



Mobile Law Office - "We Come To You"

Ph: 204-808-0418

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

Call us or click  
on our website  
today

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

Join Senior Scope on:



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

# Senior Scope

FREE COPY

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

Advertising Feature

## Lions Housing, becoming an even better choice for seniors

- Lions Housing Centres



Despite the challenges that the Covid-19 pandemic has brought about, downtown Winnipeg is seeing an economic resurgence with the construction of new condominiums, eye-catching office buildings and some exciting new restaurants. Not far from downtown sits a couple of iconic 55-Plus apartment complexes that are going through a significant resurgence of their own. Lions Housing Centres, part of Lions International, has made changes

over the last 12 months, some of which have been a long time coming.

The "refresh" of Lions Housing Centres began in January of 2020, when Gilles Verrier was invited to join the Board of Directors at Lions Manor. What he thought would be a volunteer activity, turned into an offer to take on the challenge of operating the Lions Housing Centres. For 65 year old Verrier who has an impressive background in business, the decision was easy. "I know they

do good work in the community, and it was at the request of a friend to come and help because they needed some assistance." It was clear to Verrier that the organization needed a lot of restructuring if it was to move forward. Every aspect of the organization had to be scrutinized - and it has not been a small undertaking.

"They needed more than short-term help, they needed restructuring," he said. Gilles knew that hiring the right personnel was the key

Continued on page 3

Young Onset Dementia  
INSIDE: A Daughter's Story



Alzheimer Society  
MANITOBA  
[alzheimer.mb.ca](http://alzheimer.mb.ca)



RELIABLE HOME CARE AGENCY  
PRIVATE HOME & HEALTH CARE SERVICES

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

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

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



### ATTENTION SENIORS! FREE FELLOWSHIP ACTIVITY BINS AVAILABLE

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

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

These activity bins are brought to your  
home and include many interesting  
activities for all interests. Activities include  
coloring and activity book, crafts, puzzles,  
books, movies, at home exercises, easy,  
healthy recipes and much more.



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



LIONS MANOR

55+ Independent Living Apartments

### BRAND NEW SUITES AVAILABLE PROMOTIONAL OFFER

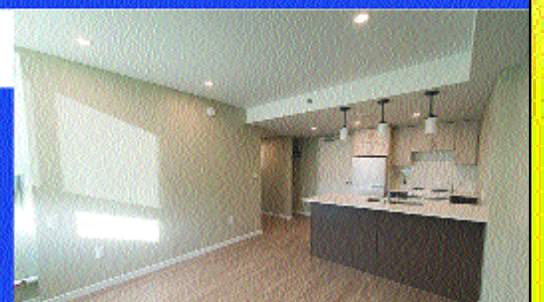
NEWLY RENOVATED 1BR SUITES

STARTING AT **\$770/month\***

Includes All Utilities

\*FOR ALL 6 MONTH LEASES SIGNED BY APR 1ST 2021

320 SHERBROOK ST. WPG | 204-784-1239 | [lmleasing@lhc.ca](mailto:lmleasing@lhc.ca)







# ILRC Agent - Safe, Quality Support at Home



- ☑ Seeking quality attendant supports?
- ☑ Concerned about Personal Care Home options?
- ☑ Prefer to remain in your home, safe and in control of your daily routine?

**The ILRC (Independent Living Resource Centre) Agent program is the SWITCH, "Seniors With Independence In Their Community Home", you need that can change how you think about your independence.**

#### **We offer:**

- ☑ Tailored attendant supports for in-home residents.
- ☑ Over 35 years of community based program delivery and experience.
- ☑ Your staff will receive comprehensive in-house Independent Living Attendant training specific to your community needs.
- ☑ Affordable non-profit rates.



**By making the switch to ILRC Agent you have the opportunity to:**

- ☑ Access the most affordable support with ILRC expertise in community care.
- ☑ Apply choices in how your support requirements will impact your life.
- ☑ Remain involved in your community.
- ☑ Control your safety, security, and independence.
- ☑ Enjoy life your way, every day.

Call us and ask about ILRC Agent  
**204-947-0194**  
 and visit our website at **[www.ilrc.mb.ca](http://www.ilrc.mb.ca)**

Lions Housing, *cont'd from front page*

Advertising Feature



Lions Housing Centres - Interim Executive Director, Gilles Verrier inside one of the new suites at Lions Manor.



Tenants and staff at a Lions Housing complex.

to the process. “I was fortunate to find the staff who have the right attitude, desire, and believed in the Lions Mission, Vision and Values,” he said.

There are three buildings in downtown Winnipeg that are under the Lions umbrella. Lions Manor, at 320 Sherbrook Street just north of Portage Avenue, Lions Place at 610 Portage, and Lions View at 310 Furby Street.

When it was built in the 1960's Lions Manor was for a few years Winnipeg's tallest residential building and the largest seniors' residence in Canada. It continues to be well known amongst Manitoba seniors as an important option when looking for safe and affordable housing. Many residents of the three buildings are

second generation having had family members living in Lions Housing through the years. Lions Manor is not only an independent living facility, but it also includes a Supportive Housing residence and a Personal Care Home. Verrier says “Some of our residents begin with independent living. We have important resources we can offer them like housekeeping and laundry. Then, when personal circumstances change they don't need to make a major move to find Supportive Housing, or high-end assisted living. Assistance is available to help with more basic daily activities. Beyond that is the 116 bed Personal Care Home.” A few short blocks east of Lions Manor on Portage Avenue you'll find Lions Place, which includes a wide range of

amenities for the 280 residents who live there. Once Covid restrictions are reduced people will once again have full access to a hall that includes pool tables, shuffle board, a gymnasium, hair salon, greenhouse, large library, convenience store, and a restaurant.

All three buildings are served by major bus routes. They are close to hospitals as well as The Forks. Both Lions Manor and Lions Place currently have suites available for rent. While all 32 suites at Lions View are fully occupied at the moment.

At Lions Manor rents begin at \$636/month for a Bachelor suite. The three floors of newly renovated 1 bedroom apartments start at \$870/month. A promotion that runs until April 1st includes a rent discount of \$100/month for six months

when you sign a lease for at least one year.

Rent at Lions Place start at \$844/month where most suites are larger. At both buildings - most utilities are included in the rent.

It's almost a year that Gilles Verrier has been at the helm. There is still a long way to go – but the progress so far has been rewarding not only for the Lions organization, but for the residents as well. One thing that will not change according to Verrier, is the Lions Mission. “We serve the community, and we are true to that. We will get them assistance no matter what they need.”

For more information on **Lions Housing Centres**, visit their website [www.lhc.ca](http://www.lhc.ca)

Advertising Feature

A Daughter's Story:

The Unique Challenges of Young Onset Dementia

- Alzheimer Society

As a young mom, Jenelle Fender would buckle her kids into their car seats. Then she'd turn to her own mother, Susan, and buckle her in, too.

Susan has young onset dementia. “While I had young children, I did a lot of the same things for Mom as I did for the kids,” says Jenelle. “No one at age 35 expects to have to do that.”

Jenelle's children are older now, and they're beginning to help their Nana. But still, it isn't easy. “It's tough to see your mom, who is physically well, be held back from so much due to their cognitive impairment,” she says of Susan, who received her diagnosis in 2017 at the age of 55.

Jenelle says Susan changes a bit more every day. Even so, she and her sister, Stacy, make a point to share with her the parts of their lives they know their mom would have cared about. “I remember a time when she had words and wisdom to share, always caring and compassionate,” says Jenelle. “Now we rely on facial expressions, smiles and touch.”

While the symptoms of dementia and young onset dementia (also known as early onset dementia) can be similar, the latter is the term used when the disease begins before the age of 65. As in Susan's case, it can affect people who are



Jenelle (left) and her sister Stacy (right) with their mom, Susan

still in their forties and fifties.

Young onset dementia comes with unique challenges. For example, at the time of diagnosis, people are often physically strong and active. If they are still in the work force, they may have to resign from their jobs, losing their income. Many also have a myriad of family responsibilities, which could include looking after young children and elderly parents.

**For Care Partners of Persons with Young Onset Dementia**

Families impacted by young onset dementia often face special and unique challenges. The Alzheimer Society offers a **teleconference/virtual support group** where participants can interact and learn from others.

The **group meets on the third Monday of the month 7-8:30 pm.**

**To participate**, contact the Alzheimer Society at **204-943-6622** or [alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca)

**Reaching Out for Help**

The family reached out for help from the Alzheimer Society, which included attending online classes and accessing the website as an information tool. Jenelle says they were grateful to find resources available in their area of the province.

As the family's journey continues, there are times of joy. Her mom dances “without a care,” and Jenelle is often amazed at how her dad can guide her mom to laughter.

Susan's young onset dementia has left Jenelle and Stacy with the sense that they're missing out on the time they would have had with their mom. Still, says Jenelle, she cherishes the time they can spend together.

“I love it when I get to see the smile on her face, and those moments of clarity when it feels like her again. Those moments when she can put three words together are celebrated. We need to be present and slow down to see the beauty within the journey.” ■

*See advertisement on front page.*



# Senior Scope

## Publisher/Editor:

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

Readership: 60,000+

## Advertising:

204-467-9000

## Regular columns / Submissions:

Roger Currie  
Scott Taylor  
Adrian Powell - Crosswords  
Tyrrell Mendis  
Rick Goodman

## Contributing Submissions:

Active Aging in Manitoba (Karin Whalen)  
Alzheimer Society  
Trish & Rick - Pros Know Expos  
Metro Hnytka  
Annette Bonomo  
Janice L.  
Senaka Samarasinghe

**Senior Scope** is FREE at over 700 locations plus by mail and FREE email subscription, plus online at [www.seniorscope.com](http://www.seniorscope.com)

## Mail Subscriptions:

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

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

## Email Subscriptions FREE:

Email: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca) to sign up.

Available in **Winnipeg** and 90+ rural Manitoba communities: Altona, Anola, Arborg, Ashern, Baldur, Balmoral, Beausejour, Birds Hill, Birtle, Boissevain, Brandon, Carman, Candeboye, Cranberry Portage, Dauphin, Dominion City, Dugald, Elie, Emerson, Erickson, Erksdale, Fisher Branch, Flin Flon, Fraserwood, Garson, Grand Marais, Gimli, Grandview, Hamiota, Headingley, Hodgson, Holland, Ile des Chenes, Killamey, Komarno, La Salle, Lac du Bonnet, Leaf Rapids, Letellier, Lockport, Lorette, Lundar, Lynn Lake, Mariapolis, Marquette, Melita, Middlechurch, Minnedosa, Montcalm, Morden, Morris, Neepawa, Niverville, Notre Dame de Lourdes, Oak Bank, Pilot Mound, Pinawa, Pine Falls, Poplarfield, Portage la Prairie, Plumas, Ritchot, Riverton, Roblin, Roseau River, Russell, St. Adolphe, St. Anne, St. Eustache, St-Jean Baptiste, St. Laurent, St. Malo, Selkirk, Snow Lake, Starbuck, Steinbach, Stonewall, Stony Mountain, Swan Lake, Teulon, The Pas, Thompson, Tolstoi, Treherne, Victoria Beach, Virden, Warren, Winkler, Winnipeg Beach, Woodlands.

