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Straight from the heart:

A transplant recipient's warning

By Mary Jane MacLennan



Pictured - **Barb Kolomi:** "I'm thankful for my day."



Mary Jane MacLennan

Every morning when Barb Kolomi wakes up, she says a little "mantra," an offering of gratitude for another day of life directed to the family of the human being whose donated heart is now hers. "I'm thankful for my day," the 56-year-old Kolomi says. "I wouldn't have the day if it weren't for them."

Continued on page 3

SPOTLIGHT FEATURE

Read **FRED SHANE's** story - **A Life Well Lived** on Page 2, written by son, Myles Shane.



Pictured: Fred Shane summer of 1959. (with WKCI jacket)

Fred Shane and Winnipeg were inseparable in many ways. As a psychiatrist, he helped many... he talked to people and made suggestions on how to improve their lives. He always repeated to his patients, life was about managing each day. His anthem was similar when it came to his other passion, running marathons, "One mile at a time."



Story Inside...

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Kelly Goodman
204-467-9000

kelly_goodman@shaw.ca
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Regular columns / Submissions:

Roger Currie
Scott Taylor

Mary Jane MacLennan
Myles Shane

Karin Whalen - AAIM
Adrian Powell - Crosswords

Contributing Submissions:

Fred Pennell
Alzheimer Society

Trish & Rick - Pros Know Expos
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Annette Bonomo

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A Life Well Lived

By Myles Shane

He was part of the fabric of what makes Winnipeg Winnipeg. In fact my dad was kind of synonymous with the city. **Fred Shane** and Winnipeg were inseparable in many ways. He grew up on Smithfield Avenue in the north end. His favourite bakery was Gunn's on Selkirk Avenue and like Frasier from the show Cheers, everyone knew his name.

My father was 78 years old when he passed away and for almost 50 of those years he served the city he loved with an undeniable passion for its people. He was a doctor, a professor, a friend, a father and a husband. This is the story of a how a little boy from Brandon moved to Winnipeg and all the people he touched along the way. This is the story of a life well lived by a man who loved life.

My Baba named him Harold Frederick after the world renowned doctor, Frederick Banting, who discovered insulin. Everyone just called him Fred. Early on my dad knew he wanted to become a doctor and not just any kind of doctor, a doctor who listened to people's problems. When dad informed my Baba his career path was to practice psychiatry, she said, "What am I going to tell my friends?" She believed like many people did back then that psychiatry was a pseudo profession, something practiced by witch doctors or shamans.

My father was always outspoken. He used to say, "The meek shall inherit the earth but not in my time." In the 1960's he attended medical school at the University of Manitoba and on more than a few occasions he questioned his superior's judgement regarding some of psychiatry's outdated practices, like treating alcoholics with LSD. He spent his residency treating patients at the Selkirk mental hospital.

As the years passed dad became an Associate Professor at the University of Manitoba and started his own private practice in Osborne Village with his brother who was also



L-R: Shep Shell, Greg Brodsky and Fred Shane at the Paralympic Games in Korea.

a psychiatrist. Throughout his career he taught hundreds of medical students and mentored them in the field of psychiatry. I used to ask him if he was a Freudian or Jungian? He response was he did what works. He didn't believe in labelling things. He said he talked to people and made suggestions on how to improve their lives. He always repeated to his patients, life was about managing each day. His anthem was similar when it came to his other passion, running marathons, "One mile at a time."

On many days dad and I would go for a five or six mile run in

Osborne Village or spend the weekends jogging at Kildonan Park. Saturday and Sunday were meant for the long gruelling runs whether it was in blizzard conditions or scorching heat. However, unlike most runners dad had no problem stopping at mile five for a Coke at his favourite variety store. Countless times we'd run across the Redwood bridge while he was sipping on a beverage, wearing his Team Canada tank top. Running allowed him to destress. It let him be free from all of the pressure he was constantly

Continued on page 5







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Straight from the heart, *cont'd from front page*

When she was 47, Kolomi took her two boys, 12 and 15, to Birds Hill Park. They were riding down bike trails when pain crept down her arms and radiated across her chest. That terrible presence was the first warning. Her heart was in trouble.

"I thought, maybe I just pulled a muscle or something like that," she says. "I didn't think a lot of it because when I got off my bike, the pain went away."

At the time, Kolomi was working as a project officer with Manitoba Housing. She was active and healthy, raising two boys and caring for her ailing mother.

"I exercised several times a week and there was just nothing coming up... like tiredness or being short of breath," she says.

Three days after the initial pain, Kolomi would have a heart attack and the damage would be irreversible.

Heart & Stroke reports 100,000 Canadians are diagnosed with heart failure each year. According to a new *Heart & Stroke* poll heart failure touches one in three Canadians.

The Covid-19 pandemic has also taken a toll on heart health, says Christine Houde, *Heart & Stroke* director of health policy and systems in Manitoba.

"We know that COVID-19 can damage previously healthy hearts, and anything that damages the heart can ultimately lead to heart failure - even in mild cases," says Houde. "COVID-19 has also led to postponement of thousands of surgeries, diagnostic procedures and

specialist visits. These delays may well lead to people with heart conditions ending up sicker."

In Kolomi's case, she says her heart failure was caused by spontaneous coronary artery dissection, or SCAD. It's an emergency condition when a tear forms in a blood vessel in the heart, slowing or blocking blood flow.

By the end of the second day at the park, Kolomi was too short of breath to ride her bike.

"I was cold, clammy. I was sweating. I felt nauseous," she says. "I equated it to a flu or something. It wasn't even on my radar that these were heart attack symptoms. Not at all."

Kolomi called her husband. At St. Boniface Hospital she went into cardiac arrest.

"They told my husband I had been without oxygen for 20 minutes," says Kolomi. Doctors told the family she may not survive, or could come out of it with brain damage.

"I did survive, and it was a miracle, truly," says Kolomi, "but by that time the damage was done." My heart had only been functioning at about 12 per cent and they said, it's not coming back. So we're going have to implant an LVAD, which is a left ventricular assist device."

An internal pump was attached to her heart and she carried a 12-pound backpack to house an external pump and batteries. Kolomi had the LVAD for four-and-a-half years until she had a heart transplant.

"During the day, I would run on a battery pack. At night, I would be plugged into the wall; kind of like

being a robot. Plug myself into the wall to charge myself up again," she says. "After awhile you just learn to accept it. It's just another part of you."

Within a year of receiving a new heart, Kolomi says she felt better.

She volunteered at St. Boniface Hospital and became vice-president of *Heart Links Manitoba*, a group of heart transplant recipients who promote organ donor awareness. During the pandemic, she did virtual classroom presentations for Transplant Manitoba.

Kolomi says everyone needs to pay attention to heart health.

"Let this be a cautionary tale," Kolomi says, "especially for women who are younger, otherwise healthy, like myself. Don't ignore these symptoms... Have it checked out."

Kolomi says she's recovered physically from her heart transplant, but continues to work on emotional healing. She "honours" her organ donor by staying fit: aerobics class, lifting weights, walking the track and swimming.

"I tend to push myself... I do all that stuff, I just can't do it super fast!" she says.

The Heart & Stroke's want Canadians to protect their heart against damage by following the basics of heart health.

"Choosing healthy lifestyle options, like eating a healthy diet, being physically active, living smoke-free, moderating alcohol intake and managing your stress, can go a long way to protecting your heart," Christine Houde says.

It's also important to know about your other risk factors.

Houde says if you are living with conditions such as high blood pressure, diabetes and high cholesterol, your healthcare team can help to manage them to protect your health. ■



February is Heart Month

Heart & Stroke provides ways to keep your heart healthy. See page 16.

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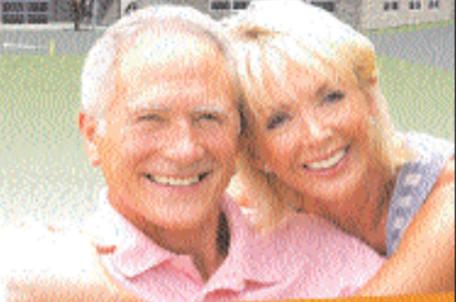
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Active Aging in Manitoba **AAIM for Healthy Living**

Connect to Thrive in 2022

By Karin Whalen, Executive Director, Active Aging in Manitoba (AAIM)



Karin Whalen

Here are some tips to you help you cope with change positively, focusing on connections to help you thrive, what really matters.

"It's not what we have in life but who we have in our life that matters."

~ Margaret Laurence

Connections with Nature

Go outside! Enjoy the winter weather. Research shows the physical and mental health benefits of enjoying the outdoors. Play with your children or grandchildren – embrace winter!



Connect with Technology

It's a great time to connect via phone or computer with old friends and distant family members. You have the power to be the highlight of someone's day!

Connect Pen with Paper

Drop a note in the mailbox of your neighbours to wish them a healthy New Year. Write a letter to a distant relative or friend – to let them know you are thinking about them. Consider sending a personal note to an isolated older adult who can't get out much.

Be Grateful for Your Connections

Take a few minutes today to think about all the reasons to be grateful. This is the time to thank all those who enrich your life by providing necessary services (mail person, grocery store clerk/delivery, etc.), along with your family, friends and loved ones.

Community Connections

Check out the virtual programs your local community centre or gym are offering now. As public health orders allow, consider joining a class; a walking group, stick curling group, etc., whatever suits you. Research shows that having strong social connections can improve longevity by as much as 50%.

Connect & Give Back to Your Community

Share your expertise and help reduce social isolation. Volunteer Manitoba volunteermanitoba.ca has an extensive list of opportunities, as does AAIM and other not-for-profits. Volunteering for a purpose has been shown to have a positive impact on our health and helps you to stay connected to your community.



