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Vol. 20 No. 1 | July 10 - August 9/21

# Senior Scope

- Celebrating 19 Years of Publishing - July 2021 -

## The Winnipeg Blue Bombers want to play to a sold-out crowd on Opening Day, Aug. 5th at Investors Group Field

See Page 6 for full story by Scott Taylor (Photos courtesy Jeff Miller and James Carey Lauder)

We are pleased to announce our new partnership with CJNU! See Page 9 for details.  
**PLUS...** The Virtual MB 55+ Games are **EXTENDED** until **AUG. 31/21!** See Page 8.

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# Senior Scope

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

# Bill 64 will have an impact on Manitoba seniors

By Tom Parker

As a school trustee, I am regularly asked questions about Bill 64, The Education Modernization Act. Many questions come from the senior residents of the apartment complex where I reside, who incorrectly believe that Bill 64 will have no impact on their lives.

Bill 64 will drastically change our public education system in many ways. For example, seniors will not be considered as part of the education community. Only parents or guardians of children enrolled in a local school will have a voice in how schools are run. We may be grandparents or a great grand-parents, but our knowledge and experience are not seen as useful by this government.

Local taxation by school divisions will end, but we will all still pay taxes to the province to be used to fund the costs of education. This move to taxation without representation in decision making does not sit well with many.

Local taxation has been an important source of funds which allowed school divisions to add programs unique to their communities, and that our communities needed, wanted, and actively lobbied for. In Louis Riel School Division for example, several programs related to mitigating the effects of poverty on student success are active and successful. Programs that support Indigenous students and families, provide extra staff to support students with special needs, and opening Family Centres in schools where there is a community need play key roles and are the result of a response to local needs.

Critics of Bill 64 and the 'Better Education Starts Today (BEST) Strategy', including respected current and former educational leaders, have spoken out about the important link between the impact of poverty on student success. The research on this topic is rock solid and yet Bill 64 fails to acknowledge this key point. It is worth pointing out that Manitoba has the highest poverty rates in the country.

Why is the Minister of Education making this huge change at the same time we are still managing Covid-19 challenges? Minister Cliff Cullen has made no secret of the fact there is a desire to see an increase on the scores of Manitoba students on standardized tests. Using standardized testing to assess student success and the success of our education system does us all a disservice. As a former teacher and school principal I know testing takes time away from opportunities to encourage conversation, learning and critical thinking on current issues such as climate change, racism, equity for all, and building a better society.

Under Bill 64, 37 school divisions and school boards will be eliminated and replaced by 15 education regions. Each region will have one parent representative on the Provincial Advisory Council on Education. Each region will have to choose one person to represent them; in Winnipeg, that is one parent from those of over 100,000 students. The government frames this as a way to ensure representation of parents in the education system. However, the truth is that parent voice will be advisory in nature only, and all decisions will be made by those who are appointed by the government. The Premier, his education minister, and their appointees will be the ones who will operate and oversee the public education system.

Democracy will be removed from our school system because there will no longer be locally elected school trustees representing communities on local school boards. All decisions, for schools from Boissevain to Churchill, will be made at the legislative building on Broadway Avenue in Winnipeg.

'Efficiency' is a key word used repeatedly in the government plan. They state that being efficient will save time and money. Can they achieve this goal? Will the plan be effective? They had similar goals for our health care system. They were going to make it efficient and save time and money. I will leave it to you to decide whether it was effective.

Learn about Bill 64 and draw your own conclusions; **www.localvoices.ca** and **www.bettereducationmb.ca** are two places to start.

Tom Parker is a Trustee on the Louis Riel School Board in Winnipeg. For more information, email **tom.parker@lrsd.net**. ■

## FROM THE PUBLISHER . . .

As **Senior Scope** navigates through this Covid-19 pandemic, we continue to strive to bring you useful and entertaining information each month.

We are happy to announce that this issue - July 10 - Aug. 9/21 - marks **Senior Scope's** 19th year of publishing and we enter into our 20th year with hope and confidence that things will start to return to normal.

We have come a long way since the first edition in July, 2002. **Senior Scope** started as a personal size, friendly read for older adults in Winnipeg and it still is that friendly read today, except it is more readily available in Winnipeg and in many rural communities. A digital version is also available online at **www.seniorscope.com** or you can receive it by **email** or **mail subscription**. If you miss an issue, you can access past issues on the 'Archives' page on the website. You can find printed copies at grocers, restaurants, pharmacies, many 55+ housing complexes/apt's/condos, and various other locations. Thank you, also, to all the organizations and businesses that share the **Senior Scope** with members of their communities or with their clients.

Another major announcement we'd like to make is regarding our

involvement with **CJNU Nostalgia Radio 93.7 FM**. We look forward to joining forces with their team to further serve our community members in Winnipeg and rural Manitoba.

One more thing, you may have heard on CJNU that we are bringing back the '**Senior Spotlight**' section which are little bios of local, inspiring individuals. In the next issue we'll feature **Harry McFee**, a local author who preserves stories from Army and Air Force veterans of the Second World War. But, there's much more to Harry's story. Stay tuned!

~ Kelly Goodman  
kelly\_goodman@shaw.ca

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

If you are married or in a common law relationship, death is like a divorce. Whether you have a will or not, your surviving partner is entitled to at least half of your estate. It that's not what you want to happen with your property then you need a will. That covers what happens after your death. But what about while you are alive and you can't take care of your own affairs any more? That's where an Enduring Power of Attorney comes in. This document gives authority to a trusted person (eg. a spouse, adult child, sibling or good friend) to look after your financial, medical and accommodation issues. If you become mentally incompetent, say from a stroke or Alzheimer's, then it is too late to do a Power of Attorney. You would have to go to court to get a trusteeship, at a cost of thousands of dollars instead of the few hundred for a Power of Attorney.

Attorney. In normal times thinking about these issues can be uncomfortable and making the trip to a lawyer's office is an added hurdle to taking those steps. That's why I offer to travel with my laptop and printer to people's homes to draw up these documents and get them signed up on the spot.

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

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# The big banks and Canada's seniors



By Roger Currie

The year was 1956. I was 9 years old when I opened my first bank account at a Winnipeg branch of Toronto Dominion. Banking was already very much in my DNA. My Scottish grandfather, John Currie, emigrated to Canada in 1910 on the strength of a job offer from the Imperial Bank of Canada. As Canadians, it has always struck me that our cautiously timid attitude about banks was best reflected by renowned writer and economist Stephen Leacock in his legendary short story 'My Financial Career'.

As I turn 74 this month, I find that I still don't trust banks all that much. I switched from TD to ScotiaBank a few years ago, and they have recently given me a fresh batch of reasons to regard all major banks with cautious suspicion. I was faced with a bogus charge in my account, and my journey to correct the problem began with my phone call for help that was answered in Colombia South America would you believe! Why there?

Canada's banking system has long been regarded as one of the best in the world. Have you noticed though that most of the positive media they receive comes from 'captains of industry' including the CEO's of the banks themselves. Seniors and other ordinary Canadians who have a problem with

their bank have mostly come to rely on media efforts like *MarketPlace* and *Go Public* on CBC. They should also familiarize themselves with a prominent national lobbying organization called *Democracy Watch*. One of the founders back in 1993 was **Duff Conacher** (pictured), a graduate in law from the University of Toronto. Since I began serving as host of the CJOB Morning Show in the 1990's, I have been delighted to regard Duff as my 'go to' guy on a wide range of public accountability issues, but especially Canada's banks. If you go to their website, [democracywatch.ca](http://democracywatch.ca), you can join one of their biggest efforts ever. More than 120,000 people have joined in a letter-writing and petition campaign aimed at Finance Minister Chrystia Freeland. The campaign urges the minister and the government to work with all federal parties "to stop gouging in their credit card interest rates, to end racism in their lending decisions, and to end a variety of other abuses" some of which create hardships for Seniors.

The pandemic which hit Canada hard in March of 2020 saw the big banks leaned on heavily by the Trudeau government. The banks did respond with several temporary measures of significance. They DID reduce interest rates on credit card balances. They also deferred payments on many mortgages and loans, but by last October the temporary measures ended and it was largely business as usual once more.



Photo: democracywatch.ca

If you think the banks suffered financially during that six month period, think again. By the beginning of 2021 all of the Big Six were back to reporting quarterly profits of a Billion dollars or more. Then this past spring they tried to be as quiet as possible as they raised many of their service charges.

Mindful that a federal election is likely this fall, I asked Duff Conacher what the banks should be doing to help Canada's Seniors. He said

"They should be better at reminding people about discounts they become eligible for after they turn 65. They should also strengthen the Financial Consumer Agency of Canada which was created to deal with problems experienced by older Canadians. The agency is only allowed to name an offending bank if a case results in prosecution, and such cases are very rare."