Copies are concentrated in Winnipeg and larger rural centres.

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

The content or advertising in this publication does not necessarily reflect the views and/or opinions of **Senior Scope**. We do not make any warranty as to accuracy of material published. © Copyright 2020 Senior Scope. All rights reserved. NO PORTION OF SENIOR SCOPE MAY BE COPIED OR PUBLISHED WITHOUT WRITTEN PERMISSION FROM THE PUBLISHER. Contact Senior Scope by email at [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca).

Send your Letters or Story Submissions to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

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

204.355.9404

Toll Free: 1.855.933.5454

[rkhnatiuk@rosemaryhnatiuk.ca](mailto:rkhnatiuk@rosemaryhnatiuk.ca)

Cellular: 204.228.7063

Fax: 204.355.9405

Communication in  
ENGLISH • FRENCH • GERMAN



Page 4

Senior Scope • 204-467-9000 • [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

March 10 - April 9, 2021 • V19N9

# Webinars AAIM Towards Healthy Aging

- Karin Whalen, Active Aging in Manitoba

It's no secret – you can optimize your health, maintain your independence and influence your "healthy life expectancy" (years of life in good health) by continuing to tune into credible healthy aging information. Subscribing to life-long learning that enables you to make healthy choices that are right for you is an ongoing process.

Active Aging in Manitoba (AAIM) has a couple of notable nuggets to add to your healthy aging to-do list: two very different yet essential topics for older adults: Staying on your Feet and Surviving Chronic Pain. Both issues can be challenging at any time; however, being in good health will enable you to deal with life's challenges more manageably.

**Staying on your feet:** Walking outdoors at this time of year can be precarious with the melting and freezing. It's easy for anyone to slip and fall. In a fast-paced world, it is common to do many things at once. When our attention is divided, we are less likely to notice what is going on around us. Staying upright and preventing a fall is one of the most

important things you can do to remain independent as you get older. As we grow older, our bodies change in ways that can increase our risk of falling. The good news is that most falls are preventable.

For older Canadians, falls were the leading cause (81%) of injuries that landed them in hospitals. Falls are not a normal part of aging because most falls can be prevented.

You can prevent falls by taking care of your health. The first step to avoiding falls is to understand what causes them. For example, reduced vision or hearing and poorly fitting footwear are just a few causes of falls.

**Solving Chronic Pain:** "If you or your loved one are experiencing chronic pain, you are not alone. About 1 in 5 Manitobans, over 200,000 people are impacted by pain that does not go away, states Dr. Brigitte Sabourin, a Clinical Psychologist at the Pain Management Centre. There are many things we do not yet know about chronic pain. We know that chronic pain creates changes in our bodies, in our brain chemistry, and the connections in the brain. Chronic pain

affects how we think, feel, and act. Dr. Sabourin notes the good news is that there are some tangible and constructive things that **YOU CAN DO** to decrease the negative impact of pain on your life. Some of these are: 1) engaging in practices that calm your body and mind (relaxed breathing exercises, mindfulness); 2) adapting a regular and balanced activity pattern (moving your body, not underdoing or overdoing, taking breaks); 3) doing things that are meaningful and being with people who are important to you. Dr. Sabourin concludes that managing chronic pain means that you are not a passive recipient but an active participant in your health."

For more information, check out **Active Aging in Manitoba (AAIM)** webinars:

**Staying on your Feet Taking Steps to Prevent Falls**

**Surviving Chronic Pain: For You and Your Loved One**

<https://activeagingmb.ca/resources/webinars/>

Stay tuned for more in the coming weeks.

Advertising Feature



## LIVING WILLS & POWERS of ATTORNEY

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

A **Living Will** is a written statement in which you give direction to your family and healthcare providers about what kind of medical treatment you would like to receive when you are at the end of your life. This is wording which can be found in a **Living Will**:

*If the situation should arise in which there is no reasonable expectation of my recovery from physical or mental disability, then I request that medication be mercifully administered to me to alleviate suffering, and that I be allowed to die and not be kept alive by artificial means or "heroic measures". I do not fear death itself as much as the indignities of deterioration, dependence and hopeless pain.*

In the meantime, if you can't take care of our own affairs because of mental incompetence, say from a stroke or Alzheimer's, an **Enduring Power of Attorney** gives your care-givers authori-

ty to take care of your financial affairs AND make medical decisions. This is wording which can be found in an **Enduring Power of Attorney**:

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

If you become mentally incompetent before you do an **Enduring Power of Attorney** your care-givers would have to go to court at a cost of thousands of dollars to get a "**committeeship**" to manage your financial, health and

accommodation issues. However an **Enduring Power of Attorney** only costs a few hundred dollars, and 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 very specific in nature and legal professionals should be consulted for best results.**

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

(see advertisement on left)

## Dave's Cleaning & Janitorial Services

- Residential & Commercial
- 15 Years Experience

Call For Rates

**204-746-4318**

Can provide references.

(Seniors' Discount)

## DAVE'S MOVING

Moving Furniture & Small Items

**204-746-4318**



## Basic H2® Organic Super Cleaning Concentrate

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

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



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

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

## WaterDirectPLUS

More than just water!

## BOTTLED WATER DELIVERY

HOME or OFFICE

- Water Cooler Filtration systems available

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



**PharmaChoice**  
**ROSSMERE PHARMACY**

**CONTACTLESS FREE DELIVERY CITYWIDE**  
Respectfully Managing Medication.

**Onsite Nurse Practitioner - Home Visits Available.**

Mon-Thur 10 am - 6 pm  
Fri & Sat 10 am - 3 pm

**204-615-6050**  
Unit D, 1046 Henderson Hwy, Wpg

**SPEND \$30 or more and receive a FREE bottle of baby aspirin 81 mg**  
\*Conditions Apply

**WE BUY RECORDS!**

Call / Text or drop by!

**OLD GOLD Vinyl**

**Cash Paid For LP's & 45's**

Rock / Soul / Funk / Jazz  
Blues / Folk / Reggae / International  
Special Interest

**204 294 7784**

**OLD GOLD VINTAGE VINYL RECORD SHOP**  
187 OSBORNE ST. WINNIPEG MB

**Calvin J. Friesen**

**MCROBERTS LAW OFFICE LLP**

200-1630 Ness Avenue, Wpg  
Madison Square

direct line: 204-944-7967  
email: cjf@mlo-llp.com

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

for a couple \$700.00  
for one person \$450.00  
Plus gst and \$25.00 file fee

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

**Our private duty paramedics provide:**

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

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

Advertising Feature

**Eliminate Disability and Replace it with Dependability during this Tax Filing season**



By Peter J. Manastyrsky

The weather has changed, Covid-19 crises is slowly changing but there is one thing that has not changed, we still must complete our 2020 tax return.

There are many Manitobans with disabilities who have never been aware that they may be eligible for a federal tax refund. The income tax act provides a non-refundable DISABILITY TAX CREDIT that can reduce your taxes to zero, available to all eligible individuals, no matter what age level.

If you as an individual or caregiver paid income tax, the DISABILITY TAX CREDIT will reduce the amount of tax for a person with a disability or their supporting family member.

People who are unable or having a severe difficult time to perform basic activities of daily living over a prolonged period and markedly restricted (all or substantially all the time) in walking, bladder or bowel problems, dressing themselves, mental functions or other impairments, may be eligible to apply for the DISABILITY TAX CREDIT.

This tax credit is one of the most frequently missed provisions on the tax return and under claimed. Therefore, A STEP BEYOND & ASSOCIATES would advocate on your behalf and ensure that your application is interpreted and completed properly eliminating

potential uncertainties. A STEP BEYOND & ASSOCIATES streamlines your information so that it is accurate before submitting the application to Canada Revenue Agency. A STEP BEYOND & ASSOCIATES is a member of the Better Business Bureau of Manitoba with A+ accredited rating.

Over a 12-year period, A STEP BEYOND & ASSOCIATES have accumulated many TESTIMONIAL comments from their clients about our service and professionalism. Here are a few responses:

"I found that working with Peter a thoroughly enjoyable experience...he is competent and trustworthy. With his direction, all papers for applying for the DTC were done accurately. His positive and direct approach made the application very worthwhile. I highly recommend A Step Beyond & Associates to anyone qualifying for this tax credit" ~ James S.

"A Step Beyond & Associates provided an excellent service with filling out the correct document when applying for the Disability Tax Credit. Peter is very knowledgeable as to eligibility and what is required to put together a successful application. Thank you, Peter," ~ Marge L.

"I dealt with Peter from A Step Beyond & Associates and I would highly recommend anyone who thinks they may qualify for a disability tax credit, give him a call. He is very professional and understands what must be done and what papers need to be completed. I was pleasantly surprised when I received

by cheque from CRA, Thanks Peter for your service" ~ Shirley E.

A STEP BEYOND & ASSOCIATES, we help individuals from the young to the elderly, parents and families to complete and streamline all the necessary forms for the DISABILITY TAX CREDIT. Our service is to look after everyone.

Manitobans are heading into the 2020 tax filing season. All of us are preparing and selecting someone who is reputable to do our income tax return. Search for a competent tax filer, select someone who is reputable and easy to get in touch with, look for stability, check all the avenues. If in doubt, please call A STEP BEYOND & ASSOCIATES about your tax filing.

As mentioned in the last issue of the Senior Scope, 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 tax credit application, replace your disability with dependability, become eligible for DISABILITY TAX CREDIT. ■

**A STEP BEYOND & ASSOCIATES - DISABILITY TAX CREDIT**  
(see advertisement on right)

Peter J. Manastyrsky  
**204-663-4651**  
www.astepbeyond.cc  
pmanas@mymts.net  
https://www.facebook.com/StepBeyondAssociates



**You've got mail: and it's handwritten the old fashioned way**

The letter stood out among the pile of mail. It was addressed to me, in beautiful, flowing cursive. The envelope was smaller (and prettier) than the many generic, mass-produced, electronically printed corporate letters and bills that accompanied it. It was a letter from my grandmother-in-law, a lovely lady in her 90's who took the time to write to her new granddaughter-in-law, with nothing but a pen, paper and a stamp. I cherished those letters from the woman I hardly knew. The writing was lovely and it was so personal - it was just for me. She wanted to get to know me, and with the many miles that separated us, she chose handwritten letters to reach out to me. That was in the early 1980's. Shortly after that, she left this world. And it seems the world of handwritten letters has left us too. And I miss it all.

