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Vol. 22 No. 4 | Oct 10 - Nov 9/23

# Senior Scope

Happy Seniors' and Elders' Month - October

## Joey Gregorash - On this day we stand together

By Bud Ulrich



A MANITOBA MOMENT

Bud Ulrich



Joey Gregorash - Canadian singer and musician from Winnipeg



I received a phone call from a good friend one Monday morning. In our conversation my friend told me that Joey Gregorash knew of me, and wondered if I recognized his name. My mind went blank, and after a lengthy pause, I asked if he played for the Winnipeg Blue Bombers. Wrong! The phone was on "speaker" mode and there was much laughter in the background. I was informed Joey Gregorash is a Canadian singer and musician. At that moment, Joey came on the phone and we had a very nice chat. I apologized for my ignorance and attempted to provide reasons. I mentioned obviously he is famous, and he replied, "I try to be". Almost everyone I speak to knows Joey Gregorash, or at the very least knows his name. Having been heavily involved in sports, I didn't have extra time to become aware of any well-known vocalists or musicians. That's my excuse, and I'm sticking to it!

I got in touch with Joey a few days later and mentioned my partner and I would be attending his performance at Club Regent. I asked if we could meet him afterwards. He agreed and said he would be in the lobby following the show. It was a sold-out perform-

ance, largely attended by seniors, although a few younger folks were there as well. Joey is 73 years of age, but he pranced around the stage like a 35-year-old. Several talented musicians and a wonderful female vocalist accompanied Joey and provided a first-class performance. Songs from the 60s and 70s filled most of the evening. Joey mentioned he had received some training in voice and sang Andrea Bocelli's signature song from *Les Miserables* called *Con te Partiro*. This thrilled the audience, especially when Joey's voice carried a strong ending note that gave us shivers up our spines.

A few weeks later, on a beautiful summer evening, we visited Joey at his home in Assiniboia. His back yard is quite unlike any other. With several pieces of well-worn furniture, Joey has created a unique setting for everyone to feel happy and relaxed. The picture tells it all! He developed a new game with bocce balls and a bowling pin which was in a painted

circle in a corner of his yard. I'll leave out the scoring for another day.

Joey grew up in Winnipeg. Music became his passion, especially when the Beatles came upon the scene. After watching them perform on the Sunday night *Ed Sullivan Show*, they were a major influence on Joey's career in music. Ringo was his favourite, and he wanted to play the drums just like him. He also tried the violin for a few months but quickly learned that no rock 'n' roll group had a violin. Joey joined the *Mongrels* as a drummer in 1965. The band's original lead singer was pulled out of their group 45 minutes before they were to play at Maples Community Club because of his parents' worries about his failing grades. Because of this, the group needed a singer and Joey became their choice as he knew the lyrics and he was good. He has not forgotten his first song ever, "Route 66". Initially he didn't

Continued on page 8



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# Senior Scope

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**Senior Scope** is available for **FREE** at many locations in Winnipeg and rural Manitoba, by **email subscription**, **online** at [www.seniorscope.com](http://www.seniorscope.com), and by **mail subscription** for a fee.

**Mail Subscriptions:**

30.00 + 1.50 gst (31.50 total)  
12 issues/1 year. Pay by cheque, money order or e-transfer payable to:  
**Senior Scope, Box 1806  
Stonewall, MB R0C 2Z0**

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## Active Aging in Manitoba (AAIM)

Inspiring active lifestyles



# October – Seniors and Elders Month

By Linda Brown, Executive Director



Linda Brown, Executive Director, AAIM

Welcome to fall and **Seniors and Elders Month**. Each year in October we recognize the older adults in our population and celebrate their contributions to their families, friends, and their communities. In October we also celebrate **Active Aging Week** which is an internationally recognized week to encourage older adults

to get active and celebrate their achievements. Active Aging Week is a good time for group activities which provides opportunities for socialization.

Now that fall is upon us many programs and group activities that may have been suspended over the summer are back in full swing. Joining a physical activity program can provide health benefits and opportunities to be social at the same time. The importance of social connections in our lives cannot be overstated.

In a recent study in the *British Medical Journal* "Social Activity linked to lifespan in adults 60+" – researchers found that frequent socializing may extend the life span of older adults. Most studies in this area have been

done in the Western world – so these researchers reviewed the Chinese Longitudinal Healthy Longevity Survey. This survey, that started in 2002, included older adults living independently. Results demonstrated that more frequent social activity was associated with significantly longer survival. The greatest increase in survival was seen in the older adults who socialized every day.

In a recent study in the *Journal of American Geriatrics Society* factors were reviewed that may contribute to developing dementia. Researchers found that people who were socially isolated had a 28% higher risk of developing dementia.

In the Blue Zones – areas of the world where people live the longest, we find that people are physically active, eat a healthy diet, and place high value on the connections with their community, friends, and family. Japan has the highest life expectancy in the world. Japanese older adults who live in a Blue Zone credit their good health and longevity to several factors but high on their list is regular physical activity, strong family, and friends' connections, getting enough sleep and eating a plant-based diet.

So, if all these factors have you thinking you need to make some changes here are few tips:

- Find a physical activity you enjoy; invite a friend to join you.
- Look for physical activity opportunities at your local community centre, recreation centre, Senior association, or within your building.
- Socialize while you are being physically active; join a group.
- Learn something new; support good brain health.
- Volunteer in your community to make some local connections.
- Don't let the change in weather affect your connections with friends and family.

Interested in learning more about the Blue Zones? See the Netflix documentary "Live to 100; Secret of the Blue Zones"

At **Active Aging in Manitoba**, we are excited to announce that we kick off the **2024 Manitoba 55+ Games** with a curling event, March 5-7 at the Brandon Curling Club. For more details check our website:

[www.activeagingmb.ca](http://www.activeagingmb.ca) or contact us at **204-632-3947**.

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## CONGRATULATIONS TO ALL OF THE SENIOR SCOPE CONTEST WINNERS!

Thank You to all who entered and shared what makes you smile. We will share some of your answers in the November issue of *Senior Scope*.

When we asked, 'What Makes You Smile,' most of you said, 'Grandchildren make you smile.'



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# My Uncle Leonard

By Myles Shane



Leonard Shane with one of his paintings



Leonard had a wide range of painting subjects and styles.

Leonard's hands moved across an imaginary canvas, painting a vision of his heavenly future – his cherished wife, Linda, and their three children, Jason, Darren, and Jeremy, forever united in a timeless embrace of love and togetherness.

### Waikiki

Jeremy, the adult son of my late uncle Leonard, fondly recalls his parents' enduring love for vacations "My mom and dad always loved Waikiki and wanted to share that special place with us," he reminisces. "I have cherished memories of family vacations to Waikiki with my mom and dad, alongside my brothers. My dad had an affinity for being there and capturing our moments through photography. Back then, posing for the camera might not have been our favourite activity, but today, those photographs adorn the walls of my parents' house. He understood the profound significance of those moments and sought to preserve them in time."

### August 2023

August 2023 brought with it a bittersweet farewell. As the world transitioned into a new season, I had the privilege of engaging in a poignant conversation with my uncle Leonard via telephone. His voice bore the weight of frailty, weakened by the relentless challenges posed by cancer and kidney failure. Yet, despite the physical toll, his indomitable spirit remained unbroken—an enduring testament to the strength that defined him.

In his final days, Uncle Leonard found solace in the loving embrace of his family, his devoted wife, Linda, and their three sons, Jason, Darren and Jeremy—along with their respective families. It was a poignant reminder of the enduring

love that bound this family together, a love that remained unwavering until the very end.

The paint laden brush delicately caresses the canvas, leaving behind a tangible trail of artistic expression. Each stroke possesses a deliberate and purposeful quality, yet an undercurrent of spontaneity flows through the artist's hand. It's as if an unspoken dialogue unfolds between the artist and the canvas, with each brushstroke responding to the one