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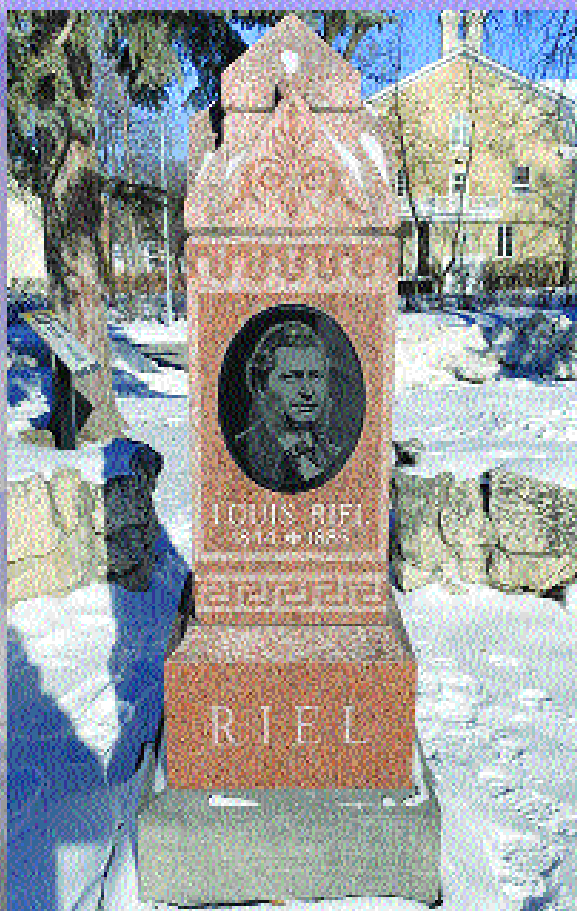
Senior Scope

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The Father of Manitoba

- Scott Taylor



Left: Louis Riel in 1875. (photo: Manitoba Archives)
Above: Louis Riel's gravesite, located at the
Sainte-Boniface Cathedral Cemetery at 190 ave
de la Cathédrale in Winnipeg. (photo: Scott Taylor)

Louis Riel Day - February 15, 2021

Here's a fantasy. Louis Riel comes back from the dead and arrives in Manitoba on Feb. 15, 2021 and immediately realizes that although he was vilified at his death, he is being heralded as a national hero 135 years later.

It would be a shock to the system. Even for a ghost. But the reality is, the man who has long been given credit for the founding of Canada's fifth province, was also hanged by his own nation on Nov. 16, 1885.

Officially, for the 14th year, Manitoba will celebrate **Louis Riel Day on Feb. 15, 2021**. It was on Sept. 26, 2007, when the Manitoba legislature passed a bill establishing the third Monday of every February as Louis Riel Day. The holiday coincides with Family Day across Canada and is also the start of the annual celebration of the *Festival Du Voyageur* in Winnipeg.

As all Manitoba school children should know, Riel was a compli-

cated Canadian leader and for many people his memory and legacy depend entirely on one's point of view.

For the Metis people of Manitoba, creating a day to honor Riel was long past due when it was established in 2007.

Manitoba Metis Federation chairman David Chartrand certainly has a definitive opinion of Riel and his impact on the nation.

"Riel was definitely murdered by Canada, there's not a question

Continued on page 2

Grieving by Degrees
INSIDE: This family's inspiring story.



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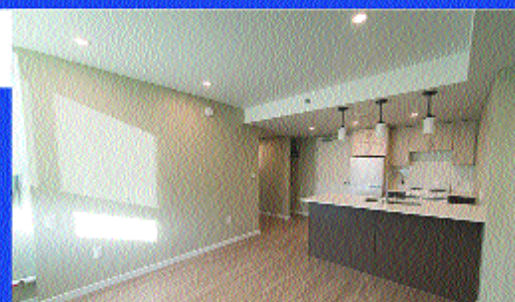
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The Father of Manitoba, *cont'd from front page*

about it," said Chartrand. "He was innocent. He was fighting for the Métis people. I think there would be no doubt about it today. If you truly want to honour a great man, he is the father of Manitoba without doubt, then let's make him a Father of Confederation."

No one spoke more eloquently of Riel than Sir Wilfrid Laurier.

"It has been said that Mr. Riel was only a rebel," Laurier told the House of Commons on April 15, 1874. "How was it possible to use such language? What act of rebellion did he commit? Did he ever raise any other standard than the national flag? Did he ever proclaim any other authority than the sovereign authority of the Queen? No, never. His whole crime and the crime of his friends was that they wanted to be treated like British subjects and not to be bartered away like common cattle. If that be an act of rebellion, where is the one amongst us, who, if he had happened to have been with them, would not have been rebels as they were?"

Riel was born at Saint-Boniface, Red River Colony, Rupert's Land, British North America, on Oct. 22, 1844, and he has divided Canadians for more than 100 years – but much less so, in the last 20. To most Canadians he was either the inspired leader whose forces eventually took a final stand at Batoche, Sask., although, some still believe he was an unstable con-man who started a worthless war with Canadian troops. Time has clearly suggested that he was the inspired leader of a group of Canadians who were treated very poorly indeed.

Ultimately, he and his Métis followers surrendered to the government's forces in May of 1885 after the Métis pushed back against Canadian government encroachment on to what the Métis believed were their sovereign lands. In November of that year, Riel was hanged at age 41, for treason, after a jury trial in which the jury pleaded with the judge to spare him.

However, history has treated him much more fairly than that judge did in Regina, Northwest Territories, in 1885. This was, after all, the man who at age 25, led the 1869 Red River Rebellion that gave birth to the Province of Manitoba in 1870. At his trial, Riel's legal team wanted him to defend himself by declaring insanity at his trial, but he made it clear that he was completely sane. When convicted, he said:

"I am glad the Crown have proved that I am the leader of the half-breeds in the Northwest. I will perhaps be one day acknowledged as more than a leader of the half-breeds, and if I am, I will have an opportunity of being acknowledged as a leader of good in this great country."

"I am more convinced every day that without a single exception I did right. And I have always believed that, as I have acted honestly, the time will come when the people of Canada will see and acknowledge it."

He was prophetic. The past November, in the *Regina Leader-Post*, Peter Andre Globensky, a former senior policy advisor on Indigenous Affairs in the Office of the Prime Minister and an adjunct professor of political science at Lakehead University, wrote why Riel has been honored with his own special day.

"He championed the recognition and protection of the cultural and linguistic rights of the peoples who populated the Prairies long before the newly formed government of the Dominion of Canada decided, without consultation, to acquire the lands occupied by these original inhabitants," Globensky wrote. "In leading the resistance against John A. Macdonald's careless unilateralism, Riel was able to negotiate and usher Manitoba into the Canadian confederation with the rights of the Métis, Indigenous and French-Canadian inhabitants recognized and protected — at least on paper. Many have successfully argued that



Louis Riel sculpture on the Manitoba legislative grounds.
(photo: Manitoba Archives)

the fruition of the recognition of those rights for the Métis community is still very much a work-in-progress. Successive national governments have not only ignored them but have actively violated those rights for which, arguably, Riel paid the ultimate price — murderously executed by a government bent on settling a score."

After the Red River Rebellion ended, Riel led the Métis National Committee, which was consolidated into a provisional government. This provisional government negotiated the Manitoba Act with the Canadian Government and led to the establishment of Manitoba as a province in 1870. The Act also provided some protection for French language rights and ensured the province would be bilingual.

No one has left a more indelible mark on this province than Louis Riel, a visionary leader who should indeed be considered a Father of Confederation.

Happy Louis Riel Day, everyone.

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Advertising Feature

Heavenly Care Agency expanding service to meet the ongoing challenge of Covid-19 in Manitoba

By Roger Currie

Like the rest of the world, Manitobans continue to deal with *Covid-19*, the pandemic that is the most serious health crisis to affect Canadians in more than a hundred years. It has added significantly to the challenges faced by those caring for older loved ones as well as people with disabilities. When Manitoba followed the lead of the rest of the country in shutting things down last spring, among the most difficult blows was the cancellation of most visiting at all health care institutions, including personal care homes. More than half of Canada's 20,000 Covid deaths have occurred in personal care homes and nursing homes, including many of the hundreds of deaths here in Manitoba. In an effort to avoid such tragedy, many families have been looking for reliable care that can happen at home.

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They also help clients deal with loneliness and memory issues.

With the expansion to Gimli and the Interlake, **Heavenly Care** is also creating jobs for the local people in these new communities at a time when so many people are losing jobs due to Covid. The agency is pleased to be able to offer these job opportunities to those living in the community.

Heavenly Care is about keeping people in the comfort of their own home. Their staff develop one to one long term relationships with clients. **Heavenly Care** also recognizes the risks their staff face when caring for clients, therefore they follow *Covid-19* protocols to the letter. Staff are allocated in ways that prevent workers from interacting with multiple clients. Staff and clients remain safe and clients get to know staff and build a relationship of trust. For clients with dementia, it's very important that they see familiar faces on a regular basis.

"Carry each other's burdens, and in this way you will fulfill the law of Christ." ~ Gal 6:2

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Poetry by Annette Bonomo

VIEILLIR ...