I'm now in my 60's and I want to bring letter writing back.

Do you remember receiving handwritten letters? Personalized letters written in that old time-consuming

cursive. Letters addressed to you by a dear friend or loved one. How touching it was to read every word that was written for your eyes only. My how times have changed.

In this fast-paced world, handwritten, personalized letters are a thing of the past. We live in a very electronic world; letters are typed up and printed, not handwritten. Most often, they're not even printed, just forwarded to you through space and time via email or social media. Fleeting words that appear on a screen, and that disappear with the touch of a button. Gone forever.

While computers and smart phones have made us so much more efficient in our day-to-day communications, we may have taken too many shortcuts in our modern way of doing things. Then, in the midst of our great technological evolution, we end up losing the personal connection we had been making with people.

It's not that I don't appreciate technology. The fact that we can video-

chat with our children and grandchildren with the touch of a button is phenomenal. I certainly couldn't envision that when I was a young mother in the 80's. I love that we can reach out across the world in seconds; we can see things in real time anywhere in the world. It's a wonderful thing. The world keeps changing and we can embrace it all.

But there is something special about slowing down time for a few moments, picking up a pen and taking the time to write out a few words to people that we know (or want to get to know). It is a slower process. It does take time and patience. But it also allows us to focus on every word. It makes it so much more special for those who will receive the letter. It's more personal. It truly has your signature on it. And it will be worth it.

For more info, Write to Beverley at **Box 54023, Silver Heights PO, Winnipeg, MB R3J 0L5.**

(see advertisement below)

**AAHC - ANKANG ACUPUNCTURE HEALING CENTRE INC.**

**安康中医针灸灸康中心**

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

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

- Our services are covered by most private insurance-Blue Cross, GWL, GSC, etc.
- We supply **mobile services** for senior clients!

We have **3 locations in Winnipeg:**  
1) 689 St Mary's Rd. 2) 139 Carmen Ave. (beside 266 Henderson Hwy) 3) 724 Ellice Ave.

Book Appointment: **204-775-2266** or online: **www.acupuncturewinnipeg.ca**

**Pen Pals for Seniors**

Do you remember receiving handwritten, personalized letters in the mail? **Let's bring that back.**

For a small monthly fee, you can become a **Pen Pal** today!

Write to Beverley at **Box 54023, Silver Heights PO, Winnipeg, MB R3J 0L5** to receive FREE information.

**DISABILITY TAX CREDIT**

**Do you have a disability?**

**\$8576.00 Tax Credit Claim Overlooked for 2020 Tax Return!**

**DO YOU HAVE ANY OF THESE DISABILITIES?**

- Difficulty walking, managing your bowel or bladder, or have other impairments,
- Suffer from mood disorder, schizophrenia or other mental functions. Living with an Ostomy?

We help individuals, family members and caregivers complete the **Disability Tax Credit - DTC.**

**A STEP BEYOND & ASSOCIATES**  
Call Peter 204-663-4651  
www.astepbeyond.cc

**BBB**  
ACCREDITED BUSINESS  
A+ Rating

**JIM'S CLASSIC CORNER**

**STORAGE:**  
Heated Indoor / Unheated Indoor

**Jim Higham**  
**204-997-4636**  
Email: jimhigham@shaw.ca  
www.jimsclassicrover.com

A selling service for classic & antique automobiles

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

**Shoprider GK84 Chameleon Scooter**

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

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

**Keyboard Ventures Music Centre**

**Exercise your mind, coordination, concentration and motor skills.**

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

**Piano • Keyboard • Guitar • Ukulele • Banjo • Voice**

Serving Winnipeg, Stonewall, Selkirk & area

**LESSONS for LESS for Seniors**

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

**Now Offering SONGWRITING and MUSIC PRODUCTION lessons**

**SALES & SERVICE:**  
**MUSIC:** Ukuleles, Guitars, guitar restringing, setups, tuning services, etc. USED Keyboards, Recorders, Music Books/Accessories, etc.  
**COMPUTER:** Toner & Printer cartridges for Less, USB flash drives, SD cards, etc. Computer virus removal  
**HOME:** Batteries (hearing aids, fireplaces, remote car starters, etc.)

**Popular New compatible Brother and HP toners! Only \$30 and up!**

Text or call Terry:  
**204-955-5428**  
terry@keyboardventures.com  
www.keyboardventures.com

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

**BBB**  
ACCREDITED BUSINESS



# “Spring forward, fall back”, another time change



By Roger Currie

As seniors, we are often accused of being obsessed about everything to do with time. As someone who has lived most of his 73 years in either Manitoba or Saskatchewan, my life has been significantly affected by *Daylight Saving Time* (DST). Clocks are adjusted twice a year here in Manitoba, while in most of Saskatchewan the clocks never change. 'Spring forward fall back' has been a feature of North American life for more than a century, but for those Manitoba readers who don't like it, take heart. Daylight Saving Time may disappear relatively soon.

When it was first introduced during WWI the objective was to make more productive use of daytime hours and the energy that's needed for everything we do. Back then most of rural Canada had very limited access to electricity. Small towns in particular were more than willing to adopt DST if the result was a reduction in the cost of things like street lighting. Most prairie farmers have never really been fans of Daylight Saving Time. "It messes up our schedule for milking cows etc.." they argue, but few people who aren't on farms don't seem to care all that much.

The extra daylight is definitely welcome at harvest time. That extra hour to get the crop off the field is appreciated especially in wet years when there is always pressure to finish before a killing frost might arrive.

Most of us who are not involved in agriculture enjoy having longer

evenings in the spring, summer and fall. This year especially, anyone involved in the operation of golf courses and other outdoor recreational businesses are anxious to maximize those evening hours to help recover from the devastating losses resulting from the Covid-19 pandemic. Anyone who loves gardening is keen to take advantage of all the daylight that we possibly can.

What then are the downsides of DST? Those involved in policing and anything relating to safety will point to studies that blame the time change, both spring and fall, for a noticeable increase in driving collisions and other mishaps. Our reflexes and reaction times are affected by the changes to our sleep patterns.

It used to be argued that it was very difficult to get children to come inside and settle down to bed when it's still light outside. The dominance of various forms of 'screen time' has changed that picture over the years.

There are many rather wonderful jokes about Daylight Saving Time. My personal favourite comes from the Indigenous world.. "An old Indian(*sic*) said only the government would believe that you could cut one foot off the top of your blanket , sew it to bottom and end up with a longer blanket".

More than half of the 46 years that I spent in the world of radio had me rolling out of bed to go to work before sunrise, and then returning to bed earlier than most folks, often with the bright sunshine beaming in. I am so very grateful for the invention of the PVR which allows me to record the televised hockey game and then watch it in the mid-



dle of the night when I get up to go the bathroom.

My *circadian rhythm* sleep pattern has been permanently altered by those years, and this past year the impact of the time change seems to have been more noticeable than ever. Since we lost an hour of sleep in the fall, there have been many nights when I was unable to stay up much past 8 pm. Thankfully, the return of DST means I can now be truly wild and stay up until at least 9! Whoopee?

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

## South Side Community Fitness and Fellowship Year End Meeting 2019/2020

- Senaka Samarasinghe

Trinity United Church (TUC) seniors' group South Side Community Fitness and Fellowship (SSCF&F) conducted its 2019 / 2020 Year End (Annual General Meeting) on Feb. 9th (TUE) 2021 from 2 pm to 3 am with more than 16 members. Due to the pandemic, the meeting was conducted via Zoom.

At the Year End meeting the Leadership Team was nominated by members. Co-Chair - Suni Matthews, Co-Chair - Wynn Ferguson, Treasurer - Doreen McRae, and Secretary - Senaka Samarasinghe. This is my ninth (9th) year with this Group.

TUC seniors' group was established more than three decades ago named as South Side Seniors. The group's main focus was fellowship. They met weekly from 1-3 pm at

TUC. The organizing committee of the Group invited Guest Speakers to conduct presentations helpful for seniors mainly on health, but also on finance, insurance and home security. The final hour was allocated for fellowship with snacks and coffee / tea. During summer Group visited parks and museums.

At Annual General Meeting (AGM) in 2019 / 2020 it was decided to conduct weekly one-hour Yoga and Exercise (two sessions per week) followed with fellowship (one-hour) with snacks and coffee/tea.

Due to pandemic condition, Group were unable to conduct sessions in person. However, virtual two gatherings (Yoga and Exercise) performed weekly via Zoom.

## SKIPPING STONES

by Annette Bonomo

Mirror-still waters reflect	No more trace
The cloudless sky-blue infinity	Than the trace of ripples on the waters
above . . .	Created by someone
And I, submerged in thought,	Skipping Stones?
Sit in solitary silence	
On the crescent-shaped shore,	Or will it be clear that I was here,
Reflecting on my Space in Time.	That I lived, that I knew Love?
	My legacy perhaps no more dramatic
When I am no more,	Than that of the waves
Will there be of my presence	Gently lapping on the sandy shore,
on Earth	Yet no less.

## Give a gift of

# Senior Scope

## or subscribe for yourself

With every paid mail subscription, enter to WIN an accumulating prize.

Prize, so far, consists of:

Book by local author, Bud Ulrich -

**Together at Tobans - Winnipeg's North End KIDS in the 1950s**  
**\$25 Tim Horton's Gift Certificate**

Send 30.00 + 1.50 gst (31.50 total) for 12 issues/yr.

Pay by cheque payable to: **Senior Scope, Box 1806**

**Stonewall, MB R0C 2Z0**

or e-transfer to **kelly\_goodman@shaw.ca**

Draw Date to be Announced.

## Because price matters

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

### Start your pre-arrangements now

Single Niche for one person  
from only **\$45 monthly\***

(available at Glen Lawn and Glen Eden only)

Cremation lot for two people  
from only **\$48 monthly\***

Companion niche for two people  
from only **\$91 monthly\***

Traditional burial plots for two people  
from only **\$114 monthly\***

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

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

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

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



Arbor Memorial Inc.



# MORE VACCINE OPTIONS AVAILABLE FOR ELIGIBLE MANITOBBANS AT POP-UP CLINICS, MEDICAL CLINICS, PHARMACIES

**Mar. 10, 2021** - As more vaccine arrives in Manitoba, the province is opening pop-up clinics in rural and northern communities, and is beginning to distribute vaccine to medical clinics and pharmacies, Health and Seniors Care Minister Heather Stefanson announced.

"The Vaccine Implementation Task Force has been working with key stakeholders to plan for vaccine distribution on a wider scale as deliveries increase," said Stefanson. "Now that we are finally receiving a regular, consistent supply of the vaccines, we're able to expand how we deliver it to make it easier for more eligible people across the province to get vaccinated quickly."

Pop-up COVID-19 vaccination sites are launching beginning next week. People who are currently eligible for the vaccine at a super site can now make an appointment at a site in a community close to them.