Democracy Watch, is also busy on a number of issues that have little or nothing to do with activities of Canada's bankers. They are among the loudest voices that Prime Minister Trudeau is hearing about his government's decision to award a \$900 million contract to the We charity for administering a youth jobs program.

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

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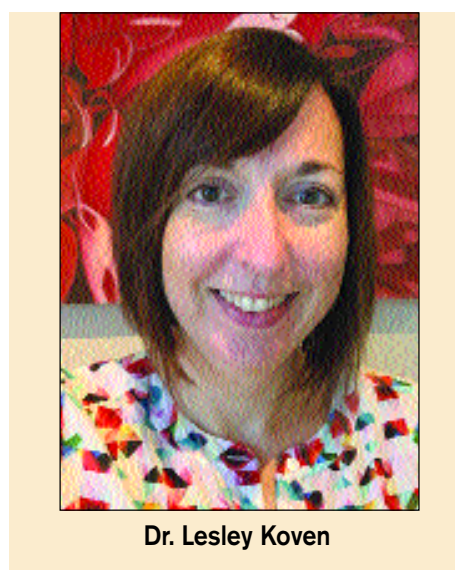
# The Alzheimer Society of Manitoba Asks an Expert

- Alzheimer Society of Manitoba

In light of the changing rules concerning COVID-19 restrictions in the province, the Alzheimer Society reached out to Clinical Psychologist Lesley Koven. Here is what she had to say in answer to the question: **It's great that communities are starting to open up, but I'm still anxious. How can I embrace these loosening restrictions without fear?**

This is a good question – it's one a lot of us are thinking about as we begin to re-engage with our family and friends and rejoin activities we've been away from for over a year. Remember that those anxious feelings are normal, understandable human emotions. Here are some things to keep in mind:

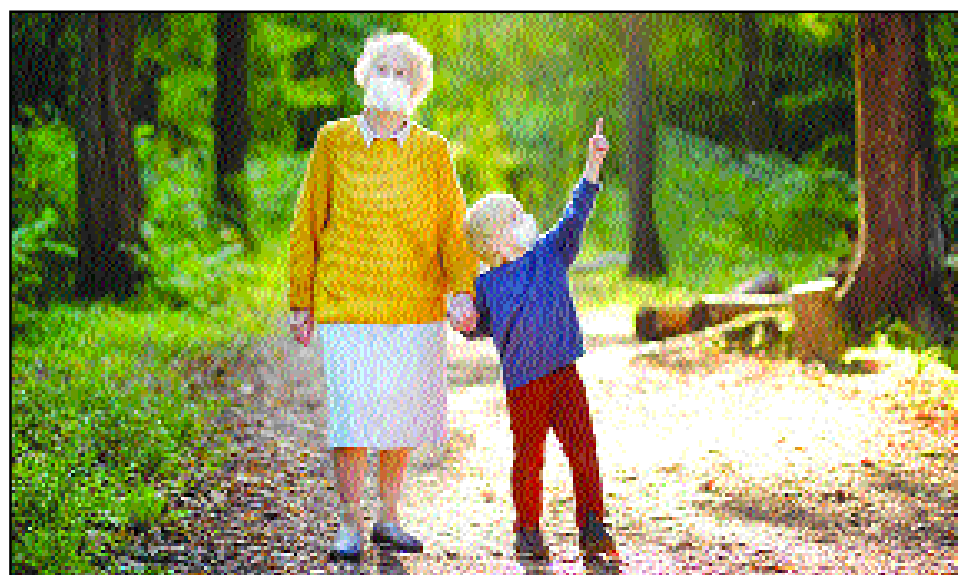
- Anxiety works as an alarm – it warns our bodies about potential threats so we can make choices to keep ourselves safe. Recognize that there is a real risk to re-engaging – but remember that avoiding everything that triggers anxiety will only make the anxiety worse.
- While there can be anxiety because it sometimes feels like "the rules" are frequently changing, we know the basics, and we have control over them. We minimize our risk when we: wear a mask; sanitize our hands; practice social distancing; avoid crowded situations; and get a vaccine.
- You don't need to let your feelings dictate your actions. Identify your fears and thoughts and then gently challenge them before entering a situation. That way, you are relying more on a reasoned conclusion rather than the part of your brain that automatically tells you it's too risky.



Dr. Lesley Koven

- It may be difficult to start re-engaging, but remind yourself why you're doing these worthwhile activities. For example, they will improve your mental and physical health, which may help you to push through the anxiety you're feeling.
- It will take time to re-adjust to being in public again, so don't rush. Figure out each day what baby steps you can take. Start small and build up some emotional tolerance slowly.

Thanks to **Lesley Koven, PhD**, Clinical Psychologist and Assistant Professor, Department of Clinical Health Psychology, University of Manitoba; Winnipeg Regional Health Authority.



Nana &amp; Grandson navigating the Covid-19 pandemic.

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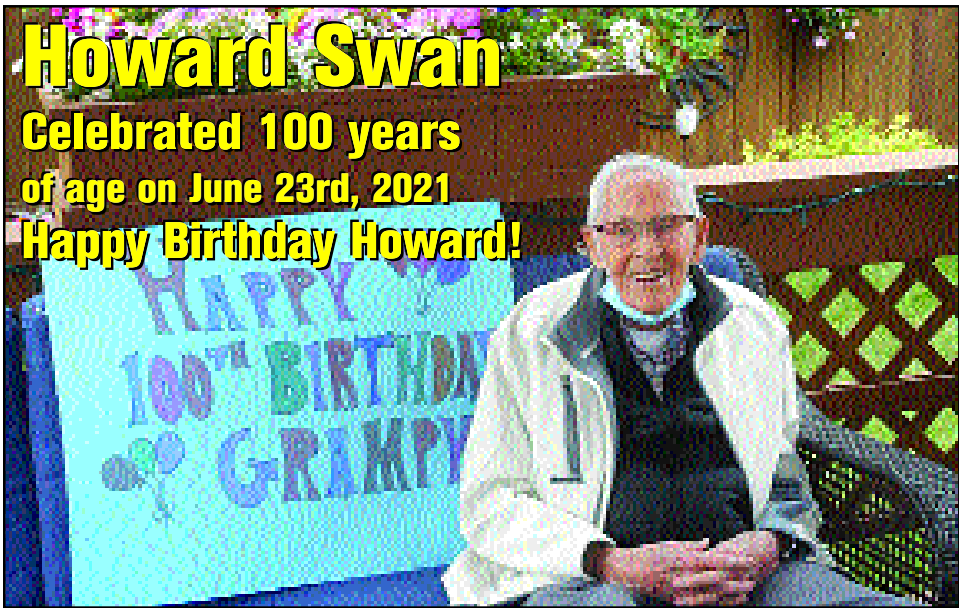


A Big Salute to these Amazing Centenarians - Happy 100th Birthday!

**Jack Widdicombe**  
Celebrated 100 years of age on May 2nd, 2021  
**Happy Birthday Jack!**



**Howard Swan**  
Celebrated 100 years of age on June 23rd, 2021  
**Happy Birthday Howard!**



99th ANNUAL (WAR) MEMORIAL SERVICE GOING VIRTUAL By Lois Dudgeon



Going virtual this year was a viable option: Glenn Rasmussen

Due to the continued covid restrictions, the Darlingford Memorial Park Committee presented the 99th Darlingford Memorial Service virtually on Sunday, July 4, 2021 at 11:00 am.

To view the service, you can check the following social media sites: [www.facebook.com/DarlingfordMemorialPark](https://www.facebook.com/DarlingfordMemorialPark), RM of Pembina, [www.pembina.ca](http://www.pembina.ca) and YouTube – Darlingford Memorial Park.

The Committee has also postponed their plans for the 100th anniversary celebration of the park's opening to July 2022. The service is the main source of funding for the yearly cost of maintaining this beautiful park. Donations will be gratefully accepted towards these expenses and income tax receipts will be issued. Donations can be mailed to : RR 1, Box 46, Darlingford, MB R0G 0L0.

2020 marked the only cancellation of these annual services that have taken place at the war memorial, dating back to July 5, 1921 when the park officially opened. It includes participation from local school children who place flowers on two crosses in honour of those who never made it home from the wars. Two black marble plaques inside the memorial list the names of the men who served and died in World War I and II.

The Darlingford Memorial is the only free-standing memorial building of its kind in Manitoba that honours the war dead. The park is maintained by a local volunteer committee (8) and community volunteers.

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Everyone is WELCOME to visit the park & Memorial building this summer. The park is open to the public seven days a week.

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## THE BUZZ



By Scott Taylor

Photos courtesy  
Jeff Miller and  
James Carey Lauder

# Here's to the 2021 Canadian Football League Season

The Winnipeg Blue Bombers are going to play football this summer. At least, they are certainly prepared to play and President Wade Miller says he expects to sell out on Opening Day, Aug. 5, when the Hamilton Tiger-Cats show up at Investors Group Field.

