



**Mobile Law Office - "We Come To You"**

Ph: 204-808-0418

Website: [www.mobile.legal](http://www.mobile.legal)

Call us or click  
on our website  
today

- ✓ Wills & Powers of Attorney
- ✓ Probate & Estates
- ✓ Healthcare Directives (living wills)
- ✓ Notary Public Services

READ ONLINE at [www.seniorscope.com](http://www.seniorscope.com)

FREE  
COPY

Join Senior Scope on:



Vol. 19 No. 11 | May 10 - June 9/21

# Senior Scope

*Celebrate all Mothers in May*

## 2021 Manitoba 55+ Games are going VIRTUAL

By Karyn Heidrick,  
Manitoba 55+ Games coordinator, AAIM

It is hard to imagine that an entire year has gone by without the annual celebration and gathering at the largest 55+ multi-sport event in Manitoba, known as the **Manitoba 55+ Games**. The provincial event, which has been held each year since 1983, was last hosted in Swan River in June of 2019. Amid a pandemic, the hosting of a large scale in-person event was not possible in 2020 and with safety being a top priority that is still the case in 2021.

While a large in-person event is not on this year, imagine yourself participating in some MB 55+ Games related activities close to home. There are some fun activities you still can do safely within your communities and individual bub-



bles as you abide by the current public health orders. One exciting opportunity to re-engage and be a participant again this year is the **2021 Manitoba 55+ Games** presented by **PlayNow** (virtually **June 14 - July 16, 2021**). Check out the date - it presents a friendly challenge and provides an entire month to participate in MB 55+ Games activities - your way.

**Active Aging in Manitoba (AAIM)**, inspired by past participants who

have found ways to stay active, safely and close to home, has developed a virtual serving of the Manitoba 55+ Games for 2021. Yes, with a bit of imagination, and some effort to challenge yourself and encourage others, you can participate in the Manitoba 55+ Games this year.

Thanks to the support from **Manitoba Liquor and Lotteries**, AAIM will be promoting this virtual event and encouraging all Manitobans

Walk Your Way  
in May!

IG WEALTH  
MANAGEMENT  
**WALK FOR  
ALZHEIMER'S**  
Alzheimer Society

INSIDE:  
Cristy Law and  
her family walk  
for her dad.



[walkforalzheimers.ca](http://walkforalzheimers.ca)  
#IGWalkforAlz

10 YEARS OF CARE RELIABLE HOME CARE AGENCY INC.

**RELIABLE HOME CARE AGENCY**  
PRIVATE HOME & HEALTH CARE SERVICES

- ✓ PERSONAL APPROACH
- ✓ PROFESSIONAL STAFF
- ✓ UP TO 24 HOUR CARE
- ✓ CERTIFIED CAREGIVERS & NURSES

"YOU DESERVE TO HAVE A CAREGIVER WHO IS PERSONABLE, COMPASSIONATE AND EXPERIENCED IN PROVIDING SERVICES THAT YOU NEED"

WHEN THE NEED ARISES CALL US FOR HELP  
**204-415-3471**  
[www.reliablehomecare.ca](http://www.reliablehomecare.ca)

ACCREDITED BUSINESS

**NutriFeron®** which is a **Shaklee®** product... is a unique, patented blend of zinc plus four powerful plant extracts that helps naturally balance the immune system. NutriFeron increases



levels of interferon which is crucial for a healthy immune system.

Contact **Gerry**  
(Shaklee independent distributor)

at 204-990-4341  
or email  
[gerrynormandin@gmail.com](mailto:gerrynormandin@gmail.com)

Continued on page 2



**LIONS PLACE**

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

**1 BEDROOM SUITES AVAILABLE**  
**PROMOTIONAL OFFER**

**\$100/MONTH DISCOUNT FOR 6 MONTHS**

STARTING AT **\$744/month\***

INCLUDES ALL UTILITIES \*WITH ALL NEW 6 MONTH LEASES



610 Portage Av, Winnipeg | 204-784-1273 ext 114 | [gstlaurent@lhc.ca](mailto:gstlaurent@lhc.ca)



# Senior Scope

## Publisher/Editor:

Kelly Goodman  
204-467-9000  
kelly\_goodman@shaw.ca  
www.seniorscope.com

## Readership: 60,000+

**Advertising:**  
204-467-9000

## Regular columns / Submissions:

Roger Currie  
Adrian Powell - Crosswords  
Rick Goodman

## Contributing Submissions:

Alzheimer Society  
Trish & Rick - Pros Know Expos  
Treena Nault  
Metro Hnytko  
Senaka Samarasinghe  
Irene Worster-Lo Scerbo

**Senior Scope** is **FREE** at locations in Winnipeg and rural Manitoba, plus by **mail** and **FREE email subscription**, plus **online** at **www.seniorscope.com**

## Mail Subscriptions:

30.00 + 1.50 gst (31.50 total)  
12 issues/1 year. Pay by cheque, money order or e-transfer payable to:

**Senior Scope, Box 1806  
Stonewall, MB R0C 2Z0**

## Email Subscriptions FREE:

Email: **kelly\_goodman@shaw.ca** to sign up.

## Available in Winnipeg and 90+ rural Manitoba communities:

Altona, Anola, Arborg, Ashern, Baldur, Balmoral, Beausejour, Birds Hill, Birtle, Boissevain, Brandon, Carman, Clandeboye, Cranberry Portage, Dauphin, Dominion City, Dugald, Elie, Emerson, Erickson, Eriksdale, Fisher Branch, Flin Flon, Fraserwood, Garson, Grand Marais, Gimli, Grandview, Hamiota, Headingley, Hodgson, Holland, Ile des Chenes, Killarney, Komarno, La Broquerie, La Salle, Lac du Bonnet, Leaf Rapids, Letellier, Lockport, Lorette, Lunder, Lynn Lake, Mariapolis, Marchand, Marquette, Melita, Middlechurch, Minnedosa, Montcalm, Morden, Morris, Neepawa, Niverville, Notre Dame de Lourdes, Oak Bank, Pilot Mound, Pinawa, Pine Falls, Poplarfield, Portage la Prairie, Plumas, Ritchot, Riverton, Roblin, Roseau River, Russell, St. Adolphe, St. Anne, St. Eustache, St-Jean Baptiste, St. Laurent, St. Malo, Selkirk, Snow Lake, Starbuck, Steinbach, Stonewall, Stony Mountain, Swan Lake, Teulon, The Pas, Thompson, Tolstoi, Treherne, Victoria Beach, Virden, Warren, Winkler, Winnipeg Beach, Woodlands.

Copies are concentrated in Winnipeg and larger rural centres.

**Senior Scope** is available at all Winnipeg public libraries and many rural libraries, 55 plus centres, grocers, hospitals, clinics, Legislative Building, The Forks Market, Manitoba Tourism at the Johnston Terminal, restaurants, 55 plus apartments/complexes/condos, various merchant locations - over 700 locations in all. Available online at **www.seniorscope.com**, by mail subscription, or email subscription (FREE). e-Subscribe at: **kelly\_goodman@shaw.ca**.

The content or advertising in this publication does not necessarily reflect the views and/or opinions of **Senior Scope**. We do not make any warranty as to accuracy of material published. © Copyright 2021 **Senior Scope**. All rights reserved. NO PORTION OF **SENIOR SCOPE** MAY BE COPIED OR PUBLISHED WITHOUT WRITTEN PERMISSION FROM THE PUBLISHER. Contact **Senior Scope** by email at **kelly\_goodman@shaw.ca**.

Send your Letters or Story Submissions to: **kelly\_goodman@shaw.ca**

**ROSEMARY HNATIUK** LL.B. BCL  
barrister, solicitor & notary public

204.355.9404

Toll Free: 1.855.933.5454

rkhnatiuk@rosemaryhnatiuk.ca

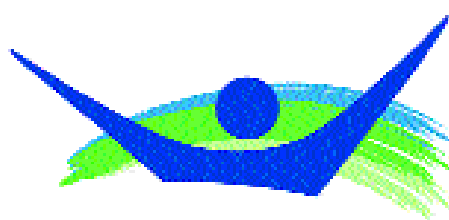
Cellular: 204.228.7063

Fax: 204.355.9405

Communication in  
ENGLISH • FRENCH • GERMAN



# Save the Date!



## Manitoba 55+ Games

PRESENTED BY **PLAYNOW**

Virtually June 14- July 16, until we can meet again.

## We want to count you in!

Get Involved, AAIM for Fun in the 2021 Virtual MB 55+ Games

**WHEN:** Monday, June 14 – Friday, July 16, 2021

**WHERE:** Close to home, safely in your community with the people in your 'bubble'

Choose from many events available, register, track your activity and then let us know what you've done – It's that easy!

**Registration is FREE!** \*Registration is required to be eligible for prizes\*

More Information will be available soon; visit our website: **www.activeagingmb.ca**



## 2021 Manitoba 55+ Games are going VIRTUAL, cont'd from front page

55+ years of age to choose their event(s) and be a MB 55+ Games participant close to home, safely in your community with the people in your 'bubble'.

**Registration is FREE** – Choose from the list of events, register in the Manitoba 55+ Games presented by PlayNow, track your activity from June 14th to July 16th and send in your Activity Tracker to get counted in and be entered into a draw for some great active aging prizes.

Choose from the following events: *Walk or Run at Your Own Pace; Nordic Pole Walk at Your Own Pace; Cycle at Your Own Pace; Bocce Ball; Racket Sports: Pickleball, Badminton or Tennis; 9 Hole or 18 Hole Golf; Horseshoes; Brain Health Games: Cribbage, Whist or Scrabble; Arts & Crafts* (including projects started in 2021).

**To register** for the 2021 Manitoba 55+ Games presented by PlayNow, fill out the registration form available on the Active Aging (AAIM) website at **www.activeagingmb.ca** and send it to the MB 55+ Games office by mail to: **AAIM, 1075 Leila Avenue, Winnipeg, MB R2P 2W7** or email to: **manitoba55plusgames@gmail.com**.

You will need to keep a record of your Games activity on the **Manitoba 55+ Games Physical Activity Tracker**, also available to download from the AAIM website. When you have completed your Manitoba 55+ Games Physical Activity Tracker send it to the MB 55+ Games office to be eligible for



active aging prizes.

If you do not have access to internet you can request a registration form by calling the MB 55+ Games office at **204-261-9257** or toll-free at **1-866-202-6663**.

Be a participant in the **Manitoba 55+ Games** presented by **PlayNow** - **your way, safely and close to home** starting **Monday, June 14th and finishing Friday, July 16, 2021**. Prove how much you can move during that time frame and share your accomplishments. AAIM

will be sharing the many inspiring stories from participants following the conclusion of the event.

The road to healthy active aging and participation in the Manitoba 55+ Games presented by **PlayNow** begins with a bit of imagination to connect virtually with your fellow participants across Manitoba, until we can meet again.