Il me semble qu'il n'y a pas si longtemps
J'étais jeune, sur le seuil de mes vingt ans.
Et pourtant, même si j'ai soixante ans,
Dans mon cœur, je suis encore un enfant.

J'ai besoin d'un Papa, d'une Maman.
J'ai besoin qu'on m'embrasse tendrement.
J'aime bien qu'on m'écoute attentivement.
Et parfois qu'on me berce doucement.
J'aime aussi qu'on me fasse des compliments,
Qu'on me dise « bravo » de temps en temps.
Chaque fois qu'on m'accueille gentiment,
Quelle joie, quel bonheur je ressens.

translated as...

AS I GET OLDER ...

Seems to me it was only yesterday
That I was young, just barely twenty.
And yet, even now that I'm sixty,
I'm still a child at heart.
I could use a Daddy, a Mommy,
Someone's tender kisses,
Someone who really listens to what I'm saying.
And at times I would like to be quietly held and rocked.
I also like to be complimented and
Congratulated once in a while.
What joy, what happiness I feel
Whenever I am warmly welcomed.

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Advertising Feature



ROSEMARY HNATIUK (B-RC)

Bring in the Baby!!

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

This is Gin's story, not mine. Gin hated practicing family law because of how badly people behaved. But she did have one positive experience in her practise. A middle-aged couple came to her to finalize the division of family property. Their children were grown up and for whatever reason they had grown apart and were divorcing. The negotiations had been adversarial and emotional. Gin anticipated a difficult conversation in the meeting, as both parties had dug into their positions. The tension was palpable as both sat in the law firm waiting room. A young woman

with a baby was also in the waiting room. She hadn't found anyone to mind the baby, so had brought her along. The baby was lovely, broadcasting smiles at everyone. The couple offered to mind the baby while the mother was in her meeting, taking turns holding the baby and keeping her entertained. The mother returned, retrieved her charming daughter and the couple went into their meeting with Gin. Much to her surprise and relief, Gin was able to get the couple to agree to reasonable terms for the separation. It seems that relating to the baby softened the attitude of both

husband and wife in their own proceedings. So Gin suggested –tongue in cheek – that we family lawyers should add to our toolbox the technique: “bring in the baby”! It isn't just knowledge of the letter of the law that makes for successful advocacy!

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.

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Advertising Feature

You may be eligible for a \$8576.00 Disability Tax Credit claim in your 2020 tax return

A STEP BEYOND & ASSOCIATES



By Peter J. Manastyrsky

Many people in Manitoba suffer from physical or mental impairment. Most likely they have missed out on all or several of the disability credits that might be available for them such as the **DISABILITY TAX CREDIT - DTC.**

What is the Disability Tax Credit?
DTC is non-refundable tax credit that helps people with disabilities to reduce the amount of income tax they might have to pay, reducing the amount of tax payable and by allowing some relief for disability costs. The **Disability Tax Credit** is available to Manitobans who have a qualifying severe and prolonged impairment that impacts the activities of daily living; where the ailments are not likely to get better any time soon and have already been in place for a period of at least 12 months.

Who should apply for Disability Tax Credit?
Any person who has such problems like vision, speaking, hearing, walking, bowel or bladder functions, feeding, dressing or performing mental func-

tions necessary for everyday life, you may qualify.

Also, DTC applies to individuals who receive therapy that sustains your life such as kidney dialysis or chest physiotherapy.

Do I qualify for the Disability Tax Credit?
Individuals who have a significant and prolonged physical and or mental impairment many qualify to claim the tax credit. Eligibility is based on the effect of the impairment.

Is there a possibility of transferring the Disability Tax Credit to a spouse, common-law partner or another supporting person?
Yes, the tax credit amount is fully indexed to inflation and can be transferred to a family member who pays income tax as a caregiver.

Does a Disability Tax Credit refund affect other claims?
The refund is not income and should not affect other claims. You may have claims from CCP, a private insurance company.

Is there a possibility of obtaining Disability Tax Credit on behalf of a deceased person for their estate?
Yes, but the DTC can be obtained only in the year of death if a medical doctor certified “before death” that the individual had a severe and prolonged mental and/or physical impairment in their file, and that the impairment was reasonably expected to last for at least 12 months or more. There must be an Executor of the Estate.


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A STEP BEYOND & ASSOCIATES is accredited member of the **Better Business Bureau of Manitoba** with an A+ rating. As a final note, Manitobans are heading into the 2020

tax filing season. All of us will be preparing and selecting someone who is reputable to do your income tax return. Search for a competent tax filler, select a person who is reputable and easy to get in touch with, look for stability, check all the avenues. If in doubt, please give me a call about tax filing and the Disability Tax Credit.

As the COVID-19 crisis continues, **A STEP BEYOND & ASSOCIATES** remains vigilant and attentive during these uncertain times. We are available and ready to support you by navigating the process of achieving and completing your **Disability Tax Credit** application. At this point, we recommend and encourage service engagement through some virtual activity. ■

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Advertising Feature

Finding Solace in Faith, Family and Friends

- Alzheimer Society



Blaine MacFarlane.



Blaine loved his woodworkshop, where he made special carvings (above) for his grandchildren.

When Diane MacFarlane's husband passed away last September, Diane had already grieved by degrees.

Although Blaine died after a brief battle with cancer, he had lived with dementia for over 10 years, and Diane had been his primary caregiver. "I was already part way along in the grieving process when Blaine physically passed away," she says.

Diane looks back on her and Blaine's long marriage with love and gratitude. They were high school sweethearts, marrying in 1964 and eventually settling on an acreage near Portage la Prairie to raise their daughters, Heather and Hali. They worked on renovating their home and creating a park-like yard from a field, making it their very own paradise.

Blaine was well into retirement from his recreation coordinator position at the Manitoba Developmental Centre when Diane started noticing subtle changes in him. Herself a retired nurse, as well as a daughter who had witnessed dementia in her stepfather, Diane felt certain that the changes in Blaine were signs of dementia. Her usually social husband was becoming withdrawn, and he was having difficulty making decisions about simple daily tasks.

After three years and numerous visits to medical professionals, an astute geriatric psychiatrist finally diagnosed Blaine as having early signs of dementia in 2015. Diane felt grief, not because she'd lost Blaine - he was physically still there - but because she knew a difficult journey of many losses was just beginning. "It's one thing to chase a diagnosis, but quite another when that diagnosis becomes reality," she says.

As time moved along, there were many things that Diane had to grieve, such as Blaine's short-term memory loss. She was also saddened when her husband became less affectionate. "I'd have to say, 'I need a hug,' when before, he'd hug me spontaneously," she says.

Moving from their beloved acreage to a townhouse initiated yet another period of grief, but it helped that Blaine adapted surprisingly well to their new home. He'd always had a love of wood-working, so the family set up his shop in the garage. It was in this haven that a latent creativity emerged in Blaine. He patiently worked on a number of projects, including carvings for his grandchildren, which he completed and presented to them a few short months before he died.

Diane felt fortunate that the progression of the disease was slow and that Blaine kept his sense of humour. His love for his family shone through until the end - he adored his girls and they adored him.

Through her journey, Diane received guidance from the **Alzheimer Society**. She was able to access education sessions through Telehealth and says the support group she attended was exceptionally helpful. There, she and other group members were able to support each other through sharing their experiences.

Diane will always remember Blaine as a special guy. "I've cried and I miss him, but I'm comfortable with myself and am at peace," she says. "I did the best I could, and he did, too."

She knows where she can always find solace through her grief journey: in faith, family and friends.

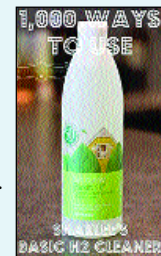
The series of losses that Diane felt over the years of caring for Blaine are known as "ambiguous loss." For strategies on coping with ambiguous loss, go to alzheimer.mb.ca and click on the February 2021 eNewsletter. ■

See advertisement on front page.

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Covid-19 fatigue and other mental health issues affecting seniors



By Roger Currie

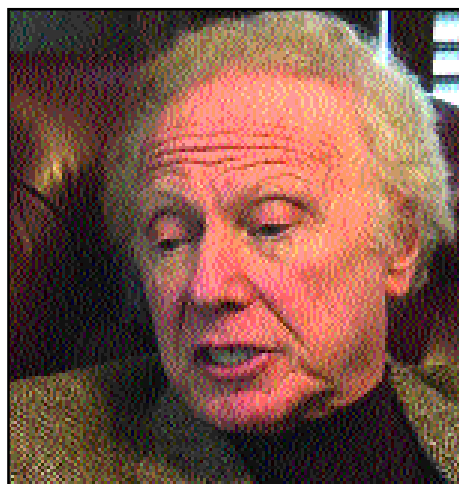
The Covid-19 pandemic continues to challenge all of us in so many ways, and there's very little indication that a dramatic change is coming anytime soon. Several vaccines are being rolled out with the hope that 'herd immunity' will be achieved at some point, and in the meantime hopefully the 'third wave' won't make the situation too much worse.

