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Vol. 19 No. 12 | June 10 - July 9/21

Senior Scope

World Elder Abuse Awareness Day - June 15, 2021

Howard Swan - almost 100 and living his best life

By Metro Hnytka

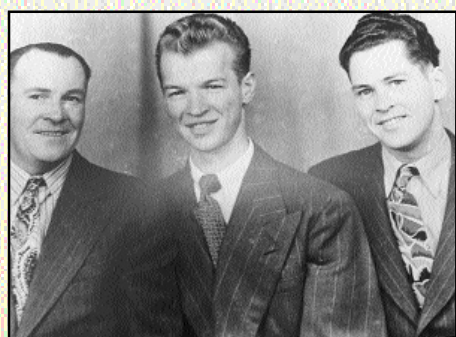
Vaccine Lottery

Details on page 2

SENIOR SPOTLIGHT



Some humorous Vaudeville antics. Grant Simpson (left) is being hooked by Howard Swan (2nd from left) and friends.



Howard Swan (centre) with his brother John on his right and another bandmate, Kaz Siwik on his left.

On June 23rd, 2021, we have the privilege of celebrating a gentleman's 100th birthday. His name is Howard Swan. He was born in Winnipeg at 357 McDermot Avenue to parents who had immigrated from Scotland in the early 1900s. His father was a granite cutter who did all the engraving on the Winnipeg Cenotaph in Memorial Park, Winnipeg.

As a youngster, Howard attended Victoria Albert School, and had his first ride in a Model T at the age of 8 or 9. In school, he didn't play much sports, but he had a way with music and sharing it with the world. At the age of 14, he quit school and worked to help support his family due to his father's accidental death.

Since it was the depression, things were tough.

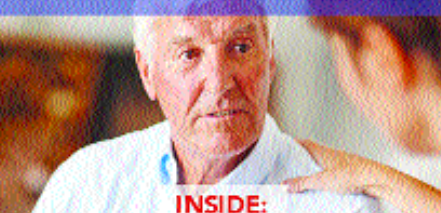
Howard played guitar and sang at the vaudeville theatres like the Bijou, Beacon, and Playhouse Theatres, and with his brother, John, on CBC in a band called the Haymakers. He never drank but did smoke until he was 65 years old.

I asked him what advice he would give to the youth of today. He said, "Look after your family, do unto others as you would have them do unto you, and share your talents with the world."

In 1939, he tried to join the RCAF (Royal Canadian Air Force), but was too frail in stature and underweight. He finally joined in 1943 as a hospi-

Continued on page 2

Let's Talk About Dementia



INSIDE:

Stigma statistics and reactions from Alzheimer Society Support Group participants.

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Seine River Services for Seniors Inc. / Services Rivière Seine INC.

Seine River Services for Seniors Inc.
Annual General Meeting
AGM - June 17 - 1 pm
via Zoom virtual meeting.

The Covid-19 pandemic along with public health orders to protect Manitobans has seriously affected many organizations in their ability to operate. The Seine River Services for Seniors (SRS Inc.), who assist seniors living in a large area of south-east MB, offer services that allow seniors to live independently and maintain an active lifestyle.

SRS Inc. was able to dig deep and be creative in order to provide their services to a vulnerable sector of the population. They were able to maintain a positive service level and even came up with new services that catered to an increased level of isolation.

The meeting will cover what the organization has been able to achieve throughout the past challenging year and also feature guest speaker, Colette Pancoe, a community mental health worker from Southern Health Mental Health Services. She will present an overview of the services provided by the Seniors Consultation Team for Southern Health.

Please RSVP to **Melanie Bremaud** (SRS Inc. coordinator) at labseineress@gmail.com or **204-424-5285** so you can be sent a link to join the ZOOM meeting. If you missed the AGM, contact Melanie for information.



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Copies are concentrated in Winnipeg and larger rural centres.

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Send your Letters or Story Submissions to: **kelly_goodman@shaw.ca**

Howard Swan, cont'd from front page



The Haymakers - L-R: John Swan, Howard Swan, Kaz Siwik



Grant Simpson and Howard Swan on air at CJNU Nostalgia Radio.

tal assistant and learned about EEG, which eventually became his full time job at Deer Lodge Hospital. On June 29th, 1944, he married Hazel Dale, a tap dancer who also performed at the Beacon, Bijou, and Playhouse Theatres. They were married until her death, 2 weeks shy of their 65th anniversary. Thanks Howard for allowing me the time to compile all this information on your colourful life. You have been an inspiration to anyone who thinks

they're too old to do something. Now maybe they will give it a try. Music has been something that Howard has enjoyed all of his life. So I asked, "What was your favourite song?", and without a pause he said, "I Wish I was 18 Again." I asked Howard if there was anything in his life that he would wish to change, and he said "No" and that life was very good to him. For the last 4 years, Howard Swan and his friend, Grant Simpson, have

been entertaining in senior residences and doing shows on CJNU Nostalgia Radio. They also teach seniors how to jam in their ukulele class. A CD of Howard's favourite songs is available from his son, Brian Swan, at **204-487-1061**. Congratulations Howard. It takes a special person to have so much energy and fun at nearly 100 years young. ~ Metro

June 9, 2021

NEW VACCINE LOTTERY TO ENCOURAGE IMMUNIZATIONS FOR ALL ELIGIBLE MANITOBANS

Nearly \$2 Million in Cash Prizes and Scholarships to be Distributed Throughout the Province: Pallister

The Manitoba government is launching a new provincewide lottery that will award nearly \$2 million in cash and scholarships this summer to encourage Manitobans to get fully vaccinated as soon as possible, Premier Brian Pallister announced today. "Vaccination is the fastest way to overcome COVID-19 and safely restore our services and activities," said Pallister. Manitoba will hold two lottery draws over the summer. Those aged 12 and up who have received at least one dose of vaccine on or before Aug. 2 will be eligible for the first draw. All Manitobans aged 12 and up who have received two doses on or before Sept. 6 will be eligible for the second draw.

Each lottery draw will award:

- **three prizes of \$100,000** in the Winnipeg Regional Health Authority (excluding Churchill);
- a **\$100,000 prize** in each of the remaining regional health authorities: Prairie Mountain Health, Southern Health-Santé Sud, Interlake-Eastern Regional Health Authority and Northern Regional Health Authority (including Churchill); and
- **10 draws for \$25,000 scholarships** for young people aged 12 to 17 across the province, for a **total of \$250,000**.

All people who have been immunized with either a first or second dose are automatically eligible and will be entered into the lottery for a chance to win. For more information about the Manitoba Vaccination Lottery, visit **https://protectmb.ca/lottery**. Additional details will also be provided at this site in the coming weeks. Additional background info is available at **www.seniorscope.com**.

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POWER OF ATTORNEY vs. ENDURING POWER OF ATTORNEY?

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

If you can't be present to sign documents or perform certain actions you can sign a *Power of Attorney* giving that authority to another person. For example, when I put my condo up for sale, I signed a *Power of Attorney* appointing a friend to sign documents in the two weeks I was in Europe on holiday in case an offer came in while I was away. If I had become mentally incompetent in those two weeks (stroke, accident) that *Power of Attorney* would have become invalid. You can revoke your *Power of Attorney* at any time. But if you become mentally incompetent, that would be impossible as you wouldn't have the necessary mental capacity, so it is cancelled automatically. But what about when you WANT the PA to stay valid, such as when you get older and slip into dementia? That's what an *Enduring Power of Attorney* is for. It contains the following clause:

I declare that the authority in this Enduring General Power of Attorney given to my attorney is to remain in full force and effect, notwithstanding any future or periodic mental infirmity or incompetence on my part, until expressly revoked by me.

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

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

I am able to travel to the homes of clients or meet in a convenient location, if requested. Call **(204) 228-7063** or **1(855) 933-5454** or email to **rkhnatiuk@rosemaryhnatiuk.ca** for an appointment. (In person availability is dependent on current Public Health Guidelines.)