It's a long, difficult 16 months for everyone. No one expected the political machinations of public health to slow down the nation's recovery. But it did, and we're all stuck in the middle of it.

However, to the credit of all Manitobans, folks have lined up for hours to get vaccinated, the people of this province want to get back to some form of normal and the still-defending Grey Cup champion Blue Bombers are prepared to lead the way. In fact, other teams – amateur and professional – and leagues are excited to see how the Bombers re-open. It could very well be the template for a return to all sport in the fall.

A little history, first. We are a senior paper, after all.

Back on April 21, the Canadian Football League (CFL) Commissioner Randy Ambrosie issued the following statement on Wednesday announcing the League's Return-to-Play plans for the 2021 season:

"We will play CFL football in 2021. Our revised target date to start our regular season is Aug. 5. To facilitate a 14-game season, for our players, fans and partners, we are re-scheduling the Grey Cup to Dec. 12, in Hamilton.

"I say 'target date' because our plans are subject to the state of COVID-19 across the country. A so-called 'third wave' in some provinces is forcing us today to postpone the start of our regular season, which had been scheduled for June 10.



Harris and the Cup.

"The CFL depends on ticket revenue more than other professional sports leagues in North America. Fans in the stands account for at least half of our revenue. Our clubs already stand to suffer substantial financial losses this year. Playing without fans in the stands would dramatically increase those losses.

"We are prepared to be creative as well as prudent. For example, if we are unable to host fans in the East because of COVID-19, we are prepared to start play in the West, provided eastern teams can return to their home provinces, and play in front of their fans, later in the season.

"And we have contingency plans in place, should factors beyond our control delay the start of our season beyond Aug. 5. The bottom line is we are optimistic we will have a season in 2021, culminating in a great Grey Cup."

Love the optimism and it would appear, thanks in no small way to the vaccination results across Canada, that the league will indeed start again on Aug. 5.

So, what can we expect? We can expect the Winnipeg Blue Bombers, Grey Cup champions since 2019, to win their second straight CFL championship. Here in Manitoba, exasperated Bombers fans lived through 40 seasons without a Cup. From 1990 until 2019, the Bombers suffered the longest Grey Cup drought in history. Granted, they appeared in three games during that time but didn't win one.

Then, in 2019, after General Manager Kyle Walters and Head Coach Mike O'Shea, completed their unannounced five-year plan to win a championship by doing just that. The Bombers were outstanding during the regular season and despite a

couple of serious injuries, one to their No. 1 quarterback and a few other setbacks, they breezed through the playoffs behind the best runningback in Canadian football, Winnipeg's own Andrew Harris.

Then, in the 107th Grey Cup game, Harris ran wild. He gained 134 yards rushing and caught five passes for 35 more yards. He also scored two touchdowns, led the Bombers to a decisive 33-12 victory and became the first Canadian since Russ Jackson in 1969 to win the Grey Cup game's Most Valuable Player Award.

Not only was the drought over, but something else became crystal clear. No matter what you might think of Miller, the pugnacious Bombers' president, he hired the two most important people in all of Canadian football to run his team and he had the patience to let them

*Continued on next page*

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# COVID-19 VACCINE BULLETIN #101

All data in this bulletin is current as of July 6 unless noted otherwise.

### Immunization Card

Manitobans who are fully-immunized can apply for a Manitoba immunization card. People can visit <https://www.gov.mb.ca/covid19/vaccine/immunization-record.html> to apply. Effective today, individuals without access to the internet can call **1-844-MAN-VACC (1-844-626-8222)** and follow the prompts to request their immunization card.

### Eligibility

All people aged 12 and up are now eligible to make their first- or second-dose appointment. The date of the second appointment must be at least 28 days after the first vaccination. For more information, visit <https://manitoba.ca/covid19/vaccine/eligibility-criteria.html#second-dose>. Individuals can book online at <https://protectmb.ca> or by calling (toll-free) **1-844-MAN-VACC (1-844-626-8222)**.

### Vaccine Administration

A total of 1,536,491 doses of vaccine have been administered in Manitoba.

### Appointments and Walk-ins

On July 14, all vaccine super sites throughout the province will be offering walk-ins only. While Pfizer will be earmarked for use in youth between 12 and 17 years old, Moderna will be available for adults at each site. All July pop-up clinics are now listed online in the map finder at <https://protectmb.ca>.

From July 7 to 13, there are about 25,000 Moderna appointments open and available for booking.

Until July 10, the RBC Convention Centre, Leila, Steinbach, Selkirk and Brandon super sites were offering extended hours of immunization from 7:30 a.m. to 10:30 p.m. The RBC site will continue to be by appointment only, but all of the other sites will be taking walk-ins.

Parents, caregivers or other adults who have a booked Pfizer appointment can continue to transfer their appointment to a 12- to 17-year-old youth, through the provincial call centre.

Fifteen medical clinics and pharmacies are regional hubs for AstraZeneca vaccinations. Individuals can use the online vaccine finder at <https://manitoba.ca/covid19/vaccine/finder.html> to find a location with available doses.

A complete listing and searchable map of all vaccine sites, including urban Indigenous clinics and pop-up clinics, is available online at <https://protectmb.ca>. Eligible individuals can book their appointments at these sites online, or by calling (toll-free) **1-844-626-8222 (1-844-MAN-VACC)**.

### Vaccine Supply and Distribution

To date, 1,920,100 doses of vaccine have been delivered to Manitoba. This includes:

- 1,125,540 doses of the Pfizer vaccine;
- 702,800 doses of the Moderna vaccine; and
- 91,760 doses of the AstraZeneca vaccine.

### Additional Information

To be considered fully immunized, individuals require two doses of vaccine. These can be the same or different brands of vaccine. Individuals who are fully vaccinated can now request a digital or physical immunization card. For more information, visit: <https://manitoba.ca/covid19/vaccine/immunization-record.html#immunization-cards>.

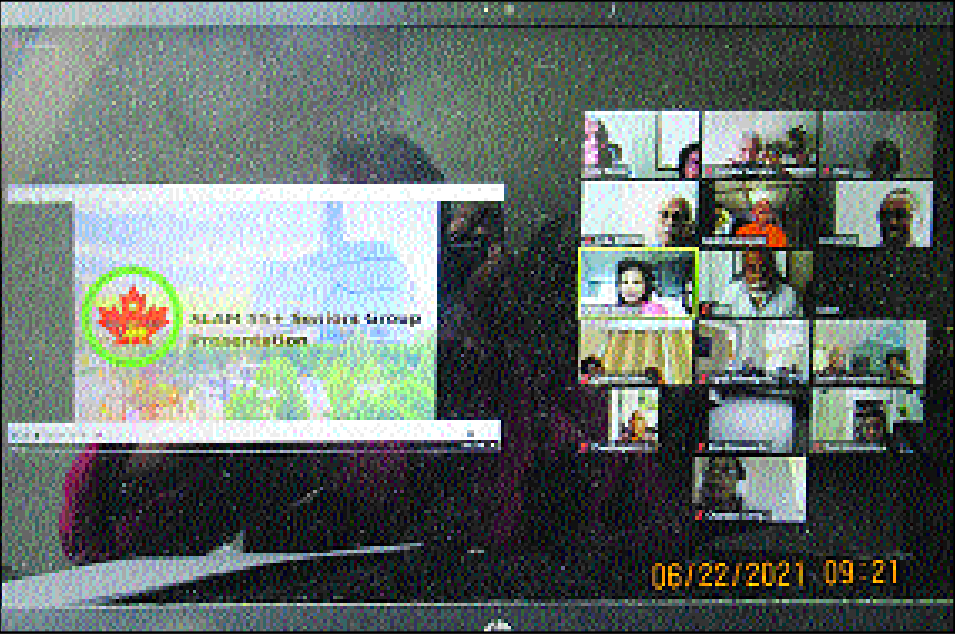
Individuals who need to update any missing or inaccurate information on their immunization records can call **1-844-MAN-VACC (1-844-626-8222)** and follow the prompts or use the e-form at <https://forms.gov.mb.ca/covid-immunization-record-request/>.

Manitobans are reminded to fill out a second consent form for their second dose appointment. To fill out and print the consent forms before your appointment, visit: <https://manitoba.ca/covid19/vaccine/resources.html#forms>.

More information about the vaccine campaign in Manitoba is available at [www.manitoba.ca/vaccine](http://www.manitoba.ca/vaccine) and <https://protectmb.ca/>. (<https://manitoba.ca/covid19/vaccine/index.html>). ■

# Sri Lankan 55+ Group Conducted Virtual Session on Oral Health

By Senaka Samarasinghe, President - Sri Lankan 55+ Group



Sri Lankan 55+ Group conducted virtual event on June 22nd (TUS) 2021 from 10.00 am to 11.00 am.