For more information on **Active Aging in Manitoba (AAIM)** visit the website at **www.activeagingmb.ca** or email **info@activeagingmb.ca**. ■

Advertising Feature



## JOINT PROPERTY and WILLS

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

Most couples own their homes as "joint tenants". If one dies the other becomes the exclusive owner. The surviving spouse can pay a modest fee to the Land Titles Office to remove the deceased partner's name from title and continue living in the house. Another form of ownership is "tenants-in-common", where two or more owners have separate shares of the property. A tenant-in-common situation can be appropriate where two or more siblings have ownership of a property, - eg. a family cottage or a rental property. When a tenant-in-common dies, his/her share goes

to his/her Estate and ownership of that share is determined by his/her will. The surviving tenant(s)-in-common still have their original share. If the deceased has no will, no spouse or common-law partner and no children, then his/her parents get the share. If there are no surviving parents, then the deceased's brothers & sisters would get the share. Any of those outcomes might get a little complicated when it comes to sharing use of the cottage! You put clauses in your will to create a scenario which is best for you and your heirs.

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

*I am able to travel to the homes of clients or meet in a convenient location, if requested. Virtual meetings using Zoom or other platforms are also possible. I can provide service in French and German. Call (204)228-7063 or 1 (855-933-5454) or send a message to **rkhnatiuk@rosemaryhnatiuk.ca** for an appointment. In person availability is dependent on current Public Health Guidelines.*

(see advertisement on left)



# Prairie people got to know Prince Philip very well indeed, especially the Sunday that it wouldn't stop raining



By Roger Currie

The husband of Queen Elizabeth, Prince Philip Duke of Edinburgh died a few weeks ago, ending a royal marriage of more than 73 years. He was very close to 100 and had withdrawn from many royal duties in recent years. Manitoba got to see a great deal of Elizabeth and Philip, as well as their children over the decades. She was still a Princess when they first visited without the kids in 1951. The Coronation happened as I was graduating from kindergarten in June of 1953. My father, Andrew Currie, was in charge of arrangements for the major royal visit to Manitoba in 1959. I turned 12 that summer and was dazzled by royalty as much as anyone.

Skip ahead to 1967, Canada's Centennial year. In July Winnipeg was the scene of the 5th Pan American Games. Prince Philip was a keen sportsman and a leader of many international activities directed at youth, so it was natural that he should be chosen to open the games. We learned on that occasion just how different a royal visit can be when it features Philip by himself.

Mother Nature played a major role in the drama on that opening Sunday. It poured rain for much of the day, and anyone who attended that day, 54 years ago, will never forget the huge drops that rolled off Philip's royal nose. It was a truly magical time for Winnipeg and the



Queen Elizabeth and Prince Philip on his 99th birthday. Photo source: unknown

surrounding communities. 32 years later we got to host the same event with Princess Anne, Elizabeth and Philip's only daughter presiding. Both times gave new meaning to the phrase 'Total Community Involvement'. With enough enthusiastic volunteers just see what can be achieved.

By the time Manitoba's Centennial took place in the summer of 1970, Prince Charles and Princess Anne shared the duties with mom and dad, and I got to describe a lot of the highlights as a rookie radio reporter at CJOB.

There were more royal visits to cover when I relocated to Regina in 1977. A personal highlight for me was my one on one conversation with Prince Philip during a solo visit by him in November of 1979. The focus was a major livestock show



Prince Philip in attendance at the 1967 Pan Am Games with Lester Pearson who was PM then, and Duff Roblin, Manitoba's then Premier standing nearby. Photo: Winnipeg Free Press

and sale called *Canadian Western Agribition*. Philip was there in his role as head of the Royal Agricultural Society of the Commonwealth. At a reception prior to the opening dinner, I managed to position myself in such a way that Allan Blakeney, the Saskatchewan Premier, could not avoid introducing my wife and I to the Prince. He immediately fixed on my nametag which identified me as news director of CKCK Radio. We were no longer associated with CKCK TV, but Philip didn't know such detail. He looked me straight in the eye and said "Aha, you're the people who have such a terrible picture on Channel 2". He had been in his hotel room less than an hour and he had already done what many of us did years ago when taking up res-

idence in a hotel. He had to check out what was available on 'the box'. The variety of channels in Regina back then was quite small, so it didn't take long.

Another memory that lingers, when the Prince spoke to the dinner, he told a few rather tame jokes. The audience responded with such laughter and applause, you might have thought they were being entertained by Johnny Carson or Robin Williams.

He was the man Queen Elizabeth relied on as her 'Rock' for almost 80 years.

He will definitely be missed, especially in western Canada.

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



AAHC - ANKANG ACUPUNCTURE HEALING CENTRE INC.



安康中医药针灸康复中心



One of the Top 3 Best acupuncture clinics in Winnipeg-best service! best results!

We are very confident that we can help those health conditions - **chronic pain** (arthritis, sciatic nerve, whiplash, and headache), **shingles**, **poor memory**, **menopause**, **anxiety**, **depression**, **asthma**, **allergies**, **poor digestion**, **hypertension**, **diabetes**, **chronic fatigue**, and more.

- Our services are covered by most private insurance-Blue Cross, GWL, GSC, etc.

- We supply **mobile services** for senior clients!

We have 3 locations in Winnipeg:

1) 689 St Mary's Rd. 2) 139 Carmen Ave. (beside 266 Henderson Hwy) 3) 724 Ellice Ave.

Book Appointment: 204-775-2266 or online: [www.acupuncturewinnipeg.ca](http://www.acupuncturewinnipeg.ca)

3 SUITES AVAILABLE

## HERITAGE Life

Retirement Living  
LIFE LEASE RESIDENCE

There is really nothing like it!

- 4 storey residence with elevator
- Wide variety of suite sizes with balconies
- Onsite medical clinic & dentist office
- Underground parking
- Spacious storage locker
- Spacious common area
- Fitness centre
- Gardens and walkways
- Onsite full service restaurant
- Available support services providing residents the opportunity to age-in-place

LOCATED AT 171-2ND AVE. SOUTH IN NIVERVILLE, MANITOBA



FOR MORE INFORMATION:

**Wes Hildebrand**

LIFE LEASE REPRESENTATIVE

Email: [wes@heritagecentre.ca](mailto:wes@heritagecentre.ca)

Phone: (204) 388-5000 EXT 211

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

## ABILITY SOLUTIONS

We repair, rent and sell wheelchairs and walkers



We also install Grab Bars, Railings, and other mobility aids.

Great Gift ideas for the Mothers in your life!

### Spring Specials

on Reconditioned Standard and Tilt Wheelchairs

(204) 471-1533

✉ [lavallee@mymts.net](mailto:lavallee@mymts.net)





Divide things up without dividing them up.  
What's the plan?

Enjoy a truly synchronized approach to enhancing your financial well-being, now and in the future.

For a personal consultation, contact:

Treana Nault CFP®  
Executive Financial Consultant  
204.257.9100  
treana.nault@igpwm.ca | naultgroupwpm.ca

Investors Group Financial Services Inc.  
Trademarks, including IG Private Wealth Management,  
are owned by IGM Financial Inc and licensed to  
subsidiary companies.



**Keyboard Ventures**  
Music Centre & More!  
**SENIORS SERVING SENIORS**  
**POPULAR NEW COMPATIBLE PRINTER CARTRIDGES and LASER TONERS FOR LESS!**  
Brother, HP, Xerox (laser) toners!  
**GREAT PRICE! GREAT GIFT IDEAS! Starting at only \$30.00**

**SALES & SERVICE:**


- USB flash drives, SD cards, SDHC Memory Cards & Adaptors, CDRs, DVDRs, Cash Register Ribbons, Surge Protectors, iPhone Cases, iPod Accessories, Gaming Accessories, Laptops/Tablets, etc.
- **Computer virus removal.**
- Batteries (hearing aids, fireplaces, remote car starters, etc.)

**MUSIC:**

- Piano, Keyboard, Guitar, Banjo, Mandolin, Drums and Voice Lessons - **ONLINE or MOBILE.**
- Music Accessories, Music Education Software.

Serving Winnipeg, Stonewall, Selkirk & area.  
Delivery to seniors in Wpg and Stonewall available.

Text or call Terry:  
**204-955-5428**  
terry@keyboardventures.com  
www.keyboardventures.com  
**310 Weitzel Street • Winnipeg**  
**324 Main Street • Stonewall**

**THE COMMERCE EXCHANGE**

Your local  
**Barter Exchange**

Visit us at  
[www.tcextrade.com](http://www.tcextrade.com)  
to learn more.

**204-298-5528**  
Broker@tcextrade.com

**Dave's Cleaning & Janitorial Services**

- Residential & Commercial
- 15 Years Experience

Call For Rates  
**204-746-4318**  
Can provide references.

(Seniors' Discount)




Calvin J. Friesen

200-1630 Ness Avenue, Wpg  
Madison Square  
direct line: **204-944-7967**  
email: cjf@mlo-llp.com

**Will and Power of Attorney and Health Care Directive**

- for a couple **\$700.00**
- for one person **\$450.00**

Plus gst and \$25.00 file fee



**Community Paramedics Service**  
"When you need a paramedic, not an ambulance."

Our private duty paramedics provide:

- Fully vaccinated staff
- COVID-19 vaccination site accompaniment
- Lift assists
- Non-emergent transport to and from clinics, hospitals, medical appointments and procedures, airport, etc.
- Appropriate COVID-19 cleaning and precautions
- Veterans Blue Cross accepted

**1-204-406-6499**  
www.communityparamedicsservice.com  
info@communityparamedicsservice.com

**Living Made Easy Ltd.**  
Home Healthcare Products • New & Used

**Shoprider GK84 Chameleon Scooter**

- Shoprider 4-wheel scooter
- Lightweight and portable
- Easy to disassemble
- 8 inch flat free tires
- Interchangeable panels in Red, Blue or Champagne



**665 Archibald Street • Wpg**  
**(204) 231-1746 Mon-Fri 9-5 | Sat 10-2**

**TAX and ESTATE PLANNING:**

# Estate planning during COVID-19: The family discussions to be having now

- Treana Nault, CFP, RRC, Executive Financial Consultant

COVID-19 has created an environment where concerns for our loved ones' health and economic well-being are both top of mind. It's also made many of us appreciate that we're not invincible, and sometimes we can't control the future. This resonates closely for families who have either lost a family member or are concerned about an elderly person in their life.

With that in mind, we are seeing an increase in questions about how to create a will and how to protect your family's financial well-being. The other dynamic right now is that many people are at home, some with much less to do than normally, especially for retirees who might otherwise be travelling away from Canada. Interestingly, for many people, one of the key reasons for delaying the creation of an estate plan is lack of time. However, if you do have time, and are spending more time with loved ones - whether at home or virtually - we are at a unique inflection point where people are both motivated to think about estate planning and have the time to actually do something about it.

## If I'm thinking about succession planning, where should I start?

In many cases people begin by talking to their family about what they think might be best, and that's often a good place to start. That said, it's a prudent idea to approach these sensitive discussions with some knowledge in your back pocket, before getting too specific with your plans. For example, people can go through exhaustive conversations with family members about who will act as executor under their will, only to find out that the person they originally asked to act will probably not be able to, because they are a non-resident of Canada. So, it is helpful to know some basic principles, tax and common laws in your province before starting the process.