Starting March 11, appointments can be made by calling the vaccine call centre (toll-free) at **1-844-626-8222 (1-844-MAN-VACC)** from 6 a.m. to 8 p.m. daily. People are asked to have their health card ready when they call.

Plans for pop-up sites will continue in the weeks ahead, as long as there is supply to bring the vaccine closer to more Manitobans.

Clinics will be in communities for one or two days to immunize as many people as possible. The current schedule is at [www.manitoba.ca/vaccine](http://www.manitoba.ca/vaccine), and updates will be posted regularly as new clinics are scheduled and appointments are available.

People are encouraged to get the vaccine as soon as they are eligible, to help slow the spread of COVID-19. "Vaccines are safe, effective," said Dr. Joss Reimer, medical lead,

Vaccine Implementation Task Force. "Once people get the vaccine, it is important to continue to follow public health measures, because we do not yet know whether or not COVID-19 may still be able to spread to others even if you have been vaccinated and do not get sick."

Botha noted the province is now piloting the distribution of the **AstraZeneca/Covishield** vaccine to medical clinics and pharmacies. A total of 18,000 doses of **Covishield** have been delivered to the province this week, and will be allocated to some participating pharmacies and clinics.

Individuals aged 50 to 64 and First Nations people aged 30 to 64 will be the first group eligible to receive the vaccine. People with high-risk conditions (as determined by their doctor or pharmacist) will be prioritized, along with those who meet the age criteria and meet the eligibility criteria set out by the province.

For a list of high-risk conditions, visit: <https://manitoba.ca/covid19/vaccine/eligibility-criteria.html>.

As the current supply of the vaccine is limited, many of the physician clinics and pharmacies will directly schedule immunizations for patients who meet eligibility criteria for this first round. Some clinics and pharmacies will accept phone calls from other eligible individuals aged 50 to 64 with one of the high-risk conditions set out by the province.

An online map has been developed to help people find out where they can access the AstraZeneca/Covishield COVID-19 vaccine including which locations are accepting phone calls to book. To view the map, visit: <https://manitoba.ca/covid19/vaccine/partners/index.html>.

Reimer also noted that anyone who has already received a dose of the Pfizer or Moderna mRNA vaccines must use the same product for their second dose and should not receive the AstraZeneca/Covishield vaccine.

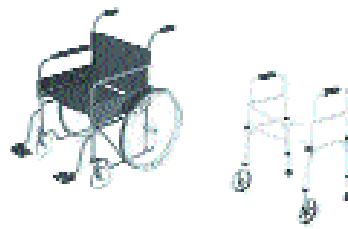
"We know that people are looking forward to getting vaccinated, but I want to remind Manitobans that the amount of vaccine available is still

limited at this time," said Stefanson. "We are going to continue to refine how the vaccine is distributed and how people can access the vaccine in the coming weeks, so all Manitobans can be protected against COVID-19."

For more information on the COVID-19 vaccine in Manitoba, visit [www.manitoba.ca/vaccine](http://www.manitoba.ca/vaccine). ■

## ABILITY SOLUTIONS

We repair, rent and sell wheelchairs and walkers



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

Great Deals!

Luck of the Irish Specials

in March on Reconditioned Standard and Tilt Wheelchairs

(204) 471-1533

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

ADVERTISING

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

Heart to Home Meals opens new local outlet dedicated to serving Winnipeg's seniors.

Heart to Home Meals, Canada's leading meal delivery service for seniors, is excited to announce the opening of their Winnipeg location. This is big news because the need for healthy, contactless meal deliveries is at an all-time high as the importance of social distancing for seniors continues to increase.

Fred, the new owner of Heart to Home Meals Winnipeg, is very excited to be able to provide a service to the thousands of seniors living in the community who are hoping to remain in their own homes for as long as possible.

"I am so excited to offer Heart to Home Meals to Winnipeg. I wanted to do my part in making it easier and safer for Parents and Grandparents to live in their own homes as long as possible, having access to great foods specifically made for seniors. Ask me about my friend Joy and you will understand why I wanted to do this; it was to make it easier for her to remain independent."

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

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

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

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

We've got **comfort food cravings** covered.

Choose from **hundreds** of delicious fall and winter comfort food classics - all with free delivery.\*

Get your **FREE Menu** 204-816-8659 [HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)



Made for Seniors

HEART TO HOME MEALS  
DELICIOUS MEALS MADE FOR SENIORS

\*Some conditions may apply.

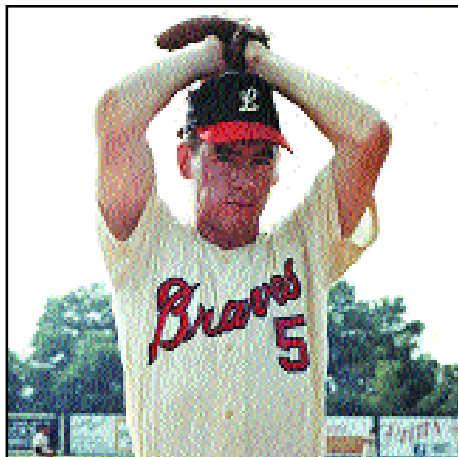


# THE BUZZ



By Scott Taylor  
Photo courtesy the  
Manitoba Baseball  
Hall of Fame

## Lambert Part of Manitoba's Legacy



Claude Lambert in the Braves organization in 1968.

Claude Lambert, from the tiny Metis community of St. Laurent, Manitoba, might have been the greatest pitcher ever developed in this province.

Too bad he didn't get a lot of coaching. Frankly, the "development" was done by himself, alone, on the sandlots of rural Manitoba and the fact that he played professionally in the Houston Astros organization says a lot about his own personal talent and knowledge of the game.

Claude Lambert's baseball story will be part of *Excellence: The Untold Stories of Manitoba's Indigenous Sport*, a 286-page history of the greatest Indigenous athletes in Manitoba's history, which will be available to purchase in mid-summer.

The book will include stories on Stanley Cup winners Reggie and Jamie Leach, Olympic medalist Angela Chalmers, NHL players Brad

Chartrand, Kimbi Daniels and Arron Asham, baseball star Paul Chartrand, softball coaching legend David Muswaggon, curler Carolyn Darbyshire-McRorie and all-around athletes Ryan Wood and Jill Mathez.

Lambert was one of the most amazing stories of all. He was 14 when he played his first game of organized senior baseball and might have been the youngest senior ball player in the province.

A couple of years later, the Canadian Baseball Association held its first Canadian Jr. Championship in Winnipeg.

It was 1965 and Lambert was 19. He had just had a superb season with Warren in the Winnipeg Senior League and was the winning pitcher in the All-Star Game. He was also the winning pitcher against Quebec in the final of the first Canadian Junior Baseball Championship.

"Lee Ballanfant was a baseball umpire from Texas who saw me play and signed me for the Houston Astros," Lambert said. "I went down and pitched in rookie league and at that time, I had my official 'Gordie Howe' glove and 'Gordie Howe' spikes. Everyone was looking at me. They were white spikes. Everyone laughed at me, but two years later we were all wearing white spikes."

In his prime, Lambert was just 5-foot-10, 180 pounds, which was a little small for a big-league hurler, even in the 1960s, but his numbers were always solid. However, after three seasons of professional baseball, a torn rotator-cuff injury had caused him major problems. He had lost some velocity off his fastball due to the injury and found himself out of pro baseball.

"I tore my rotator cuff in my last year in the Carolina League but I didn't give up playing pro because of

the injury," Lambert said. "I just went as far as I could and got released. There was so much competition down there. Maybe if I'd been an American boy, I might have reached the major leagues."

In 1968, Lambert returned to Manitoba and because of his shoulder problem, he played outfield for the legendary St. Lazare Athletics. He led the Manitoba Senior Baseball League in hitting with a .375 average and also led in home runs with six and he also did a little pitching, but the torn rotator cuff has definitely affected his prowess. His pitching record slipped to 2-6 while recording 70 strikeouts in 78 innings pitched.

In 1969, Lambert played for Transcona and represented Manitoba at the Canada Summer Games in Halifax. He stayed in Manitoba and played several seasons with St. Laurent, who won a number of Interlake Senior League championships. He was inducted into the Manitoba Baseball Hall of Fame in 2002.

Now 75, Lambert still goes to work every day, fishing commercially on Lake Manitoba. But, for a time, back in the 1960s, he was one of the greatest Manitoba ball players of all time. ■

## An Invitation to join a Senior Slo Pitch baseball club in Winnipeg

- Metro Hnytka



An invitation from the Winnipeg South Senior Mixed Slo Pitch baseball club to join in the fun with one of our three scheduled teams and the informality of Tuesday and Thursday House league play. All on Grade AAA diamonds in Fort Gary at 1377 Clarence and Hamelin - just off Waverley.



To join and have fun, please call Betty (204-997-8043), Bob (204-261-3033) or Mac (204-475-1900).

~ Winnipeg South Senior Slo Pitch Baseball



## Two Milestone Birthdays at the Dufferin Senior Centre

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

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

Congratulations to two amazing ladies on their birthdays.

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

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

No photo is available due to Covid-19.

# MATURE ADULT LIVING RENTALS

## COMING FALL OF 2021

*In Beausejour, Tyndall, Ste. Anne, La Broquerie and Lorette*

**INCLUDES:**

- Stainless steel appliances
- Front load washer and dryer
- Electric furnace with central air conditioning

- 12 x 12 Deck
- No stairs
- Snow removal
- Yard care maintenance
- Attached garage

**1 & 2  
bedroom  
suites  
available**

**204-422-5247**

**HOMEPAGE**  
PROPERTY MANAGEMENT

[@homepageproperty](#)

## Keyboard Ventures

Music Centre & More!

**POPULAR NEW COMPATIBLE PRINTER CARTRIDGES and LASER TONERS FOR LESS!**

Brother, HP, Xerox (laser) toners! Starting at only \$30.00

GREAT PRICE! GREAT DEAL!