Members of the Group requested to conduct a session on oral health. We invited Dr. Devi Sewvandini Atukorallaya, BDS (Hons), PhD. She is an Assistant Professor, Department of Oral Biology, College of Dentistry, University of Manitoba - Research Scientist, Children's Hospital Research Institute of Manitoba. Devi discussed with us and formulated 40 minutes presentation which was done in English. Allocated twenty minutes for Q&A which was conducted in both languages (English and Sinhala). The



topic was Identification and Prevention of Common Oral Health Conditions.

An edited version of the presentation will be uploaded to the YouTube in consultation with the presenter and circulate among members. ■

## The BUZZ... cont'd from page 6

build a championship team their way. Walters and O'Shea are both Canadians who love the Canadian style of football and understand clearly what it takes to win. They built the Bombers from a team that was 3-15 in 2013, under a guy named Tim Burke (I didn't even remember him until I started researching this piece), into a Grey Cup champion. They did it in seven years and now they have a team that could be a contender for the next two decades.

O'Shea is from North Bay. He played Canadian college football at my alma mater, the University of Guelph, and then had a 16-year CFL career. The game is in his

bones. Walters, is from St. Thomas, Ont., played at Guelph, then six seasons in Hamilton before becoming assistant GM in Winnipeg during that horrible 2013 season. Both of them bleed Canadian football and they are both ultimately responsible for making the Bombers Grey Cup champions - and perhaps building a dynasty.

I can't wait for the 2021 CFL season to start. And I hope it's so wildly successful that Commissioner Ambrosie won't actually have to follow through on his decision to partner with the XFL.

But that bit of ridiculousness is for another time. ■

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**204-809-8534**

**Chapel Lawn**  
**Funeral Home & Cemetery**  
[chapellawn.ca](http://chapellawn.ca)  
**204-809-8517**





# Game on!

## Extension of the virtual Manitoba 55+ Games: June 14 - August 31, 2021.

By Karyn Heidrick, Manitoba 55+ Games Coordinator



Horseshoes, finishing the men's walk, men's run, women's walk at previous 55+ Games.

### Exciting news! The virtual Manitoba 55+ Games are extended until the end of summer!

Based on feedback from participants, AAIM decided to **extend the Manitoba 55+ Virtual Games to August 31, 2021**. The Games' main sponsor, Manitoba Liquor and Lotteries fully supports this great idea. Participants can enjoy an entire summer filled with activities, games, and arts & crafts. All will reap the benefits of participation, engagement and being physically active.

Participants, nearing the end of the first month of participation, tell

us that they have had so much fun along with great experiences. They have not only been enjoying the traditional Manitoba 55+ Games activities but have also been finding other ways of staying active their way.

They have been keeping track of other activities they enjoy, such as kayaking, gardening, disc golf, swimming, etc., on their activity trackers. Even though these are not "core" Manitoba 55+ Games events, they are great physical activities that will help them stay active throughout the summer months.

AAIM wants to make it easy for

all older adults to participate, engage and have fun. Inspiring all older Manitobans to get active, be active, and stay active throughout the summer months. Encouraging everyone to participate in whatever way that they can.

The virtual 55+ Games have allowed for greater inclusion, reaching more participants. The diversity of participants ranges from women's golf teams to hospital adult day programs to Senior's Resource Finders reaching out to the older adults in the communities they support. Many of these participants would not be able to attend the 55+ Games in a typical year but now can count themselves in and be proud of their accomplishments!

Check out our 55+ Games participant map on our website, [www.activeagingmb.ca](http://www.activeagingmb.ca), and you'll see where all of the action is happening throughout the province.

Want to participate in the Manitoba 55+ Games? It's simple.

**1** - Download a registration form and activity tracker from the Games page on the AAIM website, [www.activeagingmb.ca](http://www.activeagingmb.ca).

**2** - Register yourself.

**3** - Track your activities this summer.

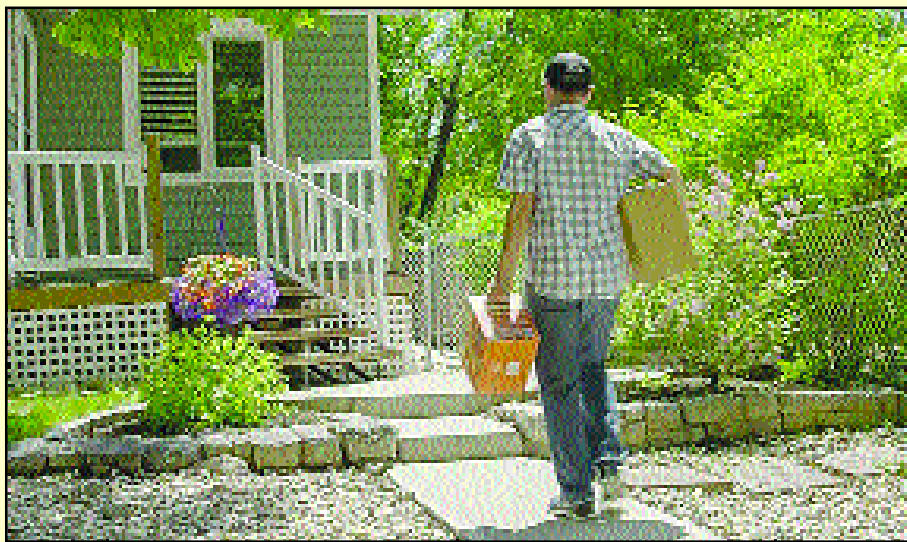
**4** - Submit (at the end of the event, August 31), your physical activity tracker along with any photo or story you'd like to share to be eligible to win some great prizes! Do as little or as much as you like and sign up at any time to participate.

Remember – you can sign-up any time to participate during the Games! So, join many other Manitobans to connect virtually in the 2021 MB 55+ Games – it's simple, free, and FUN!

If you have already signed up as a participant, invite a friend, neighbour or family member to join you – or challenge someone to a friendly competition and see who can fill up their activity calendar more by the end of the summer!

Get YOUR Game on and Count Yourself in This Summer!

Find **Manitoba 55+ Virtual Games** resources on the Games page on the AAIM website at: [www.activeagingmb.ca](http://www.activeagingmb.ca) . ■



Manitoba Liquor & Lotteries Delivery Service.

## Living in a Virtual World

We've been living in a virtual world – the COVID-19 pandemic forced many of us into unfamiliar territory. Online shopping, meeting with family and friends via video, even the 55+ Games switched to a virtual format this year.

**Manitoba Liquor & Lotteries**, a long-standing sponsor of the 55+ Games, has also gone virtual, making their services easily accessible through its Liquor Mart delivery in Winnipeg and Brandon, **Click & Collect** services in select stores, and online lottery options.

"I enjoy browsing the Liquor Marts and picking different wines to try, but as I've gotten older, getting my favourites delivered is easier for me – especially during the pandemic," says Beryl Glenat, a home delivery customer. "I order and pay for exactly what I want, set up a date and time, and it's dropped off right at my door."

You don't need to plan a stop at the Liquor Mart into your outings anymore – you can shop from the convenience of your home choosing from more than 2,000 products online and get them delivered. If you just want to save a little time, **order online** and take advantage of curbside pickup with Click & Collect and avoid waiting in line.

Beyond that, Liquor & Lotteries also offers a safe, secure, and accessible option for buying lottery tickets and playing your favourite casino games through **PlayNow.com**.

Revenues from Liquor Marts and PlayNow stay in Manitoba to support fundamental programs and community services.

18+ Enjoy Responsibly.

## Roland Senior Ladies Golf league - registered for virtual MB 55+ Games

Lois Dudgeon, Manitoba director of the Canada 55 Plus Games, tirelessly promotes active living and has encouraged many in her community to participate in the Manitoba 55+ Games each year in hopes that they'll qualify for the national 55 Plus Games.

This year is no different except that the Manitoba Games are virtual due to the Covid-19 pandemic. That doesn't stop Lois from continuing on with her endless effort to get people active, involved, and registered for them.

"I've registered our Roland Senior Ladies Golf league as a group for the Games this year - which includes approx. 15-20 individuals! The ages range from a 91+ woman who is a regular 'Games goer,' all the way down to 40 something, and

everything in between.

It's a FUN league that golfs Thursday mornings in Roland, MB, and has been for a number of years. Our 4-some from Morden has been going over for the last 11 years," Lois tells us.

She adds, "I just convinced my 100-year-young (in May 2021) golfer, Jack Widdicombe, from Russell, MB to participate in the Games this year as well."

**Marion Hodgson** will be 92 later this July and has been participating in the Manitoba 55+ Games with her husband, Jim, since the first games that were held in Hamiota, MB, until his passing five years ago.