For now we are forced to deal with several crises all at once. Here in Manitoba we could easily end up with total covid deaths of a thousand or more by the time we finally get back to something resembling 'normal'. We haven't seen body counts like that since the pandemic that came along just over a century ago. Along with serious illness and the loss of loved ones many are also faced with severe economic consequences. Hundreds of small businesses have disappeared and many will simply not return. This is the month where we usually celebrate Valentine's Day, and all that romantic love has to offer to enrich our lives. It's a crucial time of year for restaurants and others in the hospitality sector. But right now we

can't even reach out and touch so many in our lives who long to be touched. That includes visiting loved ones in hospitals and personal care homes. It all seems so desperately unfair and so devastating.

As we continue to calculate the huge toll that all of this is taking on our mental health and emotional well being, seniors can take some comfort in knowing that old age is a help in dealing with it all. Dr. Toby Rutner is a 77 year old professional psychologist who has lived in Winnipeg for more than 40 years, helping people cope with a wide variety of debilitating physical and emotional problems. He offers advice on how to deal with a wide range of stressful issues including chronic pain and anger management. He counsels people who are enduring broken family relationships, addiction issues and loss of income.

As I write these words, the economic casualties locally now include a number of people like yours truly, who used to work in media. Bell Media has pulled the plug on TSN 1290, Winnipeg's only all sports radio station. To put it in personal terms, I am reminded once again how glad I am to be retired and living on pensions.



Dr. Toby Rutner (photo: Winnipeg Free Press)

Toby Rutner says 'Baby Boomers' and those who are even older seem to be handling the mental and emotional load somewhat better than 'millennials' and others who are younger. Rutner says the percentage of Manitobans who lived through the Great Depression and the Second World War is definitely shrinking as each year passes, but there are still many thousands of us who listened to older loved ones tell stories about the hard times they had to endure. "They learned a lot about what is was like to stretch a dollar further than anyone thought possible. And today's

romantic heartaches seem minor compared to saying a tearful goodbye to a sweetheart who was wearing a uniform and heading across an ocean to fight a foreign enemy. Somehow the complaints of millennials about what a bummer it is that public health orders are robbing them of going out with their buddies for a pub night sound rather hollow and childish, don't they?"

What can all of us do to help ease some of the burdens resulting from the pandemic. Again, allow me some personal thoughts as someone who lost a beloved partner this past year, as well as coping each and every day with a significant physical disability.

Professionals like Toby Rutner are all in agreement that simple things like picking up the telephone and calling friends and loved ones have never been so important. It wouldn't hurt to watch and read less of the really bad news, and spend more of our time reaching out and touching someone with some kind and thoughtful words.

Roger Currie (rogerc@mymts.net) is a Winnipeg writer and broadcaster. He is a regular contributor to Senior Scope.

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MANITOBA OFFERS FREE PROVINCIAL PARK ENTRY IN MONTH OF FEBRUARY

Manitoba Conservation and Climate will again offer free entry to provincial parks throughout the month of February so Manitobans and visitors can take advantage of the many winter activities available in the parks.

Vehicle permits are not required in any provincial park in February, but Snopasses are still required for snowmobiles using groomed trails in the parks. As well, entrance fees still apply in national parks. There are groomed trails in provincial parks across Manitoba for a variety of activities including cross-country skiing, snowmobiling, fat biking, snowshoeing and hiking. Paint Lake, Spruce Woods and Turtle Mountain provincial parks also offer outdoor skating areas, hockey rinks and toboggan hills.

Trail grooming reports are updated online every Thursday throughout the winter. Manitobans are encouraged to check trail conditions and weather forecasts to plan their outdoor adventures before visiting parks. Maps of winter trails and updated reports can be found at www.manitobaparks.com. Trail users are reminded to use only the trails designated for their activities, to keep dogs on leashes and to practice 'Leave No Trace'.

While being outdoors and active in nature is important for physical

and mental health, COVID-19 public health orders must be followed including steps such as physical distancing from anyone not in your household. Information on COVID-19 restrictions in provincial parks is available at www.manitobaparks.com.

Park interpreters are offering weekly online events and webinars this winter for Manitobans to learn and discover provincial parks safely at home. Highlights for the month of February include:

- skijoring and kick-sledding demonstrations Wednesday, Feb. 17;
- a presentation on the owls of Manitoba Sat. Feb 20; and
- a tour of the Whiteshell Fish Hatchery Sat. Feb. 27.

Teachers can also book free virtual school programs throughout the winter season to bring parks into their classrooms. For more information on winter activities and interpretive programs in provincial parks, email parkinterpretation@gov.mb.ca or visit www.manitobaparks.com.

More info on these events and other upcoming programs can be found under the **Events** tab on the Manitoba Parks Facebook page at www.facebook.com/MBGovParks at www.manitobaparks.com and at www.twitter.com/MBGovParks

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- respiratory therapist
- occupational therapist

Training is available to help ensure everyone hired can give the vaccine safely. And, anyone administering the vaccine is also eligible to get the vaccine.

Learn more about becoming an immunizer and other jobs at manitoba.ca/vaccine



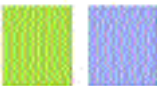
Affordable seniors housing throughout Winnipeg



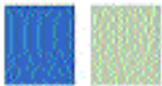
Richmond Gardens – 2900 Pembina Highway
Non-profit building
Bachelor - \$550
1 Bedroom - \$650
2 Bedroom - \$890
Close to shopping and bus is at the door.
Non smoking and no pet building.
Rent includes hydro and water.
No parking.



Hamilton House – 475 Hamilton Avenue
Bachelor - \$471 - \$595
1 Bedroom - \$579 - \$721
Rent includes heat, hydro and water.



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: \$1129
2 Bedroom - 2 bath
Refundable Entrance fee: \$38,500. Monthly rent: \$1284
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 is \$22 monthly



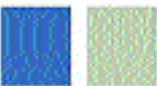
Monash Manor – 865 Sinclair Street
As per Manitoba Housing, rent is 30% of your monthly income.
Rent includes all utilities and laundry.
Parking \$25/mo.



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: \$733
Parking \$27/mo.
Laundry \$14/mo.
2 Bedroom
Refundable Entrance fee: \$23,500. Monthly rent: \$901
Parking \$27/mo.
Laundry \$14/mo.



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Take a Minute to move toward *optimal health for life*

Active Aging in Manitoba (AAIM) encourages you and everyone in your life to take a minute to focus on your emotional and physical health. Throughout 2021, let's stay positive, focus on health and aim to move more and sit less. Take a minute to discover the benefits!

Take a Minute for *Positivity*

Making 2021 a Year of Hope and Re-Engagement

No one could have predicted 2020 and the challenges we had to face, changing how we connected and engaged in the world. It has been a roller coaster, with emotional highs and lows and everything in between.

Grief, loneliness, isolation, mental health issues and lack of connection have impacted us profoundly.

As an older adult, you may not be aware that you have higher levels of resilience than younger folks. It's this resilience and life experience that have helped you navigate to where you are now.

Reflect on a moment of hardship in your life, and how you overcame it.

Think of the strength you mustered to deal with the situation. Remind yourself that you got through!

Our glass can move from half-empty to more than a half full outlook with our conscious thoughts and actions.

There are many ways you can build positivity into your life.

Take some breaks from or limit news consumption, identify things you appreciate about yourself, imagine your best possible self, try different perspectives, and consciously look for the good in your day.

Now immersed in 2021, with vaccination roll-out underway, our

lives will once again shift as we slowly recover and re-engage with our friends, family and communities.

Keeping positive during this transition back to the normal we once knew will help your overall wellbeing, as optimistic people remain healthier and live longer.

"Although the world is full of suffering, it is also full of overcoming it."

– Helen Keller

Optimism is contagious. Be a leader in your home, neighbourhood and community and pass your positive outlook on.

Take a Minute for *Health*

The Dangerous Domino Effect of the Flu

The flu may appear to be a minor setback or a nuisance at most. But for adults aged 65 and above, it can be life-threatening, with the potential to wreak havoc on independence.

Older adults are hit harder than any other demographic during flu season. In fact, between 2013 and 2018, older adults accounted for up to 70% of flu-related hospitalizations and up to 91% of flu-related deaths in Canada.

Although the link between the influenza virus and complications isn't always clear, we know that the flu can trigger heart attacks and strokes, and it can worsen chronic diseases

like cancer, hypertension and diabetes. As 74% of older adults live with at least one

of these diseases, it's not hard to see why the flu can have such a devastating impact.

What's worse, along with flu-related complications comes a loss of independence. Many older adults say that is a fate worse than death, according to a recent survey from the Canadian Association for Retired Persons (CARP).

Many older adults affected by the flu end up leaving the hospital with a reduced ability to carry out everyday tasks like bathing and dressing. This ultimately leads to a "cascade of dependency" that puts a strain on family members, caregivers and the long-term care system.

This domino effect trickles down into everyone's lives, not just the lives of older adults.

On top of the personal impacts, the flu can be a huge detriment to

the Canadian economy. It leads to 1.5 million lost workdays each year and costs the health care system an estimated \$96 million a year in hospital stays.

As Canada's population of older adults is expected to rise to 10.3 million by 2036, the need for preventative measures is clear.

Get the Shot, Not the Flu

In addition to maintaining a healthy diet and lifestyle with daily physical activity – and taking the usual precautions like regularly washing hands and avoiding close contact with people who are sick – talk to your doctor about the higher dose flu vaccine to ensure you have the best protection possible this flu season.*

Now more than ever it's important to protect yourself and be as healthy as you can be during the pandemic.

