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Vol. 22 No. 10 | Apr 10 - May 9/24

# Senior Scope

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## AL SIMMONS - "Marches" To His Own Tune (Part 2 of 2)

By Bud Ulrich

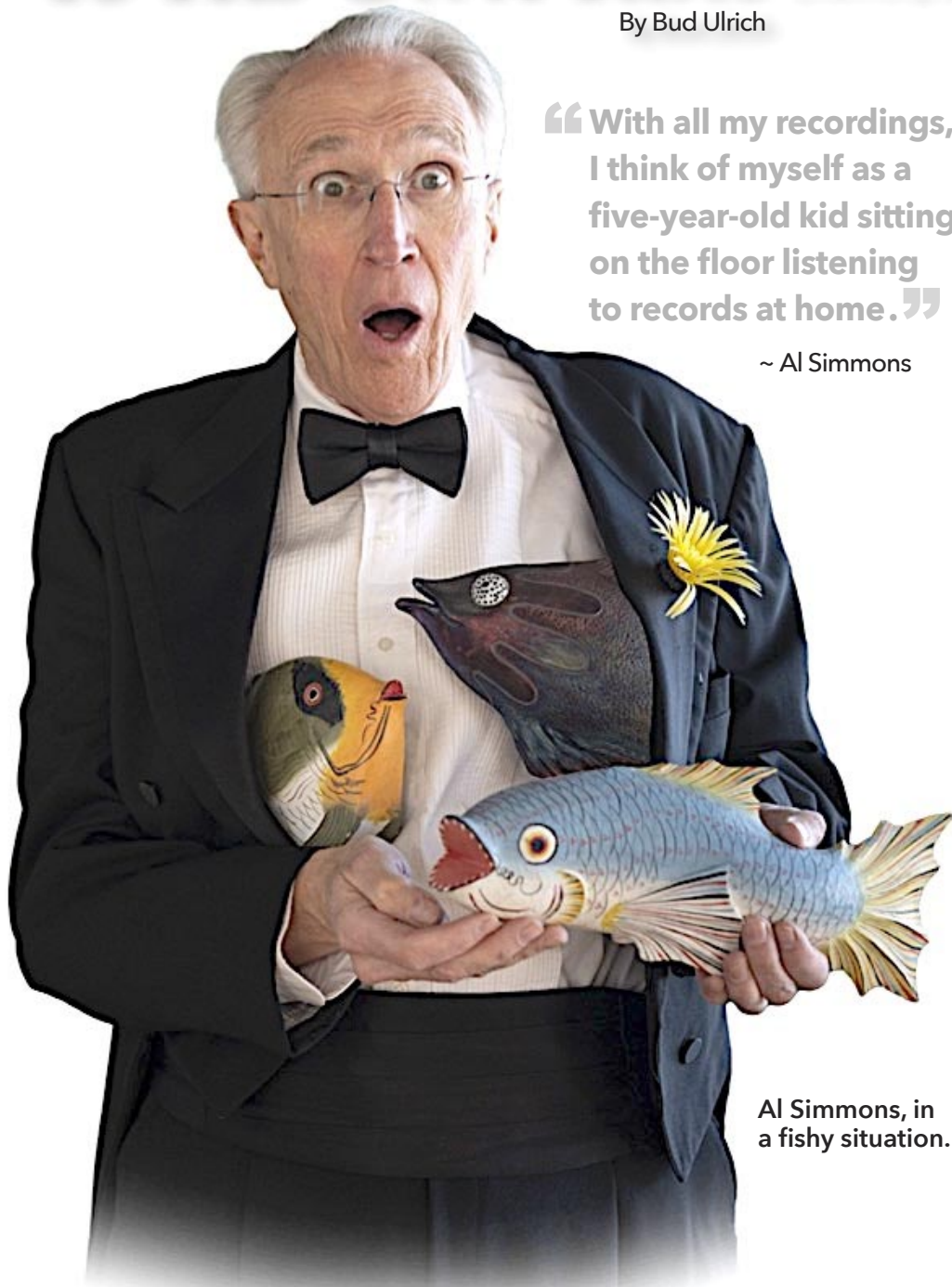


A MANITOBA MOMENT

Bud Ulrich

Al's career took off in the 1970s and he became a children's entertainer. Many people recall Al's appearances on Fred Penner's television show and Sesame Street. Besides performing across Canada, Al entertained in various US locations, Australia, Singapore, Hong Kong, et cetera.

There have been a few earth-shaking experiences for Al, in a minor way, but career-wise it was big time. He was performing in Quebec City. Al's mother tongue is English, and he has only high school French. During his first outdoor show, everyone was laughing (props, comic, and visual humour), and spoken words were not needed for most of his show. But when Al spoke, a woman yelled out in an angry voice, "Speak French!" She was upset. It didn't seem to bother anybody else in the audience, but Al was numb - he was deflated. He told himself he was in Quebec City and the main language is French. While he appealed to some people, he alienated others, and this bothered him. He was performing there for a few days. To everyone he spoke, he asked, "How do I say this in French?" Al was very concerned about reaching his audience in their language. The next show, all his dialogue was in French. He had little "cheat notes" in his hands. He held up props with French words written on them, but the audience wasn't aware. However, near the end of his performance the audience caught on. Al purposely took his shoe off and looked inside and read the French words much to the laughter and delight of the audience. He worked in a couple of French songs and a couple of phrases that were funny on their own. Indeed, the outspoken French woman influenced Al, and from then on, he made sure of his audience. He acquired bits of the



Al Simmons, in a fishy situation.

“With all my recordings, I think of myself as a five-year-old kid sitting on the floor listening to records at home.”

~ Al Simmons

Ukrainian language for his Ukrainian audience. Al tried to pick up on the local culture. He learned to speak Cantonese well enough to get through the show in Hong Kong with all his dialogue being in Cantonese and his songs in English.

Wherever he went, he tried to learn the language and the culture to incorporate in his shows. He learned that at an early age. If he was performing in Saskatchewan he would make a joke about Weyburn, and

Continued on page 6

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## Active Aging in Manitoba (AAIM)

Inspiring active lifestyles

By Linda Brown, Executive Director, AAIM



Linda Brown, Executive Director, AAIM

This year the city of Brandon will be the site of the largest multi-sport event for adults 55+ in Manitoba. June 18 – 20, 2024 more than 1000 participants will become part of the 41st annual Manitoba 55+ Games!

The Games are meant for everyone – the only stipulation is that you are 55+ by December 31, 2024! All events have age categories which ensures that everyone is competing with their contemporaries. There are more than 20 events to enter which also include some “brain games”

such as cribbage, whist, bridge, and scrabble. The Arts and Crafts section features a multitude of categories to enter your handy work and your artistic pursuits.

Active events you can enter include, pickleball, swimming, golf, bocce ball, snooker, 8 ball pool, slo-pitch, lawn bowling, floor shuffleboard, horseshoes, bowling, and darts. There are also events on the track, and even a predicted walk. Ice curling is also part of the Manitoba 55+ Games and that event was held March 5 – 7th in Brandon.

The 2024 Games are qualifiers for the Canada 55+ Games which are held every second year in various locations in Canada. Quebec City will be hosting the Canada 55+ Games August 27 – 30th.

Curlers have already qualified and winners from the June Games will have to chance to represent Manitoba in Quebec.

This year at the Games we are excited to feature **Corn-hole Toss** as a demonstration event. We offer demonstration events to determine interest and the potential of adding them to the Games as regular events in the future. If you are in Brandon, come and join us at the Games headquarters to try your hand at Corn Hole Toss!

Brandon has a whole host of great facilities! The Swimming and Track events will be held at the Sportsplex, The Healthy Living Centre at Brandon U will host 3 days of pickleball, Golf will be played at

*Continued on next page*



**Active Aging in Manitoba**

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Senior Scope acknowledges that we are on Treaty territory - the traditional land of the Ininiw (Cree), Anishinábé (Ojibwé), Anishiniw (Ojibwé Cree), Dakota and Dene people, and also the Birthplace of the Métis Nation.



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## AAIM - 55+ Games, cont'd from page 2

The Wheat City Golf Course over 3 days, Seniors for Seniors facility will be the home of card games and the arts and crafts display. The Riverbank Discovery Centre will be the site of the Predicted Walk, and Slo-Pitch will be played at the Ashley Neufeld Softball Complex. Just to name a few! The Opening Ceremonies and the Celebration Banquet will be held at the Historic Dome Building which pre-dates the Keystone Centre and was the hub for Ag Days many years ago.

Of course, an event of this size could not happen without hundreds of volunteers and our many sponsors. The Brandon Host Committee and its volunteers have been planning and working hard to make this a memorable event and make their city pride shine!

Active Aging in Manitoba and The Brandon Host Committee want to thank our sponsors who supported the March curling event and for their continued support of the June Games.

Manitoba Liquor & Lotteries Play Now, Credit Unions of Manitoba, Asham Curling Supplies, Manitoba Blue Cross, The Seniors Moving Company, Manitoba Association of Senior Communities, *Winnipeg Free Press*, Sport Manitoba and *Senior Scope*.

Thank you for helping to keep Manitobans moving!

Coming to Brandon? If you want to participate, check out our website: [www.activeagingmb.ca](http://www.activeagingmb.ca), find us on Facebook and Instagram. Call our office at 204-632-3947. Participate, volunteer, be a spectator and a cheerleader.

If you can't make it to Brandon, you can still participate! June 24th kicks off our **Virtual Games!** Registration will be available for the virtual Games in early May.

Contact us at [info@activeagingmb.ca](mailto:info@activeagingmb.ca) or 204-632-3947 if you are interested in participating in our Virtual Games. All you need to do is track your daily activities for a month starting June 24th and send us your completed activity tracker and your name will be entered into our prize draw. ■

See results from the Winter Curling Event in March on page 4.



**YOU CAN BE PART OF "TEAM MB" AT THE NEXT CANADA 55+ GAMES**

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At Active Aging in Manitoba, we are excited to announce that registration is open for the **2024 Manitoba 55+ Games in Brandon.** (These Games are qualifiers for the Canada 55+ Games.) If you can't participate in Brandon, you can join in on the Virtual Games in early May.

For more info contact us at [info@activeagingmb.ca](mailto:info@activeagingmb.ca), 204-632-3947 or visit: [www.activeagingmb.ca](http://www.activeagingmb.ca).



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# Mb. 55+ Games Curling Event - March 5-7, 2024 - Brandon Curling Club, Brandon, Mb.



Congratulations to the winners of the Manitoba 55+ Games Curling Event in Brandon, MB.

The Active Aging in Manitoba 55+ Games and the Brandon Host Committee hosted a successful curling event March 5 - 7, 2024 at the Brandon Curling Club.

Curlers from all over Manitoba entered the 2- Person Stick Curling or four-person team events. Gold medal winners in the four person events qualified to represent Manitoba at the Canada 55+ Games in August in Quebec City.

Thank you to our sponsors Manitoba Liquor & Lotteries Play Now, Manitoba's Credit Unions, Asham Curling Supplies, The Seniors Moving Company, Manitoba Association of Senior Communities, Sport Manitoba, Manitoba Blue Cross, Brisk Repair, and the Senior Scope. Thanks also to the Brandon Curling Club Manager and staff for being excellent hosts!

Joining us in Brandon for Medal presentations were representatives from The Seniors Moving Company, Brisk Repair,

Fusion Credit Union, and Sunrise Credit Union.

**Thank you to all who participated!**

**Women's 55+ Gold -**  
 Team Ulrich, Winnipeg  
**Silver -** Team Haight, Prairie Mountain  
**Bronze -** Team Purdy, Winnipeg

**Men's 75+ - Gold -**  
 Team Morrison, Prairie Mountain Region  
**Silver -** Team Van Daele, Prairie Mountain Region

**Women's 65+ Gold -**  
 Team Atkins, Southern  
**Silver -** Team McDougall, Prairie Mountain  
**Bronze -** Team Linski, Prairie Mountain

**2-Person Stick Curling:**  
**Under 70 - Gold -**  
 Team Nespor & LaCombe  
**Silver -** Team Spiring & Spiring  
**Bronze -** Team Shoemaker & Drummond

**Men's 55+ - Gold -**  
 Team Baker, Prairie Mountain Region

**Over 70 - Gold -**  
 Team Magnusson & Coutts  
**Silver -** Team McCabe & MacKay  
**Bronze -** Team Hamilton & Friesen

**Men's 65+ - Gold -**  
 Team Gouldie, Prairie Mountain Region  
**Silver -** Team Schroeder, Winnipeg

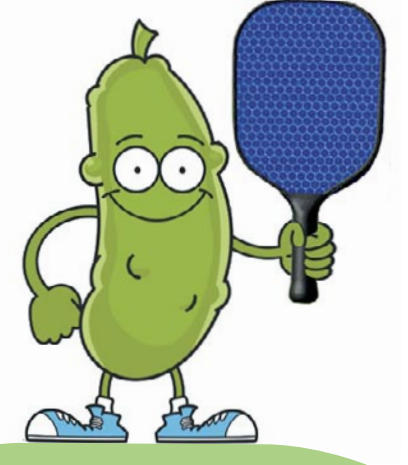
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fruits or vegetables or to be intoxicated. In pickleball, to be pickled means you have been skunked, zero points. To make the games more interesting, we have adopted a policy of a player contributing a loonie to the "Pickled Jar" whenever he/she has been pickled. The Pickled Jar was started in December. When the contributions reach \$100, we donate the money to a charity chosen by one of the participants. To date (end of March) we have made \$100 donations to 4 different charities.



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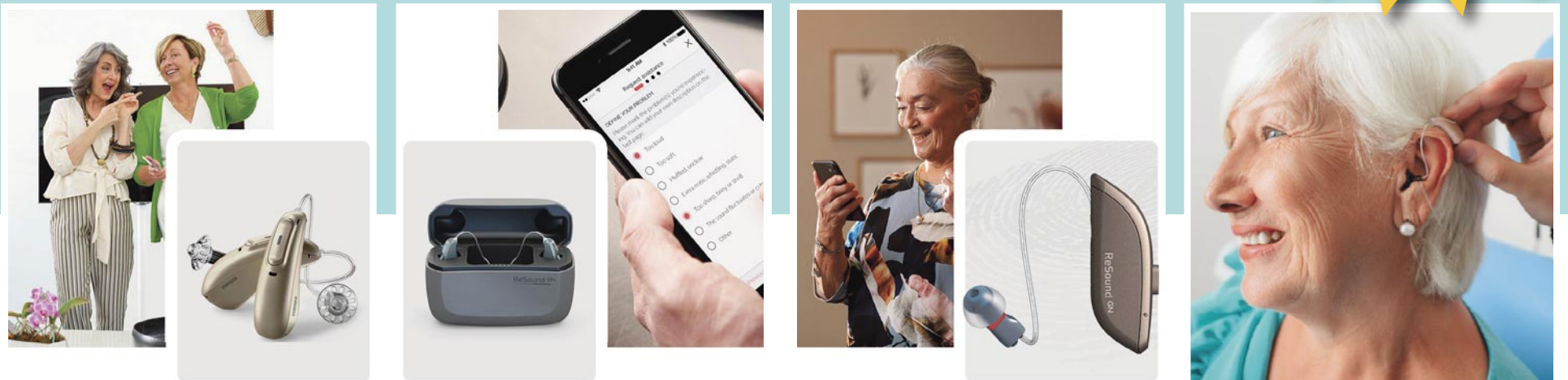
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# WAYNE WALKER – Mr. Rock N’ Roll

By Bud Ulrich



A MANITOBA  
**MOMENT**

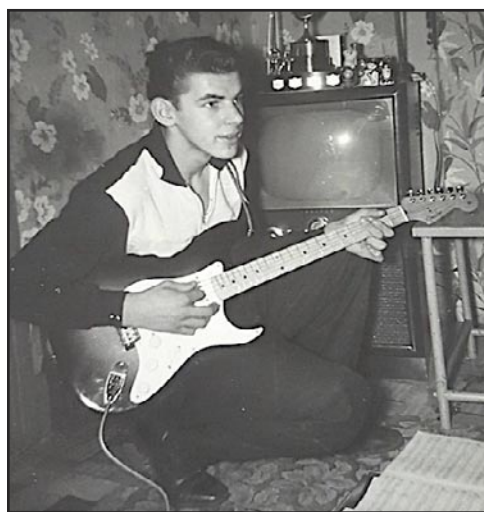
Bud Ulrich

For the past year I have had the opportunity of meeting wonderful and interesting people and hearing their stories. Today I’m writing about the memories of Mr. Rock N’ Roll, Wayne Walker (born Wayne Yosyk), who passed away in October 2008 at the age of 66. For many of us, we cherish the memories of our loved ones because that’s what gives us the energy and purpose to continue with the good life. Wayne’s wife, Elaine and family became part of this group.

Mr. Rock N’ Roll was on the cusp of a new music age for teenagers around the world. He was one of Winnipeg’s best entertainers. He was a gifted musician and vocalist and had a way of bringing smiles to mostly teenagers, and to all those who enjoyed his performances. Many Winnipeggers know his name and his music. He was one of us growing up in the 50s, 60s, and 70s – this is our kind of music, and we love it!

Music came naturally to Wayne at an early age. He didn’t take any lessons and through many hours of practice, he taught himself how to play the guitar and sing. Wayne had a rather deep voice, unique to his style. His music also involved whistling through an entire song. Whistling is like playing another instrument and requires lots of practice in developing a good sound. Wayne Walker was one of Winnipeg’s rock n’ roll pioneers.

As early as 1954, Wayne started performing at teen dances and school sock hops. In 1963, his band, the Strollers, started playing in hotels and clubs. Some well-known artists such as Buddy Knox, Ronnie Hawkins, Roy Orbison, and Johnny Rivers accompanied Walker on several gigs. Familiar “watering holes”, including the Aberdeen Hotel and the Town N’ Country Restaurant/nightclub, were venues for the Strollers. While Barbra Streisand was performing on the third floor of Town N’ Country, Wayne was “rocking the house” downstairs. Wayne was right up there with several well-known art-

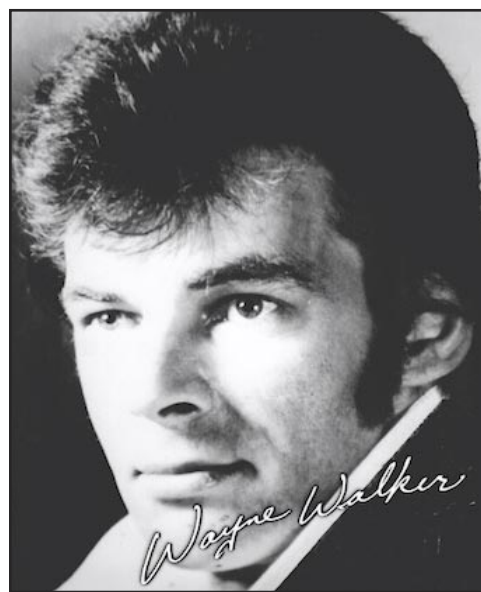


Wayne Walker

ists, performing with Burton Cummings, Randy Bachman, and Neil Young. Wayne had the nostalgic sound that appealed to the baby boomers, and he continued for many years attracting the younger generation.

Elaine described the beginning of her relationship with Wayne. One evening, she was returning home from a party when she stopped at the Blue Bells Café across from the Logan House (corner of Ellen and Logan) for a soft drink. Shortly after, she continued her journey and noticed Wayne across the street. She yelled to him, “Have you seen my girlfriend, Diane?” Wayne approached Elaine and said, “No I haven’t, but I was just going to get some supper – would you like to join me?” It was back to Blue Bells for supper and Elaine drank the rest of her Pepsi which was still on the table. The next thing, Elaine was invited to look at his car which he was repairing in his garage. This was a convenient and timely way to get to know him. After further prodding, Elaine admitted that Wayne was a real good-looking guy. And so, it happened.

During the early part of Wayne’s career Elaine wasn’t old enough to accompany him on his gigs. She mentioned it was difficult at times being married to an entertainer. Their paths crossed for a few moments when he returned from an engagement, and then they carried on with their respective demands of the day. Elaine tended to the needs of their young daughter, Melody,



and worked at her job at Nabisco Foods. Wayne was always on the go which didn’t provide many opportunities for Elaine to get out of the house. A few years later, Elaine attended only a few of his performances. He travelled across Canada frequently but didn’t venture down to the United States. Winnipeg was Wayne’s mainstage, performing several times alongside the well-known Pat Riordan at the Viscount Gort Hotel.

Performing during weekends and evenings didn’t prevent Wayne from loving his family – his wife Elaine, daughter Melody, son-in-law Brad, and grandsons Kyle and Kristofer who were very important to him. Balancing work and family were always a challenge.

Prior to Wayne’s marriage to Elaine, he had a son Christopher McKeller. Christopher’s recollection of his dad is poignantly described. Christopher had a love for music, but he never knew where it came from. From an early age he and his neighbour were singing for ice cream, entertaining people at the bus stop. Years later he knew of Wayne but not as his father. In 1993 Wayne was hosting an open mike gig at the Norwood Hotel. Christopher joined Wayne on stage both not knowing each other. The next evening, Christopher discovered Wayne was his dad. From then on, they connected by writing letters. Unfortunately, they never

met again. When Wayne passed away Christopher found his letters which his dad had hidden. Christopher had the pleasure of meeting a new family and meeting Wayne’s bandmates, some of whom knew Wayne’s secret. “I’m proud of what my dad did for the Winnipeg music scene, and I hope to connect with more people who knew him,” said Christopher.

Melody’s interesting memory of her dad included a poster advertising the Battle of the Bands at the North End YMCA featuring Wayne Walker and the Strollers versus Burton Cummings and the Deverons. The decision went to the Strollers, and Cummings was devastated to the point of not attending classes at St. John’s High School for the next few days. I could feel the warmth and delight from Melody as she told this story about her father. She is very proud of him.

Elaine’s heartfelt message of Wayne’s great sense of humour was evident – “He always had me laughing,” she said. I sensed this was a solid personal connection that was good for both of them. “When you’re married to a musician you must be strong,” said Elaine.

There was a huge demand for Wayne’s style of music, and Melody recalls her dad performing at a community centre on Logan Avenue where he ran an extension cord across the street to plug in his amplifier. If there’s a will there’s a way, as the saying goes. His energy on stage was most noticeable, particularly in his rendition of “Shakin’ All Over” originally performed by Johnny Kidd & the Pirates. Rock N’ Roll was in, and Wayne’s followers were in love with his music.

Melody and her mom are very excited with the decision made by the City of Winnipeg to name a street after Wayne in honour of his musical contribution to the city and our country. The street and exact name are yet to be determined.

It was very special for me to reconnect with Melody, a former student of mine at St. John’s High School and reminisce with her and her mom about Mr. Rock N’ Roll. Elaine is grateful for the memories of her husband, and very touchingly, Melody says, “I was my daddy’s little girl.” ■

## Al Simmins (Part 2 of 2), cont’d from front page

everyone would laugh, even though there was nothing funny about Weyburn. It’s just the fact that he said Weyburn.

Al was comfortable performing in front of an audience of 60,000 people in Brisbane, Australia which he described as mind-blowing. He felt he was on top of the world, although he was on the bottom – pun intended! Al said, “It’s easier to entertain thousands, than it is to entertain four relatives.”

Like a lot of people, Al was introduced to opera through Bugs Bunny cartoons. Al feels the music is familiar even to those who have not attended an opera. If one has heard Verdi’s mighty Anvil Chorus, then they have listened to one of the most popular opera tunes. “When one goes to the opera and follows the story, it’s amazing storytelling. You get to hear the entire symphony orchestra. You ‘get’ the sets, the costumes, the dramatic acting, and the singing – it’s just mind boggling.” Manitoba Opera asked Al to tour Manitoba with a show for kids to learn about opera. He leapt at the chance. He reminded Manitoba Opera he was not a singer, but he would tell the story about opera, and he would sing the songs, but in a different key. It was a big hit with Bugs Bunny and Elmer Fudd along with Al being included in his show. His kid-friendly opera was presented to pre-kindergarten children all the way up to Grade 12 students. Theatre students in their senior

year attended Al’s show with the view of observing his performance. During COVID he made a recorded version for students to watch at home. This recording still exists. He feels Manitoba Opera will release this recording again.

“With all my recordings, I think of myself as a five-year-old kid sitting on the floor listening to records at home”, said Al. His dad had a collection of comedy and story records for kids. Al would put on a record, close his eyes, listen to the stories, and he would be there – “On the ship called the Walloping Window Blind.” In a lot of ways this is what Al does so well with his own recordings. He brings people into the world he is creating.

People advised Al years ago that he was a visual performer and that he shouldn’t do an album because he’s visual, and how could he put that in a recording. But he did it anyway – and won a Juno Award for Best Children’s Album in 1996 for Celery Stalks, an ode to vaudeville. When they called Al’s name at the Juno awards ceremony, he sat dumbfounded. He thought they were repeating the names of the nominees. Al’s wife, Barb, was sitting next to Al and had to push him out of his chair – that’s you – go, go! He was equally appreciative, along with all the others, to have received the Order of Manitoba. Al is proud and very humbled by this recognition – he feels honoured.

Any chance Al gets, he retreats to his shop and tinkers with whatever he comes across. He’ll fix a broken something, or work on a prop. That’s his favourite thing to do.

For the past months, a typical day for Al Simmons includes many activities related to his brand-new CD. He’s been working on it for the past two years. “Who would have thought that creating the songs was the easy part of producing *The Whistling Egg Man*”, Al said. He wrote and recorded the songs and figured out the liner notes. He had musicians come to his studio for the recordings. They started recording at the beginning of COVID, with five musicians coming in one at a time, everybody masked. Al sanitized the room after they left. Gradually things opened and he brought in an entire band to continue the recordings, refining the songs over time. The album cover design and liner notes were another item in need of his attention. And now suddenly, publicity is at the forefront. For the past months his publicist has been very active lining up interviews with national newspapers, magazines, radio, and TV. The simplest way to read the lyrics while you listen is on his website [alsimmons.com](http://alsimmons.com). The physical CD is only available for purchase in three stores in the entire world – all in Winnipeg.

The Whistling Egg Man CD includes many tall tales. Most of the songs are about nature – Polar Bear Rap, Alligator

Teeth, Farm & Zoo, and Waltz of the Fireflies, to name a few. Al went on, “What would happen if the farm and zoo animals started talking to each other?” I listened to his CD. Here is a jovial excerpt which brought a smile to my face – “My friend told me that he saw an alligator in Africa. That was a ‘croc’! And that’s the tooth, the whole tooth, and nothing but the tooth.” Brilliant!

Another song in this recording – *he wrote about someone who has dementia or Alzheimer’s. Al questions – what does this have to do with being on a family album?* His reasoning is there are kids and adults who may have a member of the family who is suffering from dementia, and his song may just help them understand the process a little bit better.

While performing in Yukon, Al was enchanted by the huge ravens duplicating sounds they hear. He said to his stage manager, “If there was an ostrich in the Yukon, hanging around with other ravens, they would ostracize the ostracized bird.” However, the stage manager didn’t laugh which caused Al to wonder how he could use that line. Well, he used that line in his latest CD. He devised a way that he could have an ostrich egg land up in a raven’s nest.

Al Simmons has an incredible imagination – he’s the consummate children’s entertainer.

What a delightful conversation we enjoyed together! ■





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## The Women's Canadian Club of Winnipeg - "Friends, Not Food"

The Women's Canadian Club of Winnipeg had their luncheon on March 19, 2024 at the RBC Convention Centre. The guest speakers were Colleen and Jessica Walker of the Little Red Barn Sanctuary in Charleswood, Winnipeg. The topic was "Friends, Not Food."

The Little Red Barn is a farm animal sanctuary which rescues, educates and advocates for farm animals, horses, cats and dogs. What began as a middle school project five years ago has grown into a

respected organization in the animal welfare community, not only in Winnipeg, but around the world.

Colleen and Jessica gave a very informative and eye opening presentation on where our food comes from and the conditions that some of these animals live in, stressing that their goal is to inspire kindness, empathy and compassion towards animals, each other and the environment, through their various programs.



Colleen and Jessica Walker of the Little Red Barn Sanctuary

The next luncheon is April 17, 2024 at the RBC convention Centre, featuring guest speaker Zoe Nakata, Executive Director of **The Wildlife Haven**. The topic is "The Joys and Beauty of Spring in Manitoba – it's Baby Season!"

All are welcome!  
 For more information and to reserve your seats please contact **204-488-8750** or [rochelpin@mts.net](mailto:rochelpin@mts.net). ■



# Canada's 18th Prime Minister passes away

By Myles Shane



IN OUR COUNTRY  
**CANADA**

Myles Shane

It is with profound sorrow that Caroline Mulroney, Minister of Francophone Affairs in Doug Ford's Ontario cabinet, announced on February 29 the peaceful passing of her father, Canada's 18th Prime Minister, Brian Mulroney. Surrounded by loved ones, he departed just weeks shy of his 85th birthday.

## Baie-Comeau, Quebec

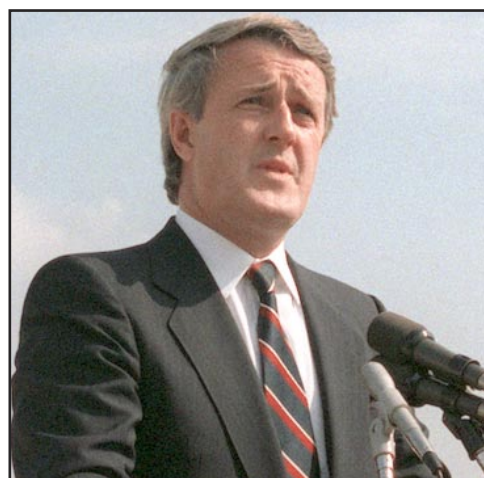
Brian Mulroney emerged from humble beginnings in Baie-Comeau, Quebec, born to Irish Canadian parents, Mary Irene and Benedict Martin Mulroney. Educated at a Catholic boarding school in New Brunswick, his academic journey began at St. Francis Xavier University in 1955, where he pursued political science.

## Dalhousie Law School

Brian Mulroney delved into his academic pursuits at the age of 16. After graduating with a degree in political science in 1959, he ventured into legal studies at Dalhousie Law School in Halifax. Despite a brief hiatus due to illness, Mulroney continued his legal education at Université Laval in Quebec City from 1960 onwards.

## Caroline, Ben, Mark & Nicolas

In 1973, Mulroney's personal journey intertwined with politics as he married Mila Pivnički, bringing a multicultural dimension to their union. Together, they raised four children: Caroline, Benedict (Ben), Mark, and Nicolas. Caroline, following her father's path, pursued politics, while Ben found success in the media industry. Mark



Brian Mulroney

and Nicolas contributed to the financial sector in Toronto, reflecting the Mulroney family's diverse professional endeavors.

## 'Cadillac Candidate'

After graduating from Laval University in 1964, Brian Mulroney embarked on a notable career trajectory by joining Montreal's prestigious law firm Howard, Cate, Ogilvy et al., which was then the largest in the Commonwealth. Despite encountering initial setbacks, such as failing the bar exam twice, Mulroney remained undeterred in his pursuit of success. His resilience and determination propelled him forward, shaping his character and preparing him for the challenges that lay ahead.

In 1976, Mulroney entered federal politics following Robert Stanfield's resignation after the Progressive Conservatives' 1974 defeat. Despite lacking elected office experience, Mulroney aimed to revitalize the party's presence in Quebec. He contested the party leadership against Claude Wagner, a provincial counterpart Mulroney had previously recruited. Their intense battle for Quebec delegates resulted in Wagner's victory. Mulroney's well-funded campaign earned him the nickname 'Ca-

dillac candidate,' but his lack of parliamentary experience and vague policies led to his defeat by Joe Clark.

## Alcohol & Depression

Amid personal struggles with alcoholism and depression, Brian Mulroney found solace in his wife Mila's unwavering support, leading him to embrace sobriety in 1979. This pivotal moment allowed him to focus on his corporate career.

In the political arena, the 1979 federal election marked a turning point as Joe Clark's Progressive Conservatives ousted the long-standing Liberal dominance. However, Clark's minority government faced a swift downfall, leading to Pierre Trudeau's return to power. Behind the scenes, Mulroney orchestrated a campaign to replace Clark, culminating in his resignation in 1983.

Facing off against Clark in the subsequent leadership convention, Mulroney ran a polished campaign and secured victory in 1983, positioning himself as a formidable opponent against the Liberals. Despite John Turner's unexpected surge in popularity, Mulroney and the Progressive Conservatives achieved a historic victory in the 1984 federal election, marking a new era in Canadian politics.

## Prime Minister Brian Mulroney

As Prime Minister, Mulroney's majority win in 1984 presented both opportunities and challenges. Despite his broad support base, including diverse factions from across Canada, governing proved to be a complex task requiring adept management of various interests.

## Mulroney's Legacy

Mulroney's legacy is etched in Canadian history through landmark achievements such as brokering a historic free trade

agreement with the United States and championing constitutional reforms aimed at securing Quebec's endorsement, despite falling short. His administration introduced policies like the national sales tax to tackle budget deficits and privatized Crown corporations.

Internationally, Mulroney tackled pressing global challenges, advocating against environmental threats like acid rain and chlorofluorocarbons while vehemently opposing apartheid in South Africa. His leadership led to sanctions and aid efforts during crises like the Ethiopian famine of 1984.

Reflecting on his impact, Mulroney asserted his significance in Canadian politics. However, his resignation in 1993 followed by his party's electoral defeat marked a challenging period in his political career.

Post-politics, Mulroney embraced various roles in international business consultancy and legal practice. His contributions were recognized with honors like the Order of Canada and the Woodrow Wilson Award for Public Service, solidifying his legacy of service and leadership.

In both his personal and political life, Brian Mulroney exemplified resilience, leadership, and a dedication to public service. His legacy is marked by significant achievements on the national and international stage, from landmark trade agreements to global human rights advocacy. Mulroney's departure leaves a void in Canadian politics, but his enduring impact will be felt for generations to come. He will be remembered not only as a skilled statesman but also as a compassionate and committed individual whose contributions have left an indelible mark on Canada and the world. Brian Mulroney will be dearly missed, his absence leaving a profound sense of loss among those who knew him and admired his leadership. ■

March 13, 2024

## MANITOBA GOVERNMENT INTRODUCES AMENDMENTS TO THE HIGHWAY TRAFFIC ACT

The Manitoba government is proposing amendments to the Highway Traffic Act that would ensure individuals who have been charged with impaired driving and have not complied with the ignition interlock requirement are prevented from appealing the suspension of their driver's licence, Justice Minister Matt Wiebe, minister responsible for the Manitoba Public Insurance Corporation (MPI), announced.

"Public safety is our government's main priority and that is why we are protecting Manitobans by closing the loophole that

would allow impaired drivers to delay the installation of ignition interlock devices," said Wiebe. "Anyone who agrees to participate in the new Alternative Measures program needs to be aware that this is not an 'easy out'. They will be subject to the same one-year ignition interlock requirements as someone who was convicted."

The new Alternative Measures program would allow a person who has been charged with impaired driving to enter into an agreement with the Crown to participate in a rigorous impaired driving aware-

ness and education program rather than being prosecuted in court. Once completed, the driver is required to participate in the ignition interlock program, the minister noted.

"For too long impaired drivers have circumvented the rule of law," said Trevor Ens, president, MADD Winnipeg. "They put their indecent and selfish choice to drive while under the influence above the safety of everyone else on the road. MADD Winnipeg applauds the choice of the Manitoba government to close these

loopholes and hold those individuals accountable for their violent crimes."

MPI would inform individuals in the new Alternative Measures program of their responsibility to install an ignition-interlock device in their vehicle. If they do not comply, MPI would have the ability to suspend their licence, noted the minister, adding that under current legislation such a suspension would carry a right to appeal to the Licence Suspension Appeal Board. The proposed amendment would prohibit these individuals from appealing this suspension. ■

April 8, 2024

## BUDGET 2024 ADDS 50 NEW BEDS TO HSC

The province is announcing 35 medicine, 10 psychiatric and five surgical beds will be added at Health Sciences Centre (HSC) Winnipeg over the next two years as part of ongoing efforts to expand inpatient capacity, reduce pressure on emergency departments and increase surgical capacity, Premier Wab Kinew and Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced.

"These beds will reduce overcrowding in HSC's emergency department, meaning less time spent in the waiting room," said Kinew. "It's going to help less acute patients, like seniors waiting to get into long-term care, get the care they need. Our budget delivers on our commitment to rebuild health care with a focus on staffing

up the system after years of cuts. These beds will help make a difference."

Budget 2024 allocates over \$65-million to reduce emergency room wait times to provide better patient care, faster. This includes staffing funding for a total of 151 new acute care beds at hospitals across the province including those at HSC, because shortages of acute care beds exacerbate overcrowding in emergency departments, noted the premier. 27 medicine beds are staffed and have already opened.

"Our government is helping lower wait times in Manitoba's busiest emergency room by adding beds where they're needed most, in hospital wards and units that were running over capacity for years," said Asagwara. "After seven years of cuts, we're

rebuilding health care in Manitoba. We're doing the work to staff up in health care, while adding beds and surgical capacity where they're needed most including at HSC."

The minister noted the bed expansion at HSC builds on similar investments at other health-care facilities. Grace Hospital is in the process of opening 31 new medical and surgical beds including 10 as part of a new family medicine program being established. Since they were announced in November, five have been staffed and opened to provide care to Manitobans. Another 36 acute care beds at St. Boniface Hospital will open in phases beginning later this spring, the minister added.

"Increasing inpatient capacity at HSC is

integral to our efforts to provide timely care and reduce wait times for patients visiting our emergency department," said Dr. Manon Pelletier, chief medical officer, Health Sciences Centre Winnipeg. "Expediting admission to inpatient units will significantly improve the care these patients receive while freeing up treatment spaces in the emergency department, which will allow more people to be seen and treated in a timely manner."

Budget 2024 delivers on the Manitoba government's commitment to rebuild health care and lower costs for families. It reflects the values and priorities of everyday families across the province.

To learn more, visit [www.manitoba.ca/budget2024](http://www.manitoba.ca/budget2024).



# Some of the *Best Minds* to meet in May!

## Healing Hearts and Minds Conference 2024 Victoria Inn - May 14th



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*Meeting of the Minds...* A good thing me thinks. Especially coming out of that bug thing called Covid that was going around for a number of years. This May 14th at the Victoria Inn, the folks at Long Term & Continuing Care Association of Manitoba (LTCAM), will be hosting one of their annual conferences. This year, with over 300 Delegates and 90+ exhibitors, LTCAM's newly minted (1Year+) Executive Director, Sue Vovchuk embarks on the daunting leadership task of assembling many of the 'Great Minds' behind the 'Older Adult Care' industry in our province with the purpose of not just getting things back to normal, but to be much better! Sue with a great track record in this industry, took on the job to be the new leader for this powerful group of organizations, businesses and doers coming out of the pandemic. Undaunted, and with the help of her amazing side-kick Lexi, they have put together one of the best conferences LTCAM has ever had the joy to host. Great speakers, relevant discussion topics and a commitment to having the industry make things better on so many levels drives the pulse of this event. Did I mention that LTCAM is also more focused than ever to bring these resources to our needing seniors community? Bravo!!! Everything new and wonderful needs a starting point and May 14th's Conference is a good bet to be one of the engines we need to speed up our healing processes. I personally can't wait to attend.

In the next section below, you will find the pertinent information to help get more information on this Conference. Be warned, as this is a very intense day of speakers, discussions, exhibitors and networking. The people in attendance on all levels are here to make change and get things done to facilitate movement in the right direction with the true intent of *'Healing Hearts and Minds'*. New technologies, new systems of care giving delivery, improved products and services, as well as some of the greats from the past of proven and true will be here to restart and reconfigure programs for our mutual benefit. If I'm sounding overly optimistic, I apologize not. For we have seen first hand with our endeavors with many of these folks at The Pros Know Expos the past couple of years, that look, that gleam and intensity. Gotta love it. The doers are stepping it up and getting it done for all of us. *Change is happening*, it's here and ready to go. The *'Healing Hearts and Minds Conference 2024'* is a prime example of the passion for change that only the pain of that dang sickness could awaken at this level. I say, let the great minds meet, share their wisdoms, solutions and then let's get this stuff rolling for you, me, our families and friends. Thank you to LTCAM for this event, thank you to all who attend with the intent for positive change. - *Rick Roschuk* / Senior Scope writer and contributor.

## Things to know: Healing Hearts and Minds Conference 2024

*Our pleasure to provide some information links for your convenience...*

### Conference Details?

The conference details, including location and time, can be found here at: <https://www.ltcam.mb.ca/conference-2024>.

### Who can attend? | Open to Everyone!

There's a small fee to attend: \$80 for seniors, students, and LTCAM's Active Members; \$110 for LTCAM's Commercial and Associate Members; \$140 for those not a member of LTCAM.

You can easily register on-line at this link:  
<https://www.ltcam.mb.ca/delegates>.

### Conference Program

The conference program can be found here at: <https://www.ltcam.mb.ca/delegates>.

**Our mission** has always been to improve the quality of care provided to long-term and continuing-care residents, and clients. Each day, our members care for Manitoba's most vulnerable seniors. We also work closely with provincial long-term care providers across Canada through the Canadian Association for Long Term Care, and we continue to share information and education that uses the best national evidence available to improve the quality of care for residents throughout the province and Canada.

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Advertising Feature

## Donating ensures the continuation of integral services and research

- Alzheimer Society of Manitoba

Dementia has been a part of Sheila Anderson's life for many years. She lost a grandparent to Alzheimer's disease and had both a parent and sibling receive a dementia diagnosis.

With its prevalence in her life, Sheila was already aware of the Alzheimer Society by the time her husband Bruce was diagnosed with vascular dementia eight years ago.

"As soon as the doctor said those words to Bruce and me, I knew where we had to go," Sheila says. "It's always been an organization we donated to. After my dad passed, we couldn't buy him birthday gifts anymore, so we'd donate to the Society each year instead."

The Society connected Sheila and Bruce with helpful resources and information and gave them the opportunity to meet others going through similar situations. When Bruce began attending a support group at the Winnipeg office, Sheila met with other care partners for coffee and they ended up forming their own group.

"Being able to talk to people in the same position as you is so helpful because there's this mutual understanding of what dementia is really like," Sheila says. "Sometimes dementia can get pretty complicated, but the Society is a place you know you can go. So that's huge."



Sheila and Bruce Anderson

Sheila and Bruce are now regular monthly donors to the Society. Sheila says she learned about the benefits of monthly donations through her position as Chair of her church's financial committee.

"From a budget perspective, if you know what funds you have coming in monthly, it's much easier to plan your programming," says Sheila. "Although one-time gifts are always valued, consistency is so beneficial for community organizations."

When you donate to the Society, you're contributing to the continuation of integral services for those affected by dementia, like one-to-one counselling, support groups, education sessions, dementia-friendly programming and more. Donations also help us

support dementia research initiatives both here in Manitoba and nationally across Canada.

"We know the number of people living with dementia is increasing, so there's a necessity for support of everyone on that journey," Sheila says. "You can make a huge difference by donating, and monthly gifts are a great way to contribute and give the Society your ongoing support."

Learn more about the Alzheimer Society and how you can connect by visiting [Alzheimer.mb.ca](http://Alzheimer.mb.ca).

### Things to Do – April 2024

#### IG Wealth Management Walk for Alzheimer's

May and June, across the province

Join us across the province in May and June as we walk for families living with dementia at the IG Wealth Management Walk for Alzheimer's. To find a walk near you and to register yourself and company, visit [Alzheimer.mb.ca/wfa2024](http://Alzheimer.mb.ca/wfa2024).

#### Frauds & Scams, Presented by Winnipeg Police Service

April 16, 2 – 3 pm, Virtual via ZOOM

Join the Alzheimer Society as a member of the Winnipeg Police Service shares

about types of scams, tips and tools to protect yourself and how to report a fraud or scam.

Register for free at [Alzheimer.mb.ca](http://Alzheimer.mb.ca).

#### Minds in Motion

April 2024, Across the province

Join us this spring at our *Minds in Motion*® program! Designed for people with early to moderate signs of dementia to attend with a family member or friend, it includes a gentle chair fitness class followed by engaging activities and conversation. Learn more about available locations, dates and times: [Alzheimer.mb.ca/mindsinmotion](http://Alzheimer.mb.ca/mindsinmotion)

#### Community Partner Programs

April 2024, Locations across Winnipeg

Enjoy many of Winnipeg's attractions in a dementia-friendly space with our community programs. Geared for those living with dementia and their care partner, you can discover history at the Dalnavert Museum, explore the outdoors with Fort-Whyte Alive and so much more. To learn more about available programs, dates, times and more, visit [Alzheimer.mb.ca/communityprograms](http://Alzheimer.mb.ca/communityprograms). ■

See advertisement on front page.

# Making spring (symposium) a little more age-friendly

Rachel Ines, Centre on Aging University of Manitoba

Every May, the Centre on Aging hosts their annual Spring Research Symposium, which brings together researchers, students, older adults, representatives from community organization, health and social agencies, and government, to focus on aging related issues. The 41st Symposium is springing into action by creating a dialogue on aging and bringing age-friendly (university) back! Join the Centre on May 8 from 9 am to 4 pm on the University of Manitoba Fort Garry Campus in the UMSU University Centre.

Hear Centre Research Affiliates and student researchers discuss current topics in aging, engage with exhibitors, and discover the Age-Friendly University Showcase, taking place simultaneously. You can also stream the Symposium sessions online. The Symposium is free to attend, but registration is required whether you attend in person or online.

### Spring Research Symposium presentations

Aging is a multidisciplinary field that brings a variety of researchers and professionals together. Research Affiliates will present sessions focused on:

- smart technologies in at-home rehabilitation,
- improving age inclusivity at the University of Manitoba,
- older adults' roles in Taiwanese Indigenous communities,
- preventing violence in long-term care,
- a framework for adult community rehabilitation, and
- in home companion robots to support wellness.



Centre Research Affiliates and student researchers discuss current topics in aging.

Between sessions, view posters online or connect in person with researchers and students presenting research posters. Learn first-hand about current topics in aging.

### Bringing in an age-friendly university perspective

In 2016, the University of Manitoba endorsed the 10 Age-Friendly University principles, making it the first Age-Friendly University in Canada, and joining a global network of post-secondary institutions looking to engage older people and be part of the university's community. Centre Director, Dr. Michelle Porter chairs the university's committee, where members meet to discuss age-friendly initiatives taking place on campus. Learn more during Dr. Porter's presentation, *University of Manitoba efforts to improve its age inclusivity*, during the

morning session of the Spring Research Symposium.

You've heard of age-friendly communities, but what do you know about an age-friendly university? An Age-Friendly University supports lifelong learning through various educational initiatives, cultural programs, wellness activities and engages older members in a globally aging world.

Visit the Age-Friendly University Showcase in the UMSU University Centre on May 8. Meet invited representatives from across the University of Manitoba who will share information about programs and services open to the public. Whether you are interested in taking courses, participating in active aging classes, supporting the arts and theatre community, or connecting with university alumni, there is a little

something for everyone. Registration is not required to attend the Showcase. Register only if you will be attending the Symposium sessions.

As Michelle Porter says, "the University of Manitoba provides a treasure trove of opportunities for people of all ages through employment, volunteering for research studies, lifelong learning, engaging in recreational or health and wellness programming, attending cultural or sporting events, or interacting with people from around the world and from different generations." Come out and learn more about free tuition for those who are 65 and older, and many other opportunities specifically for older adults at the University of Manitoba."

### Learn more about this year's Symposium and Age-Friendly University Showcase

For more details on this year's Symposium program (and registration) and the Age-friendly University Showcase, visit the Centre's Website: <https://umanitoba.ca/centre-on-aging>.

This year's Symposium will take place:

Wednesday, May 8, 2024 | 9 a.m.–4 p.m.

204 Marshall McLuhan Hall, UMSU

University Centre (and online)

65 Chancellors Circle

University of Manitoba Fort Garry

Campus, Winnipeg, MB

All are welcome to attend!





Whether you are aging in place or planning to downsize and move to an independent living apartment, condo, lifelease, 55 plus/senior housing complex, supportive housing, or assisted living residence, you can find some options and services on pages 11-17 to help you with some decisions you may have to face that may help you live as comfortably as possible.

## ***MANITOBA GOVERNMENT WILL BUILD A PERSONAL CARE HOME IN LAC DU BONNET***

Premier Wab Kinew and Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced March 21st, the upcoming provincial budget will include funding to build a new personal care home in Lac du Bonnet.

“Manitoba’s seniors built our province. They worked hard and sacrificed to make life better for their children and their grandchildren, and now it’s our turn to take care of them” said Kinew. “Seniors in Lac du Bonnet have been waiting far too long for a personal care home that will help them stay in their community, close to their family and support system. Today, we’re telling them, no more waiting. We’re going to get this built.”

The new 95-bed personal care home will replace the town’s existing 30-bed facility. The project was cancelled by the previous government in 2017, noted Kinew. It was

again announced in August 2023 as one of six personal care homes which Treasury Board documents note were approved in principle but not funded, added the premier.

“When the previous government cancelled this new personal care home for Lac du Bonnet, it was a blow to seniors and the whole community,” said Asagwara. “This long-awaited project will keep seniors close to home and close to their supports and loved ones.”

The site was selected based on high need in the area, said Asagwara, noting approximately 65 residents in the community are waiting to get into a personal care home bed. Increasing the number of personal care home beds means individuals can get the level of care they need in an appropriate setting, while freeing up hospital beds for patients requiring acute care, noted the minister.

“The Lac du Bonnet Personal Care Home project has been a work in progress for decades, with countless volunteer hours,” said Loren Schinkel, reeve, Rural Municipality of Lac du Bonnet. “On behalf of our regional seniors and residents I would like to thank Premier Kinew and Health Minister Asagwara for this very positive announcement and moving this much-needed regional personal care project forward.”

“On behalf of Lac du Bonnet, regional seniors, their families and residents of the region, I thank and salute Premier Kinew and Minister Asagwara for making this uplifting and life-changing announcement,” said Mayor Ken Lodge, Town of Lac du Bonnet. “The construction of a new personal care home has long been desired. Due to the work of many and the commitment of our new govern-

ment, the desire and need of our senior community and families has culminated in this announcement.”

The total project cost is currently estimated at \$66.4 million including construction, design, equipment, furnishings, net taxes and interim financing costs.

“Forward thinking elected leaders and community members of the Town and Rural Municipality of Lac du Bonnet have established a vision and we are grateful for their perseverance,” said Marion Ellis, CEO, Interlake-Eastern Regional Health Authority. “We thank Premier Kinew and Minister Asagwara for their commitment to this project that will help to address the significant need for personal care home beds that exist in the region.”

Completion of the project is currently targeted for 2027, noted the minister. ■



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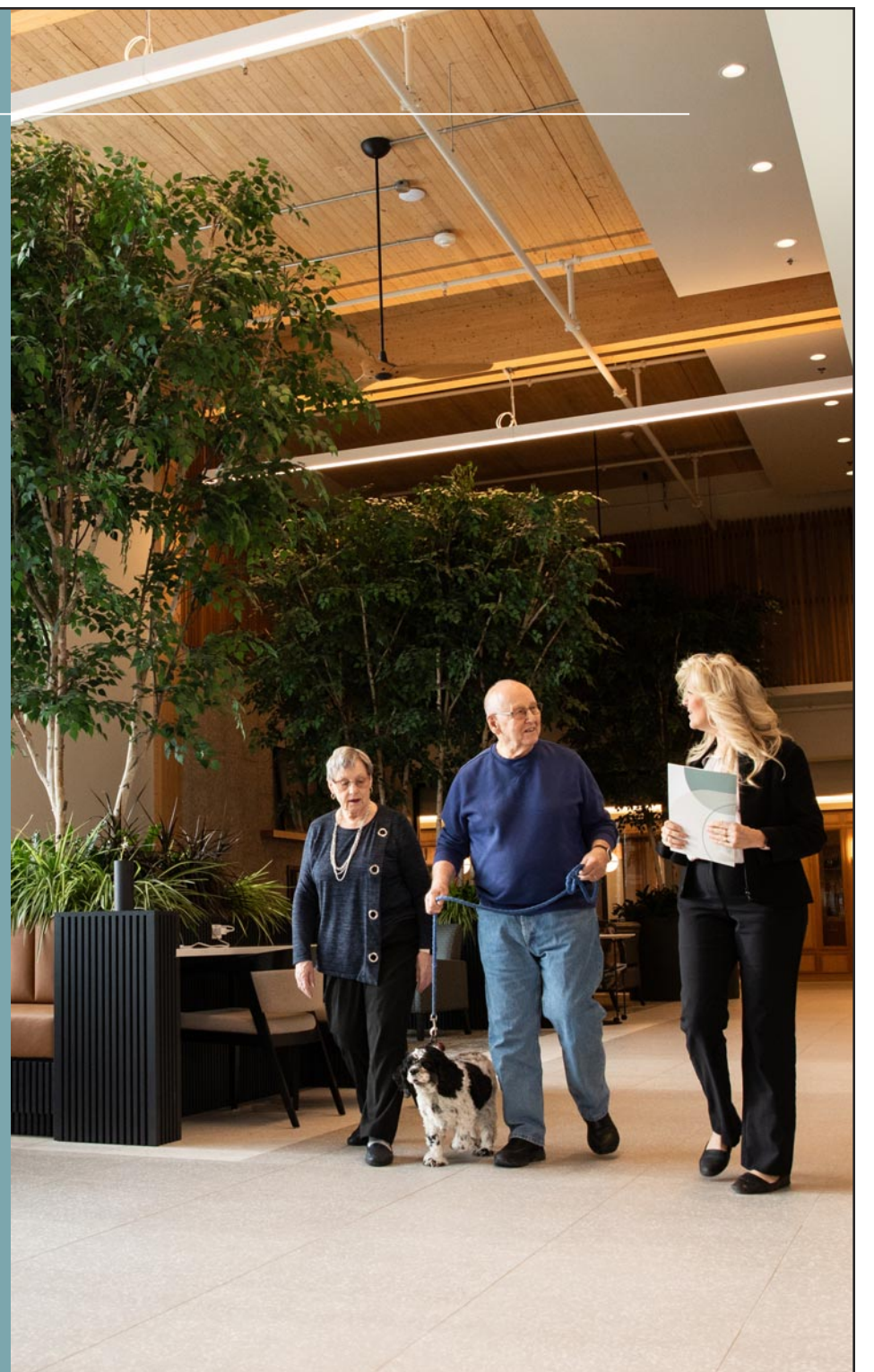
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Pursuant to The Real Estate Services Act the name of the brokerage providing real estate services is Appletan Holdings Ltd. The names of the individuals depicted in this advertisement are Liz Venderbos, Craig and Sherran Ross.







## Each day is a new opportunity to celebrate living well at The Courtyards at Linden Pointe

~ Lisa Bright, The Courtyards at Linden Pointe

After spending years caring for others, working, and tending to your home, it's time for you to kick back and relax. Choose the lifestyle option that best fits you, and leave the work to us while you enjoy the activities that make your heart sing. Enjoy the luxury of time and the freedom that comes with saying goodbye to household chores at **The Courtyards at Linden Pointe**. We're here to provide carefree living with various amenities and services whenever needed.

**The Courtyards at Linden Pointe** in Winnipeg, Manitoba, is an ideal place for seniors to call home. Without the everyday tasks associated with home maintenance, you'll be free to embrace a lifestyle you've always dreamed of, with as little or as much support as you need. Active seniors appreciate our **Brightwater Tailored Living** option, allowing them to enjoy the full array of events and amenities our community offers. Our **Assisted Living** option provides you or your loved one the same access to all amenities, plus help with daily tasks as needed. For those living with Alzheimer's disease or another form of dementia, our highly trained caregivers in our **Memory Care** neighbourhood use the latest techniques in offering compassionate care. At The Courtyards at Linden Pointe, we're here



to help you or your loved one live life to the fullest by supporting your overall health and well-being. Select the lifestyle option that suits you, and then make your new suite your own. Add a cozy rug and pictures of your loved ones to create a home that reflects you, and rest assured our team is happy to help with anything you need.

Visit **The Courtyards at Linden Pointe** for a tour of our beautiful community and see firsthand all that we have to offer.

**Linden Pointe** is a premium, master-planned senior living campus nestled in one of Winnipeg's premier shopping, restaurant and recreational neighbourhoods. **The Courtyards at Linden**



**Pointe** is part of our initial offering that presents a vibrant living experience for seniors; we are excited by the opportunity we have been given to pamper residents with modern amenities, comforts and services. The Courtyards is also designed to provide a little extra assistance that allows us to promote and maintain an active lifestyle for each and every one of our residents.

Within The Courtyards, residents can engage in the culinary delights of the True North Restaurant & Lounge, whose food rivals top restaurants in the surrounding area. Meanwhile, The Gateway Theatre provides residents with a real-world cinema experience showing various present-day and

nostalgic movies. Active lifestyles are promoted through the LifeSmart Fitness center, where residents can participate in group classes and individual workouts to keep their minds and bodies sharp. Combine these experiences with countless other amenities, and it presents a one-of-a-kind opportunity to connect and flourish.

Our community truly is a five-star senior living experience that has never felt so good.

In addition to shared spaces and **life-enriching amenities**, you can benefit from the friendly companionship of your fellow residents. Plus, enjoy the peace and tranquility of your own private living space with features and finishes designed for your unique lifestyle needs.

Life at **Brightwater** is a joyous, fulfilling experience you're sure to love. We are always excited to welcome new residents!

If you'd like more information or to schedule a personal tour, feel free to contact Lisa Bright directly at **431-778-6105** or [lisa.bright@bwliving.com](mailto:lisa.bright@bwliving.com)

See advertisement on back page.

## OPEN HOUSE

April 13, 2024 from 10:00 AM to 3:00 PM

**Exclusive Open House Special Rates!**

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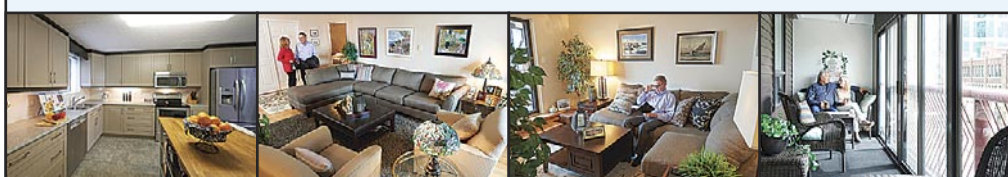
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*Looking for a place to call home that's affordable, safe, and accessible?*

Look no further than **Fred Douglas Chateau** (formerly Kiwanis Chateau)!

- LIFE LEASE independent living for 55+ in a close-knit community.
- Prime location with indoor access to shopping, dining, medical services, Arena, the Y, and Millennium Library.
- Security and emergency response services for added peace of mind.
- Spacious one-bedroom and two-bedroom options available.
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## Fred Douglas Chateau - Affordable, safe downtown living at its best

- Submitted

Fred Douglas Chateau (FDC), formerly Kiwanis Chateau, was developed by the Kiwanis Club of Winnipeg to offer comfortable and affordable living for the 55+ community. Owned and operated by The Fred Douglas Society, a local non-profit housing leader for seniors, and managed by Fred Douglas Management Inc., it embodies a commitment to quality living. Established in 1987 as Manitoba's first Life Lease community, Fred Douglas Chateau boasts 122 suites in downtown Winnipeg.

**On Saturday, April 13, 2024, Fred Douglas Chateau will have an Open House from 10:00 AM to 3:00 PM.**

**Come see what a refundable entrance fee and not-for-profit ownership can do for you, including exclusive special rates available only during the event.**

### Building Features:

- 5 appliances (washer, dryer, dishwasher, stove, refrigerator)
- 2 elevators
- Fire-resistant concrete construction
- Sound attenuation barriers in walls and windows
- Continuous exhaust from kitchen and bathrooms
- Garbage chute and recycling bins on every floor
- Wide well-lit corridors
- Underground parking available
- On-site management office

### Amenities on Main Floor:

Our community hub offers a multi-purpose room, dining area, library, and games and craft area. Special events and activities such as dinners, coffee breaks, dance classes, movie nights, horseracing, and bingo are hosted here, along with Resident's Council office, Canada Post mailbox and parcel locker, and more.

### Indoor Walkway:

To enhance the convenience for all residents, an indoor walkway links FDC to Portage and Main, ensuring seamless access without exposure to the outdoors. This facilitates residents' enjoyment of various amenities including theaters, art exhibitions, festivals, sports events, concerts, gourmet dining, and shopping. Moreover, residents can relish a cozy stroll to Canada Life Centre (formerly MTS Centre) for entertainment during winter months, shielded from the cold. The YMCA is also integrated into the skywalk network, offering exceptional fitness and swimming facilities.

### The Courtyard:

Experience FDC's beautiful open courtyard equipped with patio furniture and gardens maintained by residents and the garden committee.

### Security/Safety:

We prioritize security with an enterphone system, electronic keyed entrances, security cameras, and on-site security guards during scheduled hours.

### Guest Suites:

Two fully furnished guest suites are available for residents' visitors at \$50.00 per night.

Fred Douglas Chateau is under the professional management of Fred Douglas Management Inc. (FDMI), an affiliated company of the Fred Douglas Society. FDMI employs a proactive management style, offering objective support to ensure practical and budget-friendly solutions. Currently, FDMI oversees the day-to-day operations of all rental entities within the Fred Douglas Society. ■





## Psst! Heard about one of Winnipeg's Best Kept Secrets that is Celebrating 25 years?

Nestled behind Portage Place at 100 The Promenade (which runs directly off Vaughan Street), is Fred Douglas Heritage House. Fred Douglas Heritage House was a "pioneer" in supportive housing when it opened its doors 25 years ago in September 1999.

Supportive Housing is a concept created by Shared Health for those of us wanting the freedom and privacy of our own suite but looking for a higher level of support and safety ... a great option for seniors needing assistance due to physical limitations or other health concerns such as mild to moderate level dementia, but don't need the level of care of a personal care home.

Heritage House is staffed 24/7 with tenant companions. The Tenant companions provide assistance to help the seniors maintain their independence. For example, medication reminders, cuing for ADL's (activities of daily living), continental breakfast plus 2 nutritious meals prepared and served daily, plus 2 snacks offered daily. Meals are prepared on site with home cooked appeal, weekly laundry and light house-keeping service, and a host of other daily activities. You will never have to push a vacuum or cook a meal again – can it get much better than this? Our tenant companions are like those "friendly neighbors and friends you can always count on. While no medical staff are on site, if nursing services are required, home care will provide the service. Everyone continues to see their own medical practitioner that they have been seeing in the community.

Heritage House staff enjoy working here and it shows in the warm, happy atmosphere our tenants call home. Heritage House has 28 one – bedroom suites. Our suites are large enough to accommodate couples. In a couple's scenario, both can qualify for supportive housing, or one person may need supportive housing, or one person may need the extra supports that come with supportive housing, and their spouse can live in the same suite, and pay and additional service package.



The temperature of each suite is independently controlled to be as warm or cool as they like it to be. Multiple large windows in each suite to let in natural light, and a fresh breeze on a nice day! Light housekeeping and laundry are done for you once a week. Our Spiritual Care Coordinator (chaplain) leads an ecumenical worship service, followed by refreshments and conversation and visiting every Thursday afternoon. Various activities and light exercise programs are scheduled throughout the week, you can partake in as many or as few as you like. You can also choose to sit in our sunny atrium area to enjoy the sunshine on bright sunny days! A full-service hairdresser visits Heritage House every other week.

Centrally located in the downtown Winnipeg, Heritage House is within walking distance to major medical facilities. Family members who work downtown can stop by for a quick visit at lunch or after work. How do you or your loved one qualify to be able to live in such a fantastic establishment? As your home care coordinator to do a supportive housing assessment for you, or if you do not have a home care coordinator, contact Heritage House manager – Shauna Gladish, and she can do a self-referral assessment for you. Shauna will be happy to answer any questions you may have and provide the criteria for supportive housing. (204-949-9027. Email: [sgladish@fdl.mb.ca](mailto:sgladish@fdl.mb.ca)).

Perhaps you'd like to arrange for a tour and see for yourself what a wonderful place Heritage House is to live. ■

## Experience Personalized Care and Independence at Home - Reliable Home Care

There is a sense of freedom that comes from residing in the comfort of your own home; surrounded by cherished memories and familiar possessions. It is a sanctuary where you can navigate life at your own pace, free from external pressures and constraints.

As we age, the challenges of maintaining independence in daily activities can become daunting. Often times, family members find themselves stretched thin with their own responsibilities and are unable to provide the necessary support and care. The prospect of transitioning to a care facility may seem inevitable, but what if it doesn't have to be?

At Reliable Home Care, we are committed to preserving your independence and dignity by enabling you to continue living in the familiar surroundings of your own home. Our compassionate team of caregivers including skilled nurses and health care aides are dedicated to providing personalized support tailored to your unique needs.

Through assessments and collaboration with you and your family members, we craft a customized care plan aimed at improving your quality of life while considering your financial situation. Whether you require assistance with personal care or light household tasks,

our caregivers are skilled at providing attentive support while honouring your preferences.

We understand the importance of flexibility and affordability when it comes to accessing quality care services. That's why we offer options without minimum commitments or restrictive contracts.

We invite you to take the first step towards reclaiming your independence and well-being by contacting us at **204-415-3471**. Our knowledgeable team is readily available to address any inquiries you may have and guide you through the process with compassion and expertise.

For more information, please visit our website at [www.reliablehomecare.ca](http://www.reliablehomecare.ca).

Rediscover living with dignity in the comfort of your own home with **Reliable Home Care.** ■

See advertisement on front page.



## Fred Douglas Heritage House

**"One of Winnipeg's Best Kept Secrets"**

Uniting Health, Heart and Home

**Supportive Housing centrally located in downtown Winnipeg**

- ◆ Tenant companions onsite 24/7
- ◆ Wheelchair accessible suites
- ◆ Nutritious meals prepared daily, in-house
- ◆ Individually temperature controlled suites
- ◆ Emergency pull cords
- ◆ Daily activities & exercise programs
- ◆ Weekly housekeeping & laundry service
- ◆ Limited number of low income subsidies available
- ◆ Secured facility
- ◆ Onsite hair salon
- ◆ Couples welcome!!

One bedroom suites at Heritage House are the largest of all Supportive Housing sites in Winnipeg

**100 The Promenade**  
(behind Portage Place)

Take a virtual tour at  
[www.freddouglassociety.com](http://www.freddouglassociety.com)

For information or tour contact Shauna at  
**204-949-9027** | E-mail: [sgladish@fdl.mb.ca](mailto:sgladish@fdl.mb.ca)

Subject to Supportive Housing entrance criteria.

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## Misericordia Terrace - Independent Living for Seniors

By Clifford Olson, Executive Director

Misericordia Terrace is a new apartment building that opened in late 2023. This not-for-profit residence offers seniors a choice of spacious and comfortable apartments and services, designed to enhance your lifestyle.

With 97 brand new one and two bedroom apartments, just waiting to be furnished and decorated by you. With 5 different floor plans, one is surely going to entice you and meet your needs. Every apartment has its own washer and dryer, fridge/freezer, microwave, and blinds included in the competitive rent. Leases are on a month-to-month basis - offering you the ultimate in flexibility for the years ahead. Rents start at \$2250. and include lunch

and dinner served daily in the dining room, most utilities, weekly housekeeping, social and recreational activities.

The Rosalie Dining Room is staffed by friendly servers and meals are prepared by a qualified chef and his experienced team of cooks. Check out the website at [misericordiaterrace.ca](http://misericordiaterrace.ca) to see pictures and menus of the delicious and nutritious meals that have been previously served.

Located on the edge of the Wolseley area, this residence is perfect to be central to your family members. The area is renowned for its closeness to walking paths and green spaces, pharmacies, churches, libraries, shops and more.



Interior of a suite.



MISERICORDIA  
TERRACE

**Clifford E. Olson**  
Executive Director

**Misericordia Terrace**  
100- 691 Wolseley Ave.  
Winnipeg, MB  
431-887-2745

Call Sarah or Cliff today at 204-788-8020 to discuss the opportunity to enhance your lifestyle.

[colson@misericordiaterrace.ca](mailto:colson@misericordiaterrace.ca)  
[misericordiaterrace.ca](http://misericordiaterrace.ca)

See advertisement on front page

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## Increasing safety in your home as you age - Ear Architects Hearing Care

Seniors all over the world want to maintain their independence and enjoy life as much as possible as they age. As you get older, however, your body goes through changes that can affect your ability to do the things you love. The risk of losing your independence increases if you're isolated from other people, have serious chronic health conditions, or have a living environment that's difficult to navigate. Homebound seniors are also more likely to experience a loss of independence compared to seniors who can leave their homes to run errands, socialize, and engage in other activities.

**“Using assistive devices can also make your home more comfortable, allowing you to age in place for as long as possible.”**

Assistive technology can help you overcome some of the physical challenges associated with aging, making it easier to perform all the activities necessary to maintain your independence and quality



Kristy Stefanson-Tarasoff - Owner of Ear Architect Hearing Care

of life. Using assistive devices can also make your home more comfortable, allowing you to age in place for as long as possible.

Age-related inner ear changes can result in hearing loss. Middle ear changes as well as damage to the nerves that send audio signals to the brain can contribute to this loss, making it more difficult to enjoy conversations, music, and television. For some seniors, hearing loss can increase their risk of injuries, especially when living alone. Here are some items that you can use in your home to help stay alert and safe.

1. **Hearing Aids:** These are essential for improving hearing. Consult a professional to find the best fit for your specific needs.
2. **Amplified Phones:** Look for phones with loud-ringing features, flashing light ring indicators, and large buttons for easy dialing.
3. **Wireless Doorbell Signalers:** These devices alert you when someone is at the door by using lamp flashes or other visual cues.
4. **Light-Up Alarms:** Install alarms with bright strobe lights that activate when smoke detectors or other safety alarms go off.
5. **Vibrating Alerts:** Devices that vibrate or provide tactile feedback can be placed in important areas to notify you of events like phone calls or emergencies
6. **Assistive Listening Devices (ALDs):** These include TV listening systems, personal amplifiers, and loop systems that enhance sound clarity.

Finally, some types of assistive technology are designed to make it easier to navigate your home. Before deciding what type of Assisted Living Devices to buy, it's important to assess your environment to determine which items are likely to provide the greatest benefits. ■

See advertisement on page 26



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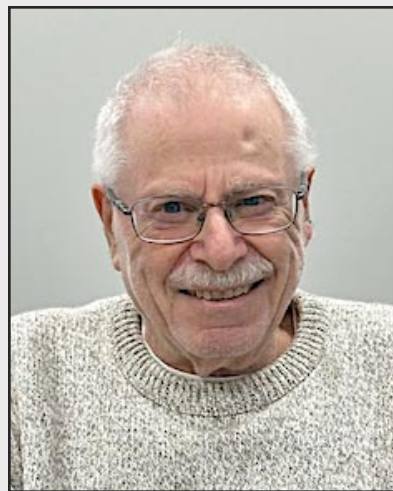


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"I would highly recommend purchasing hearing aids from **Ear Architects Hearing Care**. Service is prompt, courteous and respectful.

Kristy has been knowledgeable, professional and patient. I am very happy with my new hearing aids!

- Sheldon Lapkin



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## How to Maintain a Sunny Disposition - Heart to Home Meals

A Canadian winter usually means wrapping up in countless layers and trying to get to your destination as quickly as possible. Sometimes even short trips to the local store can feel like hard work.

When the warmer temperatures come around most people are encouraged to spend some time outside because of the many health benefits from the sun.

We know sunshine helps you recover from illnesses, offsets fatigue, improves your mood and is a very important source of Vitamin D.

But did you know, every cell in the body has a receptor for the sunshine vitamin (vitamin D) and according to Statistics Canada roughly a third of Canadians are vitamin D deficient?

With millions of us affected in this country it could be argued that this is an issue that should not be overlooked.

And researchers at the Harvard School of Public Health say this, in fact, is a global problem because it affects those living north of the latitudinal lines connecting San Francisco to Philadelphia and Athens to Beijing.

### Importance of Vitamin D

Even when we can venture outside into the sun it is not always possible to get the benefits because we are often wearing sunscreen and that blocks



vitamin D production. Yet, because of all the associated health risks, sunscreen is both necessary and unavoidable these days.

Vitamin D is vital because it helps the body absorb calcium which is critical for bone health and strength.

The easiest options for calcium are dairy products and some vegetables (including spinach, kale soybeans and



collards). As children there were constant reminders to “drink your milk” because of the known benefits of building strong bones and teeth. Cow’s milk is still a great way to get calcium, at any age, but there is growing evidence that as we get older the consumption of milk falls sharply. Despite a series of studies into this trend, so far, researchers have been unable to pinpoint the causal factors behind the decline in dairy consumption for those aged 50 and older.

### The perfect pair

We do know, many people have a diet that provides them with enough calcium, but they are not getting all the necessary health benefits. That’s because of insufficient vitamin D. Both are required to help bone development. For that to occur, we need to see them as inseparable twins that are only effective if both are in the diet.

Away from the sun, you can get vitamin D from certain foods including some



fish (salmon, tuna, sardines, mackerel, and shrimp), egg yolks, beef liver and mushrooms. But food by itself is usually not enough, according to Heart to Home Meals Consultant Dietitian, Andrea Olynyk, “I recommend all seniors take a daily vitamin D3 supplement containing 800iu. This is necessary because seniors are more likely to suffer from deficiency of this nutrient than the rest of the population.”

As people age their calorie intake decreases. This is due to several factors including having a poorer appetite or having less interest in eating while recovering from an illness. And, as we age the body struggles to absorb calcium especially if vitamin D levels are low. Also, the skin does not produce as much vitamin D when the body is exposed to the sun as you get older. Add to that, kidneys are not as efficient in retaining calcium in the body as you age. Taken together, you can see how important it is to get sufficient vitamin D.

According to Andrea (Heart to Home Meals Dietician), “Seniors need to adapt their dietary intake as they age to manage their health and to maintain the lifestyle they desire.” Overall, this may require only minor changes to your diet, but taking a more sophisticated approach could offer many benefits. ■

## Easy is always on hand.

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\*Some conditions may apply.



## Total Tub (a division of BGP & Handy Hands Construction) - Renovations not just for bathrooms

- Submitted

Handy Hands Construction provides complete renovations to bathrooms, kitchens and many other services. We are Authorized Resellers and Installers of the QuickTub.

Let’s face it, a bathtub is generally used as a shower. So why not make it easy to use and minimize the risk of slipping and falling at the same time?

The Quick Tub Step in Bath & Shower Conversion System is the quickest, easiest and most economical way to add a step-in bathtub with shower to your home.

**Converts your existing tub into a walk-in shower and tub**

• Provides a safe bathroom environment



Continued on next page

## TOTAL TUB

A Division of Handy Hands Construction

WALK IN TUB CONVERSION & ACCESSIBILITY DEVICES

**Make your bathtub a walk in shower.**

We supply and install Grab bars

Converts back to fully functional bathtub in seconds

The “Tub Insert” can convert the existing bath tub to a fully accessible shower.

By cutting out a portion of the sidewall, the Tub Insert can reduce the step in height of your tub by up to 12”. The process of converting your tub takes as little as a few hours. This simple product is the **quickest** and **most affordable option** for **reducing slips and falls** when showering.

Still want to take a bath? The CAP lets you convert back to a fully functional bathtub in only seconds. Nothing to install, just drop in place, close the handles and you’re ready.

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**Find your sense of community**  
**Enjoy your independence with life lease living**

Read more below.



Visit [mlloa.ca](http://mlloa.ca)  
 for more information!

## Life Leases Act – Needs Improvement - Part 2 (Part 1 is in Feb. 10/24 issue of *Senior Scope*, Page 3)

By Lori Blande

In this article I will touch on one significant ‘needs improvement’ matter in *The Act* and an education & communication problem for consumers. Both of which are top of mind for the **Manitoba Life Lease Occupants’ Association (MLLOA)**.

One of the essential sections of *The Life Leases Act* concerns tenant representation at board meetings. Yes, the landlord’s board of directors is required to invite tenant representatives (chosen by the other tenants) to the board meetings. *The Act* states that one or two tenant representatives (more if the landlord’s bylaws allow) may attend the meetings; requires the representatives be given a copy of the bylaws, notice of the meeting, the agenda and subsequently, a copy of the minutes of the meeting. If part of a meeting deals with personal information pertaining to individual tenants or the landlord’s personnel, the representatives would be excluded only from that part of the meeting.

The chief failing of tenant representation at board meetings is the fact that tenant representatives do not have a vote. This is not true for all life lease boards but a large number for sure.

The boards that have tenant representatives with full board director involvement have found the representatives are especially valuable, bringing a new perspective and understanding of the dynamics of their life lease building and contributing positively to board decisions. Issues are recognized early and any negative effects mitigated or dealt with before they become larger problems. Rapport with the board and the management company leads to a much smoother relationship all around and definitely enhances the operation of the life lease as a whole.

*The Life Leases Act and Residential Tenancy Act* are administered by the Residential Tenancies Branch (RTB) of the Manitoba Government. Unless there is a complaint, by a tenant or their council regarding a landlord’s

suspected noncompliance with *The Act* and/or *Regulations*, there is no routine communication between RTB and life lease complexes, their landlords or management companies.

As a matter of fact, there is no central data base listing life lease complexes in the province; no one really knows how many buildings are actually operating under life lease agreements. The MLLOA is trying to compile information but that is another story.

The MLLOA has a mandate to educate and work with its member complexes; holding seminars and training sessions several times a year with speakers on many topics of interest to life lease occupants. The Residential Tenancies Branch (RTB) are invited on a recurring basis to explain *The Act* and *Regulations* and how they impact life lease occupants.

Sadly, there is no provision for public education on legislation of any kind that this writer is aware of. While legislation

is essentially designed to protect consumers, it is pretty much up to those same consumers to know their rights and obligations under existing legislation. The downfall to this is - the consumer has to know that the legislation actually exists in the first place.

I hope these articles have given you a peak into *The Life Leases Act* of Manitoba. There is so much more to *The Act* that can’t be covered in two short pieces.

If you live in a life lease and are looking for more information please contact the Manitoba Life Lease Occupants’ Association (MLLOA) at [www.mlloa.ca](http://www.mlloa.ca).

Lori Blande  
 Member at Large, MLLOA and  
 Resident of Colorado Estates, life lease  
 Winnipeg, MB

### Total Tub, *cont’d from previous page*

for the whole family by reducing the potential of slips and falls

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- Our removable cap is almost 2 ft. wide – that’s 25% to 50% wider than most fixed cap systems. And because you are using the existing tub, you have the room to easily stand and move around
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is more appealing to the resale home buyer

#### Quick Tub saves you time and money

- A typical shower conversion is completed in a few hours
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## Coffee and Chat at The Waverley Retirement Living - Submitted

Discover everything you need to know about what retirement living has to offer at **The Waverley Retirement Residence**.

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tional reputation as an easygoing and down to earth community.

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Interested in learning about retirement living for yourself or a loved one?  
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## 2024 Expos best bet Supports for Seniors!

**Show-Time is coming Soon!**  
Well, April 25th approaches fast it does. We're all pretty excited here at PKE. All the hard work is about to start paying off and everyone involved in this years shows is ready and willing! Some nice changes to things as we've mentioned the past number of months. To have the likes of Active Aging in Manitoba, A&O Support Services for Older Adults, 211 Manitoba, Long Term & Continuing Care Manitoba (LTCAM) the WRHA Senior Resource Finders and

The Manitoba Association of Senior Communities heading up the Organizational cream of the crop is a blessing indeed. The Winnipeg Police Service Crime Prevention Unit, the folks from PEAM (Prevent Elder Abuse Manitoba) and the incomparable Victoria Lifeline peoples with us solidifies our base presenters. Something new for everyone, that which is so badly needed, Service Canada and the CRA (Canada Revenue Agency) Outreach Teams are at all shows to answer your questions and help you navigate their systems easier. We can't thank them enough for being here for all of us. Over due me thinks! More? Of course, we also have our strongest group of Senior Friendly businesses to date at the shows. Starting off with these amazing folks in our Sponsors category: Comforts of Home Care, The Courtyards at Linden Pointe, Diamond Athletic & Medical Supplies, KLD Law, Josh with Royal LePage Real Estate

Top Producers and The Seniors Moving Company. Many of these awesome humans have been with us from the very start showing their never ending commitment to you and our collective community. In short, we're feeling mighty blessed to have these folks anchoring our six shows around the city this year. When you add to the equation that at four of the six shows we are proud to have A&O Support Services for Older Adults holding Noon - 1:00pm informational navigation seminars on all the services they have for you, Wow! They have been around these parts since 1957 helping our community, yup! Outstanding! While you visit the various shows this Spring and Fall, please plan to spend some serious time. These people are experts in their fields, second to none! They have the gift of talking to and with us and not 'At us!'. They know how to listen, analyze and suggest solutions to problems in straight-up terms. Sweet!

We also want to help you and your family, friends, neighbors spread the word about the shows. For those of you who are a little computer savvy, please go to our website at: [www.prosknowexpos.ca](http://www.prosknowexpos.ca) to download posters and brochures. If you'd like us to deliver posters and brochures to your building, please email us at [prosknowexpos@gmail.com](mailto:prosknowexpos@gmail.com). We will gladly deliver to you at no charge. For those who live in Seniors Residences and have a bus available, please contact us to arrange a tour time at the shows. We will greet you at the door, provide our mini-guest bags to your entourage and introduce you to the room. Yes, the 'Royal Treatment'. This is an excellent way to help your neighbors in your building while doing the same for yourself. Lastly, thank you. This year we present shows number 19 - 24. And yes, we celebrate our 24th show this year! Wow! *See you soon! Trish & Rick!*



### Spring Shows 2024 Show Times: 9:30am to 2:00pm Daily!

|  |  |  |   |  |
|--|--|--|---|--|
|  | <p><b>Thursday, April 25th</b>   North End<br/>Sgt. Tommy Prince Place<br/>90 Sinclair Street<br/><b>Venue Host: A&amp;O Support Services</b></p>  |  | <p><b>Seminar Series:</b><br/><b>12:00pm - 1:00pm</b><br/><b>Thursday, April 25th</b><br/><b>Thursday, May 30th</b></p>   | <p>These one-hour sessions will provide an overview of the programs and services A &amp; O offers...</p>     |
|  | <p><b>Thursday, May 23rd</b>   Charleswood<br/>Charleswood United Church<br/>4820 Roblin Blvd.<br/><b>Venue Host: Active Aging in Manitoba</b></p> |  | <p><b>Manitoba Association of Senior Communities</b><br/>Come meet your Senior Centre Reps!</p>   | <p>Come meet your local Senior Centre contacts &amp; learn about the amazing programs they offer!</p>        |
|  | <p><b>Thursday, May 30th</b>   Fort Rouge<br/>Fort Rouge Leisure Centre<br/>625 Osborne Street.<br/><b>Venue Host: Seniors Moving Company</b></p>  |  | <p><b>Seniors Resource Finders</b><br/>Winnipeg Regional Health Authority   Office régional de la santé de Winnipeg<br/>Caring for Health   À l'écoute de notre santé</p> | <p>Looking for specific resources to improve your quality of life? These are one the folks to talk to...</p> |

Our Amazing Sponsors:

### Service Canada

Will be at all our shows to help you with the following and more...

- Canada Dental Care Plan
- Canada Pension Plan
- Canada Pension Plan | Disability
- Canada | Old Age Security
- Canadian Passports
- Social Insurance Numbers
- Guaranteed Income Supplement
- Employment Insurance

CRA will be joining us as well to answer questions!

Some of our Outstanding Exhibitors & Resources!



# It's possible to live well with Parkinson's, with the right support

## April is Parkinson's Awareness Month

As seniors navigate the complexities of aging, many face the additional challenge of living with Parkinson's, a progressive neurological disorder that can impact mobility, coordination and overall quality of life. Recognizing the unique needs of seniors affected by Parkinson's, **Parkinson Canada** stands committed to providing the necessary support, resources and information to empower both individuals living with Parkinson's and their caregivers nationwide.

It is estimated that more than 100,000 people in Canada are living with Parkinson's, and Canada has one of the highest prevalence rates of Parkinson's in the world. Seniors are disproportionately affected by Parkinson's, with the risk increasing as age

advances. As Winnipeg's senior population grows, so does the prevalence of Parkinson's, highlighting the importance of addressing specific challenges faced by older adults. From managing motor symptoms like tremors and stiffness to addressing non-motor symptoms such as depression and cognitive changes, seniors require specialized support to navigate the complexities of Parkinson's and find ways to live well. At Parkinson Canada, we often hear from our community, that despite challenges that come with Parkinson's, it is possible to live well. In fact, many people share with us that they've found more clarity, resilience and newfound patience over time.

Fortunately, recent years have witnessed significant advancements in therapy and

treatment options for Parkinson's. Innovative medications and emerging therapies like deep brain stimulation offer various interventions to manage symptoms and enhance quality of life. Parkinson Canada's National Research Program, with over \$31 million invested since 1981, plays a pivotal role in advancing knowledge and enhancing access to care. Innovations like the **eCare-PD** mobile application provide personalized home-based solutions for individuals with Parkinson's. Similarly, **CareFinder.ca** serves as an online directory connecting individuals with Parkinson's to essential services. Caregivers, who also play a crucial role in supporting people with Parkinson's, can also benefit from dedicated assistance and resources pro-

vided by Parkinson Canada. This support helps caregivers navigate their roles effectively, ensuring they too receive the necessary assistance and guidance to provide the best possible care to their loved ones.

April marks Parkinson's Awareness Month, culminating on **World Parkinson's Day on April 11th**. To learn about how you can spread awareness and show your support, visit [www.parkinson.ca/PAM](http://www.parkinson.ca/PAM). To access Parkinson's support near you, you can contact Parkinson Canada at **1-888-664-1974** or explore our online directory, [www.carefinder.ca](http://www.carefinder.ca).

To stay updated on events near you, you can follow Parkinson Canada on social media [@ParkinsonCanada](https://twitter.com/ParkinsonCanada). ■

## Prairie Canada Carvers' Association's Annual Show and Competition

Carving, some call it "whittlin", some call it "making wood come alive". For over thirty-five years Prairie Canada Carvers' Association Inc (PCCA) has been providing an outlet for novice whittlers and experienced sculptors to display their carvings. PCCA invites the public to come to its Annual Show and Competition which is being held at the Pembina Curling Club, 1341 Pembina Hwy, Winnipeg, on Saturday, April 20 and Sunday, April 21.

At this year's show the public will see wood carvings of all kinds of birds and waterfowl; fish, all kinds of other animals; walking sticks; whimsical bark carvings; relief carvings; wood burnings and many more carvings. In addition to the displays of carvings the public is encouraged to participate in hands-on workshops. These workshops vary in skill level from novice to the experienced carver.

Please see the PCCA website for more details.

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

The public will also have the opportunity to meet and talk to the members of many of the local carving clubs. Local clubs will display the carvings of novice and experienced carvers and provide hands-on experience. PCCA encourages the public to learn how to join a carving club.

Financial support for the show and competition is provided through the sale of merchandise such as books; tools; food and raffles for equipment; wood and on Sunday afternoon there is a live auction of finished carvings.

PCCA is proud to work with the following sponsors: Artists Emporium; Canadian Woodworker; the Wood Turners Association of Manitoba; and Maple and Bass.

Admission is \$5 per person, per day. Children under the age of 12 years old, free.

For more information on this show please go to the website: [www.prairiecanadacarvers.com](http://www.prairiecanadacarvers.com) or contact Doug Fyfe; [dougmfyfe@shaw.ca](mailto:dougmfyfe@shaw.ca) ■

## North Centennial Seniors' Association Celebrates 40th Anniversary

On February 22, 2024, the North Centennial Seniors' Association celebrated its 40th Anniversary with a luncheon and entertainment, held at **Sergeant Tommy Prince Place**.

Originally the group did their chair exercises in the hallway and mat exercises were done on the pool deck at the North Centennial Pool. The seniors had a vision of a dedicated space for their programming.

With funds provided by all three levels of government (through New Horizons), and funds raised by this dedicated group of seniors, led by Jim Morrison, an addition was built and completed in 1992.

Regular programming occurs on Monday, Wednesday, and Friday mornings. Activities include chair or mat exercises, a walking group, and a stretch class, as well as an art group on and monthly life skills presentations.

The program grew over time. Bernice Feledchuk organized a group of seniors to act in the pool as honorary Grandmas and Grandpas to inner city day care



children (3 to 5 year olds). Last year this program celebrated 40 years of smiles and splashes. We are always looking for new volunteers. Anyone that is interested can contact club president and program director, Barbara Morris, at **204-582-0066**.

Additional events throughout the year include monthly Bingo and birthday celebrations, and several annual banquets.

An annual membership fee of \$30 entitles members to take part in all of these activities. ■

**E-Watch: A safety and crime prevention education and awareness initiative of the Winnipeg Police Service.**

# Emergency Scams

March 27, 2024

Emergency scams prey on your fear of a loved one being hurt or in trouble. Scammers claim to be someone you know and tell you they need money immediately.

Scenarios they may use include:

- Needing bail money because they've been arrested
- Being in a car accident
- Trouble returning from a foreign country

Reports are showing a new variation where fraudsters contact you via email or text message, claiming to be a loved one asking for a favour. For this favour, they'll ask you to send money or gift cards.

### Fraudsters will

- Claim to be law enforcement officials, lawyers and impersonate the grandchild/family member
- Use urgency and threats to convince you to take out money
- Claim that there is a "gag order" preventing you from speaking about the situation
- If you agree to pay the requested amount (cash or cryptocurrency), fraudsters will arrange to pick up the funds in person or will ask you to send cash in the mail

### Variation: Broken phone scam

The CAFC is getting reports about a fraudulent emergency text or social media message. The fraudster might claim to be a family member or loved one saying that their cellphone is broken or has been dropped in water. The fraudster will then provide an alternate phone number to contact them at. The fraudster will proceed to ask for a favor by requesting funds from the victim to repair the broken phone or to pay a bill.

### Variation: Grandparent scams

A senior gets a phone call, typically on their home phone/landline, from a caller claiming to be their grandchild or calling on behalf of their grandchild. They say they need money as soon as possible, whether to pay bail, lawyers' fees, hospital fees, ambulance fees, etc. They will say the payment is needed immediately to avoid going to jail or to be released from jail.

### Note

These types of scams can target anyone, not just seniors or "grandparents".

### How to protect yourself

- If you receive a phone call claiming to be from a family member in an emergency situation, hang up the phone and contact them directly using a phone number you already have – not one provided by the suspected fraudster.
- If the caller claims to be a law enforcement official, hang up and call your local police directly, using a phone number from a reputable source – not one provided by the suspected fraudster
- Be suspicious of telephone calls that require you to immediately act and request money for a family member in distress
- Listen to that inner voice that is screaming at you "This doesn't sound right"
- It is important to know the Canadian Criminal Justice System does not allow for someone to be bailed out of jail with cash or cryptocurrency
- Be careful what you post online - Scammers can get details that you shared on social media platforms and dating sites to target you or get names and details about your loved ones
- Don't trust caller ID names and numbers. - Scammers use technology to disguise the actual number they are calling from and can make it appear as a spoofing

March 20, 2024

## Fraud alert

The Canadian Anti-Fraud Centre has been receiving reports of text messages claiming to be from Canada Revenue Agency. The message includes the victim's full name and SIN and asks that a payment be sent to a phone number. Remember that the Canada Revenue Agency will never ask for a payment via text message. If you have been part of a breach or a victim of identity theft, fraudsters will use the information as a tool to steal your money.

Visit the **Canadian Anti-Fraud Centre** website for more info about recent scams and frauds: <https://antifraudcentre-centreantifraude.ca>.

The link for the Canadian Anti-Fraud Centre and other information is also available at:

<https://www.winnipeg.ca/police/services/report-crime/frauds-scams>.

Visit <https://www.winnipeg.ca/police/crime-prevention> for crime and safety information in the community you live in.



# Things To Do - WINNIPEG

## Luncheons / Shows / Sales

**The Women's Canadian Club of Wpg** - Luncheon, Apr. 17, 12 noon, RBC Convention Centre. 'The Joys and Beauty of Spring in Manitoba - It's Baby Season!' presented by Wildlife Haven. Cost \$35. Reservations and info: **204-488-8750** or [rochelpin@mymts.net](mailto:rochelpin@mymts.net)

**St. Mary Magdalene Anglican Church** - Garage Sale, Fri. Apr. 26, 9-5 and Sat. Apr. 27, 9-noon, at 3 St. Vital Road. To arrange donation drop-off and info, call Cathy: **204-256-6157** or [stmarymag.garagesale@gmail.com](mailto:stmarymag.garagesale@gmail.com)

**South Winnipeg Family Information Centre** - Care Fair - Navigating the Journey of Aging, Apr. 29, 9:30-1:30 at Fort Garry United Church, 800 Point Road. Info/resource booths, two presentations: *Aging in Place* 10 am-11 am, and *Caregiver Fatigue* 11:30 am-12:30 pm. Refreshments provided. Info, Jane: **204-269-0259** or **Pat: 204-891-3256**.

**Probus Club of Winnipeg** - Meets 3rd Tues. ea. month (except July/Aug) at 9:30 am, at Unitarian Universalist Church, 603 Wellington Cres. Probus enables retired and semi-retired to enjoy friendship, fun and learning. New members and guests always welcome! [winnipegprobus85.wordpress.com](http://winnipegprobus85.wordpress.com)

**Mary, Mother of the Church** - Garage & Rummage Sales, Sat. May 4, 8 am -1 pm, at 85 Kirkbridge Drive. Items may include toys, books, household, quality used clothing and furniture, etc. Sponsored by Knights of Columbus and Catholic Women's League - proceeds to charity.

**St. Charles Headingley United Church** - featuring St. Charles Swing Band Concert, Apr. 27, 7-9 pm, at Headingley C.C., 5353 Portage Ave. Doors open 6 pm. Raffles, 50/50. Beverages and dessert. Admission by donation.

**ALS Society of Manitoba** - Boston Booster fundraising event. Fri. Apr. 19, 6:30-9 pm, Cityplace Boston Pizza, 66-333 St. Mary Ave. Tickets \$30: [www.alsmb.ca/boston-booster-2024/](http://www.alsmb.ca/boston-booster-2024/) or at the ALS Society of Manitoba office. Info: **204-831-1510** or [hope@alsmb.ca](mailto:hope@alsmb.ca)

**Fundraising Concert** - Two shows: May 24 & 25, at the Park Theatre in Winnipeg. All proceeds go to the Ukrainian Canadian Congress Manitoba Humanitarian Aid For Displaced Persons. Taras Luchak & entourage present their rendition of Joe Cocker, Zeppelin, Stones and Ukrainiana in "Mad Dogs & Ukrainians". Tickets \$20, available at the Park Theatre Ticket Web Site. Support donations also accepted.

**St James-Assiniboia Norman Art Group** - Art Show & Sale, Fri. May 3, 4-8 pm, and Sat. May 4, 10 am-3 pm, St. Andrews Woodhaven Anglican Church, 2700 Portage Ave. Free admission! Gift basket raffle! Lunch available for purchase Saturday!

**Prairie Canada Carving Expo** - Apr. 19, 20, 21, at Pembina Curling Club, 1341 Pembina Hwy. Info: [www.prairiecanadacarvers.com](http://www.prairiecanadacarvers.com).

**The Winnipeg Model Railroad Club** - Open House and Train Show, Sat. Apr. 20 (10-5 pm) & Sun. Apr. 21 (10-4 pm), at the Charleswood Legion, 6003 Roblin Blvd. Demonstrations, model displays, etc. Wheelchair accessible. Admission by donation - part of the proceeds go to support St. Amant Center.

**Friendship Force Winnipeg** - A Friendship Force membership provides opportunities to explore new countries and cultures by bringing people together at the personal level. Dinner reservations, Elizabeth: **204-452-5299** or [www.friendshipforcewinnipeg.org](http://www.friendshipforcewinnipeg.org)

**Manitoba Coin Club** - **204-479-9124**, [treasurer@manitobacoinclub.org](mailto:treasurer@manitobacoinclub.org) <http://www.manitobacoinclub.org>

**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.)

## Misc.

**The Alzheimer Society of Manitoba** - is looking for a new member to join our board of directors. Interested, qualified individuals from across Manitoba with diverse backgrounds are encouraged to apply by April 19th. For more information, please visit their website at [www.alzheimer.mb.ca](http://www.alzheimer.mb.ca).

**St. Vital T.O.P.S. Weight Loss Support Group** - T.O.P.S. (Taking Off Pounds Sensibly) is a non-profit weight loss support group. Meet Mon. eve's, 6:15-7:45 pm, St. Eugene Church (side door), 1009 St Mary's Rd. in St. Vital. First meeting free. Louise: **204-990-2144**, [www.tops.org](http://www.tops.org).

**McNally Robinson Booksellers** - Community Classroom courses on writing, storytelling, and more with a fantastic lineup of educators. [mcnallyrobinson.com/classes](http://mcnallyrobinson.com/classes).

## Music / Dancing

**Forever Young Club** - Annual Fundraising dance, Sat. Apr. 27, 7:30-11:30 pm, Anavets #283 Hall, 3584 Portage Ave. In support of Candlelighters Childhood Cancer Support Group MB. Advance tickets only \$20. Members \$20 / Non \$25. Call **204-261-4442** to reserve. Or email [fycwpg@gmail.com](mailto:fycwpg@gmail.com). Entertainment: Vinyl Revival, music of 50s, 60s, 70s, 80s. DJs Ray & Sheila Wheeler. Bring a tin for the bin.

**A&O Support Services for Older Adults** - Powerful Tools for Caregivers 6-wk course via Zoom. Tuesdays 6-7:30 pm, May 14, 21 & 28, June 11, 18 & 25. To register: **204-956-6440**, [intake@aosupportservices.ca](mailto:intake@aosupportservices.ca). Reg. closes May 3/24.

**Pembina Active Living (PAL) 55+** (Whyte Ridge Community Centre, 170 Fleetwood Rd.) **St. Patrick's Day Bash**, Mon. Mar. 18, 1-2 pm. Free Events. **204-946-0839**, [office@pal55plus.ca](mailto:office@pal55plus.ca), <https://pal55plus.ca>.

**The Senior Choral Society of Winnipeg** - Practices at McClure United Church (base-ment), 533 Greenwood Place behind the CNIB on Portage Ave. We are a four part choir. All voices welcome. Info, Gerda: **204-669-5570**

**The Happy Homesteaders** - sing with our A Capella group of retired males. No experience required, training provided in barbershop style singing. Daytime concerts and practices. Perform mostly at seniors' residences. Info, Vern: [vnelson@nelsonfinancial.ca](mailto:vnelson@nelsonfinancial.ca), **204-256-5562**, (retired), or Harvey: **204-888-6306**, [hschmidt7@mts.net](mailto:hschmidt7@mts.net).

**Norwood 55+ Dance Club** - Dance or listen to old-time music. Musical ensemble (violin, accordion, guitar) performs Fridays, 1-3 pm, in the Norwood-St. Boniface Legion Hall, 134 Marion St. Adm. \$5 (cash). Light snack. Doors open 12 noon. Free pkg across lane. Info, Rachelle: **204-233-5892**

## Sports / Fitness / Games

**Crescent Drive Senior Men's Golf League** - Looking for new members, Wednesdays, 7:30-8:30 am at the Crescent Drive Golf Course, May to Sept. Call Barry: **204-256-8496** or John: **204-667-6362**

**Crescent Drive Friday Ladies Golf League** - Golf Fridays, 8 am, beginning of May to end of Sept., Crescent Drive Golf Course, 781 Crescent Dr. Info, Lorraine: **204-261-8413**

**Ladies Golf League** - Looking for women to join a fun 9 hole Thurs. golf league at Crescent Drive Golf Course. Tee times 7:15-8:15 am starting May 2. Info, Bonnie: **204-223-6655** or [bonniefsmith@shaw.ca](mailto:bonniefsmith@shaw.ca) Diane: **204-255-1137** or [dkkastes71@shaw.ca](mailto:dkkastes71@shaw.ca)

**Garden City Senior Golfers Club** - looking for Men 55 and older to golf weekly in a fun league with about 75 members, May-Sept. Play in a different foursome ea. month, at various golf clubs within an hour's drive of the city. Play as a walker or cart-rider. 4 out-of-town tournaments once a month. Monthly breakfast meetings Apr.-Sept. Wind-up in Oct. Info, Brian Ridley: **204-669-4795**, [pritchardfarm@shaw.ca](mailto:pritchardfarm@shaw.ca), or [www.gcsgwpg.com](http://www.gcsgwpg.com).

**Prendergast Seniors Club** (Windsor Park) - Are you a CRIB player? If so, come join us Mondays and Wednesdays, 906 Cottonwood Rd. You are also welcome to join us for our monthly, in-house luncheons. Call Gerry: **204-257-1475**

**Learn to play Pickleball in the North End** - Bonnie Gabbs, 76 yrs old, plays and teaches Pickleball at Sargeant Tommy Prince Place, 90 Sinclair St. Seniors are invited to come and try it out. Coaching clinic - Wednesdays, 1-3:15 pm. Info: [gabbs1947@gmail.com](mailto:gabbs1947@gmail.com).

**Red River Senior Cards St Vital** - Whist: 12:30-3:30, Thursdays at Norberry-Glenlee Community Club, 26 Molgat Ave. Email: [Norbglen@yahoo.com](mailto:Norbglen@yahoo.com) or call the Club: **204-256-6654** for info.

**St. Vital Cards for Seniors** - Cribbage: noon Mondays: Mario **204-955-8387**. Whist: noon Wednesdays: Sonja **204-254-1408** or Mario **204-955-8387**. St. Emile Parrish hall, 556 St. Anne's Rd.

**Vital Seniors** - Scrabble, Mon. noon-4; Carpet Bowling, Tues. 1:30-3:30, 3 St. Vital Rd. Yrly Membership \$10, activity \$4.50 pp, call **204-253-0555** or [stmary@mymts.net](mailto:stmary@mymts.net)

**Active Aging in Manitoba** - 2024 Manitoba 55+ Game, Winter Curling Event, Mar. 5-7/24 at the Brandon Curling Club. Registration Deadline: Feb. 2/24. Categories: 4 Person Curling (Qualifier for the Canada 55+ Games) 160/team, 2 Person Stick Curling - Under 70, 70+, \$80/team. Info: [www.activeagingmb.ca](http://www.activeagingmb.ca), **204-632-3947** or **204-261-9257**, [manitoba55plusgames@gmail.com](mailto:manitoba55plusgames@gmail.com).

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

**Lady Bowlers** - Wanted Fridays, 3 gms/wk, 12:45 pm at Polo Park Lanes. All ages/skill levels. \$10.75/wk. End of season meal and Xmas luncheon. 2 wk break Xmas/Easter Fri. off. Call/text **204-770-3903**.

**WHSBC contract bridge** - at St. Paul's Anglican Church, 830 North Drive, Winnipeg, Thursdays, 12:30-3:30 pm. Door opens at noon. Please arrive by 12:15 pm. Five rounds, changing tables after 4 hands. This is a social friendly bridge club. For further info, contact Ron Wood, President: **204-771-6724**

**Winnipeg Minor Basketball Association** (WMBA) with the **Manitoba Association of**

## Support Groups

**GriefShare support group** - If you have lost a loved one, a GriefShare support group is a safe, welcoming place to help with the difficult emotions of grief. Contact Kilcona Park Alliance Church at [info@kilcona.org](mailto:info@kilcona.org) or go to [Griefshare.com](http://Griefshare.com) to find a group in your area.

Continued on page 15

# Things To Do - RURAL MB

Email wording for your PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca). FREE for non-profits and current advertisers. Submit PSAs by May 1st for the May 10 issue. Please advise us of any closures for summer or holidays.

## Programs / Services

**A & O: Support Services for Older Adults** - Senior Centre Without Walls (SCWW): Free Telephone Group - for Manitobans 55+ providing educational and recreational programming in a fun and interactive atmosphere. Info: **204-956-6440**, Toll Free: **1-888-333-3121**, [info@aosupportservices.ca](mailto:info@aosupportservices.ca), [www.aosupportservices.ca](http://www.aosupportservices.ca)

**Beausejour - AA** - Want to stop drinking? Meet Tuesdays and Fridays, 7:30-8:30 pm, at The Brokenhead River Com. Hall, 320 Veterans Lane, south door. [www.aamanitoba.org](http://www.aamanitoba.org) or **1-877-942-0126**

**Brandon - Seniors For Seniors** - Dinner is Served meal program, Fri. 12 noon delivery. Meals \$12. Grants and donations gratefully accepted. Info: **204-571-2053**.

**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](http://www.dauphinseniors.com)

**East St. Paul 55+ Activity Centre** - (262 Hoddinott) - Programs for area residents. Call for programming: **204-654-3082** (msg).

**Emerson-Franklin Senior Services** - Transportation, shopping, Meals on Wheels for shut-ins. For seniors with disabilities for independent living. **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 **204-376-3494**; **Ashern** Living Independence for Elders **204-768-2187**; **Brokenhead/Beausejour** Outreach for Seniors 268-7300; **Victoria Beach** -

**East Beaches Resource Center** **204-756-6471**; **Eriksdale Community Resource Council** **204-739-2697**; **Fisher Branch Seniors Resource** **204-372-6861**; **Gimli Seniors Resource Council** **204-642-7297**; **Lundar Community Resource Council** **204-762-5378**; **Riverton & District Seniors Resource** **204-378-2460**; **St. Laurent Senior Resource Council** **204-646-2504**; **Selkirk & District Senior Resource Council** **204-785-2737**; **Stonewall** - South Interlake Seniors Resource Council **204-467-2719**; **Springfield Services to Seniors** **204-444-3139**; **Teulon** and District Seniors Resource Council **204-886-2570**; **Lac du Bonnet** - Two Rivers Senior Resource Council **204-345-1227**, **Pinawa** **204-753-2962** or **Whitemouth/Reynolds** **204-348-4610** or **Winnipeg River** Resource Council **204-367-9128**

**Montcalm Service to Seniors** - Some services: Friendly visiting/phone calls, Mobility equipment rentals, Errands, E.R.I.K. kits and more. Renee: **1-204-758-3357** or [montcalmserviceprogram@gmail.com](mailto:montcalmserviceprogram@gmail.com)

**Mood Disorders Assoc. of Manitoba** - "Steppin' Up With Confidence!" 40 min. virtual program of mindfully moving our bodies followed by breathing exercises. Tuesdays, 10 am, for those in Northern Manitoba. (Norman region). Madi: [norman@moodmb.ca](mailto:norman@moodmb.ca).

**Niverville Services to Seniors** - Some services include: Low cost fitness, Wed. 9:30-10:30 at Friendship Centre, Mobility equipment rental, low cost transportation services to appts., one on one visiting, volunteer opportunities, special outings, and much more. Info: **204-388-2188** or email [sts@heritagecentre.ca](mailto:sts@heritagecentre.ca)

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

**Portage la Prairie Rotary Club** - presents Sisters of the Holy Rock, Sun. May 5, Doors open 1:30 pm, Show 2 pm, at William Glesby Centre, 11 2nd St. N.E. Portage la Prairie. Tickets \$30 at [www.prairiefusion.ca](http://www.prairiefusion.ca) or **204-239-6029**.

**Seine River Services for Seniors** (RM of La Broquerie and RM/Town of Ste-Anne) - 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**.

**Seine River Services for Seniors** is happy to announce the launch of our new, bilingual website! Explore resources and stay up to date on the latest news within the community. <https://seineriverservicesforseniors.ca>

**Selkirk - Gordon Howard Centre** - Hobby workshops, fitness classes, recreational programs, volunteer opportunities, special events (outings, sea-sonal meals and presentations). 384 Eveline St. Info: [www.gordonhoward.ca](http://www.gordonhoward.ca) or call **204-785-2092**

**Selkirk Services to Seniors** - For 65+. Programs available to residents who pay taxes to the R.M. of St. Andrews, R.M. of St. Clements or to the City of Selkirk. Volunteers needed for office help, transportation drivers, handi helpers (house cleaning, yard work). **204-785-2737**, [Selkirkrcc@mymts.net](mailto:Selkirkrcc@mymts.net)

**Springfield - Springfield Seniors** - Stick curling, Pickleball, Indoor Walking program, Tai Chi, Badminton, Volleyball, Craft Monday, Bingo, Congregate Meal program. **204-444-3139**, [springfieldseniors@mymts.net](mailto:springfieldseniors@mymts.net).

**Steinbach - South East Artists** - Art Show and Sale, Sat. Apr. 20, 10 am-4 pm, at Clear-spring Mall. The South East Artists will be painting on site. You'll be able to buy local art.

**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.patportercalc.com>

**Stonewall - South Interlake 55 Plus (si55Plus)** - 374 1st. St. West. Become a member - \$25/year. Luncheons, Ukulele Club, Pickleball, Line Dancing, Active Wellness Club, Virtual Chat, Cards & Games, Bus trips, and much more. **204-467-2582**, [si55plus@mymts.net](mailto:si55plus@mymts.net), [www.si55plus.org](http://www.si55plus.org).

**Teulon Dance** - May 9, at the Teulon town hall. Dance to the band Gem Stars. Doors open noon, dance 1-3. Lunch 3-4, Silent auction, 50/50, door prizes.

**Teulon Seniors Club** - Cribbage, crafts and more, Tuesdays, 1:30-3:30 pm; Food security initiative; Free iPad training; Exercise classes and more! Info, **204-886-2570**, or [tdsrc@mymts.net](mailto:tdsrc@mymts.net)

**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](mailto:thompsonseniors55@gmail.com)



# Things To Do - WINNIPEG

Continued

## Volunteering

**Actionmarguerite St. Boniface, 185 Despains 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 to help Recreation staff, transport residents in wheelchairs to in-house appt's. **204-235-2111, service@actionmarguerite.ca**

**Bethel Place** - Congregate meal program needs volunteers in kitchen and dining room. Lunch time and supper time shifts. 3 hrs once/wk. Proof of Covid Vaccination. Melanie: **mcamara@bethelplace.ca**

**Deer Lodge Centre** - 2109 Portage Ave. Volunteers needed in the gift shop 12-4, assisting with recreation programs & transporting residents to / from worship services held in the Centre. **204-831-2503** or visit **deerlodge.mb.ca/volunteers/**

**Golden Rule Senior Resource Centre**, 625 Osborne Street (Fort Rouge Leisure Centre) - is recruiting volunteer for Office Reception and Recreational Activities and Programs, Mon-Fri, 10-3. **204-306-1114** or **goldenrule@swsrca.ca**

**Manitoba Genealogical Society** - Volunteer Opportunities: Social media poster, Online newsletter editor, Publicity person, Office cleaning, IT database wizard & more. **volunteer@mbgenealogy.com** or **https://mbgenealogy.com/how-you-can-help/**

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

**Misericordia Health Centre and Misericordia Place** - Volunteers being accepted to support patient care. Training provided. Giftshop, open 10 am-4 pm. (3-hr shifts), Rehab/Physio programs shifts, 8:30-12 noon and some afternoons. **204-788-8134, www.misericordia.mb.ca, volunteer@misericordia.mb.ca**

**North Centennial Seniors Assoc.** - Sergeant Tommy Prince Place, 86 Sinclair. Volunteers for "Grandma & Grandpa Swim Program" for pool play time with preschoolers from daycares. 1 hr/wk. Police check required. **204-582-0066, M-W-F, or ncsc@shaw.ca.**

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

**St. James-Assiniboia 55+ Centre** - Kitchen Volunteers needed to help in the kitchen, and meal planning. Call Paula: **204-560-5181**

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

**Villa Cabrini** - Is currently looking for volunteers to assist with our Congregate Meal Program. Lunch and supper shifts are available with 3 hr commitments/week. Contact Samantha Silvester: **vcabrini@mymts.net** for info or to volunteer.

**Vista Park Lodge Personal Care Home** - in St. Vital - Volunteers needed.

**Catherine.Linnemann@extendicare.com**

**Winnipeg Lost Dog Alert (WLDA)** - Volunteers needed for: Facebook Page Administrator: **recruit@winnipeglostdogalert.com** Volunteers needed for: Treasurer. Resume to **president@winnipeglostdogalert.com**. Visit **www.winnipeglostdogalert.com**

## Programs / Services

**A & O: Support Services for Older Adults** -

Programs to help you stay connected and active. Senior Centre Without Walls (SCWW): Free Telephone Group - for Manitobans 55+ providing educational and recreational programming in a fun and interactive atmosphere. Info: **204-956-6440**, Toll Free: **1-888-333-3121, info@aosupportservices.ca, www.aosupportservices.ca**

**Anavets Assiniboia Unit 283** - Meat Draws, Bingo & Cribbage 3 x/wk. Dancing to live Bands Fri. nights and special events on Saturdays. 3584 Portage Ave. Hall rentals. **204-837-6708.**

**Archwood 55 Plus Inc.** (a non profit organization for seniors) - at Archwood Community Center, 565 Guilbault St.

**Assiniboia Wood Carvers Association** - Woodcarving Fridays, 12:30-3 pm at Valour CC - Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: **lkehrler84@gmail.com** or Mel: **204-291-4592.**

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

**Creative Retirement Manitoba** - Affordable Lifelong Learning. Online and in-person classes. Art & Music History, Bridge, Estate Planning, DNA for Genealogists, Cdn.Railways and more! Visit **creativetirementmanitoba.ca.**

**Dakota 55+ Lazars Senior Centre** - Programs: Cribbage, line dancing, floor curling, quilting, fitness, etc. Call: **204-254-1010** ext. 217. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172.** Jonathan Toews Centre, 1188 Dakota St.

**Dufferin Senior Centre**, 377 Dufferin Ave. - Pancake breakfast - Feb. 13, 9 am-12 noon, \$5 per person. Dance - Sat. Feb. 24. Bingo - Mondays, 1 pm. Chair exercises - Thursdays, 10 am. Call Al **204-771-3325** for info.

**Elmwood East Kildonan Active Living Centre** - Various events can be found on Facebook. Call to confirm activities over summer months: **204-669-0750.**

**Golden Rule Senior Resource Centre** - Programs - **Tech Talk Mondays**, 1-3 pm, bring your phone or iPad. **Floor Curling Tuesdays**, 12:30-2 pm. **Pickleball Thursdays**, 1-3 pm. Fri. Feb. 23, movie 'Grease' starting 1 pm. Popcorn, coffee, tea provided. Fort Rouge Leisure Centre, 625 Osborne. Hours 9:45-3:30. **204-306-1114** to register or email **goldenrule@swsrca.ca.**

**The Happy Gang** - Monthly Get-togethers, 3rd Thurs. ea. month except July & Aug. Next Get-together, Thur. Apr. 18, 1:30-3:30 pm, Prairie Spirit U. C., 207 Thompson Dr. Play games, bridge and complimentary refreshments. Prairie Spirit United Church, 207 Thompson Dr. Info: **204-832-1000** or **204-895-7410.**

**Lions Place Adult Day Club** - Program: 1 day/week of socialization and wellness, including morning coffee/muffin, chair exercises, mentally stimulating games and discussion, recreation, and hot lunch. Transportation provided. \$18.88 (or \$9.81, dependent on income) per wk. Participants referred by Homecare Case Coordinator through WRHA at **204-788-8330.** Or the Club: **204-784-1229.**

**Meadowood Seniors Club** - 1111 Dakota St. A 55+ seniors club meets Tues. 1-3 pm. Various activities, chair yoga, wood carving, quilting. For more info contact. **meadowoodseniorsclub@gmail.com.**

**Mensheds Manitoba Inc.** - Peer run program by men for men at Westwood Community Church, 401 Westwood Drive. **204-832-0629.**

**Nature Manitoba** - is people sharing a passion for nature. We deliver nature-based educational programs, outdoor activities, group outings and more. **https://www.naturemanitoba.ca/** for all our programs and activities or for more info.

**North Centennial Seniors Assoc.** - Sergeant Tommy Prince Place, 86 Sinclair. M-W-F - chair, mat & Zumba gold exercise classes, hot dog days, bingo, lunches, games, painting, aquacise, lending library, presentations. **204-582-0066, ncsc@shaw.ca, ncseniors.ca**

**Pembina Active Living (PAL) 55+** (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Free events, Mondays 1 pm: Apr. 22 - Speaker on Cdn. Dental Care Plan; Apr. 29 - PAL's Bingo fundraiser; May 6 - Speaker on Deaf, Blind & Hard of Hearing; May 13 - Neil Keep musical

entertainer. Ask about our spring programs. **204-946-0839, office@pal55plus.ca, https://pal55plus.ca**

**Probus Club of Winnipeg** - Meets 10 am third Tuesday ea. month at Unitarian Universalist Church, 30 Wellington Cres. Probus is for those who like the social aspects of retirement or semi-retirement. New members and guests welcome. **winnipegprobus85.wordpress.com**

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

**Royal Canadian Legion, St. James Branch #4** - Over 55 Club, 1755 Portage Ave. Peter and Ruth Henry: **204-488-3533.**

**South Winnipeg Family Information Centre** - Seniors Connecting Wednesdays, 9:30-11:30, 800 Point Rd. Lower Level. Join us for coffee snacks, great conversation, fun activities, and more, every Wednesday morning. Call **204-284-9311** for more info.

**South Winnipeg Family Information Centre** - Tech for Seniors Mondays from 1:30-3. Need help with your tablet? Phone? computer? We can support and help you learn just what you want to learn. Call **204-284-9311** for more info.

**South Winnipeg Seniors Resource Council** - Pop-Up Offices are back. Visit us at **The Rady Centre**, Mar. 11, Apr. 8, May 13, 10 am-1 pm; **the Bill & Helen Norrie Library**, Mar. 12, Apr. 9, May 14, 10 am-1 pm; **Charleswood Library**, Mar. 19, Apr. 16, May 21, 10 am-1 pm; **Golden Rule Seniors**, Mar. 21, Apr. 18, May 16, 11 am-2 pm, Fort Rouge Leisure Centre, 625 Osborne. Schedule is subject to change. Schedule subject to change. For more info: **204 478-6169.**

**St. James Assiniboia 55+ Centre** - Various programs and activities. 3-203 Duffield St. **204-987-8850, www.stjamescentre.com**

**Stroke Recovery Assoc. MB** - Programming for Stroke Survivors: Support Groups, Art and Social Club, Virtual and In-Person Exercise, Planned Community Outings & more. Register: B-247 Provanche Blvd. **204-942-2880**

**Windsor Community Centre** - \$2 drop in. Call for schedule. 99 Springside Drive (St.Vital). **204-233-0648, office@windsorccc.ca**

**The Y. A. H. Club** - Young At Heart (seniors) Club at Windsor Community Centre, 99 Springside Drive (St. Vital) - Ask about our winter programming: may include: book club, ukulele, Men's Coffee Club, Dinner Club, painting classes, exercises, pickleball, scrapbooking, card making, drawing club and more. Contact Gerry: **204-233-0648, or office@windsorccc.ca** or Rosie: **rosieschau@gmail.com**

Email the exact wording for your PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca). FREE for non-profits and current advertisers. Submit PSAs by May 1st for the May 10 issue. Please advise us of any closures for holidays.

Sri Lankan Seniors Manitoba

## Mohamed Ismath

### Honorary Consul of Sri Lanka for the Province of Manitoba

By Senaka Samarasinghe

#### Oath Ceremony

Mohamed Ismath (Ismath) obtained oath from Sri Lanka High Commissioner to Canada, His Excellency Mr. Harsha Kumara Navaratne as the Honorary Consul of Sri Lanka for the Province of Manitoba on March 25th (MON) 2024 at the Sri Lanka High Commissioner Office in Ottawa. Ismath officially representing Government of Sri Lanka and authorised by the Government of Canada. Deputy High Commissioner Her Excellency Ms. Anzujhan assigned the duties to Ismath.

#### Felicitation Ceremony

Sri Lanka Seniors of Manitoba (SLSM) organized felicitation ceremony at Whyte Ridge Community Centre, Winnipeg to express their desire and to announce their continuous and maximum support to execute Ismath's services to the community according to the expectation of the Sri Lanka High Commissioner to Canada in Ottawa.

The Board of Directors of the SLSM organized cake cutting ceremony and to serve traditional milk-rice among members. During vote of thanks Ismath expressed his



gratitude for organizing this ceremony and thanked Senaka Samarasinghe for nominating his name to the Sri Lankan High Commissioner.

#### Mohamed Ismath

Ismath completed his education in Sri

Lanka and qualified as an accountant. Later he served in financial and banking industry. He then immigrated to Winnipeg, Canada.

He worked as a senior executive in the Canadian automotive industry for thirty years. Now is retired. Using his skills as a

senior executive, he helped enhance the development of tennis in Manitoba at both recreational and high-performance levels for over 30 years. He currently serves on the board of directors of Tennis Manitoba as Past President. He is currently serving as a Board of director of Tennis Canada 2021-Current.

Ismath is a founding member of Sri Lankan Seniors of Manitoba (SLSM). Pembina Active Living is a leading senior organization in the province of Manitoba requested SLSM to nominate one of our members to the Board of Directors of the Pembina Active Living (PAL) is one of the leading seniors' organizations in the Province of Manitoba. Now Ismath is the Vice-President of PAL.

He has volunteered for Folklorama since 1998, serving on the Board of Directors since 2007, including two terms as President. Sri Lankan Association of Manitoba called for a meeting at Pembina Trails Library with the Sri Lankan High Commissioner H.E. Mr. Ahamed A. Jaward on April 16th. As one of an attendee Ismath expressed his hands-on experiences of establishing Folklorama and business council. ■



# Good Neighbours Make for Better Communities... By Trish Bennett



Trish Bennett

That's exactly the sentiment everyone felt as they gathered at **Good Neighbours Active Living Centre** on March 21st for their Pierogi Luncheon. A fundraising event in support of Ukrainian Refugees. In the gym attendees were serenaded by live accordion music as they entered. The event kicked off with a few words from the Executive Director, Susan Sader, MP Raquel Dancho, and Ukrainian Canadian Congress's President, Joanne Lewandoski.

While enjoying the delicious food, everyone listened to traditional songs performed by the Good Neighbours Ukrainian Choir as well as recording artist, Rosemarie Tolaschuk. I was fortunate to read aloud the



This display greeted guests at the door.

stories of two brave Women (along with their young sons) who fled their Ukrainian homeland for safety and security in Winnipeg. Not a dry eye was in the room after hearing their words.



Ukrainian refugees.

During the event, guests could meander over to 'Crafters Corner', five tables that offered unique, traditional and popular crafts for sale by invited Ukrainian Refugees who are finding ways to earn money



Over 250 donation boxes were made!

and support their new life in Canada.

Not only was the gym busy with activity, but you couldn't miss the hustle and bustle by the Centre's entrance. Many volunteers worked this area as the community-at-large

*Continued on next page*

## Travel / Leisure / Activities Advertise your travel business, event or activity here at a reduced price. Call 204-467-9000 or email [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca) for details.



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An E.R.I.K. contains all your medical information that first responders need to know in case of an emergency. For more information about these kits, please contact Melanie at 204-424-5285 or [labseinerss@gmail.com](mailto:labseinerss@gmail.com).

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Sri Lankan Seniors Manitoba

## Why Vaccines are not Just for KIDs

By Senaka Samarasinghe



Dr. Abhaya Tissera, was the Family Doctor/General Practitioner in Winnipeg and was invited by the Sri Lankan Seniors Manitoba (SLSM) to educate on the use of vaccines. Dr. Tissera used the above theme for his presentation to emphasize seniors with the increase of age need of immunization. As a State Medical Physician in Sri Lanka one of his/her responsibilities is to teach Primary Health Care staff. To conduct these classes Doctors have not only to be fluent in significant Sinhala/Tamil word but also applied appropriate Textbook Sinhala/Tamil word. Although his power point demonstration is conducted in English, he always applied Sinhala word exactly from the glossary.

During his tenure in WHO in Sri Lanka he managed to expose to critical health matters and buildup partnership where joint actions are needed. With this background knowledge he extracted a number of examples for seniors such as a person



having had chickenpox may make them prone to get shingles. In other words, you must get the vaccine in time.

The above noted mixed experiences would have sharpened the knowledge of Dr. Tissera to present an outstanding lecture more than one-hour on vaccines. ■

Sri Lankan Seniors Manitoba

## Meeting with: Acting Mayor Janice Lukes - City of Winnipeg

By Senaka Samarasinghe



Senaka (centre) with his wife Chandani (left) and Janice Lukes (right).

Janice called me on March 27th (WED) 2024 at Coffee Culture, 2864, Pembina Hwy., for a discussion about a number of current issues such as aviation history between Winnipeg and Colombo, South

Winnipeg Recreation Campus, commercial area for South Pointe, shuttle bus service on Stan Bailie Drive and Feb. 5th accident on the same road. ■

## Good Neighbours, cont'd from page 22

continued to walk through the doors, for hours, with bags and boxes full of household items for donation and distribution to Ukrainian families in need. The items collected that day were sorted and boxed up for delivery to the Ukrainian Canadian Congress. A staggering mountain of items that once packed up had turned into **250 boxes**... an overwhelming amount that we are sure U.C.C. was happy to receive.

From the volunteers who were cooking and prepping the meal, decorating the

room, setting up and working the donation area, to those who were at the registration table greeting the guests at this event, it goes without saying they did a great job.

There are many others who give of their time to make events like this one a success. It only solidifies what we have all been saying for a long time... "Winnipeggers are some of the most giving and generous people you will ever meet" and we are sure you would agree that **Good Neighbours Make for Better Communities!** ■

Sri Lankan Seniors Manitoba

## Using Mindfulness: To Develop Health Habits

By Senaka Samarasinghe



Udaya D. Annakkage is a Professor in the Dept. of Engineering at U of Manitoba. He is a versatile person such as a song lover and teacher of mindfulness. Among those skills,

Sri Lankan Seniors Manitoba (SLSM) identified his ability of conducting one-hour mindfulness training for SLSM members on 2-2-2024 at Whyte Ridge Com. Centre.

For this, task Uadya obtained services from his daughter Malsha and Kalpani Kaushika. Udaya explained overall mind-

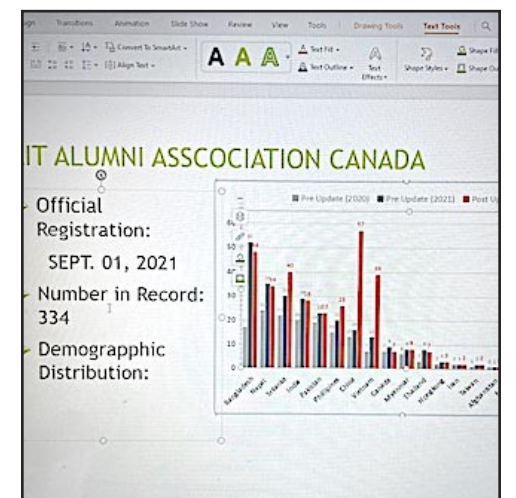
fulness practice principles with a short mindful rehearsal for seniors to continue on daily basis. Malsha described the mindful activities one-by-one to develop health habits whereas Kalpani demonstrated five methods to apply mindfulness.

The questions and answers (Q&A) session was dragged on a long time due to curiosity of seniors to know the correlation between health and mindfulness. ■

Sri Lankan Seniors Manitoba

## Sri Lankan Seniors Achievement: Established AITAA Canada Chapter

By Senaka Samarasinghe



In the late 2014, Senaka Samarasinghe mooted an idea to re-establish (Asian Institute of Technology Alumni Association (AITAA) Canada Chapter as a professional organization. For this, Senaka obtained the services of Malwila (Edmonton). With a great difficulty managed to prepare a list of 36 alumni-members including Manitoba Province. The 1st inaugural meeting was on 13-8-2015 at 11.00 am CDT via Tele-conference. This was the 1st AGM of the AITAA Canada Chapter. With the minutes we submitted required documents for registration. On 23-9-2015, obtained approval from the President, AITAA, in AIT, Thailand. The 1st President was Malwila. Later, Senaka was nominated as the Secretary.

The First FxCo Meeting was conducted on 8-5-2016 with participation of six members. On 14-10-2017 was the 2nd AGM and Xavier was elected as the 2nd, President. He attended 50th GBM on the same month. On 16-11-2019 Manitoba Provincial meeting was conducted with visiting alumni Malwila. 3rd AGM was held on 31-5-2020 shown via Zoom. Puru elected as the 3rd President. Puru attended 51st GBM on 27-11-2022. In 2022, Distinguished Alumni Award offered to Senaka for Rural and Community Development. At the 4th AGM Michael Du elected as the President. Du attended 52nd GBM in Jan. 2024. The current total alumni-membership increased up to 334. Athula was elected as the President at the 5th AGM held on 23-3-2024. ■





## Active Aging in Manitoba (AAIM) Inspiring active lifestyles



Linda Brown,  
Executive  
Director, AAIM

# What keeps you moving every day?

By Linda Brown, Executive Director, AAIM

Sometimes we need a little motivation to get moving! On a cold winter's day or on a day when you are not feeling 100% what motivates you to get moving? Sometimes it is because we know we should be moving more for our health, or it is that feeling of accomplishment we enjoy after we have been active. If we are fortunate to have a buddy to exercise with or you are part of a group activity that commitment is often the motivator that keeps us moving. Seeing how much longer we can move or trying to learn something new are also motivating factors. Sometimes it is that competitive nature that motivates us to do more, get a better score or move a bit faster!

This week I had a chance to talk to someone I would call a competitive athlete. Ray Steen retired from a very active career in law enforcement several years ago where the demands of the job required him to be fit and ready to spring into action at a moment's notice. But retirement has not stopped him from staying fit and competing! Most recently Ray competed in the World Police and Fire Games last summer, and two Toughest Competitor Alive competitions (for Canada and the U.S.) – both in Can Am Police and Fire Games, in 1998 winning Gold in his age/weight group category, and 2008 winning Bronze.



Ray and Judy Steen - swim medalists from past MB 55+ Games.

Over the years Ray has participated in many active fund-raising events, such as ten RCMP Run for Cancer events that lasted for more than 30 hours each, with each relay runner covering 3 mile legs. In addition Ray stays active every day, swimming, hiking, and playing pickleball. Ray and his wife, Judy, like to Round Dance as well.

When I asked Ray what motivates him to continue to be active and compete, his answer was simple:

"To be a role model." Ray wants to be a role model for younger generations to demonstrate the importance of being active and how that can improve quality of life as we age. He wants to demonstrate to



Ray competing in track at 55+ Games.

all younger children that it is possible to lead a very active life at any age, and how beneficial that is versus a sedentary lifestyle. He is pleased to have motivated his own daughter and granddaughter to be active in coaching and volunteering with Special Olympics Manitoba.

Ray credits his desire to compete and be active to his father and a cousin who both competed at a high level.

As I listened to Ray's many stories and the important message of staying active along one's life journey, I can't help but think how he exemplifies all the messages we at Active Aging in Manitoba promote: Move more; Sit less; Do a variety of activities that will support independence as you



Ray (right) cycling at 55+ Games.

age and be active with others to improve your mental well-being.

But it doesn't stop there for Ray – he is looking forward to competing in the Manitoba 55+ Games in Brandon this coming June. He has participated in the Games for seven years and looks forward to the friendly competition and meeting others who share the same belief in the benefit of physical activity.

Join us in Brandon for the friendly competition of the Manitoba 55+ Games, June 18-20th. Registration and information can be found on our website:

[www.activeagingmb.ca](http://www.activeagingmb.ca) or by calling 204-632-3947. If you see me in Brandon – please tell me your story – what keeps you moving every day? ■





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### Sri Lankan Seniors Manitoba

## Visiting Sri Lankan Young Singers in Winnipeg

By Senaka Samarasinghe

Dream Voices perform.

Dream Voices poster.

Senaka and his wife Chandani pose with family and band members.

Nuwandika Senarathne, Suneera Sumanga and Lavan Abhishek visited Winnipeg to perform a singing concert at Centre Cultural Franco-Manitobain. Its brand-name was Dream Voices held on 30-3-2024. Nuwandika lined-up songs in three languages other than Sinhala. She is planning to add more Tamil songs during her next visit. Suneera always tries to grab the audience to sing-along with him. Lavan performed as the lead vocalist Chris Martin of the rock band, Coldplay.

Out of Nuwandika's songs, two songs were written by Winnipeggers namely, Roshini (Sinhala) and Nisali (English).

Layan sung "Gaga Addra" Sinhala song. The lyrics of this was done by Augustus Vinayagarathnam. Augustus's wife and two daughters are residing in Winnipeg. Nuwandika is young generation lighthouse of Sri Lankan music scene. Her mentor is Prof. Udaya Annakkage, faculty member of University of Manitoba and he is also from Winnipeg.

Successfully completed their task in Manitoba Province, three of them went to conduct two shows in Alberta Province in the city of Calgary on the 6th, and Edmonton on the 7th of April, 2024. ■





## Volunteers really do make a difference! Celebrating Volunteer Week

CJNU has 2.5 paid staff positions, plus several on contract, equalling roughly 5 per cent of our workforce. The remaining 95 per cent are volunteers.

Volunteers with CJNU are giving of their time and talent and expect us to use them appropriately. Every volunteer has a specific assignment and tasks to complete. Individual roles give our volunteers a sense of achievement. They allow them to use their skills, but also provide them with opportunities to learn new skills or build on existing skill sets.

Volunteers today are considerably different from volunteers of yesteryear. Today's volunteer wants to be actively involved, valued, and seen as contributing to the goals of the organization. Without a purpose – and the deserved respect given towards their time, talent and contributions – volunteers move on. At CJNU, it's all about being part of the TEAM and being proud of our Signature Sound. CJNU's volunteers spend many hours creating and delivering our message to our listeners.

Without our 130-plus volunteers, the sound at 93.7 FM would be silenced. There would be no music with live commentary, community information or advertisements. Just the sounds of silence! Our members and listeners would not hear the many live programs our announcers and operators prepare and deliver every day of the week – not to mention, the many syndicated programs broadcast from across Canada.

Age has never been a barrier to being part of the CJNU family. Our demographic in the past few years has shifted, as more young people become actively involved. Currently, our oldest volunteer is 88 – our youngest, 16.

CJNU extends a heartfelt 'Thank You' to every one of our talented and committed volunteers. Without you, we would not be CJNU.

Want to find out more about volunteering? Go to our website at [CJNU.ca](http://CJNU.ca) and complete a volunteer application form (you'll find it under the Get in Touch tab).



## Save the Date – The Teddy Bears' Picnic Returns!

Dr. Goodbear, Manitoba's mascot for hope and healing, is inviting families to save the date for a beloved community celebration! Children's Hospital Foundation of Manitoba is bringing back Teddy Bears' Picnic after a "paws" due to the pandemic.

Mark your calendars – the 35th Teddy Bears' Picnic will take place on Sunday, September 8, 2024 at Assiniboine Park. This special occasion is also Grandparents' Day – a time to celebrate the bond between grandkids and grandparents. Pack a picnic and bring your family to enjoy this all-ages event.

Teddy Bears' Picnic is a Manitoba tradition started by a group of dedicated volunteers more than 35 years ago. The event features activity tents, including the Dr. Goodbear Clinic, put on by frontline staff from HSC Children's Hospital, where kids' teddy bears are triaged and go through a variety of medical tests and treat-



ments including MRIs, X-rays and casting; and the I Want to be a Scientist tent, put on by the Children's Hospital Research Institute of Manitoba (CHRIM), which encourages imagination in fun, science-based activities, and showcases how

they can be used in medical settings.

The goal of Teddy Bears' Picnic is to deliver a fun day for families, while also providing kids with a developmentally appropriate understanding of what may occur in a hospital or research environment, so they will feel comfortable in health care settings.

Since its inception, Teddy Bears' Picnic has welcomed over 1 million children, their teddy bears and families. For 33 years, until the worldwide pandemic, the picnic happened every single year. COVID-19 prompted health restrictions; as well, the staff vital to running the event – like health care teams at HSC Children's Hospital – were needed to attend to urgent needs in the hospital and community. Now, the Foundation is ready to welcome the in-person return of this fun and exciting family event at Assiniboine Park.

Please join Children's Hospital Foundation on Sunday, September 8 to celebrate grandparents, grandkids and our community at Teddy Bears' Picnic!

## Our April Host Sponsor – CancerCare Manitoba

Hearing the words "you have cancer" is the moment everything changes. For the 19 Manitobans each day who hear those words, it is crucial to know there is support. You can provide patients and their families with hope by taking part in the Challenge for Life. Your efforts will assist those on a cancer journey by raising critical funds. As well, you'll protect your tomorrows by reducing your own cancer risk through living a healthy lifestyle. The money you raise will support early detection, local research, clinical trials, world-class treatment and patient care right here in Manitoba.

Challenge for Life returns June 1 to Assiniboine Park, where you can choose either a 20k or 5k walk, or you can Work It by participating in 200 minutes of exercise. You may also register to do your walk or workout virtually (from anywhere) between May 25 and June 1. As a Challenger, you



CancerCare Manitoba Oncology Nurse Jodi Hyman is a participant in Challenge for Life

will have your own personal reason for participating. Be a part of this incredible group of people all moving toward the same goal: a future free of cancer. Since 2008, thousands of Challengers and donors have generously improved the lives of Manitobans with cancer, giving them more tomorrows with those they love.

"I can say first-hand that I can see the difference – how money raised, research and support – has changed the cancer journey for so many patients and their families," said Jodi Hyman, oncology nurse at CancerCare Manitoba and Challenge for Life participant.

Register today at [Challengeforlife.ca](http://Challengeforlife.ca) or call 204-927-5433.

**Challenge for Life**

CancerCare Manitoba FOUNDATION  
All funds raised stay in Manitoba.

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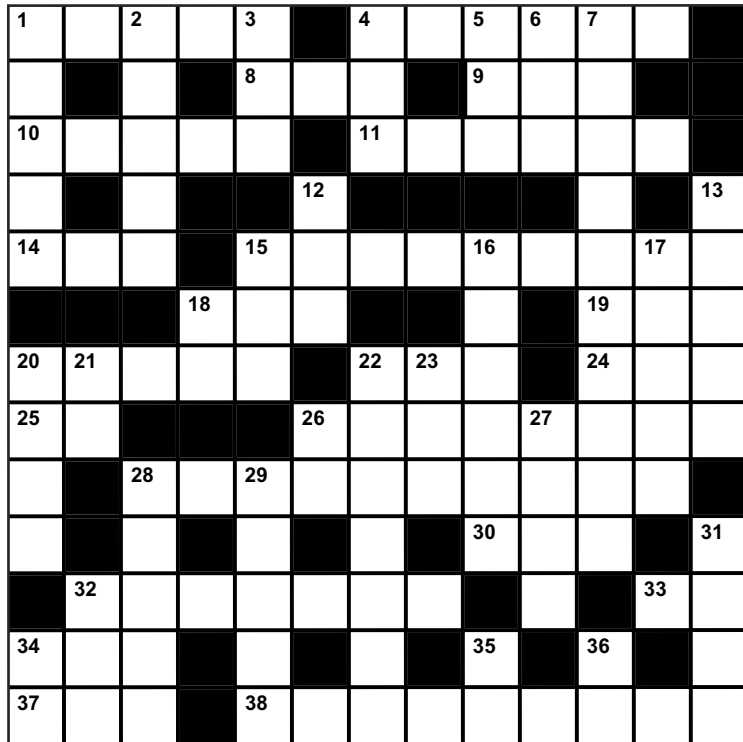
Kristy Stefanson-Tarasoff  
 B.A., BC-HIS, RHAP

**WORDSEARCH - EARTH DAY** By Roni Alward & Senior Scope

REUSABLE LETREGENERATIVE  
 EAMSTGSNJEMGWEXCEPRAW  
 DRARRRAHTCNOMTHONIJPK  
 UTOAELENAAROARANADIRT  
 CHLWPFIAHBHUEAUSDBAJW  
 EOUSROCMBIGFSSECLEAN  
 PLDSPNIRFSATUHTRTREES  
 FNATURELEBFIATBVILDMS  
 PROTECTMRS LNRTMEBSUQW  
 GOBSMOGAPRTOFHJARSCIK  
 FECOLOGYETSACMDEGLASS  
 LIGHTSSHERYYTAVIEWJTVC  
 DBBXOTTPABINRILANDILE  
 AIWAOELLHHCGRPOYOZONE  
 YCQHGXOEREERODENKANDA  
 GYTOZSYESDREPRESOURCE  
 FCTIRBTGOMP EQOZOC EANL  
 OLOEOTA IENERGYWPANELH  
 OEPAINBCANS DGPMEFEBFE  
 DACLLAGRICULTURERGM SL  
 PSISEEDSCDEN DANGEREDP

**CROSSWORD -** By Myles Mellor

- ACROSS**
- Easter creature
  - Traditional Easter cake
  - Time period
  - Mom often has a \_\_\_ of treats at Easter
  - Traditional Easter meal
  - Spring is a time of \_\_\_
  - Towel word
  - Easter eggs are often made of this
  - Cultivate the garden
  - Historic beginning
  - Looks for eggs!
  - French for key
  - Energy
  - Used before a vowel
  - They often come to Easter dinner!
  - Candies given out at Easter (2 words)
  - Make a hole for a new plant
  - Egg containers
  - Hello!
  - \_\_\_ cushion
  - Exerciser's target
  - Eggs are often \_\_\_ at Easter



- DOWN**
- Easter celebrates the new \_\_\_ of Christ
  - Comes closer
  - Even so
  - Cul-de-\_\_\_
  - Entrepreneur's degree
  - Indian bread
  - Easter tradition in the south (2 words)
  - That girl
  - Marshmallow chicks
  - Lettuce
  - Unwrapped, a present for example
  - They go green in spring
  - Height, for short
  - Easter bonnets!
  - International body
  - Having a hidden meaning
  - Retriever, for short
  - Guidelines, abbr.
  - DIY project fastener
  - Common pants
  - Enjoyed
  - Morning chatterbox in the garden
  - Baby wear at the table
  - Father
  - Medical man
  - Tech department

SOLUTION ON PAGE 27

- |               |            |         |               |
|---------------|------------|---------|---------------|
| Acid          | Day        | Habitat | Protect       |
| Action        | Dirt       | Help    | Reduce        |
| Agriculture   | Dump       | Home    | Reforestation |
| Air           | Earth      | Land    | Regenerative  |
| April         | Ecology    | Lights  | Resource      |
| Atmosphere    | Education  | Litter  | Reusable      |
| Bags          | Empty      | Local   | Rivers        |
| Bees          | Endangered | Nature  | Save          |
| Bicycle       | Energy     | Ocean   | Seeds         |
| Bin           | Erode      | Oil     | Smog          |
| Biodegradable | Exhaust    | Oxygen  | Solar         |
| Bottles       | Flowers    | Ozone   | Sort          |
| Brown         | Food       | Panel   | Streams       |
| Cans          | Footprint  | Paper   | Sun           |
| Change        | Garbage    | People  | Together      |
| Clean         | Glass      | Plant   | Trash         |
| Coal          | Grass      | Polar   | Trees         |
| Conserve      | Green      | Power   |               |

SOLUTION ON PAGE 27

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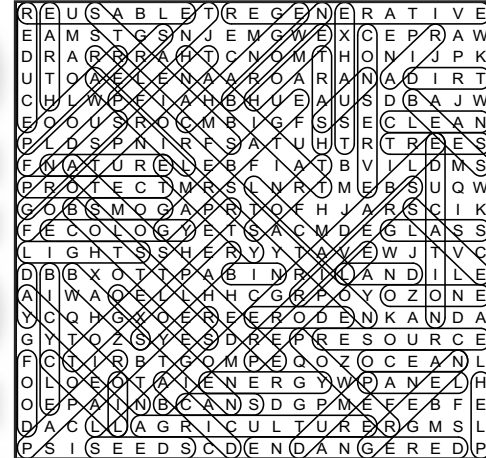
SUDOKU - Medium By Senior Scope

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

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 TO RIGHT

WORDSEARCH - Solution



SUDOKU - Solution

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

CROSSWORD - Solution

|    |   |   |    |   |   |    |   |   |   |    |    |   |   |   |    |    |   |   |   |
|----|---|---|----|---|---|----|---|---|---|----|----|---|---|---|----|----|---|---|---|
| 1  | B | U | N  | N | Y | 4  | S | I | M | 7  | N  | E | L |   |    |    |   |   |   |
|    | I | E |    |   |   | 8  | E | R | A | 9  | B  | A | G |   |    |    |   |   |   |
| 10 | R | O | A  | S | T |    |   |   |   | 11 | C  | H | A | N | G  | E  |   |   |   |
|    | T | R |    |   |   | 12 | S |   |   |    |    |   |   |   |    | 13 | P |   |   |
| 14 | H | I | S  |   |   | 15 | C | H | O | C  | 16 | O | L | A | 17 | T  | E |   |   |
|    |   |   |    |   |   | 18 | H | O | E |    |    |   |   |   | 19 | P  | R | E |   |
| 20 | H | U | N  | T | S | 22 | C | L | E | 24 | P  | E | P |   |    |    |   |   |   |
| 25 | A | N |    |   |   | 26 | G | R | A | N  | 27 | N | I | E | S  |    |   |   |   |
|    | T |   | 28 | J | E | 29 | L | L | Y | B  | E  | A | N | S |    |    |   |   |   |
|    | S | E |    |   |   |    |   |   |   | 30 | D  | I | G |   | 31 | B  |   |   |   |
|    |   |   |    |   |   | 32 | B | A | S | K  | E  | T | S |   |    | 33 | H | I |   |
| 34 | P | I | N  |   |   |    |   |   |   | 35 | D  |   |   |   | 36 | I  |   | R |   |
| 37 | A | B | S  |   |   |    |   |   |   | 38 | D  | E | C | O | R  | A  | T | E | D |



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# LAUGH A LITTLE

Have you heard how the Tornado met the Hurricane?  
There's a twist at the end.

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If exercise prolongs life, why is it that the rabbit that is always jumping only lives for about two years, yet the turtle that moves slowly and doesn't exercise at all, lives over 200 years.  
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### WANTED ITEMS

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

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