"The virtual Games are a blessing this year," says Marion. She and

Continued on page 12





## In Touch With Our Community – July, 2021

CJNU Nostalgia Radio 93.7 FM is pleased to join the Senior Scope family. We are a not-for-profit community-based radio station located in Winnipeg and broadcasting to the surrounding area by the airwaves, internet, and MTS 725.

Our signature sound is those lovely oldies of our youth. We cover music from 1930 to 1980 with a mix of instrumentals, top hits, and those one-hit wonders.

Each month the station broadcasts in support of a different organization in our community that is vital to the health and wealth of Manitobans. Members of the public can purchase memberships in our organization, as well as businesses and organization sponsorship. As a not-for-profit organization, we depend on their generosity to keep us on the air. We are also fuelled by a fantastic team of volunteers who do everything from on-air broadcasting and operating to phone answering and helping with the annual pledge drive.

Through the challenging times of the past 15 months, we have been supporting our community as best we can. Many restaurants and small businesses that have supported us through the years are now struggling, and we urge you all to buy local.

Before the pandemic, each month, the volunteers of CJNU took their studio to a new community location to engage the listening public directly. CJNU is also actively involved in helping many charitable organizations across the province share their stories. We are anxiously waiting for this to happen again as we miss our CJNU friends and look forward to seeing their smiles once again.

CJNU is proud to work with The Winnipeg Foundation throughout the year, both as our Host Sponsor and our newscast sponsor. We are also excited to work with the Winnipeg Free Press and Canstar Community News as part of a content-sharing partnership. You can hear the news on CJNU every weekday morning at 7 and 8 am and every afternoon at 4 and 5 pm. We also present BBC Topline – 90-second news updates with a global perspective – at 7:30 and 8:30 am on weekday mornings, as part of Breakfast with CJNU.

### The Radio Voice of the Winnipeg Goldeyes



We are in the 6th season of our partnership with the Winnipeg Goldeyes. All 100 regular-season games, along with all post-season games, will be broadcast live on CJNU 93.7 FM. Each broadcast starts with a 30-minute pre-game show and ends with a 30-minute post-game show. We here at CJNU are incredibly proud to continue to serve as the broadcast home of the Goldeyes.

The Goldeyes will continue to monitor the Canada/US border reopening and assess a potential return to Shaw Park. I, for one, can't wait to enjoy a ball game firsthand, but for now, please listen to that crack of the bat sending the ball over the left-field fence.



### The Winnipeg Foundation - looks forward to the next 100 years

As The Winnipeg Foundation celebrates 100 years of generosity in 2021, we're happy to continue working together with CJNU 93.7 FM to extend our celebrations across the city and keep our community connected. Since the beginning of the year, The Winnipeg Foundation's BeCause Radio (Thursdays at noon; rebroadcast Sundays at 8 am.) has looked back at the history of Winnipeg and The Winnipeg Foundation, while celebrating the people and organizations who have worked together to make our community flourish for all. Each month is themed around a decade. We provide a snapshot of The Foundation's work; what was happening in Winnipeg at the time; and the great music from the featured time period. To listen to past BeCause Radio interviews or subscribe to the podcast edition of the show, visit [becauseradio.org](http://becauseradio.org).

As The Foundation begins its 2nd century, we look forward to the future with a new segment called *Our Next 100*. This segment, which airs within the BeCause Radio hour, is a weekly series of audio essays from Winnipeggers, envisioning our community's next 100 years and the potential role philanthropy might play in helping achieve our vision. Recently featured essayists have included The Honourable Janice C. Filmon, Lieutenant Governor of Manitoba; Shahina Siddiqui, Executive Director of Islamic Social Services Association; and Sky Bridges, CEO of The Winnipeg Foundation. You can read print versions of the essays, and listen to audio versions of previously broadcast essays, at [wpgfdn.org/next100](http://wpgfdn.org/next100).

It all began on June 6, 1921, when William and Elizabeth Alloway wrote their cheque to create The Winnipeg Foundation. One hundred years later, The Foundation commemorated the day with a virtual gathering to celebrate the importance of legacy giving. Broadcast on CJNU and hosted by Foundation CEO Sky Bridges, the 2021 Legacy Circle Celebration program featured a retrospective of The Foundation's history, special guests, musical performances from Sweet Alibi and more.

You can watch the recording of the Legacy Circle Celebration by visiting [wpgfdn.org](http://wpgfdn.org), The Foundation's Facebook page, or YouTube channel.



on the air at CJNU 93.7 FM,  
on the web at [CJNU.ca](http://CJNU.ca) and  
on MTS TV channel 725





Things To Do

WINNIPEG

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

**MISC EVENTS**

**Manitoba Art Network** - Join Manitoba Arts Network for this year's Regional Art Exhibition at <https://artgallery.manitobaartsnetwork.ca>. Enjoy the best contemporary visual art from across Manitoba this summer! Manitoba Regional Art Exhibitions features 311 artists from Central, Eastman, Interlake, Northern, Parkland, and Westman areas of the province, but, unlike previous years, will be **hosted entirely online**. Artworks cover a diverse range of media, including painting, drawing, photography, sculpture, ceramics, mixed media and textiles. Audiences will now have access to view the artwork online, purchase works 24/7, and leave comments in the guest book, creating one of the most comprehensive and interactive exhibitions of Manitoba's rural artists. From July 1-August 1 the public will be invited to view artworks in the exhibition.

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

**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**

**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+** - Online and some in-person summer activities are continuing. Yoga in the park (Crescent Park) is still available. Enjoy your summer. For information: check out our website

[www.pal55plus.com](http://www.pal55plus.com), email [office@pal55plus.com](mailto:office@pal55plus.com), or phone **204-946-0839**.

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

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

Seniors **444-3139**; **Teulon** and District Seniors Resource Council **886-2570**; **Two Rivers** Senior Resource Council, **Lac du Bonnet** **345-1227**, **Pinawa** **753-2962** or **Whitemouth/Reynolds** **348-4610** or **Winnipeg River** Resource Council **367-9128**

**Lorette - Yoga for You** - ONLINE yoga classes Tuesday mornings, 9:30 am and Wednesday evenings, 6:30 pm. First class is free, then \$5 per online class. Adults of all ages and fitness levels, and mature teens are welcome – no experience needed. To register, text: **204-330-7456** or [juliette.nadeau@outlook.com](mailto:juliette.nadeau@outlook.com)

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

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

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

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

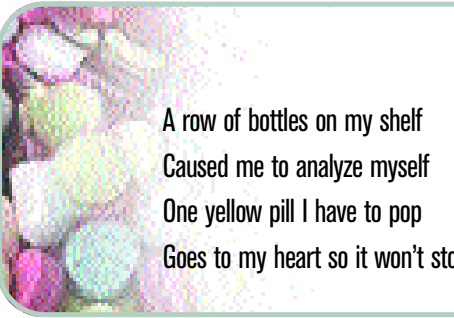
**A & O: Support Services for Older Adults** - *Programs to help you stay connected and active.*

**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)

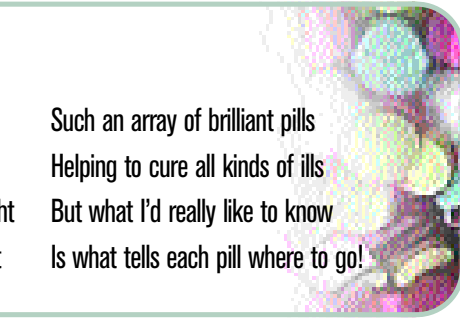
**SCWW** provides educational and recreational programming in a fun and interactive atmosphere. All programming is provided over the phone.

Download the **SCWW 2021 Program Guide** at: [www.aosupportservices.ca](http://www.aosupportservices.ca)



### The Seniors Way

A row of bottles on my shelf	A little white one that I take	The purple pill goes to my brain	The red ones, smallest of them all	Such an array of brilliant pills
Caused me to analyze myself	Help my hands not to shake	And tells me that I have no pain	Go to my blood so I won't fall	Helping to cure all kinds of ills
One yellow pill I have to pop	The blue ones that I use a lot	The capsules tell me not to wheeze	The orange ones, very big and bright	But what I'd really like to know
Goes to my heart so it won't stop	Tell me I'm happy when I'm not	Or cough, or choke or even sneeze	Prevent my leg cramps in the night	Is what tells each pill where to go!



# Tapping into Seniors to Help Seniors New regional program launched to connect seniors

~ Seine River Services for Seniors Inc.

**Seine River Services for Seniors Inc. (SRS Inc.)** knows firsthand the needs of older adults. That's why they're excited to launch a new project called **Seniors Helping Seniors-Entre aînés, on s'entraide** specifically created with regional seniors in mind!

"Initially we wanted to create in-person presentations and workshops bringing in seniors in our region who have a lifetime of knowledge to pass on these skills to other seniors," explained Melanie Bremaud, Coordinator with SRS Inc. "Current health restrictions in place due to the pandemic has forced us to think out of the box and revise the way we are going to present this."