(see advertisement on left)

Howard Swan, cont'd from previous page



More Vaudeville antics. Someone looks a little jealous (Grant S.)



Howard Swan, Sheila Dale (not related to his wife), and Grant Simpson.



Howard Swan (left) with his friend and partner in music, Grant Simpson.



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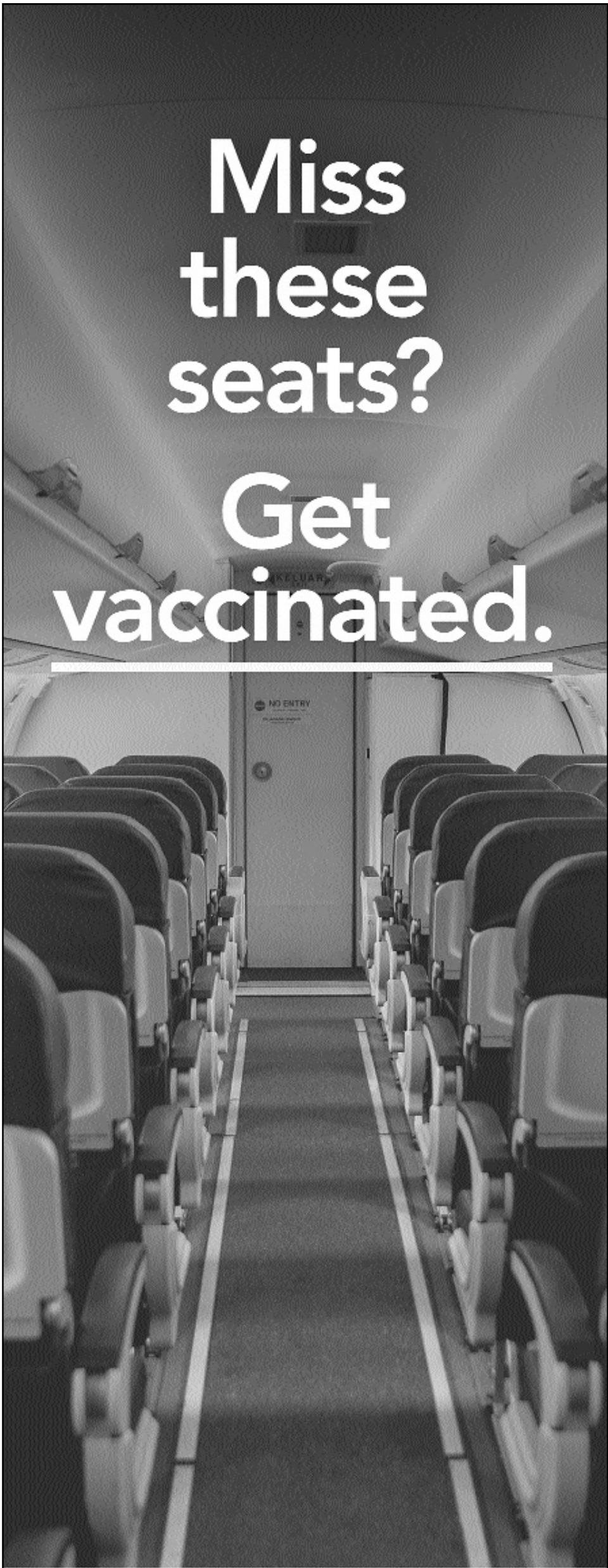
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- Making estate arrangements

Speaker: Kevin Maynard, VP of CFFEE

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TAX and ESTATE PLANNING:

Why do I need a Power of Attorney or Protection Mandate?

- Treena Nault, CFP, RRC, Executive Financial Consultant

An important part of financial planning is making sure that you have an estate plan that meets your personal needs.

A key component of any well constructed estate plan is to make sure that you have an up to date power of attorney for financial decisions (referred to as a "protection mandate" in Quebec). A Power of Attorney is a document where one person gives someone else the power to make financial decisions on your behalf. If you don't already have this type of document in place, you should make sure that you speak to an estates lawyer or notary as soon as possible. Here are some of the reasons why you should address this now:

- Loss of Mental Capacity.** If you wait too long to create one of these documents, you may no longer have the required capacity to sign the document. Choosing a substitute decision maker is a big decision, and your lawyer will need to feel comfortable with your decision-making capacity before allowing you to sign one.
- Additional burdens on your loved ones.** If you don't put a power of attorney or protection mandate in place, and you become incapable of making financial decisions, your family members will have to apply to court to take over your affairs, which can be a time consuming and expensive proposition. (Court approval of the protection mandate

is required in Quebec before your mandatory can act on your behalf). It is also possible that a court will choose someone you would not have chosen because they won't know what your preference might have been.

- Spouses are not automatically entitled to act.** Understand that spouses don't automatically have the power to act for one another, so even if you're in a committed relationship, be sure to sign a power of attorney or protection mandate giving your spouse the right to act on your behalf. It's also important to always have an alternate in case your primary attorney isn't able to do it.
- No immediate loss of control.** Don't hesitate to sign a power of attorney document because of a fear of losing control over your affairs. Having a power of attorney document in no way takes away from your ability to manage your assets, and in fact, you don't need to even tell your attorney that they have the power to act immediately. Simply let them know where you keep your important documents in case they need to access them at some point in the future. The problem with waiting too long to put a power of attorney in place is that you may not have sufficient capacity to sign a document by the time you really need it. When you designate someone as your attorney, that doesn't detract in any way from your ability to manage your assets, so long as you have capacity to do so.

When updating your legal documents, speak to a lawyer who specializes in estate planning, and if possible, has their TEP or "Trust and Estate Practitioner" designation. Under no circumstances would a "do it yourself" will or power of attorney be recommended. If you complete the documents improperly, your family won't be able to fix the problem once you've lost capacity or passed away. It would be wise to speak to a CERTIFIED FINANCIAL PLANNER® professional about how to best structure your estate to ensure that it meets your personal needs. I would be happy to help and answer any questions you may have. You can call our team at 204-257-9100 or email me at treenal.nault@igpwm.ca

I encourage you to sign up for our upcoming webinar Financial Literacy for Seniors as advertised here. Please call or email to register. ■

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WE HAVE A WINNER! Congratulations DENISE FRANKARD of Wpg!

PRIZE: 4-book collection of illustrated stories of the Winnipeg Blue Bombers.

After over a year of the covid-19 pandemic pause, we at **Senior Scope** decided to not delay the contest draw any longer. We were happy to present **Denise Frankard** of Winnipeg this great Bomber book prize. Congratulations!

Thank you to all contest entrants!




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Stay Safe and Play Often in the Virtual MB 55+ Games

- Karyn Heidrick, Manitoba 55+ Games Coordinator



While we wait for our world to get back to normal, the importance of regular physical activity and social engagement has not diminished. **Active Aging in Manitoba (AAIM)** is presenting a friendly challenge to all Manitobans 55+ years of age to take part in a 'month of motion' by participating in the **Virtual Manitoba 55+ Games**. This year the MB 55+ Games will be happening virtually everywhere throughout Manitoba from Monday, June 14th to Friday, July 16th 2021.

Thanks to the support from **Manitoba Liquor and Lotteries** AAIM is promoting the Virtual MB 55+ Games that make it possible for all 55+ Manitobans to be participants no matter where there live in Manitoba.

AAIM is excited about the tremendous response from all across the province as older Manitobans, are expressing their appreciation for the opportunity to do their thing safely and close to home while being acknowledged as a participant in the MB 55+ Games annual sport for life event.

Community Champions like Mavis Pambrun in Gilbert Plains are embracing this opportunity to get moving and they don't want to keep it a secret. Mavis (a 60+ first-time participant) strongly believes that participating in the Virtual MB 55+ Games will provide a mental health boost and much needed boost to morale. She has started a phone tree to encourage and assist older adults in Gilbert Plains to register and participate in the Virtual MB 55+ Games. Mavis would like to put Gilbert Plains on the map for having the highest per capita participation in the 2021 Virtual MB 55+ Games. Other communities are picking up on that idea as well.