Be Happy and Connect

Every day take the time to be more mindful. The latest research from Harvard indicates that the practice of being in the moment improves happiness which impacts your overall physical and mental health.

Connect with Yourself

Give yourself the gift of relaxation. Take time for yourself by curling up with a good book, watch a movie, or take a nap!

Connect with a friend or neighbour

Walking and talking is a great way to make a new connection, renew a friendship and get the

benefit of some physical activity! Current recommendations are that we do not sit for more than 30 minutes at a time. Physical activity guidelines of accumulating 150 mins. per week can be broken down to 10-minute bouts. Remember to include some balance exercises each day.

Connect with your Inner Optimism

Recognize your strength by thinking of moments in life that you overcame. Remind yourself that you got through it (even if you didn't think you would) and you can handle this, too.

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Fred Shane - A Life Well Lived, *cont'd from page 2*

under. Usually at the park he connected with his running buddies, lawyer Greg Brodsky, Shep Shell - Canada's para-olympic athlete, and Aida Letinsky - a top marathoner.

He ran over 30 marathons with his buddies including: London, Winnipeg, Boston, New York, Victoria. He said with all the miles on his odometer he had probably ran around the world at least twice.

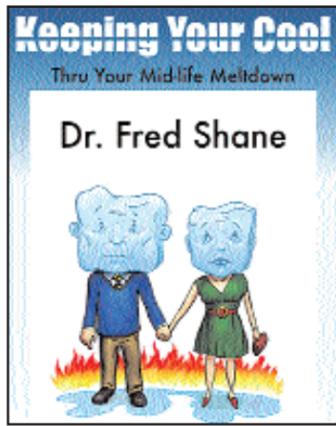
Dad was actually instrumental in helping create the *Manitoba Marathon* with his good friend and former Winnipeg reporter John Robertson. In fact, he was actually the Chairman of the Manitoba Marathon for a short time.

In 1988 I accompanied him and his buddy Shep Shell, who was blind, to the Paralympic games in Seoul, Korea. I remember riding in a plane for over 16 hours listening to the Depeche Mode tape, "Music For The masses." After landing at the airport in Korea we jumped in a cab and listened to baseball being played on Korean radio. Once at our hotel we ordered a pizza which came wrapped in a bow tie. I recall watching my dad and Shep finish the marathon 4th in the world, while a hundred thousand people stood applauding their tremendous efforts.

Dad made things happen. He shook things up. If he were alive today he'd be on the phone 24/7 helping the world deal with Covid and its various strains. He'd probably have his own TikTok channel and Podcast.

Around 2009 my parents moved to Vancouver. My dad's heart hadn't been great in recent years and my

A book written by Fred Shane.



sister and her family lived there. He frequently visited his son, daughter-in-law and grandchildren who lived in Toronto over the next decade.

At 78 my father who believed he could do anything and his calling was to make the world a better place reiterated a line from the academy award winning movie *Rocky* to me, "Kid, it's too bad we gotta get old." It's true dad was getting older and he wasn't running six minute miles anymore. He always told me he didn't want to be a burden on anyone. He didn't want to live out his days attached to machines inside a hospital. Dad hated seeing doctors. He wanted to go out on his terms. On September 16, 2018 he decided it was time to join the big marathon among the clouds in Heaven where'd he'd reunite with his loving parents and so many years later hear my Baba approve of his chosen profession: psychiatry. He'd helped probably thousands of people during his 78 years and I'm sure he's still watching over us today. ■



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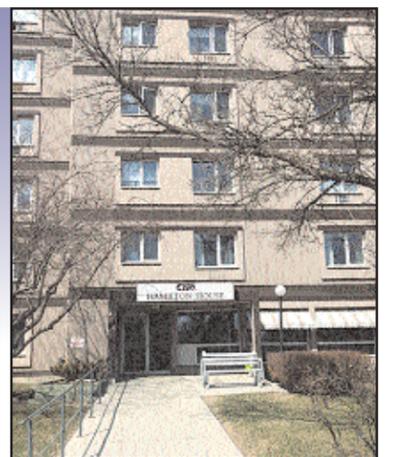
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Will the Covid 19 Pandemic finally mean the end of movie theatres

By Roger Currie



Roger Currie

For more than 80 years there has been an accessible way to find relatively low cost entertainment and relief from boredom for a couple of hours. We've been able to gather with others in a safe and comfortable indoor venue, enjoying a movie. My first such experience was in the summer of 1951. I was just turning 4 years old. The venue was the *Uptown*, the 'neighbourhood' theatre in River Heights in Winnipeg. The movie was Walt Disney's *Snow White and the Seven Dwarfs*, Hollywood's first full length animated feature and it was a magical treat from my mother and my older brother.

That was the beginning of my life-long love affair with images projected on a screen in a darkened room, shared with others. Since that magical summer evening there have been well over a thousand similar experiences for me, but the future of this form of popular entertainment is anything but certain as we

prepare to enter the third year of the *Covid 19* pandemic. Only once before in my decades of movie-going have the screens in Manitoba and elsewhere gone dark in an effort to stop the spread of a potentially life-threatening illness. The first time was the battle against polio in the 1950's. Back then the medical heroes who made it safe for us to go back to the movies included scientists like Jonas Salk and Albert Sabin. Unlike today, just about everyone then welcomed the miraculous vaccines that resulted from their efforts.

However, since March of 2020, there have been many who have challenged the science of vaccination, for a wide range of reasons, many of which have relatively little to do with science.

The pandemic is changing our society in major ways. Before the virus began its spread around the globe in March of 2020, claiming millions of lives and devastating health care and other basics of our modern life, there was a widespread assumption that businesses like movie theatres, whether it be the

single screen of the Garry in Selkirk to the 14 room *Scotiabank* theatre in Winnipeg, would be able to withstand this medical emergency and eventually return to something resembling normal. The arrival of the *Omicron* variant, just in time for Christmas, suddenly meant that most bets about the future were off indefinitely. In fact, there has seldom ever been safe assumptions when it comes to the movie business. The arrival of sound in the late 1920's was a major economic disruption as converting theatres to sound was a huge expense, and many actors had difficulty making the transition from silent movies to those with sound. The next and most transformative development was the arrival of television, which began in Manitoba in 1954. Until then we had to gather in dozens of neighbourhood cinemas for our entertainment. One by one the small houses like the *Uptown* disappeared and it seemed that the weekly visit to the movies was probably doomed. The economic challenges have been unrelenting, but almost 70 years since the arrival of

TV, movie theatres are still here. The big indoor screens are becoming more and more dominated by so-called high concept features, comic book stories, etc. Films that deal with thought-provoking issues are mostly found on TV. If you sense that I'm suggesting that movies are not really aimed at seniors these days, move directly to the head of the class.

The most recent economic challenge is *streaming* via digital pathways such as *Netflix*. Brand new feature movies can now be watched at virtually the same time as they become available to theatres, and the electronic technology gets more and more dazzling all the time. For those of us who are disabled and find it more and more difficult to get to theatres, this is a true blessing indeed.

What will the future hold once the health crisis is 'past'. Stay tuned and make careful choices

Roger Currie is a Winnipeg writer, a lifelong movie addict, and a regular contributor to Senior Scope

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Advertising Feature

Hope You are Claiming the \$8662.00 Federal Tax Credit on Your 2021 Tax Return?



By Peter J. Manastyrsky

Our winter has been cold and at times miserable, but spring is around the corner. When we think of spring, we think of filing our tax returns. With Covid and all the variances, Canadians still have that annual obligation to submit their tax returns for

2021 calendar year.

There are many Manitobans from the young to the elderly with impairments not knowing that they may be eligible for a **Federal Tax claim and refund** for 2021 and previous years. The income tax act provides a non-refundable **Disability Tax Credit** that can reduce your **taxes to zero**.

What is the Disability Tax Credit (DTC)?

DTC helps Canadians with impairments to reduce the amount of income tax they might have to pay, reducing the amount of payable and by allowing some relief for disability costs. This Tax Credit is available to applicants who have a qualifying severe and prolonged impairment that impacts the activities of daily living; where the ailments are not likely to get better any time soon and have been in place for a period of at least 12 months.

Do I qualify and do I know if I qualify medically for the Disability Tax Credit?

Individuals who have a significant and prolonged **physical** and or **mental** impairment may qualify to claim the tax credit. Eligibility is based on the **effect** of the impairment. Simply contact **A Step Beyond & Associates** for a confidential consultation. We are an accredited

member of the **Better Business Bureau of Manitoba and Northwestern Ontario**.

Should I wait until completion of my 2021 tax return to claim this Disability Tax Credit?

No, the DTC can be claimed anytime of the year and once eligible, adjustments can be made on your tax returns.

This **Disability 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**.

Manitobans are heading into the 2021 tax filing season. All of us are preparing and selecting someone who is reputable to do our income tax return. If in doubt, please call **A Step Beyond & Associates**, we can assist you in this matter. Please be 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 the **DISABILITY TAX CREDIT**. ■

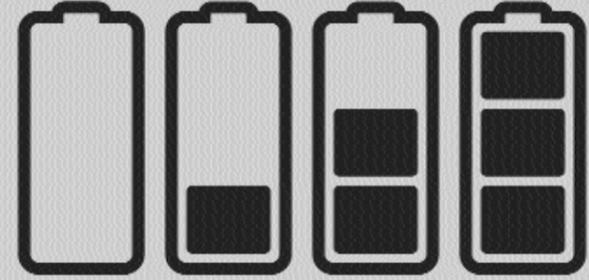
A STEP BEYOND & ASSOCIATES DISABILITY TAX CREDIT

(see advertisement on page 4)

Peter J. Manastyrsky
204-663-4651

www.astepbeyond.ca

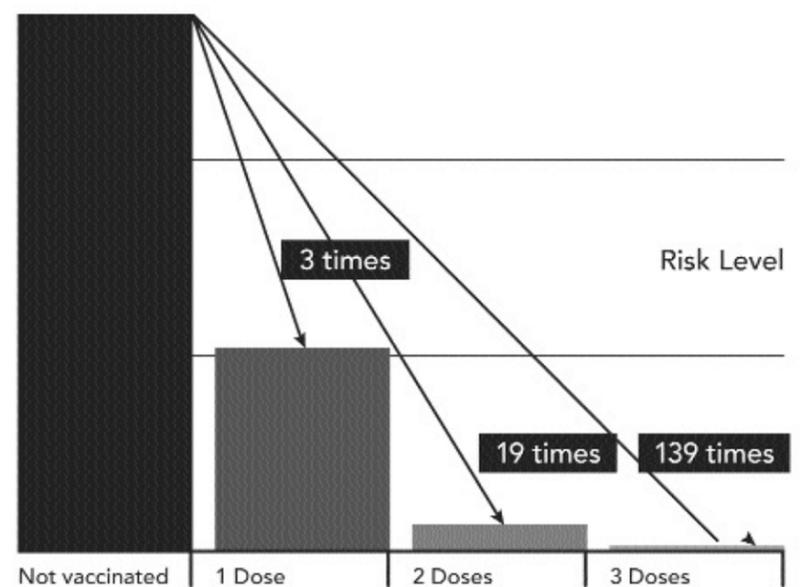
<https://facebook.com/StepBeyondAssociates>



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A 3rd dose is the best way to protect yourself against COVID-19. You're **139 times** less likely to need intensive care than someone who is unvaccinated.

ICU Admissions



Fight omicron and recharge your immunity with a 3rd dose. Schedule your appointment at **ProtectMB.ca** or call **1-844-626-8222**.

#PROTECT MB

Manitoba

Public Notice

Attention Glen Eden, Glen Lawn, Chapel Lawn Property owners with last names from A-M.

We are currently verifying ownership records as part of a digitization of permanent cemetery records.

Please contact us as soon as possible.

Call or email for more information on how to transfer your arrangements from another funeral home to Arbor.

Glen Eden Funeral Home & Cemetery

4477 Main Street, West St. Paul, MB
204-800-0320
www.glenedenmemorial.ca

Glen Lawn Funeral Home & Cemetery

455 Lagimodiere Blvd, Winnipeg, MB
431-813-8418
www.glenlawn.ca

Chapel Lawn Funeral Home & Cemetery

4000 Portage Avenue, Winnipeg, MB
431-813-8419
www.chapellawn.ca



Arbor
Memorial

Arbor Memorial Inc.

Advertising Feature

Finding Clarity and Understanding on the Journey with Dementia

- Alzheimer Society of Manitoba

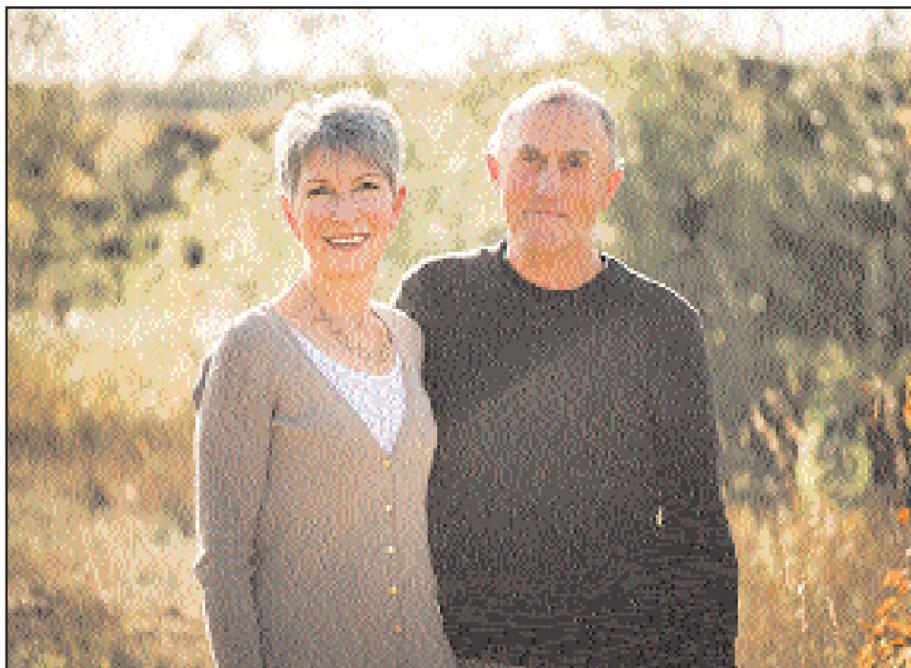
Long before her husband's diagnosis of frontotemporal dementia (FTD), Alice Froese knew something was amiss. So did Len, her spouse of many years and the father of their three grown daughters.

Len had started forgetting the names of acquaintances, and he would react rudely to some of the members of his coffee group. "It got to the point where they didn't want him at coffee anymore," says Alice.

In retrospect, Len's behavior made sense, although it certainly didn't at the time - he'd always had good relationships with his friends. But at age 62, Len was in the early stages of FTD, and it was affecting the parts of his brain involved with personality, behavior and emotions.

When Len started mixing up words, and then making dangerous decisions when driving, Alice knew it was time to get things checked out. She reached out to the Alzheimer Society's Steinbach office, where she received information and advice from the organization's regional coordinator, including encouragement to get a diagnosis.

"Both Len and I had a mixture of feelings when we found out it was FTD," says Alice. "It wasn't what we



Alice and Len Froese

wanted to hear, but it brought clarity and understanding - even a sense of relief. Len now had, not an excuse, but a reason for his behavior."

The Society's coordinator suggested that Alice join a caregiver support group, and she still participates today, six years after Len's diagnosis. Alice says the group members bond on a unique level,

sharing tips and helping each other to work through their feelings.

"It's one thing to have an understanding about the disease, but it's quite another to face the behaviour," says Alice. "The group helps you to cope with your emotions and to forgive yourself if you feel mad or hurt. Gradually, you learn not to take things personally."

For the past three years, Alice received help at home through Family Managed Care, and she has been able to continue working full time at a local school. However, Len's disease eventually progressed to the point where he couldn't be left alone, even for a few minutes.

Recently, a bed at a nearby personal care home became available, and the decision was made to take it. On December 21, 2021, Len went into care.

"If I'd had the choice, I wouldn't have picked that date," says Alice. "With the pandemic, I had to leave him there - it was emotionally difficult. But we visit on Zoom, and staff give me regular updates, so I know he has settled in well."

It took a while for Alice to relax at home and realize that she no longer has to keep two steps ahead of Len to ensure his safety. Today, there is less stress for her, and that's all part of the journey. She's grateful to the Alzheimer Society for being by her side along the way.

For help and support on your journey with dementia, call the **Alzheimer Society of Manitoba** at **204-943-6622** (Winnipeg) or **1-800-378-6699** (Manitoba) or check the website at alzheimer.mb.ca ■

Villa Cabrini Inc. Senior Citizens Residence



The main floor (e.g. restaurant, retailers, etc.), along with a fully serviced underground parkade.

Villa Cabrini provides many unique features including:

one bedroom self-contained "55-plus" not-for-profit rental apartment style suites

- large multi-purpose area and 2nd floor outdoor roof terrace
- a main floor lounge, a library and a coffee shop.
- laundry facilities on each floor.
- underground parking.
- congregate meal program (Monday to Friday)

Located in the heart of Osborne Village, **Villa Cabrini** has immediate access to bus transportation, shopping facilities, restaurants, medical clinics, entertainment, churches and all of the services provided by the village.

Services and Programs: There are many stimulating and enriching programs and services available to the Villa Cabrini residents, for example:

- Onsite Tenant Resource Coordinator
- Computer and Internet access in Library
- University of Manitoba Faculty of Nursing Practicum Clinics
- Massage Therapy
- Bingo
- Weekly mass
- Entertainment, excursions, and special events
- Various educational displays and workshops

**FOR FURTHER INFORMATION CONTACT:
Murdoch Management - 204-982-2000**

UN P'TIT SOURIRE

A LITTLE SMILE

By Annette Bonomo

Un p'tit sourire, ça fait tellement de bien!
Et le plus beau, c'est que ça n'coûte rien!
Qu'il fasse soleil ou qu'il fasse nuageux,
Un p'tit sourire rend le monde merveilleux.

Un p'tit sourire, ça ne coûte pas très cher -
Mais voyez donc tout le bien qu'ça peut faire!
Un ami peut être triste à mourir ...
Son humeur change grâce à votre sourire.

Un p'tit sourire, c'est un bijou précieux
Qui enrichit votre vie, c'est sérieux!
Le plus de sourires que vous donnerez,
Le plus de « bijoux » vous amasserez.

Refrain :
Si ton visage rayonne
De joie, de vrai bonheur,
Tu sèmeras une graine
Qui donnera la plus belle des fleurs!

A little smile can light up someone's day.
Besides, it's free, and that's more than okay.
It's no big deal if the sky's gray or blue.
A little smile makes you feel good as new.

That little smile, yes the one on your face
Give it away, go ahead! No time to waste!
You have a friend who is so very blue?
Just watch him change - it'll be thanks to you.

A precious jewel is that smile - yet it's free!
So many lives are enriched - wait and see!
It works the best if you give it away;
But you can smile to yourself every day!

Refrain :
Your face lit up with pleasure,
Spreads joy and pure delight.
It sows the seeds of a treasure:
A blossom, a bouquet so bright!



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

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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

Pollocks Hardware 100th Anniversary Celebration

June 24th – 26th, 2022

Pollocks Hardware Co-op is celebrating **100 years** as part of the North End's community!

Join Pollocks Hardware supporters of all ages on June 24th - 26th,

as they re-live old memories of North Main's favourite hardware store during the anniversary celebration filled with fun and activities! Meet up with old friends and make

new ones while you enjoy the fun-filled weekend.

Be sure to mark your calendars for **Friday, June 24th through to Sunday, June 26th** to celebrate

this historic landmark - **Pollocks Hardware Co-op**.

Watch for coming details on this fun-filled weekend in June!

Advertising Feature

The Benefits of Food

- Heart to Home Meals

There are a lot of great reasons to take nutritional supplements. For seniors on the go, they can be a practical option for a snack, or to make sure you're rounding out the amounts of nutrients your doctor is recommending for you. However, sometimes the scale can begin to tip where we start to rely on nutritional supplements (like shakes and bars) over food -- and that's something we should all seek to avoid.

A proper meal has many benefits over a nutritional supplement. There are, of course, health reasons, but there are also happiness reasons. Meals can offer us a more well-rounded assembly of micro and macro nutrients, while also providing us a wonderful opportunity to take time out of our days and enjoy something delicious. No matter how tasty a nutritional shake might be, there's only so many you can have before they become, well, a bit boring!

Here's why you should focus on a well-rounded diet to maintain your health and happiness:

Food Can Help Keep You Healthy

In many ways, a well-rounded diet full of whole foods can act as preventative medicine. While it should never replace what your doctor prescribes, eating healthy meals can build a healthy foundation for your body, making it less susceptible to sickness, which is particularly important as a senior. Complete meals have a holistic combination of nutrients that even high-quality nutritional supplements can't replace, which work together to maintain your health.

"Eating whole, nutritious foods is important because their unique substances work synergistically to create an effect that can't be replicated by taking a supplement."

There are so many different vitamins, minerals, and macro nutrients our bodies need, it can be difficult to account for them all, particularly if you're attempting to do so through premade nutritional supplements. A well-balanced meal has these nutrients working in sync, making them more effective and easily absorbed by your body.

If your focus is on eating well-balanced meals, it can have important health benefits as well. A proper diet is essential for prevention of some common illnesses seniors frequently face. Type 2 Diabetes, for

example, can often be prevented with simple diet maintenance like managing your intake of refined sugars and carbohydrates, and spreading them evenly throughout the day instead of eating lots all at once. One of the problems with many nutritional supplements is the high amounts of sugar they may contain, which can make intake management tricky if you rely on them heavily.

It's important to remember that food can never replace medicine that your doctor has prescribed. Instead, think of eating nutritious meals to keep your body as healthy as possible so hopefully your medicine will be even more impactful, and you might even reduce your chances of needing additional medications in the future.

Food Can Keep You Happy

The saying "variety is the spice of life" is one that bares a lot of truth. While there is undoubtedly comfort in routine, doing the same thing day in and day out can get a little boring. Nowhere is this truer than with nutritional supplements. Sure, you might have shake options that range from vanilla to chocolate, but even the tastiest of flavours can get tiring over time.

There's also a lot more to diversity than just flavour. With a proper meal, you have a range of smells and textures that combine for an interesting and pleasurable experience. Every meal can be different, with larger portion sizes for bigger appetites and more modest portions if you're feeling less hungry. The "one size fits all" model of many nutritional supplements means they're not tailored to every individual.

Looking forward to mealtime can be a real bright spot in your day. And for many seniors, it's important to maintain a healthy body weight by eating enough calories. If nutritional supplements are boring, or their portions are inadequate, it might be hard to reach for one -- or easy to say, "I'll get one later." With food to look forward to, eating enough can be a lot easier.

Heart to Home Meals for Food You Can Look Forward To

At *Heart to Home Meals*, we believe that every senior is entitled to food that makes them healthy

and happy. If you're looking for some nutritional meals that you can look forward to, consider these options:

There are few things more delicious than Sweet and Sour Meatballs, and Heart to Home Meals offers a tasty and nutritious version! With 20 grams of protein and 7 grams of fibre, it's a healthy option you can look forward to.

If you're a fan of white meat, we've got just the dish for you. Our Hunter's Chicken is another tasty option packed with nutritional value with 240 calories, 27 grams of protein and only 25 grams of carbo-

hydrates. It's also low in saturated fats and low in sodium.

Nutritional supplements can be a handy way to round out a diet. If your doctor thinks they're a good idea, go for it! But remember, food provides nutrition in a more holistic way that supplements alone cannot. And if the convenience of a shake or bar appeals to you, there are wholesome options like Heart to Home Meals which are equally convenient. We flash-freeze our meals at their peak freshness and deliver them right to your door (and even right to your freezer if you'd like!) ■

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TIME OF THE YEAR.



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Free
menu

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Made for Seniors



*Some conditions may apply.



THE BUZZ

Scott Taylor

CAROLYN DARBYSHIRE-McRORIE: OLYMPIC HERO

By Scott Taylor / Photos courtesy CurlCanada

With the curling competition at the 2022 Beijing Winter Olympics in full swing, it's a good time to remember one of the finest curlers Manitoba ever sent to the Games. This excerpt from *A History of Excellence: the Untold Stories of Manitoba's Indigenous Sport*, tells the tale of an Olympic medalist whose success surprised no one in her home province.

Not one person in Portage la Prairie, Man., had any doubt that Carolyn Darbyshire would become a curler. After all, her mom and dad both curled, her mom was the 1974 Manitoba Ladies Champion and the family lived a block from the Portage Curling Club.

However, to be fair, it's unlikely that any of her peers ever thought she'd win a silver medal in curling in the Olympic Games for a myriad of reasons. And yet, that's what she did in front of the world at Canada's own 2010 Winter Olympic Games in Vancouver.

Just like her mom, Merline, who hailed from a Metis family in the Interlake, Carolyn had curling in the blood. It was simply something she was destined to do.

"Both mom and dad curled," said Carolyn, who was born in Arborg in 1963 but grew up in Portage. "My dad got my mom curling and in 1974 she won the Manitoba Provincial championship with Marjorie Marsh,



Carolyn Darbyshire-McRorie with her late mother Merline.

Pat McCaughan and Susan Diehl from the Portage Curling Club.

"Whenever she went away to curl, the kids in the family would ask her, 'What do you get if you win?' and in '74 she said, 'This time we get a trip out to Victoria.' And the kids asked, 'Can we go with you if you win?' And she said, 'Oh sure, no problem.' Because, of course, she didn't expect to win. So, she comes home and figures, oh, oh, I made a promise to take my 10-year-old, who was me, my



Carolyn, second from left, with her silver medal.

seven-year-old and a 3-1/2-month-old baby to take them to the Tournament of Hearts in Victoria. So, we all went to Vancouver. My dad's sister, my aunt, lived out there, so we stayed with her and we all got to watch mom on TV. That was all so interesting to me

and I thought, that's something I want to do.

Darbyshire grew up sitting at the kitchen table watching and listening to her parents discuss curling. She would sit attentively and watch them plan shots with the salt and

Continued on next page

Committed to **Manitoba seniors**

Our PC government was proud to establish the **new Ministry of Seniors and Long-term Care** to better support the needs of seniors across our province.

Scott Johnston

Minister of Seniors and Long-term Care

Heather Stefanson

Premier of Manitoba



Manitoba **PC Caucus**

pcmbcaucus.com

THE BUZZ, cont'd from page 10

pepper shakers, a creamer, a sugar dish and a couple of beer bottles.

"I grew up around the curling club," she said. "My husband, Rod, who is also from Portage, and I, don't know how we didn't know each other growing up because he grew up at the curling rink in Portage, too. He once described the cafeteria to me and I thought, 'Wow! How did we not know each other when we were kids?'"

Soon the curling club became Carolyn's second home.

"I started practicing whenever mom and dad went to the rink," she explained. "Mom had changed her delivery, so she was always at the Portage Curling Club practicing so that's when I started. The ice makers at the Curling Club helped me get started. We lived a block away from the rink in those days so we were always at the rink. Dad curled twice a week, mom curled once a week, they spied on weekends and they played mixed as well. So, if we weren't at the rink, we were on our way to the rink.

"A fellow that curled with dad and curled mixed with my mom, helped me with my delivery and I started out flatfoot, but I was almost going to blow my knee out because I was just as low as Kevin Koe. My knee wasn't going to handle it and I was only 15-16 at the time. So, I went to a tuck delivery like my dad. I figured if it was good for all these other guys, it should be good enough for me."

Not surprisingly, she still throws her rocks in the old-fashioned

Manitoba Tuck and with an equally old-fashioned corn broom. The sight of the corn broom left a lot of curling fans who were watching the 2010 Olympics a tad confused because McRorie does sweep with a push broom.

"I can throw with the push broom, but I learned with a corn broom -- the push broom wasn't out yet when I started," she explained. "I like the quiet of the corn broom when I throw and it has more stability for me. It is more a quiet confidence for me. I do practice with the push broom that I sweep with so that if something does happen, I am okay with using it. It is a mental game and I like the quiet in my area that the broom gives me."

"So, I threw quite a bit and when I turned 16, I had my own little Toyota Corolla and I'd take off on free weekends when the curling rink moved out by the hotel on Saskatchewan Ave., and I'd throw as much as I could. I played juniors while I was in high school and didn't do really well because it was just me and whomever I could find at the club."

In 1985, in a bit of a shocker, Carolyn curled on Jacki Rintoul's team out of the Portage Ladies Evening Curling Club, along with her mom, Merline, who had won the Manitoba Championship in 1974, and Yvonne Beaudin and won the Manitoba Women's Provincials.

"Mom and I won the Manitoba Provincials in 1985 and played in the Tournament of Hearts at Winnipeg Arena," she said. "I think

we were 5-5 or something like that and after '85, mom didn't want to curl much anymore and Jacki (who won the Manitoba title again in 1988 with Marlene Cleutinx) and Yvonne went and did their own thing so I moved into Winnipeg and ended up curling with a few other girls there. In 1989, at the end of November, I was 26 and I moved to Calgary.

"I got onto a team right away and went into mixed playdowns and went to Southern. I was only in Calgary a month and I was already into mixed playdowns. I eventually got a hold of Susan Seitz and Judy Erickson who were on the Alberta Ladies championship team in '85. They remembered who I was and they told me to get down to Super League so I went down and got playing in Ladies. Played with Sandy Turner from 1989-96 and was the skip in '96."

Darbyshire had a great career in Calgary. She won plenty of spiels, went to Curling Canada's high-performance camps and learned to believe in herself. She played third for Heather Fowlie at the 2001 Canadian Olympic Curling Trials and second for Renelle Bryden at the Canada Cup in Kamloops in 2003.

In 2005-06 she moved on to play second for Cheryl Bernard's team. The Bernard team won two Alberta Provincial championships, 2007 and 2009, and had committed to qualify for the 2010 Vancouver Olympics. It was a big commitment for Darbyshire.

"So, I joined Cheryl in 2005 and we fell flat on our faces in the first year. We didn't get out of our club. But we knew we were a lot better so we went to a sport psychologist for seven or eight months and we got to provincials in '07 in Grand Prairie and we won. Ultimately, we went through two or three psychologists until we found Penny Werthner, a track athlete at the '76 Olympics who is now the Dean of the Faculty of Kinesiology at the University of Calgary."

“But we got to the Olympics. We were shocked, but we got there. We knew if we qualified, we'd be good, but qualifying was as difficult as anything we faced at the Games.”

- Carolyn Darbyshire

The Bernard team lost the Provincials in 2008 and then turned on the burners in 2009. The team was gone for 11 of the 13 weeks before Christmas in '09.

"My kids put up with a lot," she said. "I was going, going, going. I had so much to do with three kids, the business and curling. After Christmas, we didn't curl as much because we had our spot in the Trials. The girls were really good. They really supported me and the six of us, including Penny and our coach were very close. We took the

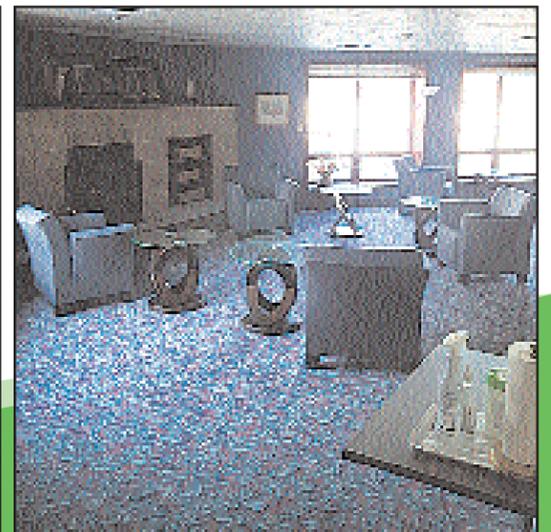
Continued on page 13

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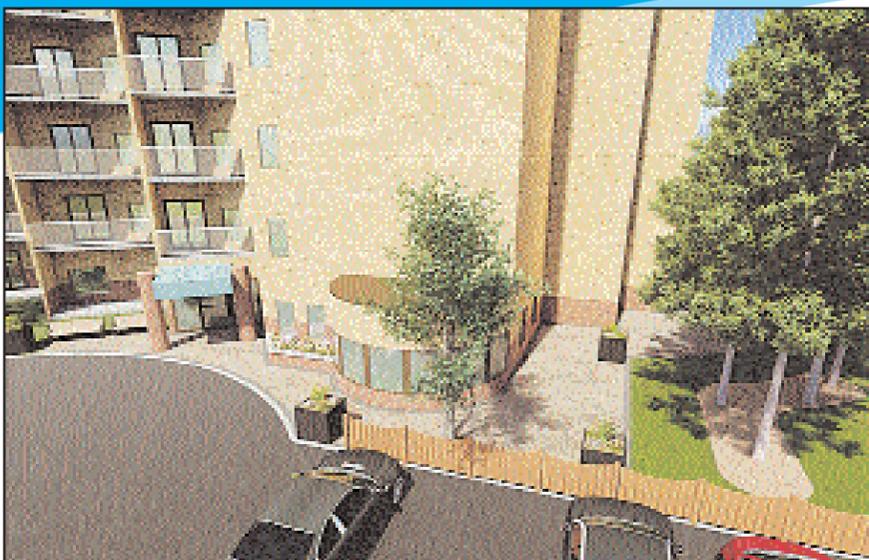
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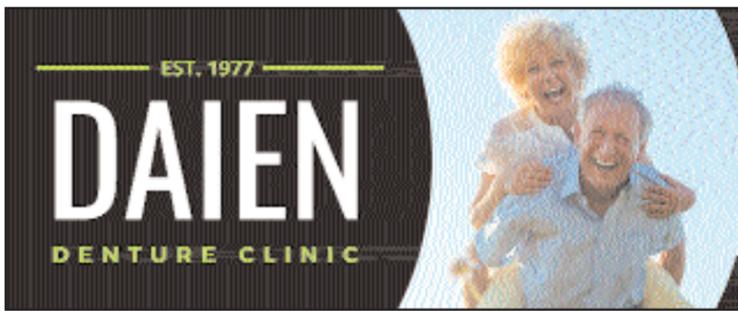


South Osborne Co-op is a unique housing concept. This building is a 55+ housing co-op. Utilities are included. One and Two bedroom units are available with balconies and air conditioning. Recently upgraded: elevators, windows, patio doors, siding, ventilation and lighting. Membership entrance fee will apply.

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for more information: **204-953-2350** sam.mb.ca





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Things To Do

WINNIPEG

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

MISC EVENTS

Red River Coin & Stamp Club - Monthly Show, 2nd Sunday ea. month, 10 am-4 pm, at the Best Western Hotel, Headingley, MB, 4140 Portage Ave (W.) Full Covid-19 vaccination and masks required.

Manitoba Genealogical Society - Discover your family history. For info visit: <https://mbgenealogy.com> or call 204-783-9139

Forum Art Centre - 120 Eugenie Street. For info: 204-235-1069 or online: www.forumartcentre.com

University of Manitoba - Participants needed for an in-person study investigating the effects of normal aging on action simulation. Must be 65 or older and not have any history of motor or neurological disorders. Contact Aneet 204-998-0912, sarana3@myumanitoba.ca OR Dr. Jonathan Marotta 204-474-7057, Jonathan.Marotta@umanitoba.ca

Anavets Assiniboia Unit 283 - Karaoke with a live band is fun! *Second Time Around Band* on March 19th following the Sat. Meat Draw at approx. 5:00 pm. We are still open at 50% capacity. Meat Draws & Bingo as per usual. Full Health Rules in place. 3584 Portage Ave. 204-837-6708

Winnipeg Model Railroad Club - Annual Open House, Sat. Apr. 9, 10-5, Sun. Apr. 10, 10-4, at the Charleswood Legion Hall, 6003 Roblin Blvd. Wheelchair accessible. Admission by donation. Proceeds to support St. Amant Center. Learn more about The WMRC through its blog, published by Paul Ullrich <http://winnipegmodelrailroadclub.blogspot.ca>

SPORTS & FITNESS

Lady Bowlers - Fridays, 12:45 pm at Polo Park. For ladies of all ages. We bowl for fun. If you can't commit to every week come spare with us. \$10/wk. Lunch and prize\$. Time off at Easter. Extreme cleaning meas-

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 - Transportation, shopping, Meals on Wheels for shut-ins. For seniors with disabilities for independent living. 204-427-2869

Ile des Chenes, Grande Pointe, Lorette, St. Adolphe, Landmark - In-person yoga classes Thur. 9 am, drop-in \$5 for 55+. Wed. 6:30 pm, drop-in \$10 for all adult ages. No experience needed. Classes held in the main hall at the TC Energy Centre in Ile des Chene. To register, contact Juliette at yogaforyoumanitoba@outlook.com

ures and social distancing being exercised, masks or face shields worn and minimal contact. Call/text 204-770-3903.

Garden City Community Centre / Seven Oaks SportsPlex - 725 Kingsbury Ave. 55+ Programs: Zumba, Bocce Ball, Pickleball, Line Dancing. Program schedule: www.gardencitycc.com/seniors.

Yoga Sessions - Lorraine's Gentle Yoga, Chair yoga, chair cardio, wrist free flow yoga, yin yoga. Lorrainesyoga2017@gmail.com, 204-228-3118, lorrainesgentleyoga.com

VOLUNTEERING

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: [Facebook Page Administrator](#) to monitor, receive and post info pertaining to lost dogs. Work from home. Must have internet access, a Facebook account, Gmail account, 6 hours to commit per week, ability to work in potentially stressful situations, be able to maintain a polite disposition, able to take direction. Ability to phone people with updates is desirable, but not required. We offer in-home training via Messenger, etc. and provide necessary materials. Email: recruit@winnipeglostdogalert.com or go to www.winnipeglostdogalert.com.

Winnipeg Lost Dog Alert (WLDA) - Volunteers needed for: [Treasurer](#) to handle daily maintenance of accounting, donations, charitable receipts, etc. Must have 3-5 years accounting/bookkeeping experience and be familiar with the operation of a Registered Not-for-profit org., QuickBooks, PayPal, Benefity and Help Canada type Donations. Must be able to commit 8-10 hours/month. Send resume to president@winnipeglostdogalert.com. Visit www.winnipeglostdogalert.com for more info.

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

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

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

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

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

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

PROGRAMS / SERVICES

Brooklands Active Living Centre - 1960 William Ave. West. Bingo 1 pm Mondays; Fitness Classes. Call 204-632-8367 for more info.

Caregiving With Confidence is now a program of A & O: Support Services for Older Adults - Our programming will remain the same. **Caregiving with Confidence: 204-452-9491** for more info.

Creative Retirement Manitoba - Affordable Lifelong Learning. Classes a mixture of online and in-person. Some classes starting soon: Art History, Bridge, India Travelogue, Estate Planning, DNA for Genealogists, Winnipeg Music History, Canadian Railways and much more! Visit creativeretirementmanitoba.ca.

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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

Niverville Services to Seniors - Some of our Services include: Low-cost senior's fitness, Mon. 9:30-10:30 am; Pickleball, Wed. 10-12 at Niverville Rec Complex; Free Mobility Equipment Rental (wheelchairs, walkers, etc.); Low-cost rides program; Seniors frozen meal program; and much more. Info: sts@heritagecentre.ca or 204-388-9945

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

Montcalm Service to Seniors - Joanne: 204-304-0551 or jbarnabe@hotmail.ca

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.

Springfield - Springfield Seniors - 204-444-3139, springfieldseniors@mymts.net
Stick curling, Pickleball, Women's 55+ Fitness, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. Masks and Proof of double vaccination required for programs.

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>

Thompson Seniors - Cribbage, crafts and more, Tuesdays, 1:30-3:30 p.m.; Food security initiative; Free iPad training; Exercise classes and more! Contact: 204-677-0987, thompsonseniors55@gmail.com

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

Senior Centre Without Walls (SCWW): Free Telephone Group - Activities for Manitobans 55+

Call/email to inquire or to register: 204-956-6440 | Toll Free: 1-888-333-3121 | info@aosupportservices.ca

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

Download the **SCWW 2021 Program Guide** at: www.aosupportservices.ca



HAPPY LOUIS RIEL DAY - FEB. 21 - 2022!



The Pros Know 55+ Active Living & Resource On-Line Edition

Six Shows coming in 2022

Revised Dates & Locations Coming Feb. 15th at prosknowexpos.ca

Look Ma! New Hip!



For The Record! I need to let you in on something here. Our healthcare is not completely 'Broken' as some people might like you to believe. Oh yes, there is real need for help for our beloved front liners who have been paying too steep a price to keep most of us alive in the Hospitals, ICU's etc during Covid, that's very, very real and extremely distressing. But there are those with an agenda that want you to believe that everything in our healthcare system is

on the verge of collapse. Well that is just total Poppy-Cock! Nawda! I'm taking this precious space to tell you that yours truly on January 10th was gifted a complete right hip replacement at *Concordia Hospital* under the loving care and guidance of the amazing *Dr. Eric Bohm* and company from the *Concordia Hip & Knee Institute*. These angels over the past 12 months plus, mentored me and worked with me so that all considered, we could have this procedure done right here at home. The bottom line; a successful surgery with a minimal 30 hour Hospital stay and straight to home healing program. Today, three weeks later, I am already walking at 70%+ without the full-time need for a walker or cane. Insane! They gave me a chance for a return to quality of life. Thanks to the Institute, thanks to the super awesome staff at *Concordia Hospital* and thanks to my life partner for being by my side. What a lucky guy! **Look Ma! New Hip! Rick Roschuk**

Stay Tuned! Coming Soon!

Trish's Dishes

Recipes, Kitchen Gadgets & Tips!

I have never, nor will I ever, claim to be a master chef or baker, but I do enjoy doing both. My mom would agree that her sister Louise, is an amazing home chef and most of my 'tried and true' recipes have fallen out of her book into my hands! Lucky me. Recipes that tend to make others state "it was delicious, can I get the recipe?" I'm always willing to share recipes with others and that's what created the idea of Trish's Dishes. A monthly posting of some of my favourite recipes, kitchen gadgets, and tips & tricks. Hope you'll enjoy trying them and who knows, maybe one of them will become your next family favourite! **Trish Bennett**

Looking for something to pick up your Spirits?

These home made Recipes, Kitchen Gadgets and Tips will make life easier and tastier! **Yummy!**

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THE BUZZ, cont'd from page 11

pressure off ourselves and were able to concentrate on the present.

"But we got to the Olympics. We were shocked, but we got there. We knew if we qualified, we'd be good, but qualifying was as difficult as anything we faced at the Games."

Playing second on Bernard's team with third Susan O'Connor and lead Cori Bartel, Canada lost to Sweden in the Gold Medal match to win silver and give Canada it's best finish in Olympic women's curling since Nagano in 1998.

"We were all a little disappointed at the time because we thought we had the game," Carolyn admitted. "It was also great. Because we were close and we're still very close today. We all played for each other and we all know that curling is a game of inches and it just wasn't meant to be. But it's glorious now and it was glorious then."

"To look at what we accomplished - we didn't lose gold, we won silver - it was remarkable. A lot of great athletes went home from the Olympics

with nothing."

McRorie, now 59, became a coach when her competitive playing career ended. She coached Casey Scheidegger's highly successful Lethbridge team and in 2018 became head coach for China's National women's curling teams, helping them prepare for a home Winter Games at Beijing in 2022.

"With the people I coach today, I tell them the same thing we did when we prepared for the 2010 Olympics," Darbyshire said. "I coach

them to think only of the present. Don't think about the future. In any of our games in any of our shots, just stay in the moment. That was our way of getting to the Olympics and that was why we were successful when we got there."

A History of Excellence: The Untold Stories of Manitoba's Indigenous Sport is available at McNally Robinson Booksellers in Winnipeg and at other fine retailers.

Travel / Leisure

Have an event or activity to announce? Advertise it here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email kelly_goodman@shaw.ca for details.

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February Free Kits

Wills

This kit includes important information about this legal document as well as our provincial laws.

Cyber Security and Fraud Protection

This kit includes information on how to be safe as well as some unique, practical items to try at home.

Funeral Planning

In partnership with Todd Harder at Birchwood Funeral Chapel CO-OP, this kit includes important information on planning a funeral plus a gift: an umbrella.

.....

Twenty kits are available per theme for 55+ residing in the RM of La Broquerie and RM/Town of Ste-Anne. Our volunteers will deliver them at the end of the month. First come, first-serve basis.

To request your first package or activity kit contact us at 204-424-5285 email labeinerss@gmail.com Facebook @srsseniors

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SAFETY ALERT**What to do in a natural gas outage**

When natural gas service is disrupted, Manitoba Hydro acts quickly to restore it. Although disruptions are usually short-lived, a gate station or pipeline may require complex repairs and you may be without service for several hours. While you're waiting, follow Manitoba Hydro on Twitter or Facebook for updates, or listen to your radio for current information and instructions.

If you experience a natural gas outage in the winter months, rest assured that your home will retain heat for several hours. Conserve heat by keeping doors and windows closed. Turn on extra lights as they can contribute some additional heat.

Use a supplemental heat source, like a portable electric heater or a wood-burning replace to warm one room of your home. Keep combustibles away from alternate heat sources. Never use propane heaters, camp stoves or barbecues in your home or garage, as they can generate dangerous levels of carbon monoxide very quickly. An adequate fresh air supply must be available where fuel-burning heaters are used.

If you decide to leave your home, notify Manitoba Hydro on where you can be reached, as they will need to access your home to restore services and re-light the pilot lights.

When the natural gas is restored, do not re-light your fuel-burning equipment yourself. A qualified Manitoba Hydro gas service technician will re-light the pilot light on your heating equipment and appliances.

Visit hydro.mb.ca/safety for more information.

If it's icy, it can be dicey for power lines

Ice is a certainty during our Manitoba winters. Extreme and changing weather conditions – including high humidity, freezing temperatures, and ice storms – can cause ice to form on power lines. The weight of ice can put a lot of stress on power lines, causing them to break, wood poles and crossarms to snap, and even steel towers to crumple.

To prevent power outages and damage to equipment, Manitoba Hydro crews remove the ice as quickly as possible, either by ice melting or ice rolling. If a crew is working on iced lines in your community, please stay clear of their work area.

To help keep you and your family safe during an ice storm, follow these tips:

- Call Manitoba Hydro at **1-888-MBHYDRO** if you see excessive ice build-up on a section of power lines.
- Stay clear of low or sagging lines. Travelling under or near them can be dangerous.
- Immediately report downed power lines or damaged poles to Manitoba Hydro or 911. Treat downed wires as energized. Stay at least 10 metres back from a fallen wire or objects it may be touching. This includes trees, branches and other debris.
- If a power outage occurs in your community, report it using our app or website. Follow Manitoba Hydro on Twitter or listen to your local radio station (using your battery-powered radio from your emergency kit) for regular updates on the progress of restoration efforts.
- Be prepared before an outage occurs. Assemble essential items into an emergency kit and store it within easy reach in the dark. Not sure what to include? Visit our website for the **Emergency Preparedness Handbook**.

Visit hydro.mb.ca/safety for more information

Safety. It's in your hands.



January 31, 2022

PROVINCE OFFERS FREE PROVINCIAL PARK ENTRY FOR MONTH OF FEBRUARY

Manitobans Encouraged to Take Advantage of Excellent Trail Conditions: Wharton

The Manitoba government will again allow free entry to provincial parks for the entire month of February so Manitobans and visitors can take advantage of the many winter activities they offer, Environment, Climate and Parks Minister Jeff Wharton announced today.

"Free park entry gives everyone more opportunities to enjoy nature and the great outdoors," said Wharton. "People across our province love Manitoba's parks and our government is pleased to make it easier to explore them and to experience all that they offer."

Vehicle permits will not be required at any provincial park in Manitoba in February, though Snopasses will be needed for snowmobilers using groomed trails in parks. Entrance fees will continue to apply at national parks.

Provincial parks have groomed trails for a variety of activities, including cross-country skiing, snowmobiling, fat biking, snowshoeing and hiking. Paint Lake, Spruce Woods and Turtle Mountain provincial parks also offer outdoor skating areas, hockey rinks and toboggan hills. Trails province-wide are in excellent condition with a good snow base, the minister noted.

Manitobans are encouraged to check trail conditions and weather forecasts before visiting parks to properly plan their outdoor adventures. An online interactive trails map is updated regularly with grooming and condition reports at www.manitobaparks.com. Trail users are reminded to use only trails that are designated for their activities, to keep dogs on leashes and to practise the principles of Leave No Trace by not littering.

While being outdoors and active in nature is important for physical

and mental health, COVID-19 public health orders must be followed, including for physical distancing and group size restrictions. Warming shelters are open with reduced capacity limits and masks are required indoors. Park visitors are reminded to observe capacity signs and to kindly limit their time in shelters to share with others. Information on COVID-19 guidelines in provincial parks is available at: www.manitobaparks.com.

Park interpreters offer numerous guided experiences to help Manitobans learn and discover natural and cultural heritage at Birds Hill, Spruce Woods and Whiteshell provincial parks. Highlights in February will include wolf howl hikes, snowshoe treks, quinzhee building and ice fishing. Event details and registration information can be found under the events tab on the Manitoba Parks Facebook page at www.facebook.com/MBGovParks and at www.manitobaparks.com.

Teachers can also book free guided field trips to Birds Hill, Spruce Woods and Whiteshell provincial parks, along with virtual programs to bring park interpreters into their classrooms.

For more information on winter activities and interpretive programs in provincial parks, email ParkInterpretation@gov.mb.ca or visit www.manitobaparks.com.

Annual park vehicle permits will be available for purchase beginning on March 1.

Manitobans can stay up to date with provincial parks news, activities and events by following Manitoba Parks on Facebook at www.facebook.com/MBGovParks and on Twitter at www.twitter.com/MBGovParks. ■

Family Favourite Recipes

By Diane R. Unger

Here is a memorable favourite; I still make this recipe today for my family. In the 1960s, as I was gathering family recipes for my trousseau, my mother advised me to only ever use Fry's cocoa, invented in 1728, as it was the best. The recipe below, along with many others made with Fry's cocoa, was compiled in 1955 in a small recipe book specially created for Fry-Cadbury Limited by Madame Jehane Benoit, one of Canada's leading Food Consultants and Home Economists. As children in the 1940s, we took turns scraping the pudding pot with our spoons!

1940s CREAMY CHOCOLATE PUDDING

Diane R. Unger (family recipe)

3/4 cup sugar
6 tbsp all-purpose flour

6 tbsp Fry's cocoa
4 tbsp butter

3 cups milk
1 tsp vanilla

Blend in top of double boiler, the sugar, flour, and cocoa. Add butter and milk. Mix. Cook over boiling water until thickened, stirring constantly. Cover and simmer for 10 minutes, stirring

once or twice. Add vanilla. Then pour into sherbet glasses or custard cups. Refrigerate. Serve as is, or top with ice cream. You can also serve it in a baked pie shell, as chocolate pie.

My version adds 1 tbsp each shredded coconut and crushed pecans. At times I also add some mini marshmallows.

Serves 6.



IN TUNE WITH OUR COMMUNITY

~ February 2022 ~

There's Snow Place Like Home—So Let's Explore!

Being a winter city, Winnipeg has so many amazing winter activities to offer. But where do you start? Here at CJNU, we often turn to our friends at Travel Manitoba—who recently published their 'Winter Feel Good' guide—highlighting many of the different activities that are available around the province during the colder months. From traditional winter activities like skiing, hiking and ice fishing – to other activities like Nordic walking or dog sledding – there are so many options to choose from.

Winter in Manitoba offers wonderful opportunities to see wildlife in their natural habitats. Churchill, which has been dubbed the 'Polar Bear Capital of the World', has almost a thousand bears to view. As well as seeing the amazing wildlife in northern Manitoba, Churchill is one of the best places to see the Northern Lights dance across the skies. If you're looking for something geared to families and kids, Fort Whyte offers activities for children to explore, while also learning more about nature.

What's sure to get your heart racing is the popular sport of snowmobiling. With almost 13,000 kilometres of groomed trails in the province, snowmobiling is a great way to get around and see some of the amazing landscape the province has to offer. If you'd prefer a more relaxed pace, why not explore some of Manitoba's beautiful hiking trails? From provincial parks to city sights and so



Why not explore St. Boniface in the snow?

much more in between – you'll find it in the beautiful province of Manitoba.

Not all winter activities need to be outdoors, though. Places like Activate Games have many games for a variety of age groups, and it's a great way to get rid of some of that extra energy. Other places, like The Real Escape, offer interesting puzzles that involve teamwork to find your way out. And if you want to try your hand at learning some new skills, Pilots Club gives you the chance to learn the basics of flying either a Boeing 737 or an F-18 Hornet.

Highlighting some of the activities in Travel Manitoba's Winter Feel Good guide does not do justice to the actual experience of participating in any of these wonderful adventures. To find your own Winter Feel Good adventure, make sure you grab your copy of Travel Manitoba or visit their website at travelmanitoba.com.

BeCause and Effect

If you've listened to CJNU in the past, you may well have heard *River City 360* or *BeCause Radio*, the weekly programmes produced by The Winnipeg Foundation—telling some of the incredible stories of work being done in the charitable and non-profit sectors.

Starting this month, CJNU is delighted to begin broadcasting *BeCause and Effect*—a special podcast produced by the Foundation, featuring one-on-one conversations with change-makers in our community.

Your host, Nolan Bicknell, sits down with notable folks to learn a little more about them, and why they care about giving back to the community. Past guests have included Dayna Spiring—President and CEO of Economic Development Winnipeg and Board Chair of the Winnipeg Football Club, Ron MacLean—award winning sportscaster, and Fred Penner—one of the greatest all-round entertainers of our generation.

Join us on Thursdays at noon, or listen online anytime at WPGFDN.org



Nolan Bicknell hosts the BeCause and Effect podcast

Love is In the Air

CJNU will be taking special requests and dedications on Valentine's Day! Anyone who makes a request or dedication between 7am and noon on Valentine's day by calling the station at 204-942-2568, or heading online to CJNU.ca, will be entered into a draw to win some exciting prizes, including:

- 3 pairs of tickets to the WSO Pops concert with Paul Schaffer
- 3 \$10 Sobeys gift cards
- A \$50 Ultimate dining card—good for over 1,000 restaurants across Canada, including Swiss Chalet, Montana's, Original Joe's, New York Fries, Fionn McCools and more
- A set of Winnipeg Goldeyes game tickets
- Gift certificates for Slices Pizza, Fionn McCools and RnR Family Restaurants

It all kicks off at 7am, as Frank Stecky invites you to share Brecky with Stecky, and continues with Tom Dercola from 9:30am-Noon.



"L is for the way you look at me, O is for..."

Our February Host Sponsor: The Augustine Centre



The spire of the Augustine Centre is visible across Osborne Village

CJNU welcomes our Host Sponsor for the month of February, the Augustine Centre, a non-profit Community Hub dedicated to enriching the lives, minds and souls of Osborne Village. We're excited to be broadcasting live from the Centre, as we set up our Remote Studio on-site during the month.

The congregation of Augustine United Church has been an essential part of Osborne Village since 1887 and continues to

serve the community. It's towering steeple is a reminder to all of the extraordinary impact caring people can have during times of trouble, while building a better future for everyone. The Church, and now the Centre, have many ways in which they serve the community.

Augustine's Oak Table program began in 1981 as a coffee and conversation drop in centre. Today, Oak Table serves over 26,000 meals annually, and provides much needed services and resources to neighborhood folks in need.

SPLASH Child Care is an early learning centre largely serving the community's indigenous children - from infant to pre-school. With space for 92 young minds, SPLASH is designed around the Seven Sacred Grandfather Teachings, and makes developing language, literacy and social skills a priority.

To learn more about all that Augustine Centre has to offer, visit augustinecentre.com



Find us @CJNU937 on Facebook and Instagram | Visit CJNU.ca to learn more!

Kelly Lewis Artistry

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FEBRUARY IS HEART MONTH

Five ways you can keep your heart healthy

Submitted by Heart & Stroke

Anytime is a great time to make healthy changes but during **Heart Month** in February, **Heart & Stroke** is encouraging everyone to make some healthy changes.

Your heart needs a constant supply of blood to keep beating. When that flow is blocked for any reason, the result is a heart attack. A heart attack can permanently damage your heart, decreasing its ability to pump blood as well as it should and can lead to a serious condition called heart failure. The good news is that there are things you can do to every day to help keep your heart healthy.

Some risk factors such as age and family history cannot be changed, but many of the risk factors for heart disease can be controlled. In fact, up to 80 per cent of premature heart disease and stroke can be prevented.

Here are some of the most important ways to keep your ticker ticking well:

- ♥ **Eat a healthy diet.** Have plenty of vegetables and fruit, some protein, choose whole grains, and limit processed and packaged foods. Make water your drink of choice.
- ♥ **Be physically active.** Try to get 150 minutes of moderate to vigorous physical activity each week – that's less than half an hour a day.

- ♥ **Be smoke free.**
- ♥ **Manage stress.** Identify the source of your stress, talk to friends and family, and take time for yourself.
- ♥ **Limit alcohol.** Women should limit themselves to two drinks a day, to a weekly maximum of 10, and men to three drinks a day, to a weekly maximum of 15.
Together we can beat heart disease and stroke. For more information visit heartandstroke.ca.

In Heart Month learn the signs of heart attack

Every year, thousands of Canadians die from heart attacks each year because they don't receive medical treatment fast enough. February is Heart Month and **Heart & Stroke** encourages everyone to learn the signs of a heart attack. You could save your life or that of someone you love.

The signs of a heart attack are not always the same from person to person and they may not always be sudden or severe. Some people may experience only one symptom, while others have a combination.

If you experience any of these signs, call 9-1-1 or your local emergency number immediately, or have someone call for you.

Together we can beat heart disease and stroke. For more information visit heartandstroke.ca.

Learn the signs of heart attack



Chest discomfort
Pressure, squeezing, fullness or pain, burning or heaviness



Sweating



Upper body discomfort
Neck, jaw, shoulder, arms, back



Nausea



Shortness of breath



Light-headedness

For both men and women, the most common heart attack sign is chest pain or discomfort. **However, women can experience a heart attack without chest pressure.**

Women take note, you may experience:

- Pressure or pain in the lower chest or upper abdomen
- Dizziness
- Light headedness or fainting
- Upper back pressure
- Extreme fatigue

If you experience any of these signs, call 9-1-1 immediately.

Heart&Stroke™
heartandstroke.ca/heartsigns

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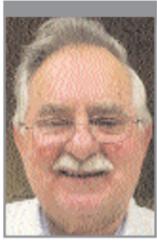
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“The wise man does not lay up treasure. The more he gives the more he has.”

- Chinese proverb

“Leftovers in their less visible form are called memories. Stored in the refrigerator of the mind and the cupboard of the heart.”

~Thomas Fuller



DMetro Hnytka

Nature's Gift

By DMetro Hnytka

Well it came to a time when we had to get a friend to share our home. We went looking at the *Humane Society* to find a just right cat. We found one that was 8 years and 2 months old. He had been at the Humane Society for 3 weeks. He had been cleared for adoption and he didn't have any real health problems so we brought him home. He was unsure of his new place and he did a lot of hiding for the first day. We finally got out some cat toys and after a lot of petting, he came around and by the second day he ruled his new home. A win-win situation, he had a new home and we had a new friend.

It got me thinking how an animal can somehow need a human for a

friend and a human needs an animal for a friend. It must have started during caveman times when the animals and mankind realized that they could get along and each one would be better for it.

Their relationship was not restricted to just dogs and cats but all other kinds of animals like monkeys, rabbits, chipmunks, ferrets, weasels, gerbils and depending on where they lived the animals could change to birds, lizards, horses, or other livestock, and even fish.

The pets can change in different countries. In some places monkeys and parrots are the primary pets. The bond between humans and their pet is usually very strong and they rely on each other's company. Due to care and proper feeding,

pets tend to live longer than animals in the wild. Feeding could be difficult if you have an elephant, giraffe or an alligator in Winnipeg in the winter.

Every area usually has different pets. The tropics have more monkeys, parrots, and snakes whereas the North Americans have usually cats and dogs. In the far east, dogs, birds, or fish are favoured as the supply of them is plenty. In Europe, the pet might be a hawk or an eagle besides cats and dogs. In Africa, the choice is usually birds and monkeys.

People love their pets. They are in many pictures or on coins or stamps and most calendars have a picture of some pet animal. They are people's prize possessions. It is

great to love and be loved by something that really cares for you unconditionally.

Enjoy your new friends as much as they enjoy you.

~ Metro



WORDSEARCH - Be My Valentine

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



- DINNER
- DRESS
- ENCHANT
- ENGAGE
- EXPRESS
- EYES
- FEBRUARY
- FEEL
- FIRST
- FLOWERS
- FOND
- FOREVER
- FOURTEEN
- FRIENDS
- GIFTS
- GIRL
- GIVING
- GLANCE
- HAPPY
- HEART
- HOLD
- HOLIDAY
- KIND
- LADY
- LETTER
- LOVE
- MAN
- MINE
- MOOD
- OCCASION
- ONLY
- PARTNER
- PINK
- RED
- RING
- SAINT
- SERINADE
- SHARE
- SPECIAL
- STUFFIE
- SWEET
- SWOON
- TOGETHER
- TRUE
- TRUST
- TWO
- VALENTINE
- WORDS

- ADMIRER
- ADORE
- ALWAYS
- ARROW
- BALLOONS
- BE
- BLUSH
- BOQUET
- BOW
- BOY
- CANDLES
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- CRUSH
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Kristy Schwaninger-Tarantini B.A., R.C.H.S., RNAP



Today's Recipe www.PeakMarket.com

Cream of Carrot Soup

Metric	Ingredients:	Imperial
500 ml	sliced carrots, cooked & drained	2 cup
50 ml	onion, finely chopped	1/4 cup
50 ml	celery, finely chopped	1/4 cup
50 ml	butter	1/4 cup
30 ml	flour	2 tbsp
2 ml	salt	1/2 tsp
1 ml	pepper	1/4 tsp
500 ml	chicken broth	2 cup
375 ml	skim milk	1 1/2 cup

In a medium saucepan; saute onion and celery in butter until tender. Stir in flour, salt and pepper. Cook for 1 minute, stirring constantly, until smooth and bubbly. Gradually stir in chicken broth and milk; cook until slightly thickened, stirring constantly. Do not boil. Stir in carrots. Heat throughly.

Serves 4

CROSSWORD - Happy Valentine! By Adrian Powell

ACROSS

1 Poke holes in
 5 Out in front
 10 Deity shown in lots of Egyptian tombs
 14 Jack and Jill's burden
 15 Telus or Bell Canada, for short
 16 Smallest of the litter
 17 Pakistani language
 18 Beer bottle wrapper
 19 Old term for a shivery fever
 20 First line of a Valentine verse
 23 "My lips ___ sealed"
 24 Asian incense stick
 25 Had a row?
 27 Long, heroic tales of adventure
 30 Exorcist's target
 33 "If ___ I had known..."
 34 Flight attendant's old name, at times
 39 Colorado Native American
 40 They're blue in the Valentine rhyme (because nothing rhymes with purple)
 41 Old soldier
 42 Where you can get hit by a bullet
 44 One type of type
 45 Shakespeare's "___ Andronicus"
 46 Like most pretzels
 47 Fundamental
 50 Bridal accessory
 52 Shouting match
 53 Last line of the Valentine rhyme
 60 District
 62 Walk-in mine entrances
 63 Rider's strap
 64 One pot dinner, usually
 65 Royalty with a saree
 66 Timbuktu's land
 67 Fill beyond full
 68 Hair salon

DOWN

1 Cowboy boot attachment
 2 Edible Hawaiian tuber
 3 Lends a hand
 4 Toronto baseballer
 5 Rand-McNally compilation
 6 Listens to
 7 Hamburg's river
 8 Maple tree genus
 9 Big pineapple brand
 10 George Gershwin's musical brother
 11 Item mentioned the Valentine rhyme - and it may be in your coffee, too
 12 Become used to
 13 Worthy mount
 21 Naval distress signal
 22 Usual places to get in
 26 "Then what...?"
 27 Aretha Franklin's genre
 28 Against (prefix)
 29 Serene Irish valley
 30 Fresh liverwurst outlets
 31 Ceramic night stand jug
 32 Naval officer
 34 Put through a sieve
 35 Bean curd
 36 Satan's specialty
 37 Amish or Quakers
 38 Hang around
 40 "And there it is, mon ami!"
 43 When the plane's due to land
 44 Sicilian hub
 46 Lieutenant, to private's
 47 Copper-Zinc alloy
 48 Huge blood vessel
 49 End of the rhyme's third line
 50 Election participant
 51 Slackens
 54 Ancient, fragrant ointment
 55 June 6, 1944
 56 Trigonometry term
 57 No. on a loonie
 58 Like canned sardines
 59 Common computer server language
 61 Wide-eyed astonishment

SOLUTION ON NEXT PAGE

SUDOKU EASY By Senior Scope

	4			5		7	2	8
		2	7			5		
			6					4
		8	3	2			1	
		3				4		
	9			6	1	2		
2					5			
		4			6	8		
5	3	1		7				9

Each 3x3 cell has the digits 1-9.
 Each vertical and horizontal line also has the digits 1-9.
 Enter each digit (1-9) only once each in each cell and each line.
 SOLUTION ON NEXT PAGE

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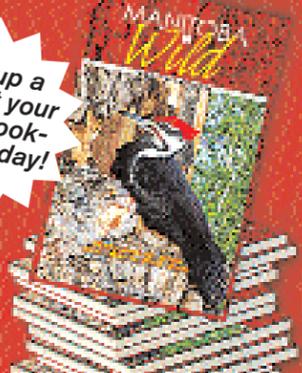
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