* NOTE: The flu vaccination does not provide 100% protection and does not treat influenza and/or its complications.



Exercise Control Over Your Situation

- Make a list of activities you can do at home or outside. Try something new or rekindle a past interest.
- Keep positive. Brainstorm activity ideas with others. Share funny stories. Laugh.
- Make a schedule to include the activities you listed. Planning makes you more likely to do it!
- Have a face-to-face contact, **6 feet apart**. Go for a walk with others. Plan a street or hallway “coffee party.” Set a time to meet. Bring your refreshments and a chair.
- Be self-aware. If you experience distress that affects your ability to function, reach out to family, friends, or health care providers.
- Don’t hibernate. When weather permits, get outdoors. If you’re able, take a stroll (heeding safety precautions)! Being outdoors is a mood booster, and sunlight increases Vitamin D levels and aids in sleep.
- Follow recommendations from the Public Health Agency of Canada on ways to stay safe and prevent the spread of viruses: www.canada.ca.

Take a Minute to Move

Why Bother? The Importance of Physical Activity

Regular exercise is vital for your wellbeing. Keeping active is good for your heart, brain and lungs and, as you age, physical activity maintains your independence and quality of life.

While the benefits of exercise are many, only 11% of Canadians between the ages of 60 and 79 meet the Canadian physical activity guidelines.

The guidelines advise a minimum of 30 minutes of physical activity a day, plus strength and balance exercises.

Don’t worry If you are not moving that much right now. Start slowly and do what you can. Then do a bit more. Every minute you move in your day counts towards your 30 minutes and your health.

It is possible to do exercises that are suited for you and stay safe too.

Make it easy. Select activities you can do to stay safely at home or in your community, while adhering to the public health guidelines.

Take a Minute to Move: At-Home Exercises

The pandemic has impacted our lives significantly, especially our daily activity level. Take a Minute to Move with some activity suggestions you can do from home. Whether sitting or standing, these simple movements offer benefits.

Reprinted with permission from the Wellness Institute and WRHA.



Marching on the Spot

Benefit: Improves hip mobility and strength.

You can do this sitting or standing. With your knees bent, lift your left leg then your right leg and repeat. Make it more challenging by lifting your legs a bit higher and swinging your arms like you are walking outdoors. Try doing ten marches to start, doing more as you feel comfortable.



Toe Taps and Heel Lifts

Benefit: Loosens ankles. Improves heel-toe walking action.

You can do this sitting or standing. Lift the toes of one foot off the floor, pause and then lower down – lift and lower 3-5 times each side. Then lift your heels off the ground. Choose one foot to start, lift your heel 3 – 5 times. Switch feet and repeat – add a few more heel lifts if you feel comfortable.



Join us for Take a Minute to Move on CJNU 93.7 Nostalgia Radio at 8:33 am, 1:33 pm, and 5:33 pm. From February 15th to April 4th, tune in for short, simple ‘movement breaks’ you can do from the comfort of home.* Listen online by visiting www.cjnu.ca.

* Supported by a Safe at Home grant

www.activeagingmb.ca



Wall Push-Up

Benefit: Improves upper body strength.

Standing about an arm’s length away from a wall, place your hands at about chest height for support. Lean your body toward the wall while bending your arms and keeping ou back straight. Press to push yourself away from the wall, straightening your arms. Repeat slowly up to 10 times.



Sit to Stand

Benefit: Helps with getting up and improves your ability to squat to do things at a lower level.

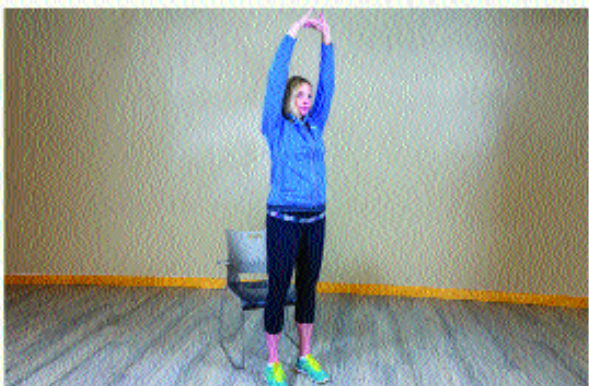
Sitting in the middle of a chair, place your hands on your thighs or armrests if needed. Feet on floor, hip-width apart with heels positioned under the knees. Leaning forward bring your nose over your knees and toes, lift your buttocks, coming up to standing. Slowly lower yourself back down. Repeat 5-10 times.



Leg Out and Sideways

Benefit: Helps strengthen the hip and improves balance.

Hold onto a support such as a counter or sturdy chair. Keeping your toes facing forward, bring your leg out to the side and pause with your foot off the floor. Stay standing tall and do not lean. Bring your leg back and rest. Switch legs and repeat on the other side. Alternate 3-5 times.



Arm Stretch with Breath

Benefit: Helps with ability to reach overhead into cupboards.

With your feet a comfortable distance apart, inhale as you raise one arm and reach for the ceiling. Exhale as you lower the arm. Repeat with other side. Do 3-5 times each side. Interlace fingers and try reaching both arms overhead together. Repeat 3-5 times.

Staying on Your Feet

As we age, our bodies change, impacting some of our abilities. We lose muscle mass (about 10% per decade after age 50), bone mass, balance, and reaction time. The good news is we can slow the natural aging process, and keeping active is an excellent place to start. Exercise to maintain muscle and keep

your immune system healthy. Keep up your strength for daily activities and to fight off illness. Exercise to stay on your feet. Practicing strength and balance exercises can reduce the risk of falls by 22-38%! It doesn’t have to be complicated. Move more; sit less. Every little bit

counts. Take a Minute to Move every day, whenever and wherever you can. While brushing your teeth, try some toe taps; leaning against your kitchen counter, do a few calf raises or during a television commercial, try marching on the spot. You will feel more alive and alert.

Disclaimer: Before starting any exercises, it is wise to consult with your doctor; this is especially important if you have any underlying conditions that might be worsened with exercise.



Six Steps to Being Safely Active

To get the full benefit of moving more, start safely with these tips:

- 1) Start Slow:** Start with short times and increase the time gradually. As exercises become more manageable, you can try to do a bit more.
- 2) Use Support:** Have a sturdy object such as a counter, table or chair for balance. Gradually decrease the amount of support you use as your balance and confidence improve.
Consider using walking poles, canes, or walkers to assist you.

- 3) Wear Appropriate Footwear:** Supportive shoes/boots with a low, wide heel and non-slip soles are important. Be cautious and avoid patches of ice. Wear grippers to aid outdoor walking.
- 4) Walk Safely Outdoors:** Wear bright clothes or add reflective material to your clothing to help other road users see you better.
- 5) Listen to Your Body:** If you feel pain or if you feel unsteady, stop. Do outdoor activities that feel safe and comfortable for you. Pace yourself and rest when needed.

Follow prior recommendations of your healthcare provider. Stop if you feel unsteady or have any pain, difficulty breathing.
Call 911 if symptoms persist. Discuss symptoms you experience with your healthcare provider.

6) Keep Track of Your Progress: It takes 21 times to make a habit, and it takes time to build up strength, endurance and confidence.
Congratulate yourself on your successes as you become more active.

Take a Minute to Find Support

Check Out These Resources for Older Adults

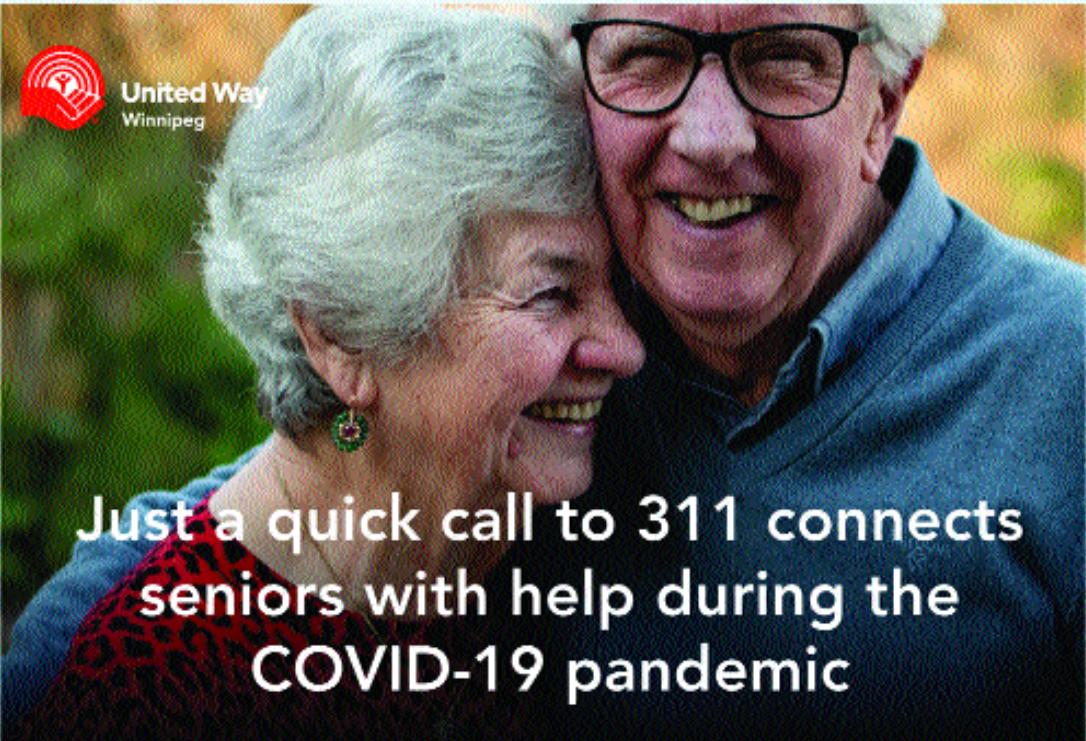
Calling **211** or visiting mb.211.ca can connect you to community resources and services anywhere in Manitoba.