**SALES & SERVICE:**

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

**MUSIC:**

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

**Serving Winnipeg, Stonewall, Selkirk & area**

Text or call Terry:  
**204-955-5428**  
[terry@keyboardventures.com](mailto:terry@keyboardventures.com)  
[www.keyboardventures.com](http://www.keyboardventures.com)  
**310 Weitzel Street • Winnipeg**  
**324 Main Street • Stonewall**



# Happy Easter!

## Manitoba PC Caucus

 <p><b>Brian Pallister</b> MLA for Fort Whyte info@brianpallister.com</p>	 <p><b>Heather Stefanson</b> MLA for Tuxedo tuxconst@mymts.net</p>	 <p><b>Eileen Clarke</b> MLA for Agassiz agassizmla@outlook.com</p>	 <p><b>Cathy Cox</b> MLA for Kildonan - River East cathycox@mymts.net</p>	 <p><b>Cliff Cullen</b> MLA for Spruce Woods ccullenmla@mts.net</p>	
 <p><b>Wayne Ewasko</b> MLA for Lac du Bonnet wayne@wayneewasko.com</p>	 <p><b>Ralph Elchler</b> MLA for Lakeside mlalakside@mymts.net</p>	 <p><b>Scott Fielding</b> MLA for Kirkfield Park scott@scottfielding.ca</p>	 <p><b>Cameron Friesen</b> MLA for Morden-Winkler info@cameronfriesen.ca</p>	 <p><b>Kelvin Goertzen</b> MLA for Steinbach kelvin@kelvingoertzen.com</p>	 <p><b>Audrey Gordon</b> MLA for Southdale mlaudreygordon@gmail.com</p>
 <p><b>Sarah Guillemand</b> MLA for Fort Richmond contact@sarahguillemand.com</p>	 <p><b>Josh Guenter</b> MLA for Borderline Josh.Guenter@leg.gov.mb.ca</p>	 <p><b>Reg Helwer</b> MLA for Brandon West reghelwer@wcgwave.ca</p>	 <p><b>Len Isilefson</b> MLA for Brandon East brandoneastmla@shaw.ca</p>	 <p><b>Derek Johnson</b> MLA for Interlake - Gimli interlakegimli@mts.net</p>	 <p><b>Scott Johnston</b> MLA for Assiniboia assinibolaml@outlook.com</p>
 <p><b>Bob Lagassé</b> MLA for Dawson Trail ca.lagasse@outlook.com</p>	 <p><b>Alan Lagimodiere</b> MLA for Selkirk alanlagimodiere@mymts.net</p>	 <p><b>Shannon Martin</b> MLA for McPhillips mcphillips@shannonmartin.ca</p>	 <p><b>Brad Michaleski</b> MLA for Dauphin dauphinmla@outlook.com</p>	 <p><b>Andrew Mickelfield</b> MLA for Rossmore andrew@andrewmickelfield.com</p>	 <p><b>Greg Nesbitt</b> MLA for Riding Mountain gregnesbittmla@mymts.ca</p>
 <p><b>Janice Morley-Lecomte</b> MLA for Seine River janice.seinerivermla@mymts.net</p>	 <p><b>Doyle Plwnluk</b> MLA for Turtle Mountain info@doyleplwnluk.ca</p>	 <p><b>Blaine Pedersen</b> MLA for Midland midlandmla@outlook.com</p>	 <p><b>Jon Reyes</b> MLA for Waverley jon@jonreyes.ca</p>	 <p><b>Ron R. Schuler</b> MLA for Springfield-Ritchot ron@ronschuler.com</p>	 <p><b>Andrew Smith</b> MLA for Lagimodiere andrew@andrewsmithmla.ca</p>
 <p><b>Dennis Smook</b> MLA for La Verendrye dennis@dennissmook.ca</p>	 <p><b>James Telstma</b> MLA for Radisson james@jamestelstma.ca</p>	 <p><b>Rochelle Squires</b> MLA for Riel rochelle@rochellesquires.ca</p>	 <p><b>Rick Wowchuk</b> MLA for Swan River rick.wowchuk@leg.gov.mb.ca</p>	 <p><b>Ian Wishart</b> MLA for Portage la Prairie ptgemla@mymts.net</p>	 <p><b>Jeff Wharton</b> MLA for Red River North rnorthmla@mymts.net</p>



The  
**Pros Know**

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

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

Active  
Living &  
Resource  
**EXPOS**

Special thanks to Clean Slate Mktg. & Senior Scope Newspaper!

On Line Now!

Please visit our 'On-Line' Resource Expo today.  
Information on Services, Products &  
Organizations in our community to help you Now!  
For more information go to:  
[www.prosknowexpos.ca](http://www.prosknowexpos.ca)

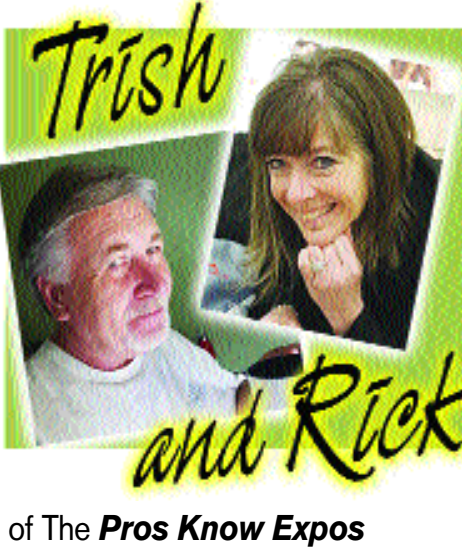
# Pros Know Expos On-Line! Up & Running!

Well, what can I say? Finally? We are so pleased and proud to announce that our wonderful newly-minted **Pros Know Expos On-Line website** is up, running and ready to serve all of us.

Would like to take a short minute here to say thanks to all of those who have helped contribute, suggest, push, prod and so on to get this resource site for 55+ Older Adults up and running. We all deserve it.

To say there is lots to talk about is a very gross understatement and there isn't enough space here today to do so. What I can say is if you're struggling to find help as an older adult in our community, here is as good a place as any to start.

**MASC**, the Manitoba Association of Senior Centres listing and website link is here. **Crime Prevention Tips** with the Winnipeg Police Service and the Federal **'Little Black Book of Scams'** to protect us are in the house. **211 Manitoba** and **311**



of The **Pros Know Expos**

**Winnipeg** resources are here as well. One of my favorites, The **WRHA Senior Resource Finders** - a great group of folks on call to assist you through the maze if needed is here.

Starting next month on this page, we're going to take a little time to

showcase one or more of the amazing Exhibitors On-Line and in person in October at the shows. These folks are dedicated souls whose passion to make a difference is astonishing. Their services, products and general wisdom are huge for those of us looking for just all of that. They put people first and that other stuff second. That's rare in the good times, scares in these times let me tell you.

One of the segments we'll cover shortly regarding the Expos On-Line is the ability to access things in the 'Now' and not have to wait for the fall. That's silly, we all want to assist everyone needing these resources immediately. To that end, please visit the **Exhibitors sections** on the site, **click on the AD Bars** and visit their websites now. Contact them and make whatever Protocol appointments you can to help you out.

Our pledge is to keep the information updated and relevant. Our pledge is to keep adding quality

resources to our list so you have a 'One-Stop' shop at your fingertips.

Lastly, if there is anything we're missing that would be of Community benefit with the Pros Know Expos, let us know, and we'll check it out and add as required. If you have a moment, please take time to check out all the advertisers here in Senior Scope as well, it just takes a few minutes of your time. While some advertisers may seem like 'Lifers' here and there, there is always a flux of new products and services available being added and subtracted. Give them a call too please; they're paying to get 'Your' attention. And then 'Share' the information with everyone, friends, family and so on. This helps each other and strengthens our community and economy.

For more information; email [prosknowexpos@gmail.com](mailto:prosknowexpos@gmail.com) or visit [www.prosknowexpos.ca](http://www.prosknowexpos.ca).

Thanks and be well!  
Trish & Rick

Will & Estate  
Lawyers of  
Winnipeg

TELEPHONE  
NUMBER  
204-945-9751

200 - 99 Scurfield Blvd., Winnipeg, MB R3Y 1Y1  
207 - 2211 McPhillips St., Winnipeg, MB R2V 3M5

In order to protect your family, you may want to ensure that you have the following documents in place or updated to your current needs:

Will

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

Power of Attorney

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

Health Care Directive (Living Will)

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

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

Legal services provided by Tanis B. Jury Law Corporation.

3 SUITES AVAILABLE

HERITAGE Life

Retirement Living

LIFE LEASE RESIDENCE

There is really nothing like it!

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

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

FOR MORE INFORMATION:

Wes Hildebrand

LIFE LEASE REPRESENTATIVE

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

Phone: (204) 388-5000 EXT 211

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



Things To Do

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. Mar. 22, Apr. 26, May 24, Jun 28/21. Agendas posted online at [www.manitobacoinclub.org](https://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](mailto:shawna@forumartcentre.com).

**Folklorama at Home** - Free virtual programming, Fridays, 7 pm on YouTube : Mar. 19 - Learn How to Irish Dance; Mar. 26 - Paska Workshop – Traditional Ukrainian Bread & Dough Decor. (Register at [Folklorama.ca](http://Folklorama.ca) to be sent the YouTube link)

WINNIPEG

More listings available at [www.seniorscope.com](http://www.seniorscope.com) (Events page)

STAY SAFE, HEALTHY & HAPPY!

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

**VOLUNTEERING**

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

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

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

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

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

WASH YOUR HANDS.

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

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

**Vista Park Lodge Personal Care Home** - in St. Vital - Volunteers needed. Contact: Caitlin Liewicki: [cliewicki@extendicare.com](mailto:cliewicki@extendicare.com)

**PROGRAMS / SERVICES**

**Pembina Active Living (PAL) 55+ - Winter programs** continue until Mar. 22. Spring online programs start Apr. 5 - schedule available wk of Mar. 15. View schedule and register using contact info below. New: Meditation and movement - Mondays 1 pm. Special presentations: Climate change - Thur. Mar. 11, 1 pm; Still Bloomin' Gardening Club - Thur. Mar. 25, 1 pm (speaker David Toop from Manitoba Native Orchids). Email [office@pal55plus.com](mailto:office@pal55plus.com), [www.pal55plus.com](http://www.pal55plus.com), **204-946-0839**

**Rainbow Resource Centre** - Over the Rainbow Peer-to-Peer Phone Line, for

SAFELY DISTANCE FROM OTHERS

2SLGBTQ+ older adults 55+. For info, email [otr@rainbowresourcecentre.org](mailto:otr@rainbowresourcecentre.org).

