to these web-sites would make it possible for seniors to actually use them.

For seniors that are as frustrated as I am, I would recommend inviting someone who is under 40 to come over and help you as soon as the Code Red restrictions have lifted! My recommendation for web-site developers is to call on seniors to do some test runs – there are lots of us who would be happy to help! ■



Hemasiri Perera remembered

Our condolences also to his children in Winnipeg and Sri Lanka.

Hemasiri was a member Sri Lankan 55+ Seniors Group for long time. Subsequently Hemasiri was nominated as a Board Member.

When Sri Lankan 55+ Group came to know that he was sick the Group sent him a letter on Feb 22nd 2021 appreciating his contribution towards Sri Lanka community.

Loved ones paid their respect at the Funeral Parlor in Sri Lanka, from April 4th noon to April 5th noon.

The funeral was held on April 5th 2021.

Let perpetual light shine upon him.

Dear Friends,

It is with deep sadness in our hearts that we announce the passing of **Hemasiri Perera** on April 2nd at age of 83, in Sri Lanka.

He was an active member of Trinity United Church seniors' group, South Side Community Fitness & Fellowship (SSCF&F). He was always very kind and helpful. He assisted every Monday to arrange the chairs and tables for our class and fellowship time. I will miss picking him up each week. Our thoughts and prayers are with Prema his wife who joined us at SSCF&F.

Sincerely,

Suni Matthews
Co-Chair
South Side Community
Fitness & Fellowship

Senaka Samarasinghe
Secretary
South Side Community Fitness
& Fellowship

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- Handling your funeral and burial arrangements.

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More listings available at www.seniorscope.com (Events page)

MISC EVENTS

Manitoba Coin Club (MCC) - members and guests are invited to join in on Zoom™ meetings, 4th Monday of the month, except for July-Aug., at 7-9 pm CST (MB). Opens at 6 pm for pre-meeting chat. Apr. 26, May 24, Jun 28/21. Agendas posted online at www.manitobacoinclub.org. Participate by computer, with or without a camera, or phone. Join meeting at <https://zoom.us/j/97682908459> Meeting ID: **976 8290 8459** Passcode: **216209**

Forum Art Centre - Online Spring art classes: Many 10 wk classes start Apr. 19, some delivered by video to suit your schedule. Some classes with personal interaction with an instructor and some are live weekly group classes all by video chat. For kids, teens and adults. Contact: register@forumartcentre.com or Programming Dir. Shawna: shawna@forumartcentre.com www.forumartcentre.com/classes/

RURAL MANITOBA

PROGRAMS / SERVICES

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**

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

Interlake North Eastman - Services to Seniors programs include: transportation,

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- Stereo Equipment E-Waste service. Accepting items: Amplifiers, Tuners, Speakers, Record Players, Music Instrument Amps, etc. Call a volunteer at **204-257-7575** to arrange free pickup or drop-off.

VOLUNTEERING

Deer Lodge Centre - 2109 Portage Ave. Volunteers needed. **204-831-2503** or visit www.deerlodge.mb.ca/volunteers.html

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

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

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

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

Meals on Wheels - Volunteers needed in:

Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. **204-956-7711, www.mealswinnipeg.com**

Southeast Personal Care Home

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

Vista Park Lodge Personal Care Home

- in St. Vital - Volunteers needed. Contact: Caitlin Liewicki: cliewicki@extendicare.com

PROGRAMS / SERVICES

Pembina Active Living (PAL) 55+ - Spring online classes begin Apr. 5. Older adult weight training, Seniors yoga, Tai chi, Seniors Zumba, Springing into art, Writing, Beginner Qigong. Drop-in activities: PAL putters (golf), PAL pedallers (cycling), PAL walking/hiking group. Special presentations: Downsizing – Thurs., Apr.15, 1 pm; Still Bloomin' Gardening Club – Thurs., Apr. 29, 1 pm (speaker Arielle of Glenlea Greenhouses). PAL is participating in the MASC 50/50 raffle. 50% of PAL ticket purchases goes to PAL. Purchase tickets and view schedule on PAL website. Register at office@pal55plus.com, www.pal55plus.com, **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.

Caregiving With Confidence is now a program of A & O: Support Services for Older Adults

- We are pleased to announce that Caregiving With Confidence is now an **A & O: Support Services for Older Adults** (A & O) run and operated program. Our primary focus continues to be providing supports for family caregivers of older adults. It is important to note that our programming will remain the same. Contact **Caregiving with Confidence: 204-452-9491** for more info.