All Manitobans 55+ years of age are

being encouraged to participate in the virtual MB 55+ Games throughout an entire 'month of motion' – it's simple, free, and fun! Surprise yourself and others and prove how much you can move in one or several of the MB 55+ Games events from Monday, June 14th to Friday, July 16th 2021.

Events have been selected based on activities that can be done safely close to home. Choose to move your way safely by selecting one or more of 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 (Tennis, Badminton or Pickleball); 9-Hole or 18-Hole Golf; Horseshoes and the 'brain health' games of Cribbage, Whist or Scrabble.

To take part, simply visit the AAIM website at www.activeagingmb.ca Download your copy of the "MB 55+ Virtual Games Information Package". Select the event(s) you plan to play. Record your activities during June 14 - July 16, 2021 with the activity tracker.

Join in anytime if you are unable to register by June 14th.

Following your 'month of motion', send in your activity tracker to the MB 55+ Games office at **AAIM, 1075 Leila Ave., Winnipeg MB R2P 2W7** or email manitoba55plusgames@gmail.com and tell us about your experiences, share a photo or video, and be entered to WIN some amazing prizes.

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

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



A Manitoba Coyotes player swings for the ball at the slo-pitch tournament at Simplot Millenium Park on Wednesday, June 15, 2016.

The Games Will Go On!

They have watched you triumph in Pickleball and been by your side through slow-pitch defeats.

They met you at the finish-line with medals and cheered you on for over 10 years - **Manitoba Liquor & Lotteries** is honoured to be a long-standing sponsor of the **55+ Games** and with their continued support, this year, the games will go on!

"Support from Liquor & Lotteries through **PlayNow.com**, enabled us to resume operations," says Karin Whalen, Executive Director of **Active Aging**. "Our partnership is key, without it there would be no games – bottom line."

In its 40-year history, the 55+ Games has grown from 300 to 1,600 participants. Though PlayNow.com took over sponsorship three years ago, that brand is owned and operated by Manitoba Liquor & Lotteries. "We are so grateful for their support and have loved growing together," says Whalen.

Traveling throughout our beautiful province is something participants look forward to, each year broadening their friend group and meeting new people in each community. While this year, the spirit of the 55+ Games will be captured virtually, it will still challenge participants.

"They can track everything they are doing and stay connected. This gives a lot of our older adults hope and optimism because they can safely participate and have some fun," says Karyn Heidrick, 55+ Games Coordinator.

The COVID-19 pandemic posed many challenges for 55+ Games organizers but Heidrick is thrilled that with support from PlayNow.com, the games will go on, "When we ask the question, could we put this on without them? Every year the answer is no."

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Advertising Feature

Insight into Challenging Stigma

- Alzheimer Society

People with dementia can continue to thrive far into the progression of the disease. Despite this, stigma surrounds dementia and continues to be an obstacle in the lives of those affected by it.

The infographic below reveals that there is still much work to do to encourage full support for people with dementia and their families. We asked participants in the Alzheimer Society's support groups and programs to provide insight, in their own words, regarding these stats. Here is what they had to say about their experiences:

Statistic: 87% of caregivers wish that more people understood the realities of caring for someone with dementia.

"People don't get that you have to develop a new set of communication skills to make caregiving easier. For example, I ask a question trying not to sound critical. I try to suggest rather than demand. I try not to correct some stories, even though some parts are incorrect."

"As a caregiver, I am saddened to watch a vital, funny, very outgoing and accomplished man deteriorate. We are together 24/7, and I see it every day."

50% of Canadians don't believe they can live well with dementia.

Living well with dementia is something that the Alzheimer Society promotes. So when addressing this statistic, we asked people to describe the things they do to continue enjoying life after a diagnosis. Here's what they said:

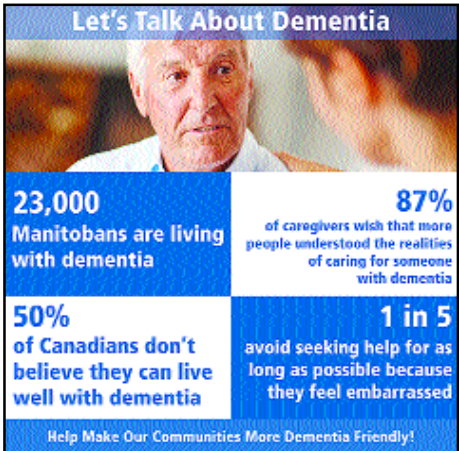
"I have dementia, but that doesn't stop me from riding my bike for 30 minutes every day – even in the winter. I also love walking the dog and doing puzzles."

"Every case is different and has different challenges, but I feel the main thing is to accept it and live the best life each day."

Statistic: 1 in 5 avoid seeking help for as long as possible because they feel embarrassed.

"When I found out I had vascular dementia, I decided to crusade against the stigma. I'm not afraid to make mistakes. If I get confused in a store, I'll ask for help, and usually, the clerk will smile and lend a hand. I walk away from these situations hoping that I've planted a seed so others don't dismiss people with dementia."

"My wife gets embarrassed, even around friends, let alone going for help. She avoids some of her friends because they always ask tough ques-



tions, such as 'Do you remember my name?' or 'Do you know how we met?' Just greet her with a conversation, not a test."

"When my husband was diagnosed, I didn't want to accept it. He seemed so normal and I didn't want people to know. As time went on, he became more forgetful, and I became stressed. I couldn't relax until I accepted it and could talk about it with our family and friends. Then, the challenge of being silent was over."

For more information about dementia, contact the **Alzheimer Society** at **204-943-6622** or check the website at **alzheimer.mb.ca** ■

KNIGHTS OF COLUMBUS
400 CLEVELAND BLVD UNIT 101 WILLOWDALE, ONTARIO M2H 1C1
Canon Luhov Assembly #0374
& The Welcome Home

The Welcome Home releases "**Pandemic Survival Faithful Favorites**" Comfort Food Recipes cookbook

COMMUNITY CHARITY COOKBOOK *Pandemic Survival Faithful Favorites*

The Welcome Home feeds the hungry in body and spirit and now hopes to feed the community with a cookbook of comfort food recipes.

Community leaders, including indigenous, political and business leaders, teachers, sports figures, commodity marketing groups and The Welcome Home supporters contributed their favorite recipes totalling 287 recipes to choose from.

The **Pandemic Survival Faithful Favorites Comfort Food Recipes** cookbook was compiled with the support of City Councillors Ross Eadie, Devi Sharma and Vivian Santos.

Copies of the cookbook can be purchased at Galarnyk Insurance Agency, 696 McGregor St; Petals Flowers and Gifts, 640 Leila Ave; Neumann's Market, 2956 Henderson Hwy and Welcome Home, 188 Euclid Ave.

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*Some conditions may apply.

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DELICIOUS MEALS MADE FOR SENIORS

Don't mess with 'Rick and Sam' please, .. just play it again and again



By Roger Currie

The ongoing Covid-19 crisis is the nightmare that refuses to end in so many ways, particularly here in Manitoba. It's the worst 'bad news story' that any of us who ever made a living in journalism have ever had to endure.

This is hardly what you can classify as an 'upside' by any means, but it's almost as if my whole life has been a kind of preparation for being a 'shut-in couch potato' in this the eighth decade of my life. I was born in 1947, and my fascination with moving images on a screen dates back to the early 1950's. TV arrived in Winnipeg in 1954 when I was already hooked on what was happening on the big screen of the Uptown Theatre on Academy Road.

It must be said that *"the apple doesn't fall far from the tree"*. My Dad who died in 1990 was Andy Currie who gained notoriety as a football legend, as a player, as a very successful high school coach, and finally as a highly-respected referee and supervisor of officials. Along the way he was also an excellent teacher of history, a decorated Canadian soldier who served in Europe during WW2. As we honour fathers everywhere, let me toss in that Andy Currie was the most amazing father that any boy could ever hope to have.