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Prevent Falls with the Home Safety Checklist:
www.preventfalls.ca/older-adults/home-safety-checklist/
If you or someone you know is feeling isolated, call **311** to access resources available through A&O: Support Services for Older Adults



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FEBRUARY 15

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rmorthmla@mymts.net

– Manitoba Churches –

Dugald Presbyterian Church / Dugald United Church – 1889

Text compiled by Tyrrell Mendis

Dugald is a community in the Rural Municipality of Springfield. It is 22 km. (13 mi.) east of Winnipeg at the junction of Provincial Trunk Highway 15 and Provincial Road 206.

In the late 19th century the Presbyterians in the area met in each others' homes for services. The need for a designated place in which to worship was soon recognized. Construction of a church was begun in 1886. It was completed and in use by 1889. Some time later the Dugald Methodists joined the congregation.

The building's original foundation was of tamarack lumber. At present the Dugald United Church is on a high foundation so it is not accessible to wheelchairs. Also inaccessible is the single washroom in the basement. The basement and vestibule were added in 1914.

Congregants from Dugald Methodist joined Dugald Presbyterian when the Methodist church closed in 1923. In 1925 Dugald Presbyterian formed a local Union and officially became Dugald United Church.

At one time the Dugald ministry was shared by three districts. In 2020 there were only two, Dugald and Oakbank.

In 1923 "the Dugald Pastoral charge also included Plympton and Oak Bank. Rev. W.M. Turnbull officiated. Millbrook joined the charge in 1953 and Hazelridge joined in 1955. The Millbrook church was moved to Anola to become the Anola United Church. In 1966 Plympton withdrew from the charge. The charge became known as Dugald-Oakbank in 1983. In 1994 the charge was split and Oakbank became its own pastoral charge, and Dugald and Anola became the Dugald-Anola Pastoral charge in Selkirk Presbytery." This charge split in

2010. They are currently separate pastoral charges in the Prairie to Pine Regional Council of the United Church of Canada.

In 2010 the congregation and the Dugald Church Board decided it would be too expensive to upgrade the church to make it wheelchair accessible. The alternative was to find another location for church services.

With that in mind the decision was made to build a seniors' housing complex with a chapel/common room designed for religious services. That would provide the aging congregation with homes close to the church. A resolution was passed to tap the Memorial Fund for the amount of the approximated value of the church for the construction of a seniors' housing complex with a chapel for church services.

The 47-unit complex known as Dugald Estates was built at 800 Jaffray Street, a few blocks east of the church. The first tenants moved in in December 2015. Services are now held in the common room/chapel known as the United Centre, for the use of which the church pays monthly. Services are shared with Oakbank United Church Pastoral Charge.

For seven years, from 2013, the church basement was rented to a community group running a "before and after" school program. That helped offset the costs of heating and maintenance. That group is moving out, though. Also, for while a faith group used the building on weekends. But they outgrew the chapel area and have moved elsewhere. So, rather than look for other tenants, the church is now for sale.



The final worship service in the Dugald United Church was on June 26, 2016.

Note: Text compiled by Tyrrell Mendis from information provided by Bruce Friesen and Howard Smith. Photographed in 2015 by Bruce Friesen.

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)

www.sacredplaces.ca

now available online

Places of worship from around the world are featured in a new website - **www.sacredplaces.ca**.

The majority of images on the site are of Manitoba.


All photographs are by **Tyrrell Mendis** of Winnipeg, MB, taken in Manitoba over 35 years, and in other places over a longer period. All were acquired during excursions with his wife, Doreen.

The galleries on the website will be enlarged on an ongoing basis. The additions will come from images of over 700 churches in Manitoba, and more than 200 from the rest of Canada and other countries.


Some of the churches have already been featured in *Senior Scope*.

Visit today at:

www.sacredplaces.ca



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The Photographer

Tyrrell Mendis is a photographer and writer with a background in architecture, town planning and library science

About Tyrrell

Church Listings

Sacred Places is an extensive photographic archive of historical churches from across Canada and around the world

View Gallery

Exhibition

Testaments of Faith is a travelling exhibition of my photography. Click below for more information

Exhibition Info


Book

Testaments in Wood and Stone is my proposed book of 100+ images of Manitoba's 19th Century Churches

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Light at the end of the Tunnel?

October is Seniors' and Elders' Month in Manitoba

Hello everyone and welcome back. Hope you're all safe and well. As you know, it's been a struggle for many if not most these past 12 months to find anything even closely resembling our past normal. Covid has truly taken its toll on this world of ours, but we're still here and looking forward to what we might actually have ahead of us this year. Once we get this Vaccine situation closed out and if by the end of summer we're lucky, most if not all needing, wanting, requiring a shot will have gotten it, none too soon if you ask me.

Speeding ahead, we can now announce that we've finally been able to book the first two 'Live In-Person' dates for the **Pros Know Expos for 2021**. Keeping fingers crossed we're looking at **October 1st and 8th**, with the **22nd and 29th on the radar** as well. The significance of these dates is that **October 1st is 'National Seniors Day'** in Canada and the rest of the month is celebrated as **'Seniors' and Elders' Month'** here in Manitoba.



of The **Pros Know EXPOS**

This will also give us some time to set things up for you and your family to be able to embrace the many features, products and services we'll have available for everyone at that time. This includes that ability to 'Pre-Book' meeting appointments with some of your favorite Company Consultants and 'Quick-View' all

the others there as well. Now with these new dates set in stone (For Now!), we're working on getting the **'Pros Know Expos Website'** updated and **re-launched on March 1st**. The significance of this is that it will allow you to review and make contact with any or all of the folks involved 'Now' in advance. If you need help immediately, why wait till October, correct? So in essence the **2021 Pros Know Expos** will actually officially **start this March 1st 'On-Line'** and culminate with the **'Live' shows in October**, added value for everyone indeed.

For your gratification and education, next month in this column and each month till September, we'll be featuring and introducing one or more of our many Service & Product Vendors that are available for you and yours. These professionals come from many great Organizations and Companies and

are dedicated to the well being of our Older-Adult Community here in the City and Province. From soup to nuts as they say. The folks have countless years of experience in helping us live better and longer. That is their pledge. Lastly, please feel free to share this copy of *Senior Scope* with Family, Friends and any others you feel could use some help and encouragement. The vendors here in this marvelous newspaper are proud supporters in their very own right and continue to contribute to *Senior Scope* and our collective community. If you would like to subscribe to *Senior Scope* please call **204.467.9000** to enquire. You can also read *Senior Scope* 'On-Line' at **'seniorscope.com'**. Thank you all and we're looking forward to our *Re-Launch on March 1st* at **prosknowexpos.ca**. ■

Take Care, Trish & Rick

Link to **Senior Resource Finders** website : http://prosknowexpos.ca/Pros_Know_Expos_On-Line_2020/Senior_Resources_1.html

NEW COVID-19 PUBLIC HEALTH ORDERS EFFECTIVE FEB. 12

The province announced that it is loosening a variety of restrictions while ensuring protocols are in place to protect Manitobans from the risks of COVID-19. The new orders will take effect at 12:01 a.m. on Feb. 12 and will last for three weeks. "These new orders allow us to resume more activities and services

we enjoy, but we cannot let our guard down yet," said Dr. Brent Roussin, Manitoba's chief provincial health officer. The new orders also bring the entire province under the same restrictions. Manitobans need to continue to follow the fundamentals at all times including staying

home when sick, frequent hand-washing and wearing masks. Household visitor restrictions remain at up to two designated people, and visits of five people plus members of a household on an outdoor private property. Retail stores can open at 25 per cent capacity or 250 people maxi-

mum, and non-regulated health services, including hair salons and barbershops, can open with 25 per cent capacity with both maintaining adequate physical distancing. For up-to-date information on COVID-19 in Manitoba, visit **www.manitoba.ca/COVID19**.