Dufferin Senior Centre

- Due to the cononavirus, the Centre is closed to all its activities until further notice. Sorry for the inconvenience. Info, Al: **204-771-3325**

Dufferin Senior Centre

- now has perogies for sale. Call **204-986-2608** and leave a msg or call Al at **204-771-3325**

Stroke Recovery Association of Manitoba

- FREE virtual classes. All April classes are free to Stroke Survivors, Caregivers and Seniors! Resister today at www.strokerecovery.ca

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. **FREE** for non-profits and current advertisers. Submit PSAs by May 1 for May 10/21 issue.

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 at **268-7300**; East Beaches Resource Center (Victoria Beach) **756-6471**; Eriksdale Community Resource Council **739-2697**; Fisher Branch Seniors Resource Council **372-8703**; 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 - Selkirk & District Senior Resource Council Inc. **785-2737**; Stonewall - South Interlake Seniors Resource Council **467-2719**; Springfield Services to Seniors **444-3139**; Teulon and District Seniors Resource Council **886-2570**; Two

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

Lorette - Yoga for You

- ONLINE yoga classes Tuesday mornings, 9:30 am and Wednesday evenings, 6:30 pm. First class is free, then \$5 per online class (e-transfer to my email address, or cheque or cash). Adults of all ages and fitness levels, and mature teens are welcome – no experience needed. To register, send me an email: juliette.nadeau@outlook.com or text: **204-330-7456**

Montcalm Service to Seniors

- Joanne: **204-304-0551** or jbarnabe@hotmail.ca

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Volunteers needed.

Services: transportation, friendly

visits/calls. Coordinator Bev Collet: **204-248-7291** or ensemble@mymts.net.

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>

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**.

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+ Call/email to inquire or to register: **204-956-6440** | Toll Free: **1-888-333-3121** info@aosupportservices.ca

SCWW provides educational and recreational programming in a fun and interactive atmosphere. All programming is provided over the phone. Download the **SCWW 2021 Program Guide** at: www.aosupportservices.ca

CONNECT Program for Adults 55+

Connecting volunteers with isolated older adults. 6 weeks, Fridays 1:30-3:30 - **Feb 19 - Mar 26**. **204-880-1791** | info@aosupportservices.ca

March 24th (WED) 2021

Medicine for Healthy Living: Traditional Organic Food

- Senaka Samarasinghe

March 24th (WED) 2021 from 10.00 to 11.00 am

Marise May, B. Sc. (Hon), Nutritional Science, University of British Colombia. She conducted the above presentation. She is a Board Member, Canada Organic Trade Association, Vice President, Cha's Organics. She explained the value of Sri Lankan food habits and Ayurveda healing practices.

Marise conducted the presentation in English. Her husband Chanaka Kurera conducted questions and answer (Q&A) session in Sinhala, Sri Lankan native language.

Chanaka is the co-founder and CEO of "Cha's Organics". Under this brand Virgin Coconut Oil, Coconut milk, Jackfruit, Traditional Rice and more than 15 "Sri Lankan Products" are popular in

Canadian market (e.g., Costco Wholesale). Chanaka shares Sri Lankan Products' income for the betterment for Sri Lankan wild-elephants.

Our Group members moved to different Provinces (Ontario and Alberta) and Sri Lanka and they too joined. Although we allocated one hour an extra forty minutes

utilized due to the validity of the Sinhala and English clarifications. Edited recorded version will be up loaded on a later date.



By Mark Watson

Mark's Remarks

Spring is in the air! The geese are back with their incessant trumpeting. We're not annoyed by it yet though, are we? Not at all because it is the sound of Spring! Next month we'll become annoyed with them as we rake up their leavings from our lawns. I can't speak for you all but I have been impacted by cabin fever more so this past winter than ever before. Covid has really cooped me up and I believe we all need to get out there and shake off the dust of lethargy. My favorite way to do this has always been fishing and I strongly encourage you all to try it. If you have reservations about harming our finny friends then don't bother with a hook, just tie bait to a line and feed them. You'll still get the experience without causing the fish the slightest discomfort. I'm going to tell you a quick little fishing tale about the catching of a giant pike last year.