Less well known was the fact that he was a life-long lover of what we now regard as classic movies. After his early childhood in Balgonie, Saskatchewan, just east of Regina, Dad came to Winnipeg to board with a north end family while attending St. John's College School. The year was 1925 and undoubtedly the biggest

attraction that Winnipeg offered to this 14 year old was a choice of close to a dozen movie theatres. There were convenient neighbourhood houses like the *College* on north Main, and grand downtown picture palaces like the *Capital* and the *Met* that were just a brief streetcar ride away.

By 1927 the movies were 'talking' to the audience and for young Andy the love affair with the silver screen became truly hopeless.

Skip ahead to the 1950's and 60's. Andy's home front included his beloved wife Thelma and two overgrown sons, yours truly and my older brother David. After his teaching and coaching career, Andy Currie moved on to several rewarding years as a public servant. In what was almost a sideline job or 'hobby' he was also supervising the whistle tooters in the Canadian Football League. While spending many autumn weekends in Regina or Calgary, he always made sure his hotel was within walking distance of a movie theatre.

As I was nearing puberty and developing my own experience watching the images and munching the popcorn, Dad and I quickly established the fact that we shared the same favourite feature film. The picture was *Casablanca*, and it's the favourite of many millions of other people around the world. Indeed, the likes of Leonard Maltin and Ben Mankiewicz don't hesitate to list *Casablanca* as their personal favourite. In a moment I will share why the picture occupies such a special place in my memories of my father.

Before I do that I must tell you that even this much loved film has been scrutinized by the forces of 'Woke', the folks those who seem determined to spoil so many of our treasured memories. One of the places that *Casablanca* is seen fairly often these

days is on a Canadian-based movie service called *'Hollywood Suite'*. For five dollars a month they offer up hundreds of popular films on a rotating schedule on four channels, including some Canadian flicks. Imagine my surprise when I clicked on *Casablanca* there recently. The film was preceded by a blurb, both written and spoken. It explained that the movie was being presented "in the same form in which it first appeared in 1942, despite some concerns that have been expressed about some of the content". What could that possibly refer to I wondered. I sent an inquiring e-mail to the folks at Hollywood Suite, and here's the reply I received.

"Over the past year we have appointed a committee to consider situations where it's decided that one of our films may require a special disclaimer. In the case of *Casablanca*, the committee decided to attach a special disclaimer regarding the stereotypical and racist depictions of Sam's character, played by Dooley Wilson. While certain elements of the film's narrative portray Humphrey Bogart's character as treating Sam as a beloved confidante, others are much less kind. In one instance, Ilsa (Ingrid Bergman) refers to him as "that boy." In another instance, Bogart's character refuses to sell Sam to another nightclub, claiming that he "does not sell human beings," only to have the Sam character disappear for most of the film's third act, and be included in the sale of Rick's Cafe upon the film's conclusion. There are several instances in the film where Sam's character is depicted as servile, whether in carrying Rick's suitcases in the train station or following the commands of the film's white characters. This added to the "sale" of his character (without any reaction from Sam) and is, in our

opinion, a racist depiction of a character of colour.

Classic films, such as *Casablanca*, are important to Hollywood Suite's programming and we're always proud to present a film as iconic and beloved as *Casablanca*. The disclaimer system allows us to show films, that while beloved and integral to film history, may be upsetting to some viewers today (and frankly, may have been upsetting upon their release). Thank you for taking the time to ask why we included a disclaimer on this film and for getting in touch.

All the best,
Anthony Pereira | Brand Manager"

All right classic movie lovers, does anyone agree with this? I don't see any hands being raised. Enough said.

Allow me to conclude by returning to my first viewing of *Casablanca*. The year was 1956, Humphrey Bogart was dying of cancer at his Hollywood home and I had just turned nine. The movie popped up on local CBC, our only TV channel then. Dad said I should definitely be allowed to stay up past my bedtime and watch.

After Rick and Louis walked off at the end of the picture, Dad had a very somber look on his face. He told me how his first viewing was at a cinema in London where he was stationed during the war. He told me that two nights later the theatre was destroyed by a German rocket, killing more than a dozen movie-goers.

I was left speechless and oh so glad to be his son.

Roger Currie is a mostly retired Winnipeg broadcaster and writer (rogerc@mymts.net). He is a lifelong movie addict who has no interest in finding a 12-step program.

COVID-19 VACCINE

Vaccinated while away? Report your vaccine today.

If you received a COVID-19 vaccine anywhere outside of Manitoba, it's now time to update that information with your local public health office. This will:

- help make sure you get your next dose without delay,
- keep your personal health information up to date,
- ensure Manitoba's immunization statistics are accurate, and
- support the ongoing vaccine campaign and Manitoba's reopening plans.

Visit manitoba.ca/vaccine for more details or call your local public health office.

manitoba.ca/vaccine

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*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.

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glenedenmemorial.ca
204-809-8524

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



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Arbor Memorial Inc.

THE BUZZ



By Scott Taylor
Photos by
James Carey Lauder
and Rusty Barton

Back in April, Winnipeg Jets veteran centre Paul Stastny tried to put the odd, frustrating, invigorating, anger-inducing, semi-successful Winnipeg Jets National Hockey League season into perspective.

"Just the fact that we have been able to play is a positive," Stastny said. "We've had a hectic schedule, and it sucks that everything is locked down. We, as a family, spend our offseason in Las Vegas and that's opened up, but what we have in Winnipeg is what it is. That's what we signed up for."

"You get more time with the family, which I love. It could be worse, right? I think we are very grateful for what we have. We have jobs, our business is still running, where other people are trying to figure out their next meal, trying to figure out what they're going to do with their next venture. There are very few businesses that can shut down for 15 months. We're very lucky that we're playing the game."

Yes, there is little doubt that hockey players on Canadian-based NHL teams were very fortunate to have a season considering all the provincial rules that had to be altered across the country in order for them to play. But during these shutdown/lockdown/stay-at-home order days of COVID-19 having the Jets around helped people slog through what could have been a dark, untenable winter.

For many Manitobans, the mere presence of the Jets is an escape from the reality that government errors and political cowardice had prolonged a pandemic that is, for all intents and purposes, over in the United States and yet, still raging here.

So, having the Jets in the Stanley Cup playoffs after an often-frustrating season that included an inconsistent 30-23-3 record, a mediocre third-place finish in the North Division and a late seven-game losing streak in which they finished 3-

The Most Interesting Season



Paul Stastny wins a faceoff against the vaunted Oilers.



Coach Paul Maurice and the Winnipeg Jets.



Paul Stastny celebrates a goal with teammate Nikolaj Ehlers



The Jets Mark Scheifele and Montreal's Joel Edmundson from Brandon.

suspension after Scheifele drilled Montreal's Jake Evans with one of the heaviest bodychecks we've seen at Bell MTS Place. Without Scheifele, the Jets hopes are likely dashed, although stranger things have happened.

And during this odd, COVID-stunted season, it wouldn't be so impossible to see the Jets come back. Unlikely, sure, but not impossible. The Jets still have one of the game's best goaltenders in Connor Hellebuyck, an improving defence and a coaching staff led by head coach Paul Maurice, that certainly figured out a way to defeat the talented second-place Oilers.

"I've said this since day one, our coaches been unbelievable," Stastny said. "They know what to say when we're winning games, they know what to say when we're in slumps. Whether they're little adjustments or not, I think the biggest thing for our coaches was kind of making us stay patient, sticking with the game plan. You know, sometimes we get away from it, but we didn't overreact. If we're up 2-0, it's not getting away from playing our game or if we're down 4-1. I think that starts from that calming presence and that message that comes between the periods and before the game that Paul always relates to us."

So, as the playoffs move forward, the undermanned Jets have some people in place who could turn this ship around. It won't be easy and probably won't happen, but there is no reason for fans to give up hope.

After all, for Manitoba sports fans, this winter's version of the Televised Jets at least gave them something to cheer for at a time when there really wasn't very much to cheer for. ■

... and, sadly, the Jets were eliminated from the Playoffs.

9-0 down the stretch, was at least somewhat satisfying.