The once in-person format has now been redeveloped to create informational packages that can be delivered on a regular basis to seniors in the region.

"We have many seniors in the region with skills they have developed and we believe that giving them an opportunity to share their creativity with other seniors in the area could be very informative and really fun," said Bremaud. "Many of our regional seniors are facing various levels of isolation and these projects we are going to share through this program will allow everyone a sense of connection to their peers."

Twice a month, seniors have the chance to receive an informational

package that contains a useful booklet with essential resources and materials. In addition, SRS Inc. will be giving away 20 activity kits which include all the supplies needed to complete the project. Every package and activity kit is developed by a professional older adult in the community and will be delivered to the door by a dedicated team of volunteers... now that's Seniors Helping Seniors!

The program kicks off on **July 27, 2021 and runs until March 25, 2022**. It is available to older adults that reside in the RM of La Broquerie, the RM of Ste-Anne, the Town of Ste-Anne and the surrounding communities. Registration will be open on a first-come-first-serve basis.

To request your first package or activity kit look for our ads in: The Dawson Trail Dispatch, The EnRicher Newsletter, Le papier chez nous, the In Seine Newsletter, the Paradise Village Residents Association Newsletter and [www.facebook.com/SRSSENIOR!](http://www.facebook.com/SRSSENIOR!)

This project is funded by the Government of Canada's *New Horizons for Seniors Program*.

"The New Horizons for Seniors Program is key to allowing us to provide this program," said Bremaud. "Their generous support will go on long way in ensuring *Seniors Helping Seniors - Entre aînés, on s'entraide* is a success." ■





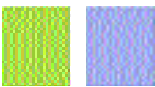
# Affordable seniors housing throughout Winnipeg



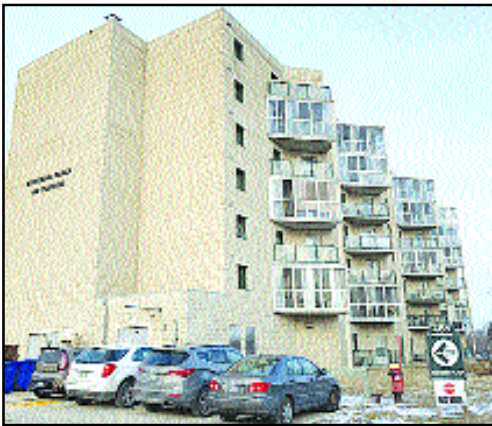
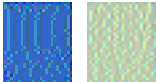
**Swedish Canadian Home – 5419 Roblin Blvd.**  
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**Legion Gardens – 675 Talbot Avenue**  
Veteran & Legion Member Housing  
1 Bedroom - \$419 - \$589  
Rent includes heat, hydro and water.  
Parking \$25/mo.



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



**Riverbend Plaza – 400 Osborne (Life Lease)**  
1 Bedroom - 1 bath  
Refundable Entrance fee: \$26,894. Monthly rent: \$1147  
2 Bedroom - 2 bath  
Refundable Entrance fee: \$38,500. Monthly rent: \$1284  
Both rents include: Heat, hydro and water.  
Uncovered Parking \$35/mo.



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



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



**Seine River Haven – 571 St. Anne’s Road**  
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2 Bedroom - \$1071 | 2 Bedroom (Pet Friendly) - \$1071  
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# Beautiful Manitoba

By Metro Hnytko



It's spring and time for a nature walk. Mid-April and the snow is leaving and in open areas the ground is appearing. There are pussy willows on the willow trees and poplars all about. A new rebirth of the forest and fields.

I found a Manitoba crocus (our provincial emblem) and a flower that is given as a first gift to most moms, the dandelion. There were violets, buttercups, cow slips, and pussy toes in abundance.

My next walk, in mid-June, I encounter a prairie rose right at the start. Further on, I found a small, yellow lady slipper, a red columbine, wild lily of the valley, and primrose. Then I came upon a large, showy, pink lady slipper, and a large yellow one. As I went on the trail, I passed a pond with water lilies and blue flags, cattails and marsh marigolds. In the pond, I also got to see a family of wood ducks, fourteen young ones, a beautiful sight. I hadn't seen any for many years. A really good walk, I'm looking forward to my next one.

In late August, on my next walk I took a different road at a higher

elevation. I saw black-eyed Susans, Castilleja (Indian paint brushes), a prairie lily, blue bells, and wind-flowers in abundance. Near the end of my walk, along the meadow I saw asters, golden rods, star grass, and fireweed near a place where a building stood a long time ago. Maybe a homestead? There were many flowers that I did not see this time, but these findings were all free and very enjoyable. If you want to see mother nature, go out and meet her in her own space. She has much to offer, and she keeps giving us a great view even though we don't always take it.

Many people go for a nature walk, but they call it a different name (golf). Mark Twain said golf was a nature walk spoiled by a silly white ball. Go and enjoy your walk, and maybe find a flower that has not been seen before and your name will be forever associated with it.

All this beauty can be found right here in Manitoba. Beautiful Manitoba.

~ Metro

## Roland Senior Ladies Golf League, cont'd from page 8



Some members of the Roland ladies golf league (L-R): Donna B, Lois D, Lynda P, Cheryl B, Bev S, Colleen, H, Helen F, Carol B, Marion H, Zennie C, Ellen W, Sheila S, Betty P, Dallas D & Tammy D.

Jim really enjoyed all aspects of the 55+ Games - the camaraderie, the banquet and entertainment, the dancing, and especially the people. For the past five years, Marion has started reading more, doing puzzles, baking and making jam, which seemed to take up all of her time.

In past Games, Marion mainly golfed, but she also played baseball with the Carman team - the Silver Spurs - until she hurt her knee at the Games in Killarney. Marion was a catcher since she was a girl up to 65 years of age. She also competed in floor curling, floor shuffle, cribbage and whist. She even competed at the Canada 55+ Games in Brockville, ON with a team of lady golfers from all over Manitoba.

Marion misses the Games and has wonderful memories of all of the places they've travelled to for them. They had the luxury of travelling with a 5th wheel RV so accommodations were easy for them.

Now that Marion has had a taste of the virtual games, she insists, "I will continue participating in the 55+ Games if they are like this!"

The league Marion plays in now consists of women from Morden, Carmen, Sperling and Roland, and she would like to express her appreciation to them and others in these communities for supporting the 9-hole Roland Golf Course and keeping it going.

**Sheila Stettner**, originally from Thompson but now living in the Roland area, is also a member of the Roland senior ladies golf league. She organizes the weekly schedule for their games and competitions. She makes them fun with weekly themes for points.

"This week was poker week," she says. "We have a regular turnout of

15-20 players with a couple of extra drop-ins. At the end of the season, the points are tallied up."

Sheila is an avid golfer but has played broomball in Thompson, in her younger years. Her team were proud Manitoba champions, competing in the nationals six or seven times.

And then there's 100-year-young **Jack Widdicombe**, as Lois Dudgeon describes him.

Jack truly is an inspiration and living example of active aging and he demonstrates uncanny sportsmanship. He first participated in the Manitoba 55+ Games in 2000 at Dauphin, MB. His game, of course, was golf.

He also participated in Canada 55 Plus Games - Summerside, PEI in 2002. Jack has represented Manitoba at each Canada 55+ Games event (held every two years) since then, with the exception of 2018 when he was convalescing from his second hip replacement.

Jack has won countless medals in golfing over the years. However, being involved with people with similar interests and abilities has proved to be more rewarding to him than the medals.

The Manitoba and Canada 55+ Games have always given Jack a goal to strive for. Otherwise, he may not have golfed as much as he has over the years. Today, he still golfs 4 time per week.

We are very happy that Jack will be participating in the 2021 Virtual Manitoba 55+ Games!

All the participants play carefully heeding the covid restrictions.

Find **Manitoba 55+ Virtual Games** resources on the Games page on the AAIM website at: [www.activeagingmb.ca](http://www.activeagingmb.ca) . ■

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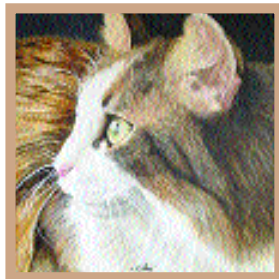
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## Guardians of Excellence make the Expos Shine!

For months now we have been blessed to have this forum to talk about many topics, everything from the pandemic, to soup, nuts and of course our beloved Pros Know Expos. This month we're starting to take a few moments to introduce what makes these Expos so special, the people who look after us.

Our On-Line Expos ([prosknowexpos.ca](http://prosknowexpos.ca)) is your master resource to so much great information to help our Older Adult population and our families to improve quality of life for those of 55+. At the core of these amazing organizations and businesses is naturally the people who have created them and those who are running them. Without these outstanding humans, we have zero, zilch to rely on in our hours of need.