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

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

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

**Stroke Recovery Association of Manitoba** - FREE virtual classes. All March and April classes are free to Stroke Survivors, Caregivers and Seniors! Resister today at [www.strokerecovery.ca](http://www.strokerecovery.ca)

RURAL MANITOBA

PROGRAMS / SERVICES

**Brandon - Prairie Oasis Senior Centre** - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery available. Meals \$9. Volunteers needed. Grants and donations gratefully accepted. Info: **204-727-6641**

**Dauphin Multi-Purpose Senior Centre-Seniors 55+** - Cancer society Transportation Program, fee for service contact list, Erik kits. *Facility available to rent.* **204-638-6485, www.dauphinseniors.com**

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

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

friendly visiting/phone calls, Meals on Wheels, errands, etc. Volunteer opportunities avail. Arborg and District Seniors Resource Council **376-3494**; Ashern Living Independence for Elders **768-2187**; Brokenhead/Beausejour Outreach for Seniors at **268-7300**; East Beaches Resource Center (Victoria Beach) **756-6471**; Eriksdale Community Resource Council **739-2697**; Fisher Branch Seniors Resource Council **372-8703**; Gimli Seniors Resource Council **642-7297**; Lundar Community Resource Council **762-5378**; Riverton & District Seniors Resource **378-2460**; St. Laurent Senior Resource Council **646-2504**; Selkirk - Selkirk & District Senior Resource Council Inc. **785-2737**; Stonewall - South Interlake Seniors Resource Council **467-2719**; Springfield Services to Seniors **444-3139**; Teulon and District Seniors Resource Council **886-2570**; Two

Rivers Senior Resource Council, Lac du Bonnet **345-1227**, Pinawa **753-2962** or 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 (e-transfer to my email address, or cheque or cash). Adults of all ages and fitness levels, and mature teens are welcome – no experience needed. To register, send me an email: [juliette.nadeau@outlook.com](mailto:juliette.nadeau@outlook.com) or text: **204-330-7456**

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

**Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Volunteers needed.** Services: transportation, friendly

visits/calls. Coordinator Bev Collet: **204-248-7291** or [ensemble@mymts.net](mailto:ensemble@mymts.net).

**Steinbach - Pat Porter Active Living Centre** - 10 Chrysler Gate. Programs, Games, Events, Volunteer Opportunities, Outings, Meal On Wheels, Mobility Equipment, ERIK Kits to name only a few. Reception **204-320-4600** (Sonja, Program + Volunteer Coordinator) **204-320-4603, https://www.patporteralc.com**

**Seine River Services for Seniors** - Help and support with transportation services, companionship, homecare services. Melanie Bremaud: **204-424-5285**. **Les services rivière seine pour aînés** - aide et appui avec transport, compagnie, soins à domicile, maladies, deuil, logement, finances. Mélanie Brémaud : **204-424-5285**.

Email ready-to-print electronic PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca). **FREE** for non-profits and current advertisers. Submit PSAs by April 2 for April 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](mailto:info@aosupportservices.ca)

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

**CONNECT Program for Adults 55+**  
Connecting volunteers with isolated older adults.  
6 weeks, Fridays 1:30-3:30 - **Feb 19 - Mar 26**.  
**204-880-1791** | [info@aosupportservices.ca](mailto:info@aosupportservices.ca)

# Frenemie mama

Greetings all, here I am again, Janice. Thought I'd share this with you. I have been enjoying the lovely weather these past few days, I took a short walk along the path on our property and I looked over by a tree and saw a pile of twigs and it brought a memory back of when I was young and still living at home. It made me think about Tango, our family dog. She had been going through a really hard time as she had just suffered a stillbirth of her one and only pup. It was so hard to see her so distraught as we take for granted the unconditional love that our pets give to us. It's hard enough when we in the human world lose a child. She was part of our family and as much as we gave her the cuddles and extra love, nothing seemed to help our poor mourning mama! One day I was walking with her in the field behind our house when all of a sudden her ears went up and she laid in a bark and dashed back to me and tugged at my pant leg. She dashed over to a pile of twigs underneath the tree, and under this mess was a teeny, tiny, shaking, black and white, mewling little ball of fluff! Without batting an eyelash with maternal instinct of this kitten being her natural enemy, Tango poured away the sticks ever so gently, mak-

ing sure not to hurt her. She picked the kitten up by her scruff and brought her home. I followed her and opened the door. I couldn't believe my eyes as she swiftly brought in this little, mewling, black and white fluff and gently placed her on her doggie bed and started to lick her with strong mothering tongue washes! Tango looked up at me and whimpered in the most gentle tone I ever heard from her. As she nudged her dish and I knew instantly that I should get some kind of nourishment for this little kitty. I was absolutely flabbergasted at what I just witnessed. I found an eyedropper, washed it out and warmed up some milk, and I was able to administer some much-needed food for this tiny creature. She couldn't have been more than two weeks old. When my parents arrived home and heard the story, my father said, "Well, we have a name for her - Twigs!" My father was not much for cats. He grew up with them but they had their place and it was in the barn. But because she gave much comfort to Tango there is no question that she would be part of our household. A dog being a mother to a kitten - a freak of nature? No a form of grace! From then on Tango and Twigs were inseparable! ■



Today's Recipe

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

Chickpea Meatloaf

Metric	Ingredients:	Imperial
1	large onion, chopped	1
3	cloves garlic, chopped	3
500 g	extra lean ground beef	1 lb
500 ml	chickpeas, cooked	2 cup
175 ml	fresh breadcrumbs	3/4 cup
1	egg	1
125 ml	ketchup	1/2 cup
30 ml	dijon mustard	2 tbsp
7 ml	worcestershire sauce	1 1/2 tsp
5 ml	hot red pepper sauce	1 tsp
5 ml	ground cumin	1 tsp
5 ml	salt	1 tsp
5 ml	pepper	1 tsp
30 ml	ketchup	2 tbsp
15 ml	dijon mustard	1 tbsp

Mince onion and garlic. Add chickpeas and chop very finely.

In a large bowl; combine onion mixture, beef, breadcrumbs, egg, ketchup, mustard, worcestershire, hot pepper sauce, cumin, salt and pepper. Knead together lightly. Transfer mixture to loaf pan and smooth top. Cover with foil and bake in preheated 350 F (180 C) oven for 45 minutes.

Meanwhile, in a small bowl, combine ketchup and mustard. After initial 45 minutes of cooking, spread sauce over loaf and continue to bake, uncovered, for 45 minutes. Cool for 15 minutes before removing from pan.

Serves 6



Advertising Feature

# Your Happiness May Be Closer Than You Think

## – My Name is Mary

My name is Mary. I am a retired school teacher, mother and proud grandmother. I am on my way to celebrating my 82nd birthday. Unfortunately, I lost my husband a few years ago and now I live alone in our home with memories of happier days. I have three amazing children, a wonderful daughter-in-law, and a very hard-working son-in-law. I am a grandmother to six beautiful and smart grandchildren whose photos are everywhere in my home. My two sons live here in Winnipeg; however, my daughter lives out of province and I don't see any of them as much as I would like these days. They all have busy lives, balancing work responsibilities and the challenges of being parents with younger children. The lockdown restrictions of the pandemic have made visiting my family almost impossible, and I have been spending more and more time alone.

Prior to the pandemic I had moments of loneliness between periods of seeing my family however, I had activities to help fill my days. I enjoyed, traveling, walking, baking, sewing, visiting friends and family. These gave me purpose, joy and contentment.

But the isolation created by the pandemic compounded my loneliness and I found I lost interest in the things I used to enjoy. One day somehow just blended into the next day, and then to the next and so on.

One night at my home I had a serious fall in the bathroom. I am slowly on the mend but months later the bruising is gone and I am still experiencing some rib pain and now some loss of confidence. My children and the rest of the family were all extremely concerned about what had happened to me when they learned of my fall. They certainly were also becoming aware of my loneliness, lack of enthusiasm and lost confidence and started to push me towards considering care. I am not, and was, not ready to sell my home and move into assisted living, although I was persuaded to put my name on a wait list. The idea of losing my independence with any type of care did not appeal to me and my reluctance was evident to my family. My daughter became adamant that



Mary and Adaobi having fun in the kitchen!

if was to remain in my home I needed to have regular help to manage my household and to have some companionship. She was referred by a friend to call **Nurse Next Door Home Care Services**. She made the call and, reluctantly, I agreed to a meeting with **Nurse Next Door** based on my family's insistence.

Two lovely women showed up from **Nurse Next Door** to see me a short time later. We talked about my life, my family, my health, my goals, what makes me happy and my strong desire to stay in my own home. By the end of the Caring Consult I decided to push past my fear and accept just a little bit of care. I would sign up with **Nurse Next Door** for a short trial period and reevaluate after a few visits, if for nothing more than to satisfy my family (especially my daughter).

The Nurse Next Door Care Designer came back the following week and introduced me to "my perfect caregiver match" Adaobi. I was skeptical at first as to how things would progress

with my scheduled visits. I have been very pleasantly surprised at how things have worked out. During my weekly visits with Adaobi, we work together on projects like sewing or making my favourite muffins, and have even made a holiday ham with fruits. She helps me to keep my household clean, tidy and fresh. We do laundry together and change the bed sheets. She organizes my fridge, sweeps, wipes countertops and dusts. Although I bath myself, she draws my bath and ensures I am safe getting in and out of the tub (as I am scared to fall again). Every week is a little different in terms of what gets done here and what projects we start on or outings we plan and that's okay because it keeps things interesting.

The trial period has long since passed and I am on continuous visits now. I greatly look forward to seeing Adaobi and spending time with her as we do a lot of laughing together. My disposition has completely changed and my whole outlook is much more positive. Having this little

bit of weekly care has allowed me to safely and happily stay in my home and has given me a new type of independence. Really, it's changed my life's path.

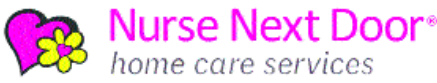
Actually, the assisted living facility just called me the other day to tell me that my turn had come up and they had space for me to move into a nice two-bedroom suite. I declined their offer and told them I was managing at home fine for the moment thanks to **Nurse Next Door Home Care Services**. I really just want to stay in my own home, and I think my family is happy with this decision as well.

I am enjoying my hobbies again and am looking forward to traveling one day, socializing with my friends, spending time with my family and giving big hugs. I have a happier life now because of the team at **Nurse Next Door** and am feeling hopeful. I wanted to share my story. I thought my story may help others to consider care as personally I know how hard this decision was for me. Maybe when you read my story you will see yourself in my words. Maybe you too are struggling and are not sure what to do.

There is help. You don't need to be afraid. Your family's worry can be lessened and your happiness may be closer than you think. Call **Nurse Next Door Home Care Services**, they helped change my life and I promise you, you too can start looking forward to happier days.

Sincerely,  
*Mary*  
Mary from Winnipeg

**Nurse Next Door Home Care Services - 204-800-0251**  
[www.nursenextdoor.com](http://www.nursenextdoor.com)



(see advertisement on page 15)

NutriFeron® which is a Shaklee® product... is a unique, patented blend of zinc plus four powerful plant extracts that helps naturally balance the immune system. Nutriferon increases levels of interferon which is crucial for a healthy immune system.

A white plastic bottle of NutriFeron capsules. The label features the Shaklee logo at the top, followed by the product name "NutriFeron" in a bold, sans-serif font. Below the name, there is a small illustration of a red cross and some text in French. The bottle has a white cap and a small label on the side.