<u>Non-licensed restaurants</u>	Reopen at 25 per cent capacity with: <ul style="list-style-type: none">patron groups limited to household members only;physical distancing measures in place between tables;contact tracing information gathered from all parties;food cannot be served buffet style; andfood cannot be served for dine-in between 10 p.m. and 6 a.m.
<u>Licensed establishments</u>	Reopen at 25 per cent capacity with: <ul style="list-style-type: none">patron groups limited to household members only;no more than five people per table;physical distancing measures in place between tables;patrons must remain at their tables except for specific purposes such as using washroom facilities;contact tracing information gathered from all parties;liquor can only be served if a meal has been ordered;liquor cannot be sold or served between 10 p.m. and 9 a.m.;food cannot be served for dine-in service between 10 p.m. and 6 a.m.
<u>Outdoor rinks</u>	Reopen for casual sports as well as organized practices and games, with multi-team tournaments not permitted.
<u>Indoor washroom facilities at outdoor sporting or recreational venues</u>	Reopen to those participating in the associated activities with safety measures in place.
<u>Gyms, fitness centres and yoga studios</u>	Reopen at 25 per cent capacity with the following measures in place: <ul style="list-style-type: none">physical distancing measures between patrons;patrons and staff must wear a mask in the facility at all times;change facilities should not be used other than for access to washroom facilities;individual workouts or one-on-one instruction between a staff member and patron are permitted;no group activities or classes may take place; andcontact tracing information must be gathered from all patrons.

<u>Indoor sporting facilities such as rinks, gymnastic clubs and martial arts</u>	Reopen at 25 per cent capacity including both staff and patrons for individual, one-on-one instruction only.
<u>Athletes identified as potential competitors at the summer or winter Olympics or Paralympic Games</u>	Able to train at indoor sporting facilities, with safety measures in place.
<u>Places of worship</u>	Able to hold regular religious services if a service does not exceed 10 per cent of usual capacity or 50 people, whichever is lower, with physical distancing measures in place except for those who are members of the same household.
<u>Self-help groups for addictions and other behaviours</u>	Able to hold meetings at 25 per cent capacity of the premise where meetings take place, with physical distancing measures in place.
<u>Museums, art galleries and libraries</u>	Reopen at 25 per cent capacity with physical distancing measures in place and contact tracing information gathered from each patron group.
<u>Personal services businesses</u>	Reopen at 25 per cent capacity with physical distancing measure in place between patrons and workstations, with contact tracing information collected from patron. Personal services businesses include those providing pedicures, electrolysis, cosmetic application, tanning, tattooing or massage services.
<u>Photography and videography</u>	Able to offer services to individual clients or those residing in the same household, in addition to providing services at weddings, with the exception of visiting client homes.
<u>Film industry</u>	Able to operate fully with physical distancing and other safety measures in place.

Collecting in the Pandemic

By Metro Hnytka, member of the Manitoba Coin Club



House-bound and bored... that is a problem. I took the initiative to sort many of my coins. There were many I hadn't really even looked at, especially coins that I purchased a long time ago. Canadian 25 cent paper (called shinplasters), blue \$2 bills from 1935, American 2 cent

coins, Hard Times tokens, 3 cent silver and half dimes. Many coins from countries that don't always come to mind. I found a 1869 Peruvian SOL coin that was interesting, a British 1797 two pence, and medallions from almost everywhere. Some of these I have had for 40-50 years or more. Now they deserve a really good second look. When I bought these coins, they were considered lesser value but

time has brought them into their own. Of course there are coins that will never be worth more than metal value, but they may still be very interesting. Many bank notes have captured people's interest and pride, like the Canadian 1867-1967 serial number on a 1967 \$1 bill. I think everyone over 40 has seen one of these – quite common. Canada also had a \$4 bill, it was easy to convert to the British

Pound which was worth around \$4. So, if you collect coins and are bored, sort them out and take a look at something that you have missed. I did and I am very pleased with the results. It took away boredom and gave me an eagerness to look again. Metro Hnytka Manitoba Coin Club



Sizes not exactly as shown.



Old-fashioned Sundaes

Fun during COVID-19

Hello everyone my name is Janice and it is my privilege to be here to share A lighthearted story. My friend Shar and her husband Ted were very happy to resume their weekly traditional Sunday dinners with Shar's paternal grandparents. They looked forward to in-person conversation again. They all enjoyed a lovely dinner with all the trimmings. After dinner, Ted and Grandpa went into the living room to watch a little TV. Meanwhile, Grandma and

Shar prepared coffee and Grandpa's favourite – traditional Old-fashioned ice cream Sundaes. Once they had all the different toppings in the serving dishes and the ice cream had been scooped, the guys came back into the dining room to enjoy the anticipated dessert. But Grandpa seemed to be having a little trouble and was a little bit slower and struggled somewhat to sit down. Shar was serving the toppings and asked kindly to Grandpa, "Crushed nuts?" "NO," answered

Grandpa in a stern annoyed voice! It is ARTHRITIS! Right at that moment all four of them realized what was just said and bust out laughing, so hard tears were streaming down all their faces, as were mine when I heard this story because I know her grandfather and his character! It was such a happy, funny, lighthearted story that I just asked her if I could share with you all! With all this Covid, code red, lockdown, social distancing, and travel

restrictions, it was time to hear about a happy reunion and lighthearted story. One last little extra – I heard a revised version of an old joke. Why did the chicken attend the seance? To get to the other side! LOL! I look forward to reaching out and saying a few words to you again next month, in the meantime I wish for you happiness and smiles as we are now able to get out a little more, and have some family and/or friends come to visit. ■



Mark's Remarks - BIGFOOT (Part three)

In the last issue of **Senior Scope**, my story ended when I had woken up to something jabbing me after falling in a ravine trying to outrun a cougar. After regaining consciousness, I realized I was encountering a Bigfoot... So I was sitting on the moss shrouded rocks, cringing actually, looking up at the most massive thing on two legs that I had ever seen. From my vantage point I could see that it was a male Bigfoot. I was no happier with this information than I was with the way I'd acquired it. I somehow felt that a female Bigfoot would be less inclined to eat me. He stood before me looking impossibly tall and I sat before him probably looking ridiculously small. We regarded one another for a few moments. Unlike the cougar, he didn't appear menacing, despite holding a length of wood that appeared to be a portion of a birch

trunk though it was hard to tell as the bark had been long since removed. This was no piece of wood he'd plucked from the ravine floor. It was worn with long use, as thick as a baseball bat where he held it and no thinner than a shovel handle at the end that faced me. This was a tool or staff of some rudimentary sort. I doubt it was a weapon as the tip was blunt not sharpened, but it was clearly a device which he had fashioned for his own purposes. He was holding it in a way that I would have found awkward, palm down with his thumb wrapped around it on the same side as his fingers. It took me a moment and a glance at his other empty hand to realize that his thumbs weren't opposable like ours. His eyes, easily spaced at least three inches on his massive face, were dark rusty brown in color and they were assessing me with clear concern. He motioned his staff toward me and I flinched away, scampering backwards in a crab crawl. His eyes switched from

concern to frustration and he took a heavy bent kneed step toward me and pressed the staff against my side, thrusting me to my feet. His strength was enormous. The staff never wavered as I used it like a rail to pull myself to my feet. Once I stood facing him, he looked at me squarely then turned away and began walking. After a few steps he turned his upper body toward me and beckoned me to follow. I did. We negotiated much of the ravine and then branched off through a gap in the rock wall that I would have never seen on my own and progressed several yards up a gentle incline before emerging from the rocky environment into a relatively flat forested area. As he led and I followed close behind him, I took note of his reddish brown coat of fur which was highlighted with streaks of silver that reflected brightly whatever sunlight managed to filter down through the leafy canopy above. I could barely see the domed top of his head above his exaggerated

lumpy deltoid muscles but I saw enough of it to see with a touch of perverse humour that he was beginning to bald back there and wondered how old he might be. After a time I heard faint despairing cries of help in the not too far off distance. It was then that I realized this great ape man before me was guiding me to another of my kind who had befallen misadventure. When we were close enough to the weakening pleas for help for me to locate the source without further assistance, the Bigfoot stood aside and gestured me to pass. I did. I progressed to the source of the cries without looking back. I knew the big guy was gone or at least out of sight, waiting to see that I needed no help rescuing whoever it was that needed it. Turned out to be a fellow who'd taken a spill off-roading with his quad and had broken his leg. I helped him back to civilization and never spoke of the Bigfoot until now. ■

Things To Do

WINNIPEG

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

MISC EVENTS

Manitoba Coin Club (MCC) - members and guests are invited to join in on Zoom™ meetings, 4th Monday of the month, except for July-Aug., at 7-9 pm CST (MB). Opens at 6 pm for pre-meeting chat. Feb. 22, Mar. 22, Apr. 26, May 24, Jun 28/21. Agendas will be posted online at www.manitobacoinclub.org. Participate by computer, with or without a camera, or phone. Join meeting at <https://zoom.us/j/97682908459> Meeting ID: **976 8290 8459** Passcode: **216209**

Forum Art Centre - Online classes. To register and for info: <https://www.forumartcentre.com/product-category/online-classes>. Info: shawna@forumartcentre.com.

Wildlife Haven - 'Art for Wildlife' Online Art Auction - Feb. 19-28. Featuring artwork made by local artists. To receive auction notifications and updates, register your account at www.wildlifehaven.ca/auction. Info: **204-878-3740**, info@wildlifehaven.ca. All proceeds go toward medical equipment and food/supplies.