However, after the Jets took out the heavily-favoured, second-place Edmonton Oilers in the first round of the playoffs, it seemed to left all kinds of spirits. There were even small auto-parades around Bell MTS Place in downtown Winnipeg.

What was supposed to be a festive 10th Anniversary season turned into a 56-game, fan-less, TV only, COVID-shrouded hockey campaign that started in 2021 and finished in four months despite a serious viral outbreak in Vancouver and smaller ones in Ottawa and Calgary.

As Stastny pointed out, the players were indeed fortunate to play at all.

"That is just where we come to realize just how lucky we are," Stastny said. "Being healthy, and just to have my family and friends, I haven't had many people we know get into a bad situation. In that sense, we count our blessings every

day. We try to help out as much as we can, whether it's giving time or giving money to different people who need it. But for me it's more about knowing that I can go to work, knowing I will be home after practice and see my family. Knowing that we have a meal on the table and not have to worry about what the vast majority of not just Canada, not just the United States, but the world has to deal with."

As the Jets enter the second-round of the playoffs, it would appear the euphoria of the first-round win over the Oilers will fade quickly. The Jets lost their opener in the North Division final to a team that was better prepared to compete at playoff level. The Montreal Canadiens won Game 1 5-3 and the Jets played without Stastny (injury) and defenceman Dylan DeMelo, who was injured 29 seconds into the game.

At the end of Game 1, they lost their best player, Mark Scheifele to a

June 8, 2021

MANITOBA LAUNCHES SECURE IMMUNIZATION CARDS FOR THOSE FULLY VACCINATED

Fully immunized Manitobans will now be able to travel without having to self-isolate for two weeks upon return with a new, secure immunization card that will be available to people two weeks after they have received both doses of a COVID-19 vaccine, Premier Brian Pallister announced.

In addition, Manitoba health-care facilities, including hospitals and personal care homes, will permit expanded visitation if both the patient/resident and visitor are fully vaccinated. This benefit is expected to be extended to health-care facility visitation in the coming week. I

To be eligible to receive an immunization card, Manitobans must:

- have a Manitoba health card;
- have received two doses of a vaccine; and
- wait 14 days after getting the second dose, so it can take full effect.

Two weeks after receiving a second dose of a COVID-19 vaccine, Manitobans may apply for the card

using the new online portal at <https://immunizationcard.manitoba.ca>.

The digital and physical cards contain no personal health information or data. Rather, the cards only show the person's first and last names and a QR code. When scanned, the QR code will show the person is fully vaccinated.

Once someone has successfully completed the online request, they will automatically receive access to a digital card. A physical card is an option and will be mailed to the address on the applicant's Manitoba health card. To apply, visit: <https://immunizationcard.manitoba.ca/>.

People who do not have internet access can contact the insured benefits branch of Manitoba Health and Seniors Care at **204-786-7101** or **1-800-392-1207** (toll-free) to request a card.

A COVID-19 immunization record showing type and date of vaccination is available at <https://manitoba.ca/covid19/vaccine/immunization-record.html#immunization-cards>. ■



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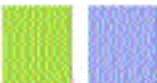
Affordable seniors housing throughout Winnipeg



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.



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sam.mb.ca



Things To Do

WINNIPEG

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

MISC EVENTS

ALS - Virtual Walk to End ALS, Sat. Jun 19. Funds raised go to: 60% stays in MB for Essential Client Services; 40% to National Research; Brain Canada will match 40% of all funds raised through the walk to a maximum of \$1 Million. Please send photos of you and/or your team while out moving to ahallam@alsmb.ca to add to our memory board. Register at: www.alsmb.ca (under Events tab)

World Elder Abuse Awareness Day (WEAAD) Manitoba - June 15. WEAAD was launched in 2006 to recognize various forms of Elder Abuse and to address prevention efforts. For more information, visit <https://weaadmanitoba.ca>

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. Jun 28/21. Agendas posted online at www.manitobacoinclub.org. Participate by computer, with or without

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**

a camera, or phone. Join meeting at <https://zoom.us/j/97682908459>
Meeting ID: **976 8290 8459**
Passcode: **216209**

VOLUNTEERING

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

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

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

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

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

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. **FREE** for non-profits and current advertisers. Submit PSAs by July 4th for July 10/21 issue.

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 **372-6861**; **Gimli** Seniors Resource Council **642-7297**; **Lundar** Community Resource Council **762-5378**; **Riverton** & District Seniors Resource **378-2460**; **St. Laurent** Senior Resource Council **646-2504**; **Selkirk** & District Senior Resource Council Inc. **785-2737**; **Stonewall** - South Interlake Seniors Resource Council **467-2719**; **Springfield** Services to

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

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

Vista Park Lodge Personal Care Home - in St. Vital - Volunteers needed. Contact: Caitlin Liewicki: cliewicki@extendicare.com

PROGRAMS / SERVICES

Pembina Active Living (PAL) 55+ - Summer activity: Older adult online resistance training - Mondays, 9:15 am. Drop-in activities (dependent on COVID restrictions): PAL pedallers (cycling) - Wednesdays, PAL walking/hiking group - Fridays. PAL 55+ AGM - Thur. June 17, 1 pm. Still Bloomin' Gardening Club - Thur. June 24, 1 pm (speaker TBA). Email office@pal55plus.com, www.pal55plus.com, **204-946-0839**.

PAL 55+ - The Great Canadian Giving Challenge - Make a donation of any amount during June and give PAL 55+

chances to win \$20,000. (For every dollar you donate, PAL 55+ gets 1 chance to win!) And you get entered into a draw to win a Fitbit Versa or a golf package. Get a PAL 55+ donor form at: <https://www.canadahelps.org/en/dn/19745>

Rainbow Resource Centre - Over the Rainbow Peer-to-Peer Phone Line, for 2SLGBTQ+ older adults 55+. For info, email otr@rainbowresourcecentre.org.

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

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

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

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.

Montcalm Service to Seniors - Joanne: **204-304-0551** or 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.*

Senior Centre Without Walls (SCWW): Free Telephone Group - Activities for Manitobans 55+
Call/email to inquire or to register: **204-956-6440** | Toll Free: **1-888-333-3121** | info@aosupportservices.ca
SCWW provides educational and recreational programming in a fun and interactive atmosphere. All programming is provided over the phone.
Download the **SCWW 2021 Program Guide** at: www.aosupportservices.ca

Excerpt from the book:

Advertising Feature

Wedding Wisdom: A Practical Guide to Personalizing Your Wedding
by Doreen Wuckert (see website: <https://www.weddingwisdombook.com>)

Doreen Wuckert is a Marriage Officiant. She has officiated hundreds of weddings in English, French, Spanish and Italian. Sometimes she has used 3 languages at one wedding. She is a language teacher by profession. She currently is a Faculty Supervisor in the Education Department of the University of Winnipeg. She is also an interpreter and teaches interpreting at the Immigrant Centre of Manitoba. Her other activities include teaching yoga and fitness.

Doreen has been married to Grant Wuckert since April, 1972. She still enjoys the vicarious thrill of seeing happy couples commit to one another, witnessed by loving family and friends.

Reminiscing with my husband about romantic and humorous experiences we have enjoyed during my thirty plus years as a Marriage Officiant, Grant suggested I record my most interesting wedding stories.

Here are a couple of the many anecdotes you will find in the book:

The Red Shag Carpet

A Goth couple showed up at my home. They were both wearing the full regalia: black shirts, pants, boots, lipstick, hair and nail polish. They wanted to get married...like

now. As they entered the living room, she excitedly reacted to our 30 year-old bright red shag carpet. "Oh, how retro!" I told them they would need a marriage license and two witness and sent them off to obtain these requirements.

They waited the legal 24 hours and were back at my house. Although impulsive, they were serious about getting married. However, they did not have the required two witnesses. My husband, Grant, and a next door neighbor acted as their witnesses.