Contact Gerry  
(Shaklee independent distributor)  
at 204-990-4341  
or email  
[gerrynormandin@gmail.com](mailto:gerrynormandin@gmail.com)

**Keyboard Ventures**  
Music Centre & More!

**POPULAR NEW COMPATIBLE PRINTER CARTRIDGES and LASER TONERS FOR LESS!**  
Brother, HP, Xerox (laser) toners! **Starting at only \$30.00**

**GREAT PRICE! GREAT DEAL!**

**SALES & SERVICE:**

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

**MUSIC:**

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

Serving **Winnipeg, Stonewall, Selkirk & area**  
Text or call Terry:  
**204-955-5428**  
[terry@keyboardventures.com](mailto:terry@keyboardventures.com)  
[www.keyboardventures.com](http://www.keyboardventures.com)  
**310 Weitzel Street • Winnipeg**  
**324 Main Street • Stonewall**

The logo for the Better Business Bureau (BBB). It consists of the letters "BBB" in a bold, sans-serif font, with the words "ACCREDITED" and "BUSINESS" written in smaller text below it.

The logo for Quality Care Moving. It features a stylized orange and blue cross-like shape on the left. To the right of the shape, the words "QUALITY CARE MOVING" are written in a bold, sans-serif font, with "QUALITY" and "CARE" on one line and "MOVING" on the line below.

**Services include:**

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

**Phone - 204-990-4341 wpg**  
**Email: [qualitycaremoving@mymts.net](mailto:qualitycaremoving@mymts.net) Website: [www.qualitycaremoving.net](http://www.qualitycaremoving.net)**

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

Ask about our **Seniors Moving Service**

**MANITOBA Wild**  
Scenic Secrets of Manitoba

Pick up a copy at your local bookstore today!

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

Ph: (204) 476-5210 Email: [bills@mts.net](mailto:bills@mts.net) [www.manitobawild.ca](http://www.manitobawild.ca)

The cover of the book "Manitoba Wild: Scenic Secrets of Manitoba". It features a photograph of a person standing on a rocky shore, looking out at a body of water. The title "MANITOBA Wild" is written in a large, stylized font at the top. Below the title, the subtitle "Scenic Secrets of Manitoba" is written in a smaller font. The author's name, "Bill Stilwell", is also visible.



# Kelly Lewis Artistry

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

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



## Manitoba Churches - Written and Photo by Tyrrell Mendis

# Rathwell Presbyterian Church / Calvin United Church - 1895

Rathwell is an unincorporated urban centre southwest of Portage la Prairie in the Rural Municipality of Norfolk-Treherne. It is named after John Rathwell from Innisville, Ontario, who settled in the area around 1882.

John Rathwell sold 80 acres of his land to the Canadian Pacific Railway on condition the rail line crossed his property. He regretted his decision, however, and abandoned this pre-emption. In 1887 the CPR placed its siding outside the property but kept the name for its railway point. The lot was subsequently homesteaded by Arthur Cavanaugh.

The Post Office opened in 1888 as Brunton, a place in Northumberland, England. The name was changed to Rathwell in 1890 when the Post Office was moved to the railway line.

The early Presbyterian and Methodist pioneers attended Anglican services in the home of George Shepherd. His house was later owned by Alex Bodnarchuk. After it was built in 1889 and the Rathwell School District was organized, church services were conducted in the schoolhouse, the rent for which was \$3.25 paid quarterly.

In 1892 the Presbyterians and Methodists agreed to rent the Forbes Hall for services and prayer meetings for \$50.00 a year.

In May 1895 a congregational meeting was convened to determine what lots were available for a church. In attendance was Rev. McTavis, the first minister. At a meeting later that year it



Photographed in 1983

was decided to let the ladies select the site. By August the tender had been awarded to George Brock of Treherne.

The first trustees of the Church Management Board (1893) were Thomas C. Forbes, James Adair, John Cameron, James Barron and Solomon Pritchard. This committee had permission to borrow \$650.00 from the Manse for the Church Building Fund. In addition, a call for support brought in \$1,230.00.

A Bee was organised by George M. Mitchell to haul previously excavated stones to the site for

the basement. The church foundation was laid on October 26, 1895. The first builders were George Brock and his two sons, together with Robert Steele and Walter Wilson.

The first service was conducted on December 29, 1895 by Dr. Bryce from Winnipeg.

In the early years Treherne and Rathwell were one charge, served by one minister. In 1898 the new Rathwell-Indianford charge was formed. One minister also conducted services in Arbroath, Cherry Valley and the Lee districts.

As early as 1898 the ladies of the congregation became actively involved in church activities. They eventually organized as the Ladies Aid.

On September 13, 1925 the church became the United Church of Rathwell and Indianford. The name Calvin United Church is first mentioned in the minutes of the congregational meeting in 1946. The first joint meeting of Rathwell and Indianford was on January 15, 1960. Amalgamation with Treherne was recommended on January 29, 1965.

In 1984, at the General Council meeting in Morden, the ordination of self-declared homosexuals was opposed.

Calvin United Church was purchased by Iglesia Ni Cristo (INC) in 2016. INC is a global Christian church with congregations and missions in 143 countries. Its membership includes 133 ethnic groups and nationalities.

The renovated Calvin United Church reopened as a Church of Christ chapel in October 2018.

**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](mailto:tymendis@shaw.ca) / (204) 774-0677 / (204) 794-1909 / [www.theimpressionists.ca](http://www.theimpressionists.ca), [www.theimpressionists.ca/ManitobaChurches](http://www.theimpressionists.ca/ManitobaChurches) (Testaments of Faith)

### Advertising Feature

# RM OF SPRINGFIELD PARTNERS WITH COMMUNITY TO CREATE NEW SENIORS HOUSING INITIATIVE

As seniors in rural towns and villages age and begin to think about selling their homes as they plan for their next season of life, their housing options are often limited. Although rural communities are home to a higher proportion of older residents, rural communities provide fewer services than urban centres. Older adults are valuable members of rural communities and should be supported in their desire to age in place.

Consequently, many rural municipalities are looking at innovative housing strategies to address the current and future housing needs for their seniors and to mitigate the negative impacts on local economies.

To reverse the trend of rural seniors having few options but to move to urban centres, the RM of Springfield recently announced the creation of **Springfield Heritage Housing Inc.** (SHHI), a community not-for-profit focused on increasing seniors housing opportunities in the municipality. The RM has partnered with the **Springfield Seniors Non-Profit Housing Co-op** (SSHC) to build **Dugald Place**, the planned assisted living residence to be located beside the successful 55+ Dugald Estates residence.

"Our seniors are the backbone of our community and our goal is to keep them near their families and their social networks where they want to be as they grow older" said

Springfield Mayor Tiffany Fell. "We are starting with Dugald Place but the focus of this social enterprise model is on the entire municipality – it gives us the potential to branch out to our other Springfield communities in the future." Fell said this project allows its community members who have lived, worked and played in Springfield, in some case their whole lives, to remain in their community of choice – the place they call home.

Dugald Place is planned as a 50-unit, 3 storey assisted living residence and hopes to break ground this fall, with planned opening in fall 2022. It has already received great interest in the area, with 44 people having deposited \$1,000 to be on the waiting list. Dugald Place is located east of Winnipeg and 10 minutes from the Perimeter; it has great appeal for seniors looking for a rural lifestyle but with easy access to Winnipeg amenities.

SHHI has already secured the land, along with a \$150,000 donation from the Springfield Seniors Non-Profit Housing Co-op; a fundraising campaign is in the works supported by a \$41,000 grant from the federal Investment Readiness Fund. In addition, the RM of Springfield is waiving approximately \$550,000 in development levies. "We see this as an investment in the economic development of our community and important to our goal of retaining seniors in our com-

munity," said Mayor Fell. "We expect to recoup this investment in the years going forward through property taxes," she continued. Fell says this is a 'win-win' situation. Retaining our seniors in our community also provides long term economic benefits for small business – seniors tend to shop local. Such projects also provide good local jobs for young people, she concluded.

Springfield Heritage Housing is led by a six-person Board of Directors

comprised of three Springfield municipal councillors and three community members. "Our vision for Dugald Place is now a major step closer," said SHHI Board Chair Lesley Thomson who noted while the demand is strong, there is currently no assisted living residence in Springfield.

For more info or to reserve a place on the waitlist with a \$1000 refundable deposit, call (204) 853-2255 or contact [www.dugaldplace.com](http://www.dugaldplace.com).

# DUGALD PLACE

Apply to the Wait List

## ASSISTED LIVING

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

204-853-2255



**SSHC**  
Springfield Seniors  
Non-profit Housing Co-op



HUMOUR

BERNIE SINGS THE BLUES



Rick Goodman

rickgoodmansk@gmail.com

By Rick Goodman ©Copyright 2020 / Email [rickgoodmansk@gmail.com](mailto:rickgoodmansk@gmail.com) / Photo of Bernie by Beatrice Daigneault

Read more of **The VIRUS DIARIES** at [www.seniorscope.com](http://www.seniorscope.com)

A little while back a small black and tan dog wandered into our fish camp on the Canoe River up in northern Saskatchewan. Coming back from town I'd found her sitting on the deck, starving, terrified, and filthy. Having grown up on a farm it's just second nature to feed it if it moves so I filled her full of bologna and the rest, as they say, is history. I don't know if it was my charm, my virile good looks, or the bologna but by the second slice she decided to adopt me. I named her Bernadette or Bernie for short and she's become my second shadow.

Nocturnal bathroom trips become more frequent as you get older. We use an old fashioned outhouse at camp and it sometimes seems that I spend half my nights traveling between bed and the facility. Now I have company. She goes where I go and when I go she does her level best to go too. For a while she was even waking Bea up to join us. The way she looks at it is you would have to be out of your mind to miss out on a chance to get out of a warm bed at 3 o'clock on a cold rainy morning and go for a walk with the guy that has the best and most bologna in all of northern Saskatchewan. There were hurt feelings on both sides of that argument.

And argue she can. I've never seen a dog with her vocal range. She can bark, bay, growl, moan, keen, yodel, grunt, and mewl like a cat. At 3 o'clock on a cold rainy morning Bea can do all those things too, when a dog is trying to get her out of

bed. What an uproar, it scared the bears right off the peninsula.

And curse, she can curse like a blue water sailor. The dog I mean, not Bea. I had no idea she felt that strongly about squirrels. I worked construction and over the years acquired a more than passing familiarity with some of the saltier phrases in the English language but I was left slack jawed and shaken the first time I heard what she had to say about a squirrel she chased up a tree.

There's a stretch of good walleye water below our camp and a few years ago I cut some brush and built a deck with a screen tent on it. In season we'll sit there in the evening and watch the odd boat work up against the current on it's way to the Big Bend, which I make a point of telling everybody who will listen is a better walleye spot than our sorry excuse for fishing hole, and they might as well not even waste their time getting a line wet below us. Way better by several magnitudes, but don't tell anybody I told you.

That's our evening entertainment. I'll sit there and play my guitar while I'm waiting for somebody to show up that I can lie to. Between songs I'll ask Bernie if she's a good girl.

Having as high an opinion of herself as she does she'll say, "YARRP," and try and hit me up for a milk bone.