## Is there any difference in how women approach estate planning?

Estate planning is very personal, and it's difficult to generalize based

on gender. For most mothers, however, first and foremost they want to ensure their children are "taken care of." As children get older, the concern often revolves more around family harmony. This is another instance where it might be a good idea to speak to an estates expert before creating too specific a plan. There are situations where people have invested a lot of time in deciding which child will receive which piece of land or which personal effect, only to learn that generally tax and estate experts don't recommend getting too specific with "things" in a will. From experience, we find that the best way to preserve family harmony after parents pass away is to treat children as equally as possible.

Although "fair doesn't always mean equal" - if children feel that one sibling has received assets worth more than another, there is a very high likelihood of resentment. The other problem with getting too specific is that if you sell an asset that's meant for one child but keep an asset that's supposed to go to another, you could cause significant after-tax inequities. So, we usually recommend to simply divide an estate equally between children if that's feasible, but then make sure the estate is large enough to ensure that they can each take what they want from the estate. If one of children is going to want a particularly valuable asset (e.g. a vacation property), then you need to ensure there are sufficient funds for the other child or children, sometimes by insuring the difference.

## I'm concerned about my elderly parents these days, especially my mother. But it's an awkward conversation to have. How can I break the ice?

Some suggested openings for the conversation could be:

- I've been reading a lot about long-term care facilities, and I want to make sure that if you ever need to go into one, you'll have the money to afford the type of care you want - have you reviewed this issue with your financial planner? Have you projected how much it will cost to

get the type of care you'll need?

- If you were to become incapacitated, do you have a power of attorney in place so that someone will be able to act on your behalf? Do you have a POA for Dad in case he loses capacity first?
- Have you reviewed your insurance? Mom, if Dad were to die first, would you have enough to support yourself?
- Have you both reviewed your wills? Have they been reviewed by an estates lawyer?

Ultimately, the important thing to keep in mind when having these conversations is that it's your parent's money, and for the most part, they can do whatever they want with it (so long as they have met all legal obligations to their spouse or dependants). And in most cases, you don't need to ask to see their investment statement, so you don't need to pry too much. But if they haven't done anything about it, your questions may prompt them to think about it.

A proper estate plan covers many additional considerations than what we've shared here, and every family situation is unique. It's important to speak with an experienced tax and estates lawyer, especially for more complex family dynamics, such as blended families. However, if you're concerned that you don't want to start "running the clock" per se with a lawyer, a great place to begin the discussion is with your financial advisor.

Contact me for more information and background materials on estate planning. ■

**Treana L. Nault, CFP®, RRC**  
Executive Financial Consultant  
**Nault Group Private Wealth Management**  
**(204) 257-9100**  
**Treana.L.Nault@igpwm.ca**  
**www.NaultGroupPwm.ca**  
**Investors Group Financial Services Inc.**

Written and published by Nault Group Private Wealth Management as a general source of information only. Not intended as a solicitation to buy or sell specific investments, or to provide tax, legal or investment advice. Seek advice on your specific circumstances from a member of Nault Group Private Wealth Management. Trademarks, including IG Wealth Management and IG Private Wealth Management are owned by IGM Financial and licensed to its subsidiary corporations. Insurance products and services distributed through I.G. Insurance Services Inc. Insurance license sponsored by The Canada Life Assurance Company.

**DAVE'S MOVING**  
Moving Furniture & Small Items  
**204-746-4318**

**SENIORS DISCOUNT**



**Basic H2® Organic Super Cleaning Concentrate**

**Basic H2®** which is made by **Shaklee...** dominates grease, grime, and dirt in a thousand different ways.

One 473 mL bottle of **Basic H2®** creates an unbelievable 181 litres of super-safe, really powerful all-purpose cleaner.

And **Basic H2®** saves money and is safe for the home!

For a **free** large sample... contact **Gerry Normandin** (a Shaklee independent distributor)  
**204-990-4341** or at [gerrynormandin@gmail.com](mailto:gerrynormandin@gmail.com)



**WaterDirectPLUS**  
More than just water!

**BOTTLED WATER DELIVERY**  
**HOME or OFFICE**

- Water Cooler Filtration systems available

**Call for details**  
**204-284-1704**  
[waterdirectplus.com](http://waterdirectplus.com)





MANITOBA

Wild

Scenic Secrets of Manitoba

Pick up a copy at your local bookstore today!

Join local Manitoba writer & photographer Bill Stilwell on a photographic exploration of some of Manitoba's most scenic sites. Bill will provide Manitoba's little known, yet outstandingly beautiful places. Scenic secrets—for you to enjoy.

Ph: (204) 476-5210 Email: bills@mts.net www.manitobawild.ca

QUALITY CARE MOVING

Services include:

- local and limited long distance moving service
- packing and unpacking service
- certified senior moving service (ask about our other services for seniors)
- pick-up and delivery service
- removal or storage service
- short and easy free in-home estimates

Ask about our Seniors Moving Service

Phone - 204-990-4341 wpg  
Email: qualitycaremoving@mymts.net Website: www.qualitycaremoving.net

- Conscientious and Clean Service
- Competitive Rates and Adjustable Prices
- Ongoing Damage Prevention Trained Movers

Advertising Feature

# Terry's Memory Makers Plan Repeat Performance

- Alzheimer Society



Kerri Pleskach, Cristy Law, father Terry Law, mother Jan Law and Tara Liske



Terry's Memory Makers at the 2019 IG Wealth Management Walk for Alzheimer's.

They say that sometimes, the apple doesn't fall far from the tree. That seems to be the case for Terry Law and his three daughters as they get ready for the 2021 IG Wealth Management Walk for Alzheimer's.

In the decades before Terry's Alzheimer's diagnosis in 2016, he was a "doer." He was a community leader in Beausejour, where he and wife, Jan, and their three daughters lived. By day, he worked for MTS, retiring from the company's finance department in 2004. His off hours were spent as umpire at his daughter's ball games, sitting on the fundraising committee for the community's new rink, serving as one of

the youngest presidents of the local Legion branch – and the list goes on. Youngest daughter Cristy says some of her fondest memories of her dad are related to his involvement in planning community events and seeing how much fun he had doing it. "He wanted everyone to have the best time possible. Once, he organized a snow golf tournament in our back field and there were 10 teams. He was a firm believer in 'work hard, play hard.'"

His wife and daughters cherish those memories. So, as Walk day gets closer, Cristy says they're asking themselves, "What would Dad do?" The answer? Participate

once again with their team, Terry's Memory Makers.

As in previous years, they intend to invite family and friends to join them. While, for the second year, the event can't be held as a large gathering, Terry's Memory Makers will walk in a park in Beausejour, where a lovely trail winds through a wooded area. If COVID protocols allow, they'll bring Terry, who is now in a wheelchair, with them.

And, just as they did in 2017 and 2018, they hope to again win the prize for the largest team. Family and friends from as far away as Brandon have joined the Law family in the past. This year, with their own

Walk taking place in their hometown, Cristy says more folks than ever will be able to participate.

"We'll plan the greatest time ever, and we'll make some amazing memories while we do it. That's what my dad would do!" says Cristy.

It's the family's way of not just honouring Terry, but of giving back to the Alzheimer Society. "We know what a huge resource they have been for us, especially in the early stages as we were trying to understand the disease and come to terms with it," says Cristy. "There may not be a lot we can do for Dad – it is what it is. But we can raise awareness and funds for the Society." ■

HAPPY MOTHER'S DAY

Wab Kinew  
MLA for Fort Rouge  
wab.kinew@assembly.mb.ca

Danielle Adams  
MLA for Thompson  
danielle.adams@assembly.mb.ca

Tom Lindsey  
MLA for Flin Flon  
tom.lindsey@assembly.mb.ca

Jamie Moses  
MLA for St. Vital  
jamie.moses@assembly.mb.ca

Mintu Sandhu  
MLA for The Maples  
mintu.sandhu@assembly.mb.ca

Matt Wiebe  
MLA for Concordia  
matt.wiebe@assembly.mb.ca



# What’s in Sight?

by Irene Worster-LoScerbo

“Why can’t Great Grammy come with us to Disney World?”

I reminded my six-year-old grandson that my mother was now legally blind. Travelling, for her, would be difficult; the constant glare of the Florida sunshine would hurt her sensitive eyes; she wouldn’t see much of anything ...

Caleb interrupted my dismal rambling to explain how he and his little sister would feed their great grandmother vitamin A—in the form of carrots. “Tons of carrots, Grandma. That’ll fix her eyes!”

My grandchildren didn’t follow through with their carrots equals cure theory, so it was never proven—smart kids, though, these Generation Zers. I was ashamed to admit that back in the 1950s, when I was their age, I too had a theory. Mine was not quite so benevolent: You get old. You go blind.

That’s what I decided the afternoon my mother took me to a benefit luncheon for the Blind Institute. I asked her who had made the toys and household items on display. “Blind people,” she said. Since I was the only child in the auditorium, Mom let me pretend I was a grownup. In between sips of hot tea, I munched on yummy dainties baked for the occasion by our church ladies. I contemplated the crowd of adult faces surrounding me. The smacking lips looked normal—the eyes, too. But I suspected these were The Blind—row upon row of sightless old ladies who stitched rag dolls and dresses—blind men who whistled as they whittled toy trains. And with the money they earned selling crafts, The Blind would buy white canes to advertise their blindness, or specially trained guide dogs to help them get around more

easily and protect them from danger they couldn’t see.

Considering the possibility that going blind might make me more creative or increase the likelihood of my owning a pet, I couldn’t wait to grow up and grow old—especially if total strangers would throw parties and bake me dainties! It never occurred to me that the hundreds of other tea drinkers were sighted folks like Mom and me. She could have put my mind to rest if I had done my musing out loud. I didn’t, and wouldn’t you know it, Blindness began to follow me around like a lovesick puppy.

A few weeks after the fundraiser, I caught an early morning bus to visit my Grosspapa and Grossmama, Dad’s parents. I sat up front on the long seat next to the driver—until he stopped the bus and asked me to make room for a grey-haired man who was boarding the bus—with his dog! I picked up the package I had brought with me, slid to the far end of my seat, and said “Hi.” to the old man as he sat down beside me. The dog sprawled its long, smooth body on top of its master’s feet, yawned and looked up at me with big smiley eyes.

Just as I bent down to pat the dog, a bony finger poked my shoulder. “Don’t bother the blind guy’s mutt! It’s working,” I yanked my arm away from the rude passenger and held my breath.

“There’s no harm done, no harm at all. Danny-Boy is off duty for the moment,” said the blind man. “There now, wee dearie, you go ahead and touch him all you want. He’ll not mind.”

When I ran my fingers through the soft fur on his shoulders and scratched him under the chin, Danny-Boy didn’t mind. He licked my hands,

my nose, and the tears on my cheeks! Not only was he a smart and obedient dog, but a friendly one as well.