The 'Guardians of Excellence' was created by Trish and I to briefly showcase and highlight some of these fine folks who have shown the spirit to be the best at what they do. Because we get to work with so many, we designed a lottery system



of The **Pros Know Expos**

to pull a few names out of the hat each month until the end of the year. This month we start off with two companies and three strong women to highlight as mentioned.

The first Guardian of Excellence is Kristy Tarasoff from 'EAR Architects' at 3412 Roblin Blvd. Kristy is a pioneer when it comes to helping anyone needing assistance to make the

world sound better and brighter. Her attention to detail, caring and professional way of doing business is truly indicative of her commitment to patient health improvement.

Kristy is well known for going to various older adult living communities and actively helping those in need of hearing equipment adjustments on a philanthropic basis. This has led to rave reviews and long-term relationships with all involved. She can be reached at 204.416.7455 or on her website; [eahearing.com](http://eahearing.com). Kristy will be at all four Expos this October and you can book an appointment to meet with her in advance or in person at the Expos.

Next on our list, two gals who have outdone their peers when it comes to Eyewear and Eye Health; Alona Landau and Zhanna Likhotin from 'A to Z Optical' at unit 2-2082 Ness Ave. Alona and Zhanna are licensed Opticians with a wealth of experience in vision care. They also bring to the table four different languages they can communicate to clients

with; English, Russian, Ukrainian and Hebrew.

Their long-term goals include educating the public about the health of the eyes, the importance of protecting them starting a very young age and to help people learn and understand what is best for great eye health. They offer their services to senior homes, hospitals and to people who are not mobile. To make an appointment with A to Z Optical, please call 204.219.1864 or visit their website at; [atozoptical.net](http://atozoptical.net). You can meet them this October at the Expos as well.

Thank you for your time today and meeting our 'Guardians of Excellence' for July. Please remember you can also reach out to them via our 'Pros Know Expos On-Line' 24 hours a day. Next month we introduce; Ekeen Saad from 'Brightwater Senior Living of Tuxedo' and Lisa Sinnicks with 'The Seniors Moving Company'.

Trish Bennett & Rick Roschuk



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**Today's Recipe**

Larry McIntosh

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

**Zucchini Basil Toss**

Metric	Ingredients:	Imperial
575 g	zucchini	1 1/4 lb
50 ml	almonds, slivered	1/4 cup
20 ml	olive oil	4 tsp
2	cloves garlic, minced	2
30 ml	fresh basil, chopped	2 tbsp
-	salt & pepper	-
50 ml	parmesan cheese, grated	1/4 cup

Cut zucchini into match stick pieces; set aside.

In skillet, toast almonds over medium heat, stirring constantly, for about 3 minutes or until golden. Remove and set aside.

Add oil to skillet and heat; cook zucchini, garlic and basil, stirring often, for 2 to 4 minutes or until tender crisp. Season with salt and pepper to taste.

Transfer to serving bowl, sprinkle with cheese and nuts.

**Serves 4**

**WORDSEARCH - BIRDS OF A FEATHER**

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SWIFT  
TURKEY  
VEERY  
VIREO  
WARBLER  
WREN

SOLUTION ON NEXT PAGE

**CROSSWORD - You Know, I Was Thinking...**

By Adrian Powell

ACROSS

1 Pre-TV/broadcast medium

6 Finished

10 Affluent

14 Where the Jets play

15 Teutonic invader of Rome

16 Seesaw sitter of nursery rhyme

17 The persistent feeling that you'll win the lottery, say

20 Letters before one's stage name

21 Where to start a golf hole

22 Loud hullabaloo

23 Big fib

25 Retain the rights to

26 The images that you keep seeing of you winning the marathon

32 Fender bender result

36 Keats' "\_\_\_ to a Nightingale"

37 Grocery store walkway

38 Like vision made unclear with tears

39 Sound of lapping waves.

41 Took a seat

42 Eagle's nest

43 Basil-garlic pasta sauce

44 Stupid blunder

46 Ticked-off feeling

47 Locality

48 Where the things in this puzzle are likely to really be

50 Catch a few rays

52 Woman's maiden name indicator

53 Bank's well-protected room

55 \_\_\_ la Ronge, SK

DOWN

1 Not cooked

2 Opera singer's solo

3 Office furniture

4 Breathe in

5 Klutz yrtpe

6 Gawk at

7 Cast a ballot

8 Addis Ababa's lion's name

9 You receiving a Nobel or getting a star on the Walk of Fame, for example

10 Put new life into

11 Ancient Egyptian goddess

12 Walking aid

13 Bear's greeting?

14 Elizabeth's daughter

15 Big name in space exploration

16 Where Delhi is

17 Spelling contests

18 Looks at closely

19 Dishevelled

20 Addis Ababa's location (abbr.)

21 Horned endangered beasts

22 Put new life into

23 Ancient Egyptian goddess

24 Walking aid

25 Bear's greeting?

26 Organs men lack

27 "Right this minute!"

28 Nevada's neighbour

29 Father, informally

30 Lazy sort

31 "\_\_\_ pomidge hot..."

32 German steel city

33 Wing-shaped

34 \_\_\_ Goldwyn-Mayer

35 Weird and creepy

36 Nigerian currency

37 Wooded

38 Dance studio rail

39 Laws on the books

40 It's found in a pound

41 Chant a mantra

42 \_\_\_ Curtis, onetime cosmetics giant

43 Baba who said "Open Sesame"

44 Climbing plant

45 Common teen skin disorder

46 Do surgery using a beam of light

47 "\_\_\_, poor Yorick!"

48 Segments of a curling game

49 Name seen in many elevators

50 Beatlemania adjective

51 MP's dissenting yell

52 \_\_\_ and vigour

53 Speak out loud

SOLUTION ON NEXT PAGE

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WINNIPEG POLICE SERVICE E-WATCH - Crime Prevention Tip

Distraction scams

Distraction scams often involve people who travel in small groups across the country perpetrating crimes of petty theft, burglary, and fraud. Over the past several summers, senior residents of local area communities have been victims of these scams. Distraction scams are incidents that occur in daylight hours in the following common 2 ways:

Distraction theft/fraud:

The suspects wait outside the bank or near an ATM and wait on a senior to complete their banking. They will attempt to look over the the senior's shoulder to see what the senior punched in for the card PIN. The suspect(s) will then approach the senior with a bogus story like pointing to the floor and telling the senior they dropped something at which time they will switch the senior's bank card.

Or the suspect(s) will wait in the parking lot outside the bank where they will approach seniors with a bogus story either claiming an emergency and/or begging for change. Once the senior opens their

wallet they will distract them with something on the ground before they switch or steal the senior's bank cards from the wallet.

Tips to help you prevent Distraction theft/fraud:

- 1. Be aware of people lingering and entering the ATM vestibule with you.
- 2. Be aware of your surroundings while at the ATM and ensure no one is looking over your shoulder trying to see what your PIN is.
- 3. After using the ATM, immediately place your bank card back in the wallet.
- 4. Don't open your wallet in front of strangers.
- 5. Don't count money you withdraw at the ATM.

Distraction Burglary:

How it works: The whole point of this operation is to distract you enough that it draws you out of your home, while an accomplice that's unseen by the homeowner sneaks in the back door, or the front depending on the scam.

For example, the distraction burglar will pose as a roofer, tree trimmer, city worker, or even as an employee of a utility company with a bogus emergency. Some have even gone as far as posing as someone in distress, such as a pregnant female having car trouble. Then the person posing as a utility worker or person in distress distracts the homeowner by walking them outside the residence to show them the problem, such as curb that needs painting or future work that needs to be done. So, while the owner is distracted by the scammer posing as a utility worker, or person in distress, a second accomplice, who is never seen by the homeowner, enters the unlocked home and steals cash, jewelry, or any electronics he/she can get their hands on.

So far, these individuals have not been violent and usually run from the residence as soon as they are discovered. The best way to keep these individuals from victimizing you is to simply keep your home locked, even when you are working in the yard. Remember, anytime you are outside your home, you cannot possibly see every door on your home that a would-be thief would use.

Report a crime online; <https://winnipeg.ca/police/>

Tips to help you prevent Distraction Burglary:

- 1. If you're not sure who the person is behind your door, don't open it! No one said you're obligated to open the door.
- 2. If the scam is so convincing, call a neighbor or friend nearby to come along and check the perimeter of your home, or check on the visitor before opening your door.
- 3. If you are successfully lured outside of your home, make sure to lock the door behind you. Most importantly, make sure all entryways leading into your home are locked as well. This includes doors, windows, and the garage.
- 4. If you ever do find yourself in the position where you may have to help someone, refer them to a younger neighbor, or assist them through a window or closed door. You can also call a neighbor or friend nearby to come and help.
- 5. If you're unsure about the nature of one's visit, DON'T OPEN THE DOOR!