We'll sit there and play John Prine songs. She'll scratch under her collar and thump her leg on the floor. The dog has nearly limitless enthusiasm but no sense of timing or rhythm whatsoever. We all have our faults.

When a boat stops I lie about how good the Big Bend is. If it ups anchor we carry on pickin' and grinin'. If it looks like it want's to fish I put down the guitar and pick up my mother's old accordion. Half the buttons don't work on it but that doesn't matter because I don't know how to play it. One key, it might be middle C, has a particularly annoying tone. I'll get it wound up to speed and sing, 'You ain't nothin' but a hound dog!'

Then I'll holler, "Sing it Bernie!" and hit that key.

She hates that accordion more than she hates squirrels. The language that comes spewing out of her is something to behold. You wouldn't think that much noise could come out of a small dog. Elvis is likely spinning in his grave, but nobody to date has stuck around for a full set. Apparently you just can't fish to that kind of music.

"What a good girl, I tell her after they're gone. "Would you like a milk bone?"

"YARRP!" ■

CROSSWORD - Just Say It, Don't Spray It!

By Adrian Powell

ACROSS

1 Time gone by

5 Full of attitude

10 Effrontery

14 Norway's capital

15 Nevada's neighbour

16 Far from land

17 Interesting occurrence

19 Invitation card letters, often

20 Master of the spray, in a cartoon kind of way

21 Inventive thoughts

22 Morsel for a pangolin

23 Where to build a house

24 Lugs around

26 Disallow

27 Little Rock native

30 Becomes indistinct

33 Operatic solo piece

34 Bagel feature

35 Rajah's Indian consort

36 Alternative to a roll-on

37 Items to put in a smelter

38 Vinegar, basically

39 October birthstone

40 Positive balance sheet item

41 Mine fields, border walls and moats

43 Before (pref.)

44 Coastal Horshu city

45 "You \_\_\_ My Sunshine"

46 Masseur's workplace, maybe

49 Half-woman, half bird of myth

51 Spray that might save the office from burning down

54 Buckshot, e.g.

55 What lost drivers are hoping for

56 Knotted neckwear

57 Join forces

58 Crazy

59 Strong undertow

60 Played a Halloween trick

61 Ready for customers

DOWN

1 Momma's main man

2 White as a sheet

3 Dozed off

4 Signal to start you phone message

5 Bulgaria's last king

6 Very capable

7 Of sound mind

8 Rigged courtroom proceeding

9 In that direction,

10 Needed spraying aid for watermelon growers

11 Tax men, often

12 Tiny Bulgarian coins

13 Drinks like a cat

18 Mexican clay cooking pots

21 Milan's nation (abbr.)

25 "All right!"

26 Lily of the valley at a wedding kind of spray

27 Ormate wall hanging

28 Out of the gale, nautically

29 Crawl's home

30 Actor Pitt of "Fight Club"

31 Doily material

32 Like military folk or chauffeurs

33 Having a calming effect

36 Foot covering

40 "You \_\_\_ serious?"

42 Avote against

43 Set an asking figure

45 Knife-edged rocky ridge

46 John B. of song

47 Some old British coins

48 Fire bug's felony

49 Abhor

50 Fight in the heart of

52 Snob

53 1000 grams, briefly

55 Anticipated

SOLUTION ON NEXT PAGE

WORDSEARCH - COVID PANDEMIC II

PHARMACYINJECTIONXZ  
OSCHOOLSNISUPPORTYI  
PFIZERSALLERGYXSMFR  
TIREDSLPAONLINEOHKD  
CEPWEPLIAOJSQUNDAOQ  
SCSNMATFINSTRONGVXP  
AGLTRNLTAJDHCSNEEZE  
NLRIEEAFFEYEGECONNECT  
ISVSULFTJUAAMSNGSPO  
TOSSUCIFOCDCSINYUFX  
IELCNNWREAUEAICARAY  
ZSOQUIHSNCRRCRPIVLG  
ENMMNTFAMTTAVKERIPE  
IAMOKECFSSRBHEPMVRN  
EOWADJLELTWKDXALAOU  
CGEJLEKYJERAAFESLCC  
HRESPIRATORYVDUIIUX  
BBREATHNHWJB YIEKTFRO  
FRIENDUCADOSEVEEJEZ

AIR  
ALLERGY  
BREAKTHROUGH  
BREATH  
CANADA  
CARE  
COMMUNITY  
CONNECT  
CURVE  
DOSE

ECONOMY  
EFFECT  
ESSENTIALS  
FAMILY  
FRIEND  
ILLNESS  
INJECTION  
INOCULATION  
JOBS  
LONELY

MODERNA  
ONLINE  
OXYGEN  
PANDEMIC  
PFIZER  
PHARMACY  
PLAN  
PROCURE  
RESPIRATORY  
SAFE

SANITIZE  
SCHOOLS  
SHOP  
SIDE  
SITE  
SNEEZE  
SNIFFLE  
STRAIN  
STRESS  
STRONG

SUPPORT  
SURVIVAL  
TEST  
TIRED  
TRACING  
VIRAL  
WAVE  
WORK

SOLUTION ON NEXT PAGE

THE CLASSIFIEDS

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

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

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

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

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

MISCELLANEOUS

MISC: Convert your old family VHS's to DVD's. Fun to watch during isolating or lockdown. GREAT GIFT IDEA. \$10 for 2 hour tape. We don't convert copyright material. John: 204-799-2215.

TO GIVE AWAY TO SENIORS IN NEED: Shower chair, a slipper pan (bedpan), and an inflatable hair-washing basin. Contact Pamela Mason: 204-774-1837 or 204-857-9103 or Email: [nowhere@mts.net](mailto:nowhere@mts.net) (Portage la Prairie). Pick-up or can deliver to Winnipeg or elsewhere.

MISCELLANEOUS

WANTED: Venza Toyota. Any year. Low mileage. No accidents. Call Mona - 204-667-8662

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

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

Sell those unused items! Make some extra cash! Call for details: 204-467-9000

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

Visible in 23,000 printed copies in over 700 locations in Winnipeg and in over 90 rural Manitoba communities and online at [www.seniorscope.com](http://www.seniorscope.com).





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

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

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



**VICTORIA LIFELINE**  
Safe and independent living.

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



**Nurse Next Door**  
home care services  
**204-800-0251**

# 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 “K”

1. A fun name for women’s underwear in England:
2. This fellow wrote “Sexual Behavior In The Human Male”:
3. This is the capital of Afghanistan:
4. This is a territory ruled by a King or Queen:
5. This Irish Canadian is an investor on TV’s “Shark Tank”:
6. This is a gift that evokes memories:
7. This California Senator worked to become America’s first female President in 2020:
8. This is a large bear who lives in Alaska:
9. Many Canadians retire in this Canadian city:
10. They make breakfast cereal, competition for Kellogg:
11. This is a popular flightless bird in New Zealand:
12. A hut like shelter for a dog:
13. Dorothy wanted to go home too:
14. A cigar shaped musical instrument:
15. You have 14 of these in your hand:
16. This is the home of the Russian government:
17. This ape fell in love with a blond lady and saved her from harm:
18. She was the love star in the movie “Titanic”:
19. The others of these have a mustache, he does not:
20. This is a twist or unwanted bend:
21. This is a boat similar to a canoe:
22. This is a strong wrapping paper:
23. The song “anticipation” was used to promote this product:
24. These fun places for young children were closed during Covid19:
25. This is where they manufacture the very popular Kia automobile:
26. This actor starred in *Footloose*, *A Few Good Men* and *Apollo 13*:
27. This Larry has been married 8 times (all different women):
28. He was the bodyguard:
29. This musical featured the song “Shall We Dance”:
30. This is a toy providing symmetrical patterns by multiple reflections in inclined mirrors:

## & Mind & Memory Shows for Seniors

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

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

To request direct e-mail sends to friends or family, forward address to [trivia@shaw.ca](mailto:trivia@shaw.ca)

~ Author, Gary Adams

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

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

SOLUTIONS BELOW

# A to Z Trivia

‘K’ SOLUTIONS

1. Knickers	11. Kiwi	21. Kayak
2. Kinsey (Alfred)	12. Kennel	22. Kraft
3. Kabul	13. Kansas	23. Ketchup (Heinz)
4. Kingdom	14. Kazoo	24. Kinder Garten
5. Kevin O’Leary	15. Knuckles	25. Korea (South)
6. Keepsake	16. Kremlin	26. Kevin Bacon
7. Kamala Harris	17. King Kong	27. King
8. Kodiak	18. Kate Winslet	28. Kevin Kostner
9. Kelowna	19. King of Hearts	29. “King and I” (The)
10. Kashi	20. Kink	30. Kaleidoscope

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

**Niverville**   
CREDIT UNION

# Manor

Assisted Living and Supportive Care Residence



Assisted Living, 1 and 2 bedroom suites, 2 suite sizes available.  
Rent includes, meals, housekeeping and laundry.  
Hairstyling, Dentist, Doctors office and lab, and Restaurant are all located inside the complex for residents to use.

Office: **204-388-5000**, ext 207 | [www.heritagecentre.ca](http://www.heritagecentre.ca)

## FACEBOOK FINDS

I’m not adding the year 2020 to my age.  
I didn’t use it.

You know when that bag of salad you bought gets brown and soggy?  
Well, cookies don’t do that.



Sign in Steinbach, MB

**CROSSWORD - Solution**

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

**WORDSEARCH - Solution**

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

[WWW.MINDANDMEMORY.CA](http://WWW.MINDANDMEMORY.CA)  
Coil Bound and Printable Books \$2 to \$10



Enter our Trivia Game and Win Free Books

# MR. ODDS & ENDS

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

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

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

Call Dave 1-204-746-4318

Add some Odds & Ends to your Sales Event

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

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







# THE COURTYARDS

AT LINDEN POINTE

## Now Open!

Welcome to the Courtyards at Linden Pointe, an elegant community located in the Linden Ridge area of Winnipeg, Manitoba. This stunning facility has blossomed into a Premier Destination for senior ready to embrace maintenance-free living.

When you have the luxury of spending your days pursuing fun and meaningful time among friends, you will be glad you finally traded in your hectic lifestyle for the carefree living experience of a modern community for independently minded adults. This is more than a place to call home; The Courtyards at Linden Pointe is a vibrant, all-inclusive lifestyle where you will thrive in mind, body and spirit.

Convenient to the year-round pleasures of our neighborhood, The Courtyard at Linden Pointe promises gorgeous grounds, stylish decor and a community of engagement, amenities and services to enhance your every day.







# THE COURTYARDS

AT LINDEN POINTE

75 Falcon Ridge Drive • Winnipeg, MB. R3Y 2C2

o:204.560.3850 m:227.6409 • [BrightwaterSeniorLiving.com](http://BrightwaterSeniorLiving.com)