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**

Folklorama at Home

- Free virtual programming, Fridays, 7 pm on YouTube : Feb. 19 - Origami Class; Feb. 26 - The Colours of Latin America at Carnaval; Mar. 5 - The Magic of the Steel Pan – Music of the Caribbean; Mar. 12 - The Brazil Experience in Canada: Music and Culture; Mar. 19 - Learn How to Irish Dance; Mar. 26 - Paska Workshop – Traditional Ukrainian Bread & Dough Decor. (Register at Folklorama.ca to be sent the YouTube link)

Saving Audio - Stereo Equipment E-Waste service. Accepting items such as; Amplifiers, Speakers, Tuners, Record Players, Parts, Music Instrument Amps, Test Equip, etc. Call a Saving Audio volunteer at **204-257-7575** to arrange free pickup or drop-off.

VOLUNTEERING

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

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

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

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SAFELY DISTANCE FROM OTHERS

Actionmarguerite St. Boniface, 185 Despins Street

- Volunteers needed to transport residents in wheelchairs to their in-house appointments, incl. Mass. **204-235-2111**, service@actionmarguerite.ca

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

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

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

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

PROGRAMS / SERVICES

Pembina Active Living (PAL) 55+ - Winter online programs continue for free due to a **Safe at Home MB** grant. New program – **Beginner Qigong**, Fridays 11 am – registration still available. Special presentations: **Still Bloomin' Gardening Club** - Thur. Feb. 25, 1 pm (speaker Nick Barnes on the landscaping at Whyte Ridge Community Center). Info: office@pal55plus.com, www.pal55plus.com, **204-946-0839**.

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

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

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

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. **FREE** for non-profits and current advertisers. Submit PSAs by March 3 for March 10/21 issue.

NOTE: If your 55+ non-profit organization has events, or fundraisers, virtual or otherwise, send your information to Senior Scope to be published in this section.
Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. **FREE** for non-profits and current advertisers. Submit PSAs by Mar. 3 for Mar. 10/21 issue.

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 Winter Program Guide** at: www.aosupportservices.ca

CONNECT Program for Adults 55+

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

PRESENTATION SERIES

WINNPEG'S '50s NORTH END KIDS TUESDAY, FEB 23 - 10-11 am
Presenter: Bud Ulrich, former CFL Head Referee and Author of *Together at Tobans, Winnipeg's North End Kids in the 1950s*

TRAVELOGUES ACROSS THE MILES WEDNESDAYS, APR 28 - 2:30-3:30 pm
Join participants from Without Walls programs in Texas, New York, California, Ottawa, Alberta & Moose Jaw for an interactive discussion about a variety of topics.

TASTES, TALES & TRAVELS OF WORLD THURSDAYS, MAR 18, APR 15 - 2-3 pm
Presenter: Kathryn Harper, SCWW Participant and Volunteer.

BOOK JOURNEYS & SHORT STORIES AFTERNOON BOOK CLUB: THE LITTLE OLD LADY WHO BROKE ALL THE RULES BY CATHARINA

INGELMAN-SUNDBERG MONDAY, FEB 22

Presenter: Madeline Kirc, SCWW Participant and Volunteer Note: No sessions Feb 15 or April 5

WRITTEN BY MARGE TUESDAY, MAR 30 - 10-11 am

Presenter: Marge Barker, SCWW Participant and Volunteer. Mystery, adventure, serious, humour.

POETRY CORNER WITH MADDE TUESDAYS, MAR 2, APR 6 - 10-10:30 am

Presenter: Madeline Kirc, SCWW Participant and Volunteer

SHORT STORIES THURSDAY, FEB 18, MAR 4 & 18, APR. 1, 15 & 29 - 10-10:30 am

Presenter: Kathryn Harper, SCWW Participant and Volunteer.

FEATURES JOKES, ETC. WEDNESDAY, APR. 14 - 1:30-2 pm

Good, clean jokes and stories.

COFFEE TALK THURSDAYS, FEB 25, MAR 11 & 25, APR 8 & 22 - 10-10:30 am

Join other Walls participants from around Manitoba to discuss anything and everything!

CHAT PACK WEDNESDAY, MAR 31 - 1:30-2 pm

Join us for this interactive game where we ask fun and thought-provoking questions.

DID YOU KNOW? WEDNESDAYS, MAR 3 & 24, APR 7 & 21 - 1:30-2 pm

Join us for fun facts and trivia of all kind!

BRAIN TEASERS MONDAYS, FEB 22, MAR 1, 8, 15, 22 & 29, APR 12, 19 & 26 - 10-10:30 am

Note: No sessions on February 15 & April 5

BIOGRAPHIES: ALEX TREBEK, THURSDAY, MAR 4 - 1:30-2:00 pm

SPELLING BEE FRIDAYS, MAR 12, APR 9 - 10-10:30 am

Presenter: Mary Bana, SCWW Volunteer Improve vocabulary and mental sharpness.

IDIOM ADDICTS, PLUS FRIDAY, FEB 19, MAR 19, APR 16 - 10-10:30 am

Presenter: Mary Bana, SCWW Volunteer Learn about the origins of words and expressions in the English language

CELEBRITY BINGO

Bingo over the phone! Three lucky bingo cards mailed per game. Play along at home. **TUESDAY, FEB 16 - 2-2:30 pm** Holly Moore - Producer - APTN **TUESDAY, MAR 2 - 2-2:30 pm** Sylvia Del Vecchio - Intake Worker - A & O **TUESDAY, MAR 16 - 2-2:30 pm** Tom McGouran - Morning Show Host - 94.3 FM

WHAT'S THE VERDICT? TUESDAYS, FEB 16, MAR 9, APR 20 - 11-11:30 am

Presenter: D. Andrew Torbiak, Associate, Myers LLP, SCWW Volunteer Learn about and discuss challenging cases.

GAME SHOW MANIA THURSDAYS, FEB 25, MAR 11, APR 8 & 22 - 2-2:30 pm

Get your game show fix and play Family Feud, Jeopardy and more!

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Today's Recipe
Larry McIntosh
www.PeakMarket.com

Vegetable Cheesecake

Metric	Ingredients:	Imperial
30 ml	olive oil	2 tbsp
4	large potatoes, thinly sliced	4
15 ml	olive oil	1 tbsp
1	leek, chopped	1
1	zucchini, grated	1
1	each red & green bell pepper, sliced	1
1	carrot, coarsely grated	1
30 ml	fresh parsley, chopped	2 tbsp
225 g	cream cheese, softened (regular not light)	8 oz
50 ml	sharp cheddar cheese, grated	1/4 cup
2	eggs, beaten	2
-	salt & pepper to taste	-

In a large skillet; heat 2 tablespoons (30 ml) olive oil. Add potato slices in batches and cook over medium heat until softened and browned. Drain thoroughly on paper towels. Make a layer, overlapping, in a 8 inch (20.5 cm) springform pan.

In another skillet; heat remaining olive oil. Add leek and saute over low heat for 3 to 4 minutes until softened, reserving some leek for garnish. Add zucchini, red peppers, green peppers, carrot and parsley. Cook until soft over low heat, about 5 to 7 minutes.

Meanwhile, in a medium bowl; beat cream cheese, cheddar cheese and eggs together. Add vegetables to cheese mixture. Season with salt and pepper. Spoon cheese mixture onto potato base.

Bake in preheated 375 F (190 C) oven for 20 to 25 minutes until cake is set. Remove from pan, garnish with leek and serve.

Serves 4

WORDSEARCH - COVID PANDEMIC

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

BRAIN CARING CASES CHINA CORONA COUGH COVID CRITICAL DOCTORS

EXPOSURE FACE FEVER FINES FLU-LIKE FOG FRONTLINE HAUL HEALTHCARE

HEROES HOME HOPE HOSPITAL ICU ILL INFECTIOUS ISOLATE LAB

LONG MASK MOUTH NEGATIVE NURSES ORANGE PCH PHONE PPE

PUZZLES READ RED RESPONSE RESTARTMB SAFE SECURITY SOCIAL SWAB

SYSTEM TEAM VACCINE VARIANT VIRUS ZOOM

SOLUTION ON NEXT PAGE

CROSSWORD - Water, Water Everywhere By Adrian Powell

ACROSS

1 Car's essentials

6 Coffee house buy

11 Deer, a female deer

14 Mid-calf pants

15 Broadcast studio warning sign

16 Edge of your glass

17 1000km river that ends up the Red

19 Bernese mountain

20 Like the Mariana Trench

21 Lowest high tide

22 Ajax cleaning rival

24 "Skip to My ___"

26 Where deltas form

28 Waters you can see from Gimli

33 Utilize

34 Seamstress' small accessory case

35 Stick

39 No good, lyin' stoolie

41 1/3 tablespoon (abbr.)