Call the Winnipeg Police Service:

- Emergency or crime in progress, call: 9-1-1
- Non-emergency calls: 204-986-6222
- Non-emergency French language services: 204-986-7705

Report a crime in person in Winnipeg at Downtown Police Headquarters, 245 Smith Street, 7:00 a.m. - 10:00 p.m.

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 "O"

- 1. This month is squirrel appreciation month:
- 2. Beatle's Ringo Starr wrote and sang this tune:
- 3. Unemployed Covid-19 Englishmen are currently:
- 4. She made "Physical" a hit song:
- 5. This is the promo for Oprah's new Pizza:
- 6. Meryl Streep won awards for her part in this great movie about Africa:
- 7. This is the number of Canadian provinces that border the great lakes:
- 8. This movie launched Marlon Brando's career:
- 9. This bird was in the Disney movie "Bambi":
- 10. She said "When They Go Low, We Go High":
- 11. He was a popular Canadian Jazz pianist:
- 12. This is a fertile patch in the desert:
- 13. This creature has 6 arms and 2 legs:
- 14. This is a popular Irish song, sung at funerals:
- 15. When Napoleon first tasted this, he ordered one made for every soldier:
- 16. This stone symbolizes faithfulness and confidence:
- 17. This is a fruit not a vegetable, there are 800 million trees growing this:
- 18. This American State's flag features a Canadian Beaver and this State has the U.S. deepest lake:
- 19. This is where they commonly grow apples:
- 20. This song by Roy Orbison reached number one:
- 21. This creature can spin its head around back to front:
- 22. This popular Broadway stage show features the song "Oh What A Beautiful Morning":
- 23. Germany holds this festival in October each year:
- 24. This is a Beatles song with a fun, interesting title:
- 25. He became famous for starring in Citizen Kane (1941):
- 26. On October 24 the world celebrates this Japanese paper folding technique:
- 27. This smelly white veggie is high in antioxidants and vitamins:
- 28. He played leading roles in 'Midnight in Paris,' 'Marley and Me,' and 'Wedding Crashers':
- 29. A group of these is called a 'Parliament':
- 30. We don't know why but Pickled Peppers and Pretzels are celebrated in this month:



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

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

~ Author, Gary Adams

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

A to Z Trivia 'O' SOLUTIONS

- |                       |                       |                                 |
|-----------------------|-----------------------|---------------------------------|
| 1. October            | 11. Oscar Peterson    | 21. Owl                         |
| 2. Octopus Garden     | 12. Oasis             | 22. Oklahoma                    |
| 3. On the Dole        | 13. Octopus           | 23. Oktoberfest                 |
| 4. Olivia Newton John | 14. Oh Danny Boy      | 24. Ob - La - Di - Ob - La - Da |
| 5. 'Oh' That's Good   | 15. Omelets           | 25. Orson Wells                 |
| 6. Out of Africa      | 16. Opal              | 26. Origami                     |
| 7. One                | 17. Olives            | 27. Onion                       |
| 8. On the Waterfront  | 18. Oregon            | 28. Owen Wilson                 |
| 9. Owl (Friend)       | 19. Orchard           | 29. Owls                        |
| 10. Obama (Michelle)  | 20. "Oh Pretty Woman" | 30. October                     |

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

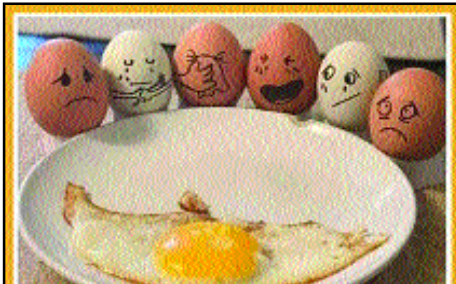
LAUGH A LITTLE

My wife and I had words, but I didn't get to use mine.

Frustration: trying to find your glasses without your glasses.

Irony: by the time you're old enough to know your way around, you're not going anywhere.

I was always told to respect my elders but it's getting harder to find one.

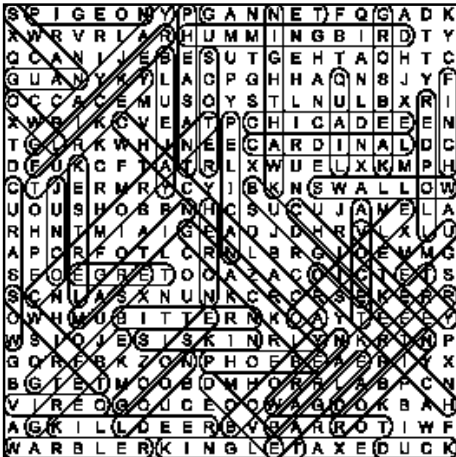


He died last fry day. Thank goodness he wasn't beaten. At least he went over easy. He's now on the sunny side. He's definitely in a better plate.

CROSSWORD - Solution



WORDSEARCH - Solution



THE CLASSIFIEDS

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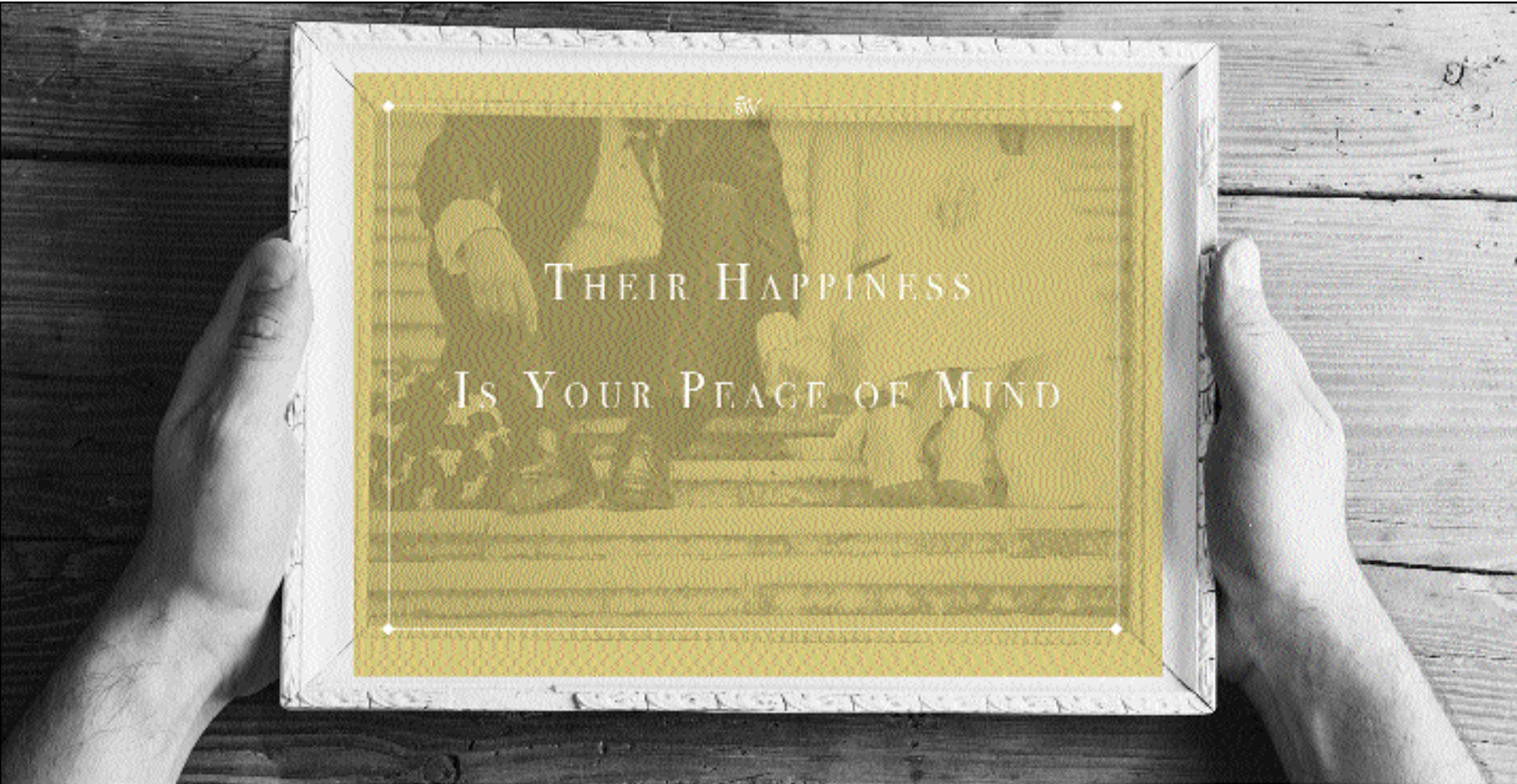
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