The bus driver interrupted our little slobber party by announcing my stop. He cranked open the front doors. I thanked him, said goodbye to Danny-Boy and his blind man, jumped off the bus and hop-skipped the block and a half to my grandparents’ house, day-dreaming all the way about church ladies, bus drivers, guide dogs, and little kids—that’s all a blind person needed in this world—plus a brave heart. My very own Grossmama might soon be as blind as the old man on the bus, and I wasn’t worried one little bit.

Her world was clouded by cataracts, but Grossmama was shrewd. If she gave you a two-dollar bill to buy a few groceries, she’d finger the coins in the change you brought back, and after a quick bit of mental arithmetic, would inquire after the missing penny. “What did you buy, Reenie? Bubble gum?”

There wasn’t a store-bought toy or luxury in my grandparents’ home. Thank goodness for the monthly letters my far-away aunties sent—and for Grosspapa, who could still see well enough to read every precious word to Grossmama. He took apart each envelope, painstakingly unfolded and flattened the flaps to make paper for writing or drawing on. These he stacked beside the letters in the top drawer of the dining-room buffet. Next to them he piled his collection of stubby black pencils sharpened with a kitchen knife. I had to beg for the paper and pencils.

No matter how creative I got, smudgy lead pencils were disgustingly messy, and the resulting artwork, too drab for my liking. I had learned to bring along my own fun, and that day, decided to smuggle in a box of crayons from home. My envelope-art would be in colour.

Grossmama greeted me with one of her suffocating mama-bear hugs. I dropped my paper bag, and the jumbo pack of Crayolas slipped out onto her shoe. She picked up the flashy green and orange box, held it close to one eye, and studied it for way too long. “Tsk, tsk, tsk! Popcorn will spoil your appetite, Reenie. Off you go and play till lunch!” Thump! High on the kitchen windowsill it landed. How did Grossmama manage to bake bread or cook chicken soup—home-made noodles and all—if she couldn’t even tell the difference between crayons and popcorn? This Blindness business was mighty mysterious stuff—certainly worth checking out. So, that very week, I began train-

ing for life without eyes. I brushed my teeth, dressed myself, did my chores—eyes shut. For the benefit of my unsuspecting parents and teachers, I opened my eyes occasionally, practised what you might call selective vision, and lived happily inside my head—preparing for the unavoidable darkness to come.

After my tenth birthday, I played the blind-girl game less and less, and eventually made it through university, marriage, childbirth, and middle-age with eyes wide open. These days I’m called Grandma Irene. That I am able to see clearly the smiling faces of my children’s children is a gift for which I am truly thankful.

As for that fabulous 2003 Florida trip with the grandkids and family? Well, my mother (a.k.a. Great Grammy) stayed home—not for lack of carrots, vitamins, or sunscreen, but she obviously knew something we did not.

Our luxury condo, a mere ten-minute drive from Disney World, housed six people quite comfortably. At least it did until 5:00 a.m., at which time, dear daughter and her hubby would invariably enter The Dead Zone (which involved much snoring and snorting, tossing and turning, but no waking up) and their blessed little angels would climb into our bed. “We thought you might be hungry, Grandma, so could we please have bacon and eggs?” and “Can we go feed the ducks before Disney?” were their usual opening lines.

Of course, we witnessed all the magic Disney had to offer—elaborate movie sets, heart-stopping rides, life-size cartoon characters greeting us at every turn, noise, confusion—the works. A half-hour of it could chill and thrill me, but not a minute more. Nature would call. I’d gingerly slip away from the clan to hunt for my own favourite part of the Disney experience—every Boomer’s delight—a life-saving, sparkling clean washroom! According to the brochure, there were many, strategically placed around the property—all invisible to me. I was nowhere near blind—still had decent vision—but my frantic, circular wandering suggested otherwise. I wished I had brought along an extra pair of eyes—smart eyes, like Danny-Boy, the blind man’s dog had.

I took another trip recently—shorter and much closer to home—to my optometrist’s office.

- Field Test: slightly abnormal
- Pressure Reading: high in both eyes
- Notes: Must visit Glaucoma Specialist a.s.a.p.

Now, about my theory ...

## Because price matters

We offer everything you need for final arrangements in one convenient location, including funeral, cemetery and reception.

**Start your pre-arrangements now**


- Single Niche for one person from only **\$45 monthly\***  
(available at Glen Lawn and Glen Eden only)
- Cremation lot for two people from only **\$48 monthly\***
- Companion niche for two people from only **\$91 monthly\***
- Traditional burial plots for two people from only **\$114 monthly\***

\*Only applies to specific gardens/structures. 10% min deposit. 18 monthly payments. APR of 3.95%. No credit check. Limited time offer - please check with the cemetery office for more details.

**Glen Eden**  
**Funeral Home & Cemetery**  
glenedenmemorial.ca  
**204-809-8524**

**Glen Lawn**  
**Funeral Home & Cemetery**  
glenlawn.ca  
**204-809-8534**

**Chapel Lawn**  
**Funeral Home & Cemetery**  
chapellawn.ca  
**204-809-8517**



**Arbor**  
Memorial

Arbor Memorial Inc.



**ILRC**  
INDEPENDENT  
LIVING  
RESOURCE  
CENTRE

## ILRC Agent - Safe, Quality Support at Home

Are you seeking quality attendant supports to remain in the safety and comfort of your community home?



With **ILRC Agent** you have the opportunity to:

- Access quality attendant support from our 35 years of community based experience.
- Remain in your home where you control your safety, security and independence.
- Access affordable non-profit rates while you enjoy life your way, everyday.

**ILRC Agent program** is the change you need to make to enjoy the comforts of home while living life to its fullest.

**Call us and ask about ILRC Agent**

**204-947-0194** and visit our website at **www.ilrc.mb.ca**





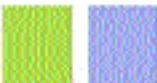
# Affordable seniors housing throughout Winnipeg



**Swedish Canadian Home – 5419 Roblin Blvd.**  
Bachelor - \$550  
Rent includes heat, hydro and water.  
Subsidy available to those that qualify.  
Parking \$30/mo.



**Legion Gardens – 675 Talbot Avenue**  
Veteran & Legion Member Housing  
1 Bedroom - \$419 - \$589  
Rent includes heat, hydro and water.  
Parking \$25/mo.



**St. James Legion Lodge – 2730 Ness Avenue**  
As per Manitoba Housing, rent is 30% of your monthly income.  
Rent includes all utilities.  
Parking \$25/mo.



**Riverbend Plaza – 400 Osborne (Life Lease)**  
1 Bedroom - 1 bath  
Refundable Entrance fee: \$26,894. Monthly rent: \$1147  
2 Bedroom - 2 bath  
Refundable Entrance fee: \$38,500. Monthly rent: \$1304  
Both rents include: Heat, hydro and water.  
Uncovered Parking \$35/mo.



**Haven II – 1 & 21 Boulton Bay**  
Bachelor - \$469  
Bachelor Enhanced - \$499  
One-Bedroom - \$632  
Rent Includes all utilities.  
Parking \$22/mo.



**Monash Manor – 865 Sinclair Street**  
As per Manitoba Housing, rent is 30% of your monthly income.  
Rent includes all utilities and laundry.  
Parking \$25/mo.



**Seine River Haven – 571 St. Anne’s Road**

1 Bedroom - \$974 | 1 Bedroom (Pet Friendly) - \$974  
2 Bedroom - \$1071 | 2 Bedroom (Pet Friendly) - \$1071  
Rent includes water.  
Tenant pays Hydro, Cable, Parking and Laundry.  
Parking \$35/mo.



**Transcona Place – 110 Victoria (Life Lease)**  
1 Bedroom  
Refundable Entrance fee: \$21,500. Monthly rent: \$745  
Parking \$27/mo.  
Laundry \$14/mo.  
2 Bedroom  
Refundable Entrance fee: \$23,500. Monthly rent: \$915  
Parking \$27/mo.  
Laundry \$14/mo.



**PHONE 204-942-0991 TO FIND YOUR NEW HOME**  
1080 PORTAGE AVE, 2ND FLOOR, WINNIPEG

[sam.mb.ca](http://sam.mb.ca)





Advertising Feature

# Meet Genaro Guevarra

by Brian Campbell



Genaro

Nursing is in Genaro's blood. There were a number of nurses on his mother's side of the family, so, following the family tradition, Genaro decided to study nursing. He also had a great desire to work with and help people. This desire brought him to Winnipeg, where he began working with L'Arche Winnipeg.

Genaro's desire to work in Health Care was influenced by an event that happened on his seventh birthday. He was horsing around with his brother and ended up hitting his head on the banister of his bed, cutting his forehead. He remembers four or five people being needed to hold him down in order to stitch his forehead. The memory of the care and patience provided by the medical staff in dealing with a frightened, struggling child, has stayed with him to this day.

Genaro obtained his Nursing Degree at Ateneo de Zamboanga University (AdZU), a Jesuit-run University in the Philippines, when he was just 19, but never worked as a nurse in the Philippines. After his graduation from AdZU, Genaro joined the Jesuit Volunteers Philippines, a volunteer program, where he became a Community Organizer. He joined a group working with the Aetas, Filipino indigenous people, in the northern part of the Philippines. The Aeta people had been displaced during a volcanic eruption in the early 1990's. This was his first experience living away from home; and living with and helping these people in need had a tremendous impact on Genaro's worldview and his understanding of the plight of disadvantaged and marginalized people in our society. Much of his desire to be a positive influence in the world came from his time with the Aeta people.

In 1997, he got involved with L'Arche and, through L'Arche, came to Winnipeg a year later. He worked with L'Arche Winnipeg for over 10 years. During his time at L'Arche Winnipeg, Genaro created a pandemic response kit, which is still being used to protect the staff and clients during the Covid-19 pandemic.

To upgrade his skills and get his certification to work in Canada, Genaro took the Bridging Program for Internationally Educated Nurses at Red River College in 2009. From there, he began working as a nurse at Riverview Health Centre in 2011.

Genaro takes pride in making a difference in the lives of the people with

whom he works. In his work in geriatric nursing, he makes an effort to connect with, not only his patient, but the patient's family, to show empathy and compassion, and to help the patient to age gracefully. His bottom line is to engage with families and make a positive impact in people's lives.

Genaro's specialty is dementia and Alzheimer care, and he has made it his goal to learn as much as he can on how to treat patients with Alzheimer's and dementia with care and compassion. His training, education and experience has helped him to understand how to treat each patient as a person with individual needs. This knowledge helps him to give each patient the best possible care he can offer.

Genaro's motivation to create **Morning Breeze HealthCare** came from a deep desire to do more. As much as he loved the work he had been doing, he felt limited by the corporate bureaucracy. He wanted the freedom to put his own personal touch on the work he did. He felt that having to go through channels to get changes made stifled his creative input. A personal experience he had, watching the care his mother received while she was dying of cancer in the Philippines, gave him the desire to pass this type of care to others. He wanted to train a team of nurses and health care professionals to deliver the same type of care that he would want for his family. He wanted to transfer his passion to help others to his own team of health care workers.

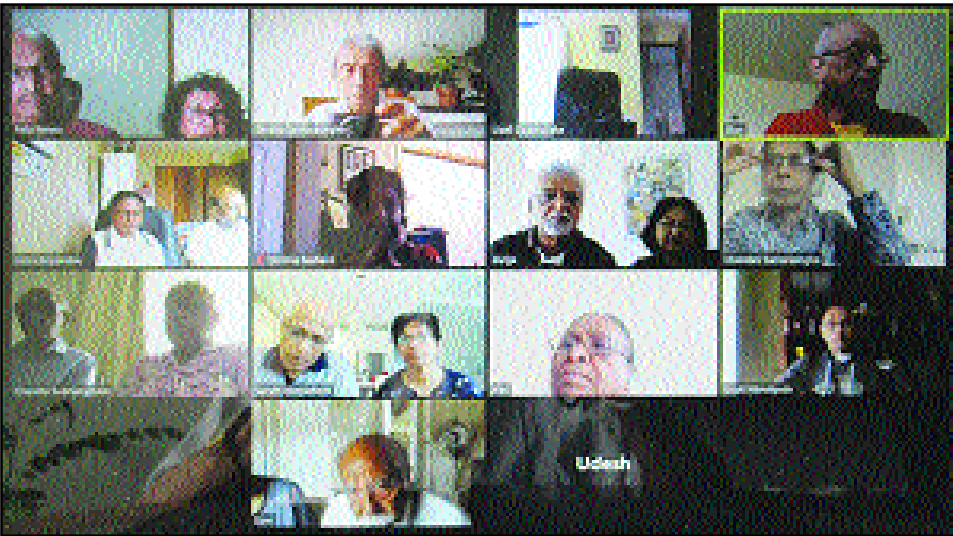
Genaro believes that, with the proper nursing care, giving health care a personal touch, people can continue to live a healthy, happy life in their homes much longer. He feels that, with the right support and appropriate delivery of services, people can continue to live safely in their own homes to a much later age.

Genaro wants people to think of Morning Breeze HealthCare to be the go-to place to care for their families for generations to come. Ideally, he would like to, eventually, see Morning Breeze HealthCare delivering quality services to families across Canada. His dream is for Morning Breeze HealthCare to outlive him and continue caring for families far into the future. ■

For more information, call Genaro Guevarra at **204-955-5602**, Email **info@morning-breeze.ca** or visit **www.morning-breeze.ca**

# Sri Lankan Seniors: Conducted a Presentation on Household Gardening

by Senaka Samarasinghe , President - Sri Lankan 55+ Group



As we are in mid-Spring, we decided to conduct a virtual meeting via Zoom to obtain knowledge on Household Gardening on April 23th (FRI), 2021 at 10.00 am. The Sri Lankan 55+ Group invited Indra Ariyaratne for this task. Indra completed her MSc (Plant Pathology) in (1982) Louisiana State University (LSU) and PhD (Plant Virology) in 1995, LSU. She served as Extension Coordinator, Dept. of Agriculture (MAFRI), Manitoba. Further, she was a Member of Manitoba Institute of Agrologists.

Sri Lankan 55+ Group always share monthly presentations among other senior groups such as Pembina Active Living (PAL) and Seniors Group of United Trinity Church. Therefore, Indra prepared her slides in two languages namely English and Sinhala.

During the Q&A session members actively participated to clear the doubtful areas of their home gardening. Few of our members moved away from Winnipeg to other Provinces namely Toronto, Alberta and B.C. and they too joined with us. ■



## Our Care Services

- Healthcare Staffing
- Home Care Services
- Specialized Dementia Care
- Personal Protective Equipment

Professional  
Compassionate  
Healthcare



**Morning Breeze**  
HEALTHCARE  
WE ARE HERE FOR YOU

**We are here for you!**  
**(204)955-5602**  
**info@morning-breeze.ca**  
**www.morning-breeze.ca**

## Will & Estate Lawyers of Winnipeg

### TELEPHONE NUMBER

**204-945-9751**

207 - 2211 McPhillips Street  
Winnipeg, MB R2V 3M5

**Protect your family and have the following documents in place or updated to your current needs:**

**Will**

- Designate the Excecutor - the person who will administer your Will and Estate; file appropriate tax returns; protect and preserve, and distribute your assets and follow your wishes.
- The beneficiaries - this includes protecting your children, and making special provisions for beneficiaries that are minors or with special needs.
- Handling your funeral and burial arrangements.

**Power of Attorney**

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)**

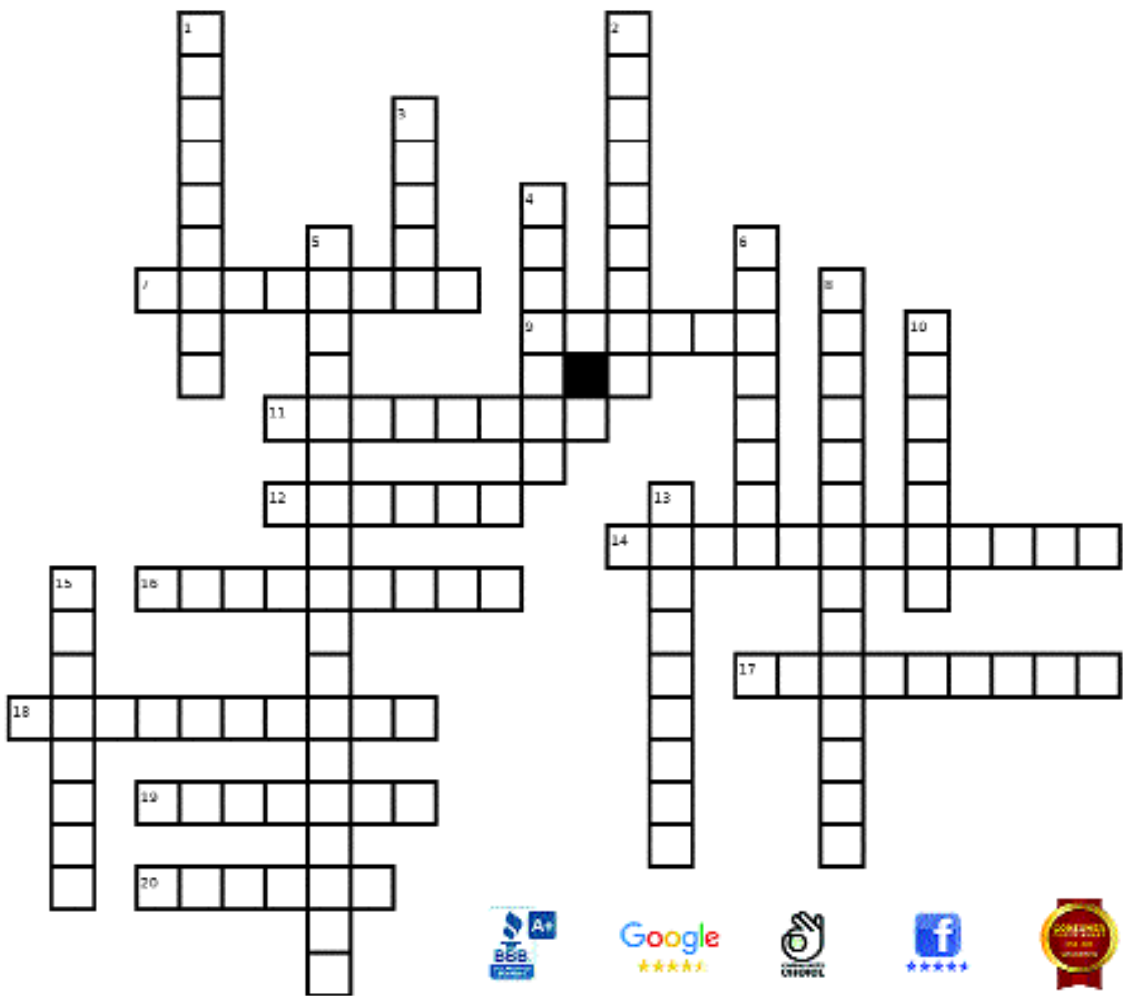
Unfortunately, there may come a time when you are not capable of making or communicating a decision as to what medical treatment you would like continued or withdrawn. We can help you remove the burden and the pressure from your loved ones by preparing a document that will enable treatment decisions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

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.





- Down:
- 1. A licensed professional specializing in denture fabrication
  - 2. Commonly known as the polar bear capital
  - 3. What your face does when you are happy
  - 4. Winnipeg is the capital of the world for this type of frozen beverage
  - 5. Manitoba's largest Winter Festival
  - 6. Where the Assiniboine River flows into the Red River
  - 8. This type of denture is made with help from a computer
  - 10. A removable alternative to replace a few teeth
  - 13. Often referred to as the Golden Jet
  - 15. The lower jaw
- Across:
- 7. Freshwater fish often found in Lake Winnipeg
  - 9. This treatment is done every 2 years to ensure the best possible denture fit
  - 11. Biggest city in Manitoba
  - 12. The roof of the mouth
  - 14. This is free at Minuk Denture Clinic
  - 16. "Type" of denture inserted at the time of extractions
  - 17. A popular condiment used for chicken fingers
  - 18. The term used for having no teeth
  - 19. An artificial tooth root to support dentures
  - 20. When snow or water gets inside your boot



EST. 1977  
**MINUK**

DIGITAL DENTURE & IMPLANT CENTRE

© 204.589.6329

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

**Find the answers at:**

[www.minukdenture.com/crossword](http://www.minukdenture.com/crossword)

ADVERTISING

## Winnipeg has a new meal delivery service designed for seniors.

Heart to Home Meals has been busy preparing and delivering thousands of nutritious, frozen meals to the homes of seniors across the nation. With easy ordering — online or by phone — and no commitments or contracts, seniors in Winnipeg (along with their families) can rest easy knowing they don't need to venture out to the grocery store anytime soon.

Heart to Home Meals offers a wide variety of meals, ranging from a breakfast omelette filled with protein to a low-sodium braised beef dinner to a no-sugar added brownie.

At Heart to Home Meals, we take nutrition and quality of life for seniors seriously. That's why we offer more than 200 options to satisfy every taste, chock full of the nutrients your body needs to stay healthy, with the flavour you want to stay happy.

To learn more about Heart to Home Meals, call Fred and his team at (204) 816-8659 or visit [www.hearttohomemeals.ca](http://www.hearttohomemeals.ca).

## Tastes that take you back!

From best-ever Beef Stew to straight-from-the sixties Stroganoff, we have yesterday's and today's favourite meals on the menu!

Get your **Free menu**

**Choose from more than 200 fully-prepared, frozen dishes — all with free delivery.\***

Locally Owned by Fred Pennell  
[HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)

**(204) 816-8659**

**MADE FOR Seniors!**

\*Some conditions may apply.



**HEART TO HOME MEALS**  
DELICIOUS MEALS MADE FOR SENIORS



# Kelly Lewis Artistry

kellylewisartistry@yahoo.com : @KellyLewisArtistry on FB  
204-513-0593 : kelly\_lewis\_artistry on IG

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



## SAFETY ALERT

### Keep students safe on the job this summer

Injury rates among young people increase between May and September while they are working in summer jobs.

Many of these accidents are the result of pressures and distractions of a new job, a lack of understanding about electricity, a desire to impress, or not being careful. Encourage new employees to ask questions or speak up when they have concerns.

#### How much electricity does it take to cause fatalities?

Every year in North America, electricity kills hundreds of people in the workplace and at home, and it injures many more. It takes about 1000 milliamps of electricity to run a 100-watt light bulb – but under the right conditions, it can take only 50 milliamps to kill.

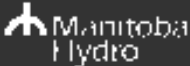
Whether the voltage is high or low, an electrical current can cause serious injury or death if you become a path for electricity to the ground.

#### Review these tips with students to avoid the safety hazards common to summer jobs:

- Be aware of overhead wires when shingling, siding or painting. Use extreme caution and stay a distance of at least three metres away from lines when raising, lowering or moving ladders or any other equipment.
- Do not touch electrical service wires that enter a building.
- Do not trim trees closer than three meters (10 feet) to power lines.
- Call Manitoba Hydro if tree branches are touching power lines.
- Never climb hydro poles or attach signs or equipment to them.
- If you are outside during an electrical storm, stay away from large trees or utility poles.
- Use a GFCI outlet for safety when using power tools outdoors.
- Before digging into the ground deeper than 15 cm, verify the location of all underground electrical or natural gas lines through **ClickBeforeYouDigMB.com**.

For more safety information from Manitoba Hydro, visit [hydro.mb.ca/safety](http://hydro.mb.ca/safety).

Safety. It's in your hands.



April 19, 2021

## PROVINCE INTRODUCES LEGISLATION THAT WOULD PROVIDE EDUCATION PROPERTY TAX REBATES TO MANITOBANS

### Legislation Would Allow Nearly \$250 Million in Rebate Cheques to Owners of Home, Farm and Commercial Property in Spring 2021: Fielding

The Manitoba government has introduced the education property tax reduction act, new legislation that would allow nearly \$250 million in education property tax rebates to be provided to Manitoba property owners this spring, Finance Minister Scott Fielding announced.

“Our government believes Manitobans need more tax relief sooner rather than later, and we are keeping our promise to begin phasing out the education property tax this year and completing our promised \$2,020 Tax Rollback Guarantee one full year ahead of schedule,” said Fielding. “Budget 2021 will continue to protect Manitobans’ hard-earned incomes so they can support their loved ones and invest in their communities.”

As part of Budget 2021, Protecting Manitobans, Advancing Manitoba, rebate cheques would provide for \$248 million in rebates of education property taxes and community revitalization levies to approximately 658,000 property owners in 2021. The average rebate to property owners would be about \$1,140 per property over the next two years.

The province would provide a 50 per cent education property tax rebate directly to residential and farm property owners over the next two years (25 per cent this year and 25 per cent next year) and a 10 per cent rebate on other properties in 2021. The bill would also provide for corresponding reductions in various existing education property tax-related credits and rebates to ensure that all property owners are paying 25 per cent less on residential and farm properties, regardless of whether an owner qualifies for existing credits and rebates.

In order to provide Manitobans with rebates as soon as possible this spring, the province has drafted a stand-alone bill that would entrench the 2021 rebates in legislation and establish an obligation on government to pay out the new school tax rebate to property owners. As the education property tax will be phased out over several years’ budgets and the rebate is not a one-time supplementary spending program, it requires legislation. The proposed bill would also provide authority to increase percentages by regulation in future years.

“Manitoba is currently the only province that uses locally determined municipal school property taxes to fund its education system. Modernizing our tax structure will put all Manitoba children on an equal footing regardless of where they live and transfer the responsibility of directly funding education away from property owners back to the province,” said Fielding, who noted the province will provide a \$23-million offset grant to school divisions this year, equal to a two per cent property tax increase, as to not impact school tax revenue.

Fielding noted the bill would also make a change to the Residential Tenancies Act to freeze the rent increase guideline at zero per cent in 2022 and 2023 to allow residential rents to adjust to the reduction of the education property tax credit. Over the last 20 years, the annual average rent guideline increase has been 1.7 per cent. Landlords who apply for above-guideline rent increases will have to demonstrate their eligibility after taking into account the savings of the new school tax rebate.

Once the Manitoba legislative assembly passes the enabling legislation introduced today, rebates for the 2021 tax year will be issued to ratepayers in each municipality. Rebates over the next few years will lead to the eventual elimination and removal of both the Provincial Education Support Levy and the School Division Special Levy from annual property tax bills.

For more information about the Education Property Tax Rebate, visit: [www.manitoba.ca/edupropertytax](http://www.manitoba.ca/edupropertytax).

## Standing Up FOR SENIORS

 <p><b>HON. CANDICE BERGEN, MP</b> PORTAGE—LISGAR <a href="mailto:INFO@CANDICEBERGEN.CA">INFO@CANDICEBERGEN.CA</a> 204-822-7440</p>	 <p><b>JAMES BEZAN, MP</b> SELKIRK—INTERLAKE—EASTMAN <a href="mailto:OFFICE@JAMESBEZAN.COM">OFFICE@JAMESBEZAN.COM</a> 204-785-6151</p>
 <p><b>RAQUEL DANCHO, MP</b> KILDONAN—ST. PAUL <a href="mailto:RAQUEL.DANCHO@PARL.GC.CA">RAQUEL.DANCHO@PARL.GC.CA</a> 204-984-6322</p>	 <p><b>TED FALK, MP</b> PROVENCER <a href="mailto:TED.FALK@PARL.GC.CA">TED.FALK@PARL.GC.CA</a> 204-326-9889</p>
 <p><b>LARRY MAGUIRE, MP</b> BRANDON—SOURIS <a href="mailto:LARRY.MAGUIRE@PARL.GC.CA">LARRY.MAGUIRE@PARL.GC.CA</a> 204-726-7600</p>	 <p><b>MARTY MORANTZ, MP</b> CHARLESWOOD—ST. JAMES—ASSINIBOIA—HEADINGLEY <a href="mailto:MARTY.MORANTZ@PARL.GC.CA">MARTY.MORANTZ@PARL.GC.CA</a> 204-984-6432</p>

# DUGALD PLACE

## ASSISTED LIVING

Apply to the Wait List

[www.DugaldPlace.com](http://www.DugaldPlace.com)  
**204-853-2255**





**SPRINGFIELD**  
HERITAGE HOUSING INC.  
Rooted in the Community  
DUGALD PLACE ASSISTED LIVING



Manitoba Churches -

Pleasant Home - St. Stephen's Ukrainian Orthodox Church - 1903

Written by Tyrrell Mendis with input from Olga Persoage

Pleasant Home is a locality south-west of Gimli in the Rural Municipality of Rockwood. It was established by the first wave of Ukrainians to come to western Canada, some of whom continued westward. The first settlers to the Pleasant Home area arrived in 1897.

*“Most of the first Ukrainian settlers came to Canada from Halychyna (where they were Greek Catholics) and from Bukovyna (where they belonged to the Orthodox Church). The Halychany settling in Canada were visited once in a while by Greek-Catholic priests, but the Vatican wished to attach them to the Roman-Catholic Church already in existence, which would have assimilated them. The Bukovynians arriving in North America usually incorporated themselves into the Russian Orthodox Mission, which was already in existence. Nevertheless, the Ukrainian immigrants desired to have a Church with a Ukrainian character, which would be closer to the spiritual and cultural needs of the Ukrainian people, and this led to the formation of the Ukrainian Orthodox Church of Canada.”*

(<https://uocc.ca/about/history/>)

These citizens of the two provinces of the former Austro-Hungarian

Empire were subjected to a system of organised oppression, living in poverty on estates of wealthy land-owners. Their land allotments were small, their taxes were high, and they had to serve for three years in the Austrian Army.

In Canada they had the government's promise of a quarter section of land in return for a filing fee of \$10.00 and loyalty to the new country. This was the same offer made to Mennonites in 1874 to settle in southern Manitoba, and to Icelanders in 1875 to settle in the Interlake.

One of the settlers' priorities was to build a place of worship. A small group of them effected that. A church and cemetery came into existence on donated land at the north-east corner of 13-17-2E. St. Stephen's Ukrainian Orthodox Church was begun and completed in 1903.

In 1913 that first cruciform log church was destroyed by fire. However, in the same year it was replaced by the current building. In 1967 the west end of the church was extended to accommodate the growing congregation.

The spiritual needs of the community have been catered for by a



Photographed in 2021 by Olga Persoage.

board since 1903. It consists of a chair, secretary, treasurer and five trustees. Membership is about 10.


Church funding comes from families of those buried in the adjoining well-kept cemetery, and from the sale of burial plots. A headstone to note portrays Mary and Jesus, with an Ukrainian inscription.

A monument beside the church bears the names of the pioneers who started the church.

**204 774 0677 / 204 794 1909**  
**tymendis@shaw.ca**  
**www.theimpressionists.ca**  
**www.theimpressionists.ca/ManitobaChurches**

**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)



Manitoba  
**PC Caucus**

204.945.3709 | [pccaucus@leg.gov.mb.ca](mailto:pccaucus@leg.gov.mb.ca)

Wishing you a wonderful day full of love and laughter. Best wishes for a Happy Mother's day!



# The Pros Know

October 1st, 8th, 22nd & 29th, 2021

Bringing the products & service resources needed by older adults to older adults in our community!

## Active Living & Resource EXPOS

Presented By: Clean Slate Mktg. & Senior Scope Newspaper!

## On Line Now!

Please visit our 'On-Line' Resource Expo today. Information on Services, Products & Organizations in our community to help you Now!

For more information go to: [www.prosknowexpos.ca](http://www.prosknowexpos.ca)

# ‘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](http://Prosknowexpos.ca)**  
**& [seniorscope.com](http://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





## Things To Do

## WINNIPEG

More listings available at [www.seniorscope.com](http://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. May 24, Jun 28/21. Agendas posted online at [www.manitobacoinclub.org](http://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** - Art classes: delivered by video, with personal interaction with an instructor, and some live weekly group classes by video chat. For kids, teens and adults. Contact: [register@forumartcentre.com](mailto:register@forumartcentre.com) or Programming Dir. Shawna: [shawna@forumartcentre.com](mailto:shawna@forumartcentre.com) [www.forumartcentre.com/classes/](http://www.forumartcentre.com/classes/)

**Saving Audio** - 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.

STAY SAFE, HEALTHY & HAPPY!

**The Canadian Celiac Assoc. Manitoba Chapter** - hosting a Gluten Free 101 session for those newly diagnosed with Celiac Disease and those struggling with the Gluten-Free lifestyle. May 18, 6:30-8:30 pm via ZOOM video conferencing. Pre-registration is required. Please call **204-772-6979** or email [office@manitobaceliac.com](mailto:office@manitobaceliac.com)

### VOLUNTEERING

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

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

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

WASH YOUR HANDS.

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](mailto:cliewicki@extendicare.com)

### PROGRAMS / SERVICES

**Pembina Active Living (PAL) 55+** - Spring online classes continue. Drop-in activities: PAL putters (golf) - Mondays, PAL pedallers (cycling) - Wednesdays, PAL walking/hiking group - Fridays. Special presentations: CRA information (Budgeting, options with debt, consumer debt) - Thur. May 6, 1 pm; PAL Book Club - Thur. May 13, 1:30 pm; Still Bloomin' Gardening Club - Thur. May 27, 1 pm (speaker TBA). [office@pal55plus.com](mailto:office@pal55plus.com), [www.pal55plus.com](http://www.pal55plus.com), **204-946-0839**.

SAFELY DISTANCE FROM OTHERS

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

**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 May classes are free to Stroke Survivors, Caregivers and Seniors! Register today at [www.strokerecovery.ca](http://www.strokerecovery.ca)

## 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, 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 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 Whitmouth/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. Adults of all ages and fitness levels, and mature teens are welcome - no experience needed. To register, text: **204-330-7456** or [juliette.nadeau@outlook.com](mailto:juliette.nadeau@outlook.com)

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

**Montcalm Service to Seniors** - Joanne: **204-304-0551** or [jbarnabe@hotmail.ca](mailto:jbarnabe@hotmail.ca)

**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.

**VOLUNTEER OPPORTUNITY** in partnership with Harvest Manitoba (formerly Winnipeg Harvest): Driver to deliver emergency food hampers in Winnipeg. All safety measures taken. 2-3 hours, 1 day per week. For info, contact Sara Parsons, Volunteer Coordinator: [sparsons@aosupportservices.ca](mailto:sparsons@aosupportservices.ca) or **204-256-6440**.

**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](mailto: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](http://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](mailto:info@aosupportservices.ca)

## When Love is Blind

by Irene Worster-Lo Scerbo

You don't see the green of grass or trees you pass along the way,  
can't recognize or count the sidewalk's fifty shades of grey.  
Pedestrians approach head-on or creep up from behind,  
their identity a mystery—to you whose eyes are blind.  
Yet, unafraid you take each step with guidance from above.  
You talk the Talk and walk the Walk. Your white cane points towards Love.

And when, at table, we sit close, and others see us there,  
they may comment on the sameness of our features and our hair.  
It's true, but why take credit for outward gifts bestowed at birth?  
The heart has eyes that look inside to see a person's worth.  
There's a beauty in your brokenness that glows both day and night.  
You've got Twenty-Twenty Vision, Mom. Your future's looking bright.



## Leisure / Activities

### 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**



### Keyboard Ventures Music Centre

Exercise your mind, coordination,  
concentration and motor skills.

#### SENIORS SERVING SENIORS

**ONLINE or MOBILE**  
Music Lessons for Children, Adults & Seniors  
ONLINE via: Skype, FaceTime, Messenger and Zoom

**Piano • Keyboard • Guitar • Ukulele • Banjo • Voice**  
Serving Winnipeg, Stonewall, Selkirk & area  
*Lessons or Instruments make a Nice Gift!*

Lessons  
for less  
for  
Seniors

6 Week  
Introductory  
Offer - \$95  
Free use of  
Keyboard

Now  
Offering  
SONGWRITING  
and MUSIC  
PRODUCTION  
lessons

#### SALES & SERVICE:

**MUSIC:**  
Ukuleles, Guitars, guitar restringing, setups,  
tuning services, etc. USED Keyboards,  
Recorders, Music Books/Accessories, etc.

**COMPUTER:**  
• **Toner & Printer cartridges for Less**, USB flash  
drives, SD cards, etc. **Computer virus removal**

**HOME:**  
• Batteries (hearing aids, fireplaces,  
remote car starters, etc.)

**Delivery to seniors in Wpg  
and Stonewall available.**

Text or call Terry:  
**204-955-5428**  
[terry@keyboardventures.com](mailto:terry@keyboardventures.com)  
[www.keyboardventures.com](http://www.keyboardventures.com)

**310 Weitzel St. • Wpg  
324 Main St. • Stonewall**



## Happy Mother's Day

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







**Be safe and connected – especially now.**

Our #1 medical alert service offers affordable, 24/7 help in case of a fall or medical emergency. Ask about a no-obligation home visit. Subsidized rates are available.

Contact us today:  
**(204) 956-6777** or  
[VictoriaLifeline.ca](http://VictoriaLifeline.ca)




**VICTORIA LIFELINE**  
Safe and independent living.

**Mention this ad and receive one month FREE!**



**Nurse Next Door**  
home care services  
**204-800-0251**  
[www.nursenextdoor.com](http://www.nursenextdoor.com)



**Today's Recipe**  
Larry McIntosh  
[www.PeakMarket.com](http://www.PeakMarket.com)

**Thai Lettuce Wraps**

Metric	Ingredients:	Imperial
4	boneless chicken breasts, cut into strips	4
30 ml	hoisin sauce	2 tbsp
40 ml	spicy ginger sauce	3 tbsp
1	each red & green pepper, sliced	1
10	mushrooms, sliced	10'
1/2	onion, sliced	1/2
2	celery stalks, sliced	2
50 ml	unsalted peanuts, chopped	1/4 cup
250 ml	stir fry noodles	1 cup
1	head lettuce, cut in half	1

In a large skillet; saute chicken in half of hoisin sauce and half of ginger sauce. Cook until no longer pink.

Add red and green peppers, mushrooms, onion and celery. Add the rest of both sauces and peanuts. Saute until veggies are tender crisp.

Just before serving; add stir fry noodles so they stay crispy.

Place veggie / noodle mixture in large bowl along side lettuce. Create your own lettuce wraps.

**Serves 4**

**WORDSEARCH - THINK SUMMER - 2**

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

**BALING**  
**BALLOON**  
**BERRIES**  
**CAMPING**  
**CANOE**  
**CARS**  
**CLASSIC**  
**CLOUDS**  
**CLUBS**  
**CROPS**  
**DECK**

**FAIRWAY**  
**FARM**  
**FESTIVITIES**  
**FIREWOOD**  
**FISHING**  
**FLAG**  
**FLOWERS**  
**FOOD**  
**GEOCACHE**  
**GRANDKIDS**  
**GREEN**

**HAPPY**  
**JOG**  
**LOVE**  
**MARSHMAL-**  
**LOWS**  
**MEMORIES**  
**MOM**  
**MORELS**  
**MOTHER**  
**PADDLING**  
**PAINTING**

**PARADE**  
**PARKS**  
**PICNIC**  
**POOL**  
**RAKING**  
**RAYS**  
**ROADS**  
**SALADS**  
**SKIING**  
**SKIP**  
**SOCCER**

**SOLSTICE**  
**SUNNY**  
**TEE**  
**TRACK**  
**TRACTOR**  
**TRAVEL**  
**UMBRELLA**  
**VISITS**  
**WARM**  
**WEEDS**

SOLUTION ON NEXT PAGE

**CROSSWORD - Retire? Never!** By Adrian Powell

ACROSS

1 Actor Parker who played TV's Daniel Boone

5 Observe

9 Irish entree

13 Last word in prayer, often

14 Ireland, to the Irish

15 Per item

16 Denmark's 81 year old monarch

19 Calvin of fashion

20 Old-fashioned theatre name

21 Able to get around

24 1/16 pound

27 "Once \_\_\_ a time..."

28 Common aquatic scum

29 Steals from

33 Norway's 84 year old leader

37 Handmade Swedish rug

38 Boy

39 Draw a bead on

40 Three on a grandfather clock

41 Whole shebang

42 Colorado Aboriginal

43 The Vatican's 84 year old head

46 Parking meter site

48 Easter season flower

49 Your longest arm bone

50 Town in the movie "Jaws"

52 Uses a blender

54 Cider-making fruit

57 Appears to be

59 England's venerable royal leader

64 Drug addict

65 Have on

66 Smallest Great Lake, by volume

67 Queries

DOWN

1 Web site's info section

2 Fast-running Aussie bird

3 In search of

4 Famed NZ miler

5 Trucker's rig

6 Old instrument that plays itself

7 Greatest NHL defenseman, to many

8 Sheep in its second year

9 Planting machine

10 Famed London art gallery

11 Eerie cavern sound

12 At what time?

17 Maiden name lead-in

18 Bird that flew off with Sinbad

21 Inuit boot

22 Drug derived from poppies

23 Epoxy user

25 Make really unattractive

26 Low point

28 Ot deodorized spot

30 Ouija board, some believe

31 Name at the top of a news column

32 Taco chip dips

34 Pilsent's "Red Green Show" role: \_\_\_ Shaughnessy

35 Garlic-flavoured mayo

36 Big railway name

44 \_\_\_ Fields (mythical paradise)

45 Baby's room

47 Hay bundling machines

51 Chaps

52 Lentil's cousin

53 Earthy brown hue

54 Light teal, basically

55 "\_\_\_ in Boots"

56 Quick look

58 Actor Stone of "The Aldrich Family"

60 Female sheep

61 Allow

62 Dead heat

63 Peggy Lee's "\_\_\_ a Tramp"

SOLUTION ON NEXT PAGE

**MR. ODDS & ENDS**

**BUYING & SELLING Used Items in good condition**

Specializing in items people need. Will trade items / Cash for some.

Currently Available: Bicycles, Lawnmowers, Air Conditioners, Fridges, Freezers, Couches, Furniture, Collectibles & More. Snowblowers and Shovels also available.

Call Dave 1-204-746-4318



**Add some Odds & Ends to your Sales Event**

We can provide some tables for your vendors. Includes set-up and take-down.

We have a good selection of items including dvd movies, cd's, vinyl albums, cassettes and more!

**WWW.MINDANDMEMORY.CA**

Coil Bound and Printable Books \$2 to \$10



MISSING WORD  
WORD SEARCH



MORE  
MISSING WORD  
WORD SEARCH



WORD  
SEARCH



Keep Your  
Brain Young

Enter our Trivia Game and Win Free Books



HUMOUR

The VIRUS DIARIES

The Haircut

**Rick Goodman**  
rickgoodmansk@gmail.com



By Rick Goodman ©Copyright 2020 / Email [rickgoodmansk@gmail.com](mailto:rickgoodmansk@gmail.com) | Read more of **The VIRUS DIARIES** at [www.seniorscope.com](http://www.seniorscope.com)

Bea is a health care provider so she qualified for the Covid vaccine early on. She experienced some side effects for a few days. Chills, headache, general grumpiness, and vivid dreams.

She woke up one morning with fire in her eyes and said, "I dreamt you were hiding stuff on me!"

And then waited for me to break down and make a full confession.

"Hoo Boy," I thought, "Where to start?" She nearly had me there but then I remembered it was her dream.

"I dreamt one of my girlfriends called me up to tell me she saw you sneaking around Buffalo Narrows. In fact you went to the Subway and shared a foot long with her! How could you?"

How could I indeed?

"Be reasonable Bea," I pleaded, "You're the only woman I have eyes for! And besides you know I don't eat Subway."

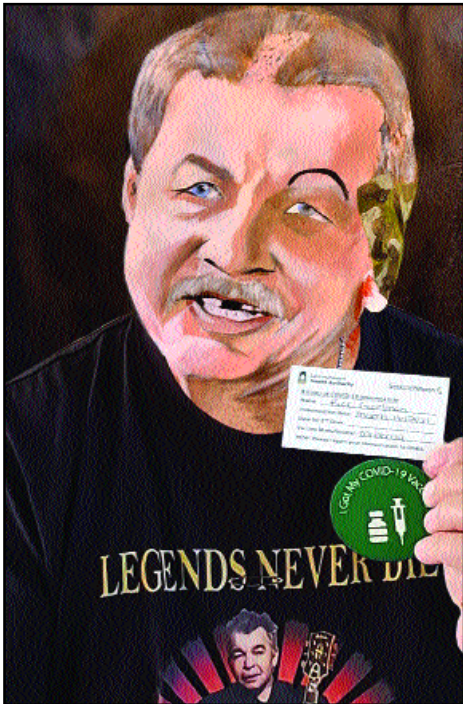
"So you're saying my girlfriend is lying?" she snapped.

It was setting up to be a long day. Other than Bea going to work and the odd bit of shopping it was inevitable that we would get on each others nerves every now and then. But it was looking like the

road back to normality was going to be long, rocky, and uphill all the way.

And then a miracle. Saskatchewan Health called me out of the blue and told me to present myself to our local recreation center for my Covid vaccination at 10.40 AM the next day. There's a group on Facebook that shares pictures of themselves getting vaccinated. Getting poked has the potential to be a life changing and life saving event so I wanted to be a part of that group. It seemed important to make an effort. Shower, shave, make sure my favorite John Prine T-shirt was clean. And get a haircut.

I'd been thinking about doing just that for awhile and had ordered a set of clippers so this looked like a good time to try them out. U-tube had some do-it-yourself videos. They claimed that with two mirrors and a steady hand anybody could be looking suave, dapper, and debonair in no time at all. In just fourteen easy steps. Step one is to make sure the guide that controls how much hair comes off is clipped securely to the shear. You use a short guide down low and put progressively longer ones on as you work up. The guide fell off during a fast pass down the top just forward of dead center. If you're golfing it's no problem. You just put the divot back. Doesn't



Rick - happy to be vaccinated.

earlobe back on as when I cut it off. Needed more anesthetic though. Thank You Captain Morgan.

You can make a perfectly adequate bandage out of a wad of toilet paper and camo colored duct tape. Some how doing your own first aid inspires confidence which is not a good thing when under sedation. While making the final wrap of duct tape around my head, which nicely covered one of the bigger divots, I couldn't help but notice that my eyebrows needed trimming.

I jumped when the phone rang again. Someone wanted to know if I'd be interested in buying disability insurance. The guy looking back at me in the mirror, the one with the newly stapped earlobe, the toilet paper duct taped to his head and one surviving eyebrow felt compelled to enquire as to whether this someone would be interested in a good dirty a\*\*kicking. Except it came out "ath" kicking. There was stunned silence on both ends of the line. His end, because he probably wasn't sure what we were talking about anatomically. And my end because I just realized that I must have knocked two front teeth out of my upper plate when I fainted and now had a brand new lisp. Thun of a bith! More rum was indicated.

The problem was that the bandage and one surviving eyebrow were on the same side and this gave my face a definite lop sided apperance. I examined my options while administering more anesthetic and concluded that the only way to even things out would be to either tape a big wad of toilet paper to the uninjured ear or fashion some type of eyebrow.

The Captain and I opted for the eyebrow. When you grow up on a farm you learn how to improvise and use what comes to hand. Bea had a sweater on a plastic hanger drying in the bathroom and the hook portion looked about right. I just held it up to where the eyebrow used to be and followed it around with a magic marker. Unfortunately the new eyebrow was higher than the old one and a lot more arced which gave me a pronounced quizzical expression, but at least it evened things out a bit.

I sure hope this vaccine works and gets us back to normal so I can start going to the barber again. I don't think I could survive another do it yourself haircut. ■

# 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 "M"

1. This Manitoba town is know for its annual "Apple Festival":
2. This is now in the top five most popular dog's names:
3. This Asian gambling island now has three times the revenues of Las Vegas:
4. One too many of these and you had better take a cab home:
5. This is Winnipeg's other hockey team:
6. This is a popular quick meal usually for kids:
7. Trump wants to build a condominium here:
8. Michael Jackson created this original dance move:
9. The atomic bomb creates this kind of cloud:
10. This was Walt Disney's first character:
11. New Brunswick borders this state:
12. He created "Never Land":
13. The Expo hosted in this city has been chosen as the best ever world exhibition:
14. Most product promotions seen on TV offer free delivery and what other feature:
15. Ray Kroc was the founder of this enterprise, his wife gave on her passing her \$5 billion estate to the Salvation Army:
16. She said "I wanted to be Snow White, but I drifted":
17. In the beginning this game was called "The Landlord Game":
18. They said he was getting revenge:
19. She was beautiful, intelligent and was Robin Hood's love interest:
20. Avon and Amway built huge business's based on this marketing concept:
21. This American state borders Saskatchewan:
22. This Impressionism Art Movement originated with these artists:
23. Ken Jennings won \$2 million on Jeopardy and now stars on this show:
24. Oktoberfest, a beer festival is hosted in which German city:
25. This character, (a zebra) stars with Melman the Giraffe and Alex the Lion in the movie Madagascar:
26. This city, with India's largest population (9.8 million) was originally called Bombay:
27. Celine Dion sang this song for the movie "Titanic":
28. This song about a woman, a McCartney, Lennon favorite:
29. Forbes magazine chose this woman as entertainments smartest business woman:
30. This American state was originally part of Canada:



This is a copyright publication, 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](mailto:trivia@shaw.ca)

~ Author, Gary Adams

With **Printable Puzzle Books**, you **SAVE 75%**. A new way to buy books and **SAVE!** Books are delivered as an e-mail attachment. They can be printed, read on screen or saved for future enjoyment. Extra copies can be printed as a gift for friends or family. To order, visit [www.mindandmemory.ca](http://www.mindandmemory.ca)

Visit [www.seniorscope.com/fun.html](http://www.seniorscope.com/fun.html) for more **A-Z Trivia**.

## A to Z Trivia 'M' SOLUTIONS

- |                                 |                           |                        |
|---------------------------------|---------------------------|------------------------|
| 1. Morden                       | 11. Maine                 | 21. Montana            |
| 2. Max                          | 12. Michael Jackson       | 22. Monet and Degas    |
| 3. Macaw (a south China Island) | 13. Montreal (Expo 67)    | 23. Master Mind        |
| 4. Martini                      | 14. Money Back Guarantee  | 24. Munich             |
| 5. Moose                        | 15. MacDonald's           | 25. Marty              |
| 6. Mac and Cheese               | 16. May West              | 26. Mumbai             |
| 7. Moscow                       | 17. Monopoly              | 27. My Life Will Go On |
| 8. Moonwalk                     | 18. Montezuma's Revenge   | 28. Michelle           |
| 9. Mushroom                     | 19. Maid Marian           | 29. Madonna            |
| 10. Mickey Mouse                | 20. Multi Level Marketing | 30. Michigan           |

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

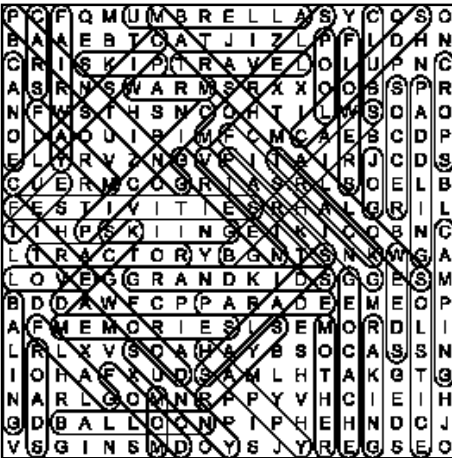
work that way with hair. And another thing, it's just about impossible to hold a mirror in one hand, look in another mirror, and reach behind you with the first hand and exercise any kind of control at all. More divots.

But all in all I figured it wasn't too bad of a job. a little lop sided, and a few bald spots. All it needed was a quick trim around the ears with a pair of scissors and I'd be good to go. So with infinite care and concentration I reached around to do one last snip when my phone went off in my pocket and I cut off a good chunk of my ear lobe. There I was frantically trying to remember the ABC's of first aid.' A' stands for airway. Judging from the red faced guy looking back at me in the mirror cursing a blue streak the airway was OK. Looked like there was lots of circulation too. Lots and lots of circulation. The sight of all that circulation caused me to faint head first into the bathroom sink. When I came around I couldn't remember what the 'B' stood for but it seemed an anesthetic was definitely indicated, so I figured 'B' must stand for booze. It was time for rum. Just enough to ease the pain. The rum did a pretty good job. It didn't seem to hurt quite as much when I stapled the

### CROSSWORD - Solution



### WORDSEARCH - Solution



# THE CLASSIFIEDS

**LISTINGS ONLY \$10 plus gst**  
Approx. 30 words. Photos \$5 extra

**Garage Sale Items Accepted**

**Downsizing? Sell those unused items!!! Call for details.**

For personal items / private sales OR for existing paying advertisers of **Senior Scope**. All listings must be pre-paid: cash, cheque, money order. No credit cards. Listings and payment must be received min. 7 days prior to printing.

For details, call: **204-467-9000** or Email: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

**BUY • SELL • TRADE • RENT • NOTICES - IN PRINT and ONLINE**

## MISCELLANEOUS

**WANTED:** New Release Movies, 2015 & Up (DVD/BR) and PS3 games. Reasonable price. Call Dave **1-204-746-4318** (Morris, MB).

**WANTED:** 1997 Ford F350, 1 ton, 4x4, w/dual wheels, for parts. Running or not. Can pick up. Call Dave **1-204-746-4318** (Morris, MB).

**Sell those unused items! Make some extra cash!**

**MAIL LISTINGS** with payment payable to: Senior Scope. Box 1806 Stonewall MB R0C 2Z0. NOTE: Senior Scope reserves the right to reject listings not suitable for its readership.

**Visible in print in Winnipeg and in rural Manitoba, and online at [www.seniorscope.com](http://www.seniorscope.com) or by email subscription. Call for details. 204-467-9000.**





THE **COURTYARDS**  
AT LINDEN POINTE

**SPRING  
SPECIALS!**



**CALL 431-778-6105 FOR MORE  
INFORMATION AND TO BOOK A TOUR**

The Courtyards at Linden Pointe is a community for independent seniors, designed with amenities and services that provide for those basic everyday needs. The perfect place to not let the little things in life slow you down.

**EXPERIENCE A NEW LEVEL  
OF INDEPENDENT LIVING IN WINNIPEG**

- PREMIUM RESTAURANT DINING • ALL-INCLUSIVE MEALS
- YOGA & FITNESS CENTRE • THEATRE • ART STUDIO
- SALON & BARBER SHOP • LITE CARE SERVICES
- DAILY ENGAGEMENT TIMES • WEEKLY HOUSEKEEPING
- LAUNDRY SERVICES • PET FRIENDLY



THE **COURTYARDS**  
AT LINDEN POINTE

75 Falcon Ridge Drive,  
Winnipeg, MB. R3Y 2C2  
**431.778.6105**  
[Brightwaterseniorliving.com](http://Brightwaterseniorliving.com)