Got out of bed that morning and barked my shin on the way to the bathroom. Barked it so bad I didn't need the bathroom anymore. Accidents sometimes happen to the best of us. So then I decided to go fishing as compensation for the incident. I use a

1/4 ounce bell sinker as a slip weight with a barrel swivel to keep the sinker off my size #6 baitholder hook when I fish Lee river for walleye. It's a setup that has produced nicely for me there because a jig or rig will snag up every cast and this setup only snags up every second cast. On the hook wriggles a nice fat live chub or dace. Every now and then, I will check my bait, usually after a missed hit. As I was doing that this fateful day, a massive river wolf (Northern pike) hit. I'm using a 6 ft light action Abu Garcia rod/ reel combo and 6 lb test spider wire. This, my friends, is a very healthy, highly motivated Lee river pike. The battle was epic. He nearly spooled me twice with powerful runs but in the end he came to the net, on his side and spent, like a well trained dog on a leash. On shore in the grass, a second battle ensued, a rigorous wrestling match where he pinned me not once but twice for a two count. I was able to recover both times and finally took him to the mat for measuring. The brute was 39 1/2 inches, just an inch and a half shy of a Master. Of course he was released, healthy and a little wiser, back to his watery home but the memory is sweet, as all good memories are. Get outdoors and make some! ■

SAFETY ALERT

What causes a power outage?

The reasons for outages vary, and depending on the damage, the time it takes to safely restore power also varies. Many outages are unpredictable. Others can be easily prevented. The main causes of outages are:

Bad weather: Wind, lightning, freezing rain, and snow are the top causes. High winds can bring down trees and branches and cause them to contact power lines. Heavy snow or ice on power lines can cause them to break.

Animals: Squirrels and large birds can cause short circuits by contacting power lines or equipment at a substation. Animal contact is one of the leading causes of outages in North America.

Pole fires: Fires on top of hydro poles most often occur in the spring but can happen at any time of year. Dirt and grime can build up over the winter on insulators attached to poles holding power lines. Moisture in the air combines with the dirt on insulators, which can allow an electrical short circuit and cause a fire. If you see a hydro pole on fire, call 911.

Equipment failure: Although we do everything we can to provide reliable power and minimize disruptions to your electrical service, equipment like poles, power lines, transformers, switches, and fuses can fail.

Human error: Farm machinery and construction equipment inadvertently contact power lines, poles and transmission towers, or cut underground wires by digging without proper line locations and clearances. Vehicles also often collide with poles.

When a passenger car, construction equipment, or farm machinery hits power lines and poles, it's often because the driver isn't paying attention. When someone contacts a pole or power line while operating equipment, they can be held liable for the cost of repairs. They also put their lives and the lives of others at risk of electrocution.

To prevent serious situations when operating equipment around overhead power lines, stay alert, look up, and maintain a safe distance of at least 3 metres between your equipment and the line.

And stay clear of downed power lines – they could be energized. Also avoid contact with sagging lines, trees, branches, fences, or anything else the line is touching. Report downed lines to Manitoba Hydro or call 911.

Report a power outage online at hydro.mb.ca/outage or by phone to **1-888-624-9376** (1-888-MB-HYDRO). Be safe and stay comfortable knowing our crews are working hard to restore your electrical service as quickly as possible.

Safety. It's in your hands.



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Ask about our **Seniors Moving Service**

Leisure / Activities

Have an event or activity to announce? Advertise it here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email kelly_goodman@shaw.ca for details.

ATTENTION SENIORS! FREE FELLOWSHIP ACTIVITY BINS AVAILABLE

Looking for some fun activities to keep you busy at home, safely?

Seine River Services for Seniors Inc. now offers **FREE** of charge Fellowship Activity bins for seniors living in La Broquerie, Marchand, Ste. Anne, Giroux, Richer, La Coulee, Ross, Ste. Genevieve and surrounding areas.

These activity bins are brought to your home and include many interesting activities for all interests. Activities include coloring and activity book, crafts, puzzles, books, movies, at home exercises, easy, healthy recipes and much more. **NEW ITEMS**, thanks to a generous donation, include **plastic vehicle model kits**.

For more information or to borrow a bin, call the community resource coordinator **Melanie at 204-424-5285**



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Manitoba Churches - Written and Photo by Tyrrell Mendis

Makinak United Church - 1910

Makinak is a Cree word meaning turtle. According to some sources Makinak also means “good trail.” It is believed that both Makinak and its post office were named after the Turtle River about 10 kilometres (6 miles) to the east.

Makinak is a community north-west of McCreary in the Rural Municipality of Lakeshore. It was once a bustling place. Active there at one time were a blacksmith, barbershop, pool hall, boarding houses, livery barn, doctor, schoolhouse and creamery. It also had a photographer and taxidermist, a cement block factory and metal plating shop. It had a Post Office and a School District and was a point on the Canadian Northern Railway.

The Post Office opened in 1897 with Joseph E. D'Aoust as postmaster. The D'Aoust family was closely associated with Makinak from those early years when “it was surrounded by bush, water and stumps.”

In 1897 a shipload of 40 orphaned boys were brought from England by Father Douglas, a Roman Catholic

priest and English lord. The intent was to teach the boys farming skills on a 960-acre land grant, the St. Joseph's Farm Home. This charitable project did not succeed however. So after four years the boys were placed in private homes and Father Douglas returned to England. In 1912 the home was relocated to Winnipeg.

Religious services in the Makinak district began about 1898 in private homes or in the hall over the Alfred Douglas hardware store. The charge was served by students, and ministers from Dauphin.

The Methodist Circuit was centred on Makinak and Ochre River. In 1909 it included the preaching points of Hamilton School, Bay Centre, Dickson, Canadaville, Laurier and South Makinak (later called Carrick), Turtle River, East Bay, and Million.

In 1909 Katie Gunn, John N. Campbell and William Campbell donated land for a church. It was built by carpenter James Church, and bricklayers George Lowther and



Photographed in 1987

George Rudd. It was officially opened in July 1911 as an Union church, shared by both Presbyterians and Methodists. In 1925 it became Makinak United Church when the congregations officially joined The United Church of Canada.

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, www.theimpressionists.ca/ManitobaChurches (Testaments of Faith)

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‘Knowledge is YOUR Power’

Welcome. The term ‘Knowledge is YOUR Power’ has been around forever. Look it up, that’s your homework. But the reality in today’s world is that it has never been more relevant, important, true and in many cases ‘Lifesaving’.

Let’s face it, the world we grew up in and with, has as is the norm of history changed forever and we shouldn’t be surprised. But this change, as much as we focus on the negative (As is human nature), we mustn’t look past the facts that we Humans have more available to us than ever to not only survive this time, but even thrive in it.

Many of us in our 60’s and 70’s grew up and into today’s technology, like it or not. We have computers, tablets, smart phones (Wish I was, smart that is) and boundless access to information sources. Where I’m going with this is that though our parents did not have these resources in their later years, we do. To that, we should not label



of The **Pros Know Expos**

these resources as things from our past, contraire; we should be using these assets to empower ourselves on every level more than ever.

When Trish and I created the ‘Pros Know’ in our past life radio show, it was with the intent to source, introduce, present and

EDUCATE listeners so that they could become empowered to help themselves. Simple as that! The Pros Know Expos and The Pros Know Expos On-Line is now the next step to helping folks get the information we need NOW for whatever future and life we still have left. Yes, I said; ‘Whatever future and life we still have left.’

Regardless of our health, wealth and station, we can still flourish, be productive and enjoy life more than we do now by simply changing our attitude. How I hate the word ‘Retirement!’ Retire What? I still have dreams, I still have desires to live better, I still want to create more for my family, community and MYSELF! What’s wrong with that?

Dear readers don’t settle. Take what you do have and want for more, be more and work to have more in your life. The more we can learn, the more we can do across the board. The better life can be even in the simplest of terms.

Senior Scope newspaper, The Pros Know Expos (On-Line) have boundless information resources to help you be better and live better. Read this paper from front to back, visit our website and see the ever-growing list of information that is available. The Organizations, the amazing Businesses and the gateways that are right in front of you to live better. Once you’ve locked into this hub of learning, you will come out of it better, smarter and more empowered to help yourself live at a higher level.

Yes, ‘Knowledge is YOUR Power’ will allow you to ‘Live long and prosper’. Thank you Mr. Spock. The Pros Know Expos On-Line is updated 4-5 times a week and continues to grow because of you. Please check it out and share.

You can also download your latest copy of *Senior Scope* on both websites.

Prosknowexpos.ca
& seniorscope.com

Mother’s Day

By Metro Hnytko



DMetro Hnytko

We all have had or still have a mother. The life giving form that takes care of our needs as we grow. From the time we are born with no other means of survival, a mother feeds us, keeps us clean, and teaches us the basic needed life skills. As we grow older, we rely on others to teach us the things needed as we get into our societies, but our mothers feed us and give us security and a passion to do our best, be it in school, work, music, or sports. Many a ride is given to a child as it matures, to sport, concerts, or even school. These are things that mothers do. Always your greatest fan in the stands or your driving force to achieve in whatever you do. This continues forever until they cannot do it anymore.

The other often forgotten mother is Mother Nature (Mother Earth), which is the mother of all things on the Earth and universe. The sun, the sky, the wind and waters. Mother Nature can make us a beautiful day or give us a tempest. Controlling the moon, she gives us the tides which moves our oceans and keeps them moving so they don’t become stagnant pools and keeps them clean. Water is the most recycled thing in the world, coming to us as rain, snow, sleet, and hail. The wind moves our clouds around and gives us sunshine or showers, sometimes the showers become hurricanes but I guess there is some good in that. The problem is mankind has moved into the regions that have these storms and feel the full brunt of Mother Nature, but after the storm, it is generally a good place to grow our food.

Mankind has learned how to use

some of the powers of nature for his own good. Wind generation for power and solar energy. Water turbines for producing a lot of our energy or gas fired power plants. Mankind has learned to use the wind for sailing, the sun for growing things and ways for keeping things cool. There is nothing as sweet as going outside to find a warm breeze, sunshine, and a great many trees and flowers for us to enjoy.

We are not alone in this world. There are many animals, birds, fish, butterflies, and insects; creepy things that Mother Nature also takes care of. Mankind keeps looking for other planets to live on, but doesn’t stop to realize that what there is here is a Garden of Eden that must be nurtured and not abused.

There are many ways that mankind has abused his place in time. Large cities along the coast of

the oceans continually dump their garbage and sewage into the oceans at an alarming rate. We alter some of our rivers and stop fish from spawning. We cut down our forest of trees which clean our air. We pollute the air with all kinds of gases, sometimes so much that we create smog and the visibility is limited and the air stinks.

Maybe we should take better care of our Mother Nature and learn that Mother Nature makes no mistakes - everything has a reason to be here and keeps this Earth beautiful. So, this year rather than celebrating Mother’s Day on one specified day, celebrate your Mother’s Day every day from now on.

Happy Mother’s Day.
Metro Hnytko

Metro Hnytko





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Today's Recipe



Larry McCreesh
www.PeakMarket.com

Creamy Kale Soup

Metric	Ingredients:	Imperial
2	bacon slices, diced	2
225 g	chorizo sausage, casings removed & chopped	8 oz
250 ml	onion, diced	1 cup
2	garlic cloves, minced	2
10 ml	all purpose flour	2 tsp
1.5 L	chicken stock	6 cup
1 ml	dried chilies, crushed	1/4 tsp
2	medium size potatoes, unpeeled	2
250 ml	kale leaves, shredded (lightly packed)	1 cup
250 ml	half and half cream	1 cup
-	parmesan cheese, grated	-

In a large saucepan; cook bacon on medium until almost crisp. Add sausage. Scramble-fry for about 5 minutes until sausage is browned. Transfer sausage and bacon with slotted spoon to paper towel-lined plate to drain. Set aside. Heat 2 teaspoon (10 ml) drippings in same saucepan on medium. Add onion and garlic. Cook for 5 to 10 minutes, stirring often, until onion is softened. Sprinkle with flour. Heat and stir for 1 minute. Add stock and chilies; stir. Bring to a boil. Cut potatoes in half lengthwise. Cut crosswise into 1/4 inch (6 mm) slices, making half moons. Add to stock. Boil gently, partially covered, for 10 minutes until potatoes are almost tender. Add kale and sausage mixture. Boil gently, partially covered, for 5 minutes. Remove from heat. Stir in cream. Garnish individual servings with parmesan cheese.

Serves 6

WORDSEARCH - THINK SUMMER - 1

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

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DRINKS

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LEMONADE
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LOG
MOTORCYCLE
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RIVERS
RUN
RV
SAILING
SEEDS
SPLASH
SPORTS
STARS
STORMS
SUMMER
SWIM

TENT
TOUR
TRAILS
TRAVEL
TREES
TUBING
WADE
WALK
WATER
WILDERNESS
WORMS

SOLUTION ON NEXT PAGE

CROSSWORD - Pie Filling? By Adrian Powell

ACROSS

1 Librarytake out

5 Sun-dried brick

10 ___ Spumante sparkling wine

14 Wile E. Coyote's supply co.

15 Payment for past wrongs

17 Remains profitable, slangily

19 Did the marathon

20 Renaissance fair drink

21 Hesitates

22 Defensive tale

24 Deep-voiced singers

28 Wpg-Beausejour dr.

30 Long poetic tale of heroism

31 Duet need

34 Unluckything to draw

38 Old sea dog's drink

39 King from Shakespeare

40 Clocks might do it

41 Be attracted to

42 Pretentiously cultured

43 Old English Christmas entree

46 Agreeable reply

46 Solicit opinions

47 Celestial sphere

48 Least possible

50 Prolific writer

54 Old music hall name

57 Colour variant

59 Lion-shaped star group

60 Impossible to understand

65 Reykjavik natives

66 Andy's old radio partner

67 Bulls try to do it

68 Abacus user, maybe

69 Francis, right now

DOWN

1 Iraq's sole port

2 Number system based on #8

3 Muscat native

4 Lock insert

5 Seed shell, technically

6 Brightest star in the Northern Cross

7 Choose (to)

8 "___, humbug!"

9 Middle of the "Elba" palindrome

10 Book of maps

11 Upper layer of earth's crust

12 Tick-___

13 They're put in pens

16 French clerics

18 Peter, Paul, or Mary

23 Word that can follow the last part of each long crossword answer

25 Antennas, alternately

26 Bombs with junk e-mail

27 S. African apartheid hot spot, once

29 Place for a deposit in trust

31 Peter, Paul and Mary were one

32 Stir-fry cookware

33 Graceful S-shaped moulding

34 Kill

35 "It's all yours!"

36 What mares eat, in song

37 Oarlock

38 Dollops

44 "Peer Gynt" composer

46 Feathery plume

48 April 1 victims

49 Over yonder

51 Where Crockett's last stand was

52 Fable teller of yore

53 Small wooded area

54 Passing notice

55 Building style of Radio City Music Hall

56 Peepers

58 Sputnik launcher of 1957

61 Common modern crime evidence

62 Really strange

63 "Making ___ Devine" (98 film)

64 Knock on the door

SOLUTION ON NEXT PAGE



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HUMOUR



Rick Goodman
rickgoodmansk@gmail.com

The weather can get pretty wild where we live up in northern Saskatchewan. Blizzards, temperatures that range from plus 40 in the summer to minus 50 in the winter,

ANNA THE ACROBAT

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Read more of **The VIRUS DIARIES** at www.seniorscope.com

and during spring and fall, incredible winds. Winds that range from ordinary swamp-your-boat-at-the-landing to something called a plow wind that knocks down miles of bush. My brother-in-law Rodney claims he and his partner got

caught in a wind like that once when they were hunting. He said the wind blew his buddy's teeth right out of his mouth and they had to use a chain saw to cut them out of a big black spruce. And he still has the chainsaw as proof. He has been known to exaggerate on occasion though. I suspect an axe would have done the job.

Last fall we had an ordinary swamp-your-boat-at-the-landing kind of wind come through late one morning. I bailed out the boat after it had calmed down that evening and dropped in to see Rodney on my way back to town. It looked like his car tent had torn out of its moorings, bits and pieces of it were scattered all down his lane. He was out in the yard cutting up his prize old apple tree. His wife Anna was nowhere in sight which was unusual because she's always out doing yard work and gardening.

"Looks like that wind gave you trouble this morning," I said, by way of a greeting.

"Your not going to believe it," he replied.

But he told me anyway. He said they were just having coffee when the wind started to pick up. In minutes, he said, it was roaring off the lake and things were starting to blow across the yard. Claimed it blew most of the hair off the cat before the poor thing could crawl under the house.

"That paints a picture," I said. "That's nothing compared to what happened next," he said. "We'd just finished putting up that car tent and didn't have it anchored down good yet. We ran outside and I tied a rope to it so Anna could hold it down while I pounded some anchor pegs in. But it was too late. A gust came up and she was gone!"

"Gone?" I said. "Gone!" he affirmed. "That tent stood right up on its hind legs and before Anna could get her hand untangled it had slung her up into the apple tree. She froze up there and wouldn't come down. The wind was howling, the tree was rocking and she was hanging on for dear life. I kept hollering for her to climb down but she wouldn't listen. I



Rodney fighting the swamp-your-boat-at-the-landing kind of wind.

finally had to drag the grandkids' trampoline over. I lined it up and hollered at her to jump. But she wouldn't listen. So I got the chainsaw. When that tree started to go over she came off that branch she'd been hugging like a mountain lion pouncing on a mule deer. Hit the trampoline dead center and did a couple of somersaults on the way back up and a backflip on the way back down. On the next bounce she was doing the splits with her dress blown up around her waist when she went over my head.

"Holy Smokes!" I said, "That must have been a spectacle."

"Spectacle!" he said, "Knocked 'em right off my hat when she went over! My hat too! Then she hit the ground and took off for the house and I haven't seen her since. I think she's mad.

"But," he said, "Even at my age, seeing her go over like that made me blush a little."

"Imagine that," I said. "Yup," he replied, "And if you don't believe me here's the chainsaw for proof." ■

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 "L"

1. Lionel Richie wrote this song, Kenny Rogers made it a hit:
2. She said "One Ringy Dingy" and "Is This the Person to Whom I'm Speaking":
3. A person whose success comes when they are a bit older:
4. With what part of the body do we associate the word "Hepatic":
5. This is a Japanese expensive luxury automobile:
6. This is oil created from flax seed:
7. This city was the center of defense for the Russians during World War Two:
8. This product claims to give you fresher breath:
9. Her real given name is Joanne Angelina Germanotta:
10. Magic Johnson played basketball in Los Angeles for which team:
11. Michael Jordon pledged 100 million dollars to help support this cause:
12. This is the name of the world's largest turtles:
13. This author wrote "The Girl With the Dragon Tattoo":
14. His wife 's nickname was "Lady Bird":
15. Name the people in "Gulliver's Travels":
16. This Canadian wrote and sang "Suzanne":
17. Like the measles, this is most dangerous when it comes late in life:
18. What does the expression L.O.L. mean:
19. What was the nickname for England's "Richard the First":
20. This magazine famous for its photos ceased operations in the year 2000:
21. This is the football team owned by the Ford family:
22. This was a classic weekly radio theatre show and is now live in Banff:
23. Connie Francis sang this "Told On You" song:
24. This is a long handle spoon to serve from a deep bowl:
25. This was the first TV remote control introduced in 1950, what was it called:
26. The Beatles got their start here:
27. He co-produced Seinfeld:
28. This American state is famous for fun, great music and Louis Armstrong:
29. Madonna became famous based on this song:
30. He and Michael Jackson co-wrote "We Are the World":



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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

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Visit www.seniorscope.com/fun.html for more A-Z Trivia.

SOLUTIONS BELOW

A to Z Trivia 'L' SOLUTIONS

- | | | |
|------------------|--------------------------------|-------------------------------|
| 1. Lady | 11. Lives Matter (Black) | 21. Lions |
| 2. Lily Tomlin | 12. Leatherback | 22. Lux Radio Theatre |
| 3. Late Comer | 13. Larsson (Steig) | 23. "Lipstick On Your Collar" |
| 4. Liver Failure | 14. Lyndon Johnson (President) | 24. Ladle |
| 5. Lexus | 15. Little People | 25. Lazy Bones |
| 6. Linseed | 16. Leonard Cohen | 26. Liverpool |
| 7. Leningrad | 17. A New Love | 27. Larry David |
| 8. Listerine | 18. Laugh Out Loud | 28. Louisiana |
| 9. Lady Gaga | 19. Lion Heart | 29. Like a Virgin |
| 10. Lakers | 20. Life | 30. Lionel Richie |

Distributed free to our seniors and friends during this COVID-19 troubling period. Play more A to Z Trivia at www.mindandmemory.ca (See ad on page 14)

CROSSWORD - Solution

BOOK ADOBE ASTI
ACME REPARATION
STAYS IN THE BLACK
RAN ALE BALKS
ALIBI BASSES
ENE EPOS TWO
SHORT STRAW GROG
LEAR CHIME LIKE
ARTY ROAST GOOSE
YES POLL ORB
FEWEST ISAAC
ODEON HUE LEO
BEYONDONES GRASP
ICELANDERS AMOS
TOSS ADDER POPE

WORDSEARCH - Solution

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LETRAILSUMLOVERNSMN
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