43 Hunt for mink

44 Portuguese city that attracts religious tourists

47 Galway's locale

50 Lennon's Yoko

51 Camperville's lake

54 Dangerous eating disorder

57 Currency of Peru

58 Official dispatch craft

59 50 % off event

62 Woodworker's groove

66 Hot dog holder

67 It starts near Prince Albert and flows into 28A

70 Pub offering

71 Another time

72 Ballet school rail

73 Crestfallen

74 Solid as a rock

75 Eyelid afflictions

DOWN

1 Very large amount

2 "With the greatest of ___"

3 Alar's surroundings, usually

4 Rare baseball hit

5 Break a Commandment

6 Where a stud might look good

7 Scarce buffalo from Bali

8 Large city in Taiwan

9 Pan Alley

10 Put up

11 Shakespearean product

12 Guy who skates for Edmonton

13 Totally vacant

18 Many Iqaluit residents

23 Should

25 Have financial obligations

27 A high class hotel will have one

28 Sail into the wind

29 China bailiwick

30 Canterbury's UK county

31 Bolt securer

32 Canadian with Japanese parents

36 Deity who's busy on Feb. 14

37 Regal Punjabi lady

38 Saga in verse

40 Quirky, little New Zealand birds

42 Domino dot

45 Champagne and DJ cocktails

46 Vowel that follows an E

48 Adjust the alarm clock

49 Narcissist has a big one

52 Bahamian capital

53 Outmoded

54 Spongy, rum-faced cakes

55 Dangling thing in your throat

56 Like notebook paper

60 Similar (to)

61 Hit the tarmac

63 Off kilter

64 Take a risk

65 "This ___ on me!"

68 Before today

69 Where Judge Judy can still be seen

SOLUTION ON NEXT PAGE

FACEBOOK FINDS

FROM THIS TO THIS:

DORMITORY DIRTY ROOM

PRESBYTERIAN BEST IN PRAYER

ASTRONOMER MOON STARER

THE EYES THEY SEE

THE MORSE CODE . . . HERE COME DOTS

SLOT MACHINES CASH LOST IN ME

ANIMOSITY IS NO AMITY

ELECTION RESULTS . . . LIES LET'S RECOUNT

SNOOZE ALARMS . . . ALAS NO MORE Z'S

A DECIMAL POINT . . . I'M A DOT IN PLACE

THE EARTHQUAKES . . THAT QUEER SHAKE

ELEVEN PLUS TWO . . . TWELVE PLUS ONE

I'M SO GLAD I LEARNED ABOUT PARALLELOGRAMS IN HIGH SCHOOL MATH INSTEAD OF HOW TO DO MY TAXES. IT COMES IN SO HANDY DURING PARALLELOGRAM SEASON.

Pharmacist to customer as he hands her a bottle of pills: "You may experience irritability and pain in the hands and wrist... and that's just from trying to get the cap off."

HIGHWAY BILLBOARD:

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HUMOUR



Rick Goodman
rickgoodmansk@gmail.com

HOW TO NAME A DOG

By Rick Goodman ©Copyright 2020 / Email rickgoodmansk@gmail.com / Photo of Bernie by Beatrice Daigneault

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



Bea and I do a lot of what some people call glam camping out on the Canoe river which isn't too far from where we live up in northern Saskatchewan. It's a nice setup. We have a big canvas tent set up on a deck overlooking the river. I can sit there in the evening and keep an eye on one of my favourite walleye spots and in my more reflective moments feel sorry for those people not as fortunate as ourselves.

Bea had to work this particular morning so I drove her into town, picked up some ice and other supplies while I was there, and headed back to camp. And was surprised to find a small black and tan dog sit-

ting on the deck. No collar, matted fur, starved, smelly and desperate.

Where I grew up if it moved we either ate it or fed it, usually but not always, in the hope of being able to eat it at a later date. That's what they call farming.

I had no plan to eat this dog any time soon but *she* sure looked hungry. There was some bologna in the cooler so I fished it out and watched her make it disappear. She was licking her chops and looking for more so I watched her make some bread and eggs disappear. Then I watched her throw up and make it all disappear again. After lunch I settled on the deck to watch my walleye spot for awhile. The dog sat at my feet

and looked at me like I was some kind of god. There didn't seem to be anything for it but to jump in the truck and head to town for a bag of dog food.

The next morning was cool and clear with just a touch of breeze. Perfect for fishing.

"Come on Dog," I said, "Lets go and catch lunch."

She wasn't sure if she should get in the boat. Things hadn't turned out all that well the last time she'd gone for a ride but in the end she decided to risk it. Sort of like having to get in a plane after the last one you were in crashed. Heading up the river I had to keep feeding her milk bones to keep her settled and she was going through them like an aerophobia victim goes through valium. Lucky for her it was going to be a short trip.

I suffer from allergies. Cats up to this point had triggered the worst symptoms. But nothing like I experienced that morning. We were just rounding The Big Bend when some unknown odourless, unseen something came down on the breeze. One second I was fine and the next I was wheezing for air. My eyes squinted shut and I began producing tears and mucus so fast I thought I might have to reach for the bailing can. There was antihistamine in camp if only I could make it. I hauled the boat around and revved the motor

up as fast as it would go. The extra vibration panicked the dog and she began to howl. My eyes were tearing so badly I could barely see. There was no Kleenex. Swiping at them with my forearm wasn't keeping up with the flow so in desperation I kicked off a shoe and peeled off a sock. It wasn't perfect, but it was better than the forearm.

The dog had given up howling and was now huddled on the floor making an anguished keening noise. There was a hundred pounds of noise coming out of a fifteen pound dog. Oddly enough it went well with the clatter of the outboard. And that's how we went past our neighbour who was trolling up the river. Red faced, running nose, swiping at my eyes with a sock, with the dog out of sight sounding like an Irish wake after the liquor has kicked in.

I shook my head in misery as we went by.

"I guess they're not biting hey," he hollered after me.

I ran the boat hard aground and we both went up the hill at a dead run. Me for the antihistamine and her for the safety of the deck.

Late that evening, over whiskey and milk bones we decided that any dog that can vocalize like that deserves a good Irish name. And that's how Bernadette (Bernie for short) got her name. ■

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 "J"

1. Yogi Bear likes to hang out at this park:
2. This bay is south of Hudson Bay:
3. This was a popular dance with the teenagers back in the 1940's:
4. He is known as "The Piano Man" and has written the song with that title:
5. He added to the fun in the movie "A Fish Called Wanda":
6. Smuckers makes this product:
7. He was the star in the movie "Saturday NightFever":
8. This is a large dangerous cat and an expensive automobile:
9. This toy figurine jumps out of the box when the lid is opened:
10. Your mandible and maxilla bones are located here:
11. They drink this 'Mint' refresher at Churchill Downs race track.:
12. His brilliant Trivia mind won him \$2.1 million playing Jeopardy:
13. This is the capital of Indonesia:
14. This is the name for young Kangaroos:
15. "Imagine" will be remembered as his greatest song:
16. This is South Africa's biggest city:
17. This American President said "We Choose to Go to the Moon":
18. This exceptional man was Obama's Vice President:
19. First name of Bieber and Timberlake:
20. Alfred Hitchcock had her murdered in the shower:
21. These two with last name "J", are still very popular, wrote, sang and played the piano for over 40 years:
22. He is a former Prime Minister's son:
23. This Biblical character spent 3 days in the stomach of a whale:
24. Every British Queen with this name was either murdered or went insane:
25. Joaquin Phoenix won The Best Actor Oscar for his part in this movie:
26. This is a very short period of time:
27. This funny man of days gone by said: BANG ... BOOM, TO THE MOON, ALICE:
28. Louis Armstrong is considered the first real soloist to play this form of music:
29. He laughed so hard his belly giggled like a bowl of this:
30. These three months total 92 days:



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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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CROSSWORD - Solution

SEATS	LATTE	DOE
CAPRI	ONAIR	RIM
ASSINIBOINE	ALP	
DEEP	NEAP	COMET
	LOU	ESTUARY
LAKEWINNIPEG		
USE	ETUI	ADHERE
FINK	TSP	TRAP
FATIMA	EIRE	ONO
	WINNIPEGOSIS	
BULIMIA	SOL	
AVISO	SALE	DADO
BUN	SASKATCHWAN	
ALE	AGAIN	BARRE
SAD	SOUND	STYES

WORDSEARCH - Solution

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

A to Z Trivia 'J' SOLUTIONS

- | | | |
|--------------------|--------------------|-------------------------------|
| 1. Jellystone | 11. Julip | 21. John (Elton) Joel (Billy) |
| 2. James Bay | 12. Jennings (Ken) | 22. Justin |
| 3. Jitterbug | 13. Jakarta | 23. Jonah |
| 4. Joel (Billy) | 14. Joeys | 24. Jane |
| 5. John Cleese | 15. John Lennon | 25. Joker |
| 6. Jam | 16. Johannesburg | 26. Jiffy |
| 7. John Travolta | 17. Jack Kennedy | 27. Jackie Gleason |
| 8. Jaguar | 18. Joe Biden | 28. Jazz |
| 9. Jack In The Box | 19. Justin | 29. Jelly |
| 10. Jaw | 20. Janet Leigh | 30. January, June and July |

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

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<https://www.brightwaterseniorliving.com/senior-living/mb/winnipeg/linden-pointe/>

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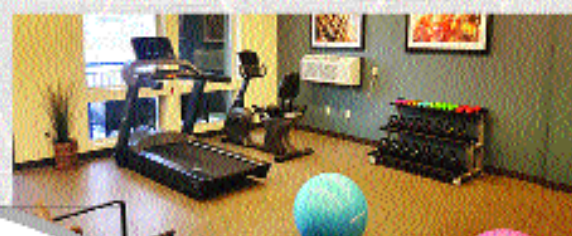
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