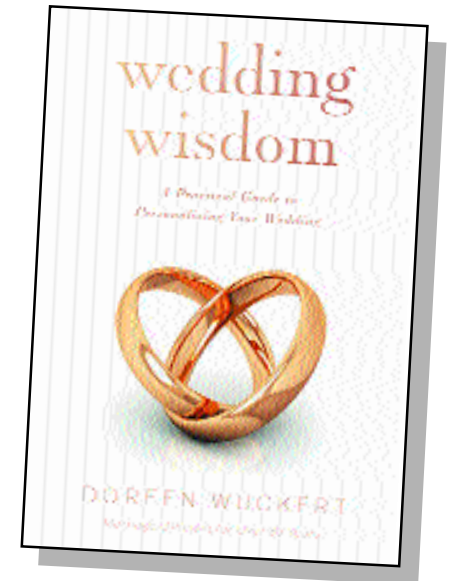
After the ceremony, the couple insisted on having their photos taken on our 'retro' red shag carpet, lying on their backs, side by side with arms crossed over their chests. My husband jumped up on the couch to take photos from above. They looked like two corpses lying motionless all in black.

Until death do they part?

Popcorn Wedding

The couple was young, impulsive and obviously in love. They wanted to get married outdoors at a well-known historic venue. They had booked the spot.

I told them well in advance to have a contingency plan in case of rain. However, being in love, the



sunshine in their eyes blinded them from seeing the possibility of rain. It poured.

Not wanting to get their formal attire drenched, the bride and groom panicked. They could not think of what to do. Fortunately by asking around, I found out the groom's brother happened to make artsy films and documentaries at a small local experimental movie theatre not far from their reserved ceremony venue. He suggested the entire wedding party and guests move to the theatre. There was no other option.

At the theatre the brother, want-

ing to keep spirits up, made popcorn for all. Sitting in the theatre, witnessing the ceremony being performed on the stage, the audience happily munched. All turned out well. It was a uniquely romantic and entertaining wedding.

After writing all 26 anecdotes in the book, I realized that couples often make mistakes because they are not well prepared for the wedding ceremony. So I designed and taught a course called Preparing for Marriage – Creating your Own Wedding Ceremony. All this led me to writing the book Wedding Wisdom: A Practical Guide to Personalizing Your Wedding.

Besides the anecdotes, Wedding Wisdom examines all aspects of a wedding. Included are what to ask your partner before getting married, planning the ceremony, precautions to prevent things that may go wrong, sound advice and suggestion for all couples, several typical wedding ceremony scripts (traditional, blended families, same-sex, bilingual, etc.) and wedding locations from free to expensive.

To buy a book, book a wedding, submit questions or comments, visit: www.weddingwisdombook.com or email Doreen at: dwuckert@shaw.ca

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Deja vu All Over Again?

Third Wave with a Tunnel Light?

Hello everyone and welcome back. Hope you're continuing to stay safe and well. As mentioned last month, round one of the vaccine shots received and pleased to announce we're on track for getting our seconds very soon. That said, it's still very prudent to do all those things we've been doing to stay as safe as possible. Masking, social distancing, washing hands and so on can only help get things under control. Once those dang numbers change for the better and we have most in the Province vaccinated, we can start picking up the pieces. We're not that far off at all. So if you haven't booked your vaccine appointment, do so, please. There are many people in the ICU's who didn't when they could have and they are paying dearly for it. Our Health-Care workers are getting pounded because of reluctance, stupidity or both. They are getting sick themselves on various levels and



of The Pros Know Expos

don't deserve this treatment at all. On the bright side, yes there's a bright side; we should know by now what we can do to help, help others and ourselves who are in dire need. We've had fifteen months to get good

at this and to know where help can be found. There are tons of resources found in groups, organizations, infrastructure and private entities long set up to dispense assistance. There's also common sense. This last one seems at times to be in hiding. People, we are close to beating this monster. For the first time in most of our lives, we are being asked to do something very simple that is doable and sustainable by everyone who has any sort of 'Give-A-Damn' in their souls. We must ask ourselves 'Are my actions or inactions part of the problem or part of the solution?' It's been generations since our collective communities and the world has been put in a situation where we the people can actually make a difference by just being respectful and mindful of our day-to-day living processes. In closing, we remind you that your mental health and wellbeing

can improve by simply reaching out to help others. Pick up the phone and call those in your life that matter and check up on each other. Call the great resource numbers 211 and 311. Yes, they are very busy, be patient and call back. You know the names of all of our great locally based Organizations who offer assistance, call them and ask for help. They are here for us. And of course, if you have a computer, tablet and access to the Internet, please, please visit our website: www.prosknowexpos.ca. We have unmatched links and resource contact information for you at the click of a button. We are growing weekly if not daily. The Pros Know Expos are here for you now and hopefully 'Live' in October for us to finally get to visit in person. For now, let's work together to beat this monster and get our lives back. We can do it!

We believe in you... Trish & Rick

Prepare for wildfires with tips from the Canadian Red Cross

With dry conditions across the province, the **Canadian Red Cross** has some tips for keeping your home safe and your loved ones prepared. Listen closely for updates on TV and radio. Conditions can change quickly. Take steps to keep your house and surrounding area clear. Regularly clean roofs and gutters, and remove dried out branches, leaves, and debris. It is good practice to maintain a 1.5 metre non-combustible zone around the home by raking down to

soil, rock, or concrete. Move items such as barbecues, firewood, furniture, etc., away from the house. In case of wildfires, keep a small household item like a rake or shovel handy to tamp down small fires before emergency responders arrive. Ensure that driveway entrances and house numbers are clearly visible for identification ease for firefighters. In case of evacuation, keep an emergency kit on hand with supplies to last 72 hours. Include items to

avoid the spread of COVID-19 (masks, hand sanitizers, gloves). Go to redcross.ca/ready to learn more about assembling an emergency preparedness kit. If an evacuation is imminent, back your car into the driveway with the windows closed and valuables packed. If you have pets, keep them close and under control. Close all windows and doors in the house to reduce smoke and debris from entering your home. Stay safe! ■

For up-to-date information on COVID-19 in Manitoba, visit:

www.manitoba.ca/COVID19

www.ProtectMB.ca

<https://protectmb.ca/lottery>

<https://manitoba.ca/covid19/vaccine/immunization-record.html> #immunization-cards

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"Me and my dad used to play tag. He'd drive." ~ Rodney Dangerfield

"I gave my father \$100 and said, 'Buy yourself something that will make your life easier.' So he went out and bought a present for my mother." ~ Rita Rudner

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong." ~ Charles Wadsworth

Sri Lanka 55+ Mother's Day in Winnipeg

By Senaka Samarasinghe,
President - Sri Lankan 55+ Group

May 9th (SUN) 2021 week-end was the Mother's Day in Winnipeg. To honor the mother of the family to highlight the influence of mother in the society there were different events organized for mothers such as delivered flowers and offered brunch or dinner. The committed of the Sri Lankan 55+ decided to deliver a pot of Aloe Vera (Komarika) an evergreen perennial can be used as an indoor ornamental decorative as a potted plant as well as can be used as skin lotion and topical medication.



The Committee planned to deliver a pot with Aloe Vera plant to each member mother living in various locations within the City of Winnipeg. This task few volunteers agreed to handover the pot and plant among our mothers. We followed appropriate precautions provided by local health authority during the process of handing over Aloe Vera pots among mothers. ■

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Advertising Feature

About Morning Breeze HealthCare

by Brian Campbell

Genaro Guevarra brings both clinical and human experience to his business and instills his passion for helping people into every member of his staff. The goal of Morning Breeze HealthCare is to make life better for the clients they work for and their families. Their plan is to make a positive impact in the lives of others.



Genaro

Morning Breeze HealthCare offers a personal touch to their clients. Professional expertise, combined with human compassion and empathy, are the key values that their clients can expect. Clients are all treated with dignity and respect and the staff make it a point to understand and respond to their needs.

Morning Breeze HealthCare's goal is to improve the quality of human life by engaging clients in preventative health-care methods and role modelling healthy behaviours. This involves using many traditional methods of living a long and healthy life. For example, following the old standard of drinking at least eight glasses of water per day. People tend to forget the powerful health benefit of simply keeping oneself hydrated. Other examples include getting adequate sleep, managing and minimizing stress, getting regular exercise, and eating well, using the Canada Food Guide.

The Covid-19 pandemic has posed a serious threat to the health and general well-being of many people, both physically and mentally. The over-all goal of Morning Breeze HealthCare is to provide the support to help their clients live their lives to the fullest.

The staff of Morning Breeze HealthCare has been trained to deal professionally and compassionately with clients suffering with Alzheimer's disease and other forms of dementia. Every client is treated as an individual with unique needs. They offer a specialized program for working with clients dealing with Alzheimer's disease, dementia and those exhibiting responsive behaviours (also referred to as aggressive behaviours). Morning Breeze HealthCare staff are trained in the use of the P.I.E.C.E.S. program, a well-accepted form of approaches, utilized by many health practitioners in the community.

Genaro has extensive work experience, spanning more than twenty years, of working with people with developmental disabilities, with Alzheimer's disease and dementia. He has compiled a handbook of data from a variety of specialists dedicated to working with people

with Alzheimer's disease and dementia, using compassion, empathy and professionalism, as opposed to the use of anti-psychotic medication. His approach to care for people with these conditions stems from his deep desire to improve the quality of life through the use of compassion and showing empathy to their unique needs. He imparts this knowledge, training and compassion to the staff of Morning Breeze HealthCare so they are able to meet the unique needs of their clients.

The specialized dementia training and compassion of their staff in dealing with clients with dementia and responsive behaviours is one of the main ways that Morning Breeze HealthCare stands apart from their competition.

Morning Breeze HealthCare provides part-time, full-time and casual staff for Health Care Facilities, and they provide support workers for their clients to stay within their own homes. They have a belief that, if at all possible, and with the proper support, the best place for their clients is in their own homes. The Covid-19 pandemic has taught the general public and all levels of government that living in clusters, such as a long-term care home, is less than ideal when dealing with a virus-transmitting pandemic. Even the best run facility can have difficulty meeting the demands of curtailing the spread of a virus in such an enclosed space. Studies have shown that, for the most part, people live longer and fuller lives in their own homes, provided they have the proper care. Morning Breeze HealthCare is here to provide that care.

Morning Breeze HealthCare wants to work hand-in-glove with community leaders to respond to the needs of the community and provide the best health care that they can. They plan to do their part to educate the public about best practices in healthy lifestyle and disease prevention. They hope to be the go-to place for health care and healthy lifestyle.

The bottom line is that Morning Breeze HealthCare is here to help people; to help their clients to live the best lives they possibly can, and to help ease the minds of their clients' families and caregivers, by making sure that their clients are in the best possible hands. Morning Breeze HealthCare is here for you.

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

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Manitoba Churches -

Poplar Park. St. James. Anglican. 1910

Written by Tyrrell Mendis with input from Ed Gottwald

Poplar Park is a locality northeast of Selkirk, Manitoba. Its suggested original name was Dehova-Dubivci. Then Poplar Point.

The first settlers arrived in the late 1800s to an area known as Oak Point west of the current location of St. James Church.

The parish of St. James, Poplar Park, was originally a mission of St. Philip, Scanterbury, but the settlers wanted their own church.

In 1905 Charlie Mattson donated land for a church and cemetery. A sum of \$101.00 was received from the Society for the Promotion of Christian Knowledge in England. Some of the settlers belonged to the SPCK at home.

The church and cemetery were consecrated by the Right Rev. Samuel Pritchard Matheson, Archbishop of Rupertsland, on March 13, 1910.

At the time the Rev. Louis Le Clair was in charge of the parish of St. Philip in Scanterbury. The first minister there had been the Rev. R. E. Coates.

The signatories to the petition to

consecrate the church and cemetery were Chas. Monkman, Philip Monkman, William Folster, George Boulton, Patrick Bruce, John Leask, and John Isbister. So they can be recognised as the founders of the parish.

The church was built with local labour. The logs for the walls were laid on stone foundations. The boarded roof was covered with shingles. The walls were clad on the inside with tin sheets which were scored into sections, each section imprinted with a design of a church.

The chimney was built by George Longbottom. The pews, lectern, pulpit and altar were hand crafted by Patrick Bruce. The Bolen family donated kerosene lamps for the wall and two large ornate ceiling lamps.

In the 1920s the church went into a decline as congregants moved away. However, during the 1930s Depression people returned. There was a Sunday School and a Ladies Group.

Church membership declined again in the 1940s and 1950s.

Nevertheless, renovations were

organized in the 1950s by S.E. Woodward and Jim Boulton, the bell-ringer. A new floor was installed, the exterior was painted, the war memorial received a new base. The church was rededicated by Archbishop L. R. Sherman on August 2, 1950. Electrical service was installed in 1952 but the church continued to be heated with a big box stove.

Beginning in 1947 St. James Church was visited by the Sunday School Caravan Mission. Services were monthly and conducted by Church Army Captains, firstly by W. A. Knight, and later by G. Hardy. Holy Communion was conducted by Canon Dawson and Archdeacon Holmes.

A clergyman from Selkirk (Rev. Paul Smith, Archdeacon Hoad) or Winnipeg (Rev. Tim Appleton, Rev. Robin Mather) has attended the long established annual service. It has been on the second Sunday in June each year.

204-774-0677 / 204-794-1909
tymendis@shaw.ca
www.sacredplaces.ca



Photographed in 2007 by Tyrrell Mendis
Text by Tyrrell Mendis with material supplied by Ed Gottwald

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.sacredplaces.ca

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Today's Recipe
Larry McInnis
www.PeakMarket.com

Carrot Rounds

Metric	Ingredients:	Imperial
500 ml	carrots, shredded	2 cup
2	eggs	2
30 ml	milk	2 tbsp
30 ml	green onion, finely chopped	2 tbsp
30 ml	dry bread crumbs	2 tbsp
2 ml	salt	1/2 tsp
1 ml	worcestershire sauce	1/4 tsp
.5 ml	pepper	1/8 tsp
30 ml	oil	2 tbsp

In a medium bowl; combine carrots, eggs, milk, onion, crumbs, salt, worcestershire sauce and pepper. Mix well. Make into round patties approximately 1/3 cup (75 ml) each.

In a large skillet; melt oil over medium heat. Fry patties until golden brown; flip over and continue cooking. Drain on paper towels.

Serves 6

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SOLUTION ON NEXT PAGE

CROSSWORD - I Remember That! By Adrian Powell

ACROSS

1 Canadian trees
7 Drink gingerly
10 Slump in the centre
13 China's locale
14 Brainwave
16 Dash off, to the Bard
17 Tennessee Ernie Ford's charttopper of 1955
19 Decay
20 Utters
21 ___-wee Herman
22 ___ Ste. Marie, ON
24 Marilyn's new (but brief) hubby of 1954
27 Dagger or gun
31 Limping
32 Concur
33 Three on a sundial
34 Shake your tail
37 Premier who won a majority in the Manitoba election of 1953
42 "School of thought" suffix
43 Beam of sunshine
44 Tenant's contract
45 Bread baking need
47 Beatles member
48 Ocean liner sunk off Nantucket Island in 1956
53 Dory operator
54 A one and a two, for short
55 ___ Spumante wine
59 "Hey, ___ been thinking..."
60 It launched Sputnik in 1957
64 Mule on the Erie Canal
65 Cecil B. DeMille production
66 When an animal is in heat
67 Founded, for short

DOWN

1 Velvety green growth
2 Solo at The Met, maybe
3 Mischievous sprite (var.)
4 Allows
5 Victoria-Calgary dir.
6 Squash, perhaps
7 Put into position
8 "I don't mind if ___"
9 Something to write with
10 Gesture of indifference
11 Garlicky mayo
12 Really irk

15 Tea-growing Indian state
18 Word before a maiden name
23 Get long in the tooth
24 "Piano Man" singer Billy ___
25 Pelvic bones
26 Seriously hurt
27 Dry Sahara stream bed
28 Divas have big ones
29 Jack-in-the-pulpit, e.g.
30 Cribbage piece
33 Like January roads
34 Get off the bottle
35 "And before I forget..."
36 Scenic Scottish valley
38 Region

39 Beach material
40 Courtroom statement
41 "Bonanza" dad
45 Smelter's raw material
46 Few lines of poetry
47 Floated a little tilted
48 Get up
49 Exploding stars
50 Resided
51 Where to skate
52 Fish eggs
55 Pests that might raid your larder
56 Lord of the Manor's title
57 Travel with a guide
58 CNIB part (abbr.)
61 Make a choice
62 Go head-to-head
63 "What's the ___?"

SOLUTION ON NEXT PAGE

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THE PLEASURE TRIP

By Laurie Gydé

It wasn't often the 55 plus residence took their seniors out to dine, but this cold day in February, the bus's engine started like a breeze. Lines of grey hairs and a few, missing hair, boarded the shuttle bus. As they found a seat you could hear the sounds of a few disgruntled passengers.

"Dat seat eez too claus to de door," Sophie said, in her French accent, fearing perhaps a stranger would hop on at one of the stop signs along the way.

"No, this seat won't do. It's a window seat dear, you promised me the aisle," said another.

"Just sit down Martha. We aren't at a Jets Game. You won't get a puck in your face."

As the orange bus from Kings hummed along the road, one man got up to talk to the bus driver.

"Please sit down. Mr. Jones. It's dangerous, there are so many ruts in the road this time of year".

"Rats, did you say rats?"

The bus driver had to smirk. This was not his usual gig. Driving for a school division was his part time job yet, these passengers although somewhat childlike, reminded him of the middle school children on his usual route. Jackets were layered over quilted vests, toques, mitts, and sloppy boots filled the bus. The driver, named Ralph, loved his job and the stories he heard daily. He was a fan of the Jackie Gleason show when he was a young boy and dreamed of wearing that, not so flattering next to the skin, olive colored driver's uniform.

He was retired from Winnipeg Transit but needed to retire "to" something.

His extended family operated a restaurant called the Salt and Peppah and today they arrived as guests.

As they approached the restaurant, some passengers looked out the window, noses pressed so close to the windowpanes their breath created a foggy film.

"OK everyone, gather up your things and take it easy down the front or back stairs," said the driver.

As they entered the restaurant, one lady immediately started to sneeze.

"Oh my", she retorted, "my nose is running worse than Niagara Falls".

As she hunted through her hobo sized purse, she found a kleenex and honked louder than a Canada Goose.

Finding their preset table, the group ood and owwed. Maxine, who

was the Events spokesperson encouraged everyone to peruse the menu. Seeing it featured many Mexican dishes with names she couldn't pronounce, she asked that water jugs be constantly left full on the table.

They passed around jokes and stories that filled the next few hours. While waiting for their meals to arrive, they munched on peanuts, and salsa with tortilla chips that were their welcoming appetizers .

"Wish I could enjoy those nuts," Sam, the eldest exclaimed."

"Sam, we've seen you eating chocolate covered almonds when the kids come by the building for their fundraisers. How did you manage?"

As Sam opened up what was left of a smile, everyone noticed 4 of his front teeth were missing.

"I bought them for the chocolate," he said coyishly as everyone humoured him in jest.

As lunch began and the patrons began to bite into their orders, some of the peppers used in the Taco salad started having an immediate effect on Jack. Jack the Ripper, he was referred to, had trouble with foods that made him bloat. Knowing this, he would always choose the seat at the end of the table. Molly, famous for her hot pink lipstick and blue eyeshadow began discussing the background music. "Remember when we

used to rock around the clock, "she asked. Then Sally, known for her less than positive vibe said," I sure do Molly, but now it's limp around the block!".

Customers at a few tables over, started laughing so hard, one started to choke. The waitress calmly came over and started playing baseball with her back.

"Are you alright Miss," she asked.

"Yes I am, thanks", as she drank a full glass of water. Her cheeks flared up in embarrassment.

Earlier on, she had asked for lemon slices in her water, and a pit got caught in her throat.

After several hours it was time to return home. Everyone filed in one by one back into their seats.

As Ralphed drove through the roundabouts, he asked through his microphone if everyone liked their excursion. Looking in the rearview mirror he could see their reactions.

"It was a great afternoon" one said," sure beats Taco Bell".

Jack piped up," can we make it an American chain next time? For all of you right now, its Taco Shmell". The whole bus, all 15 passengers and Ralph agreed in laughter as they exited the bus and waved at Ralph as he drove away, to tell yet another story of his pleasure trip to his family later that day. ■

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 "N"

1. This is a sugary fluid that Bees make into honey:
2. Cher sang this song about pins and this other item:
3. This chap fiddled while Rome burned:
4. He won the French tennis tournament 10 times:
5. Young couples in love do a lot of this:
6. He was the lead actor in "Leaving Las Vegas:
7. This is a Japanese auto manufacturer who say they are committed to electric cars:
8. Fry pans promoted on TV usually have this feature:
9. They say they have more sheep than people:
10. In Mexico they created this snack for American military wives:
11. The Saints play football in this city:
12. The "Price Is Right" recently celebrated this many TV shows over 38 years:
13. They have sent sending a gift of Tulips to Canada for 70 years as a thank you for World War Two:
14. This area has the world largest number of lakes (over 6,500):
15. He makes great music and supports American farmers:
16. This is a scary event you might experience while sleeping:
17. This is the number of women who have been Manitoba premiers:
18. This is a person who has great admiration for oneself:
19. A chef in this location would likely serve "Dog Body, Flummy Dum and Figgy Duff:
20. This is a doctor who deals with the nervous system:
21. This is a Nat King Cole original song:
22. She was Frank Sinatra's daughter:
23. He was the Roman God of the sea:
24. These are the important decisions Trump has made about the Corona Virus:
25. This Canadian song writer wrote "Loves His, Loved His, Loved His Calendar Girl":
26. This song about the American 9/11 was written by Don Henley:
27. This was an early movie theatre, the fee was 5 cents:
28. This is where our day begins:
29. He was Seinfelds mailman:
30. This was the name seriously considered for New Brunswick:



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

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

~ Author, Gary Adams

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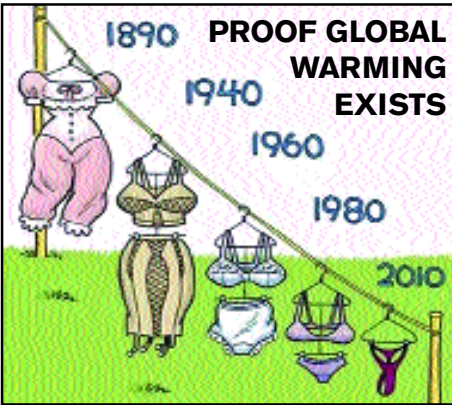
Visit www.seniorscope.com/fun.html for more **A-Z Trivia**.

FACEBOOK FINDS

My friend writes songs about sewing machines. He is a Singer songwriter. Or sew it seams.

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.

If a plant is sad, do other plants photosympathize?



CROSSWORD - Solution

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

WORDSEARCH - Solution

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

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A to Z Trivia 'N' SOLUTIONS

- | | | |
|-----------------|---------------------------|---------------------|
| 1. Nectar | 11. New Orleans | 21. Nature Boy |
| 2. Needles | 12. Nine Thousand | 22. Nancy |
| 3. Nero | 13. Netherlands | 23. Neptune |
| 4. Nadel | 14. Northwest Territories | 24. None |
| 5. Necking | 15. Nelson (Willie) | 25. Neil Sadaka |
| 6. Nicolas Cage | 16. Nightmares | 26. New York Minute |
| 7. Nissan | 17. None | 27. Nickelodeon |
| 8. Non-Stick | 18. Narcissism | 28. New Zealand |
| 9. New Zealand | 19. Newfoundland | 29. Newman |
| 10. Nachos | 20. Neurologist | 30. New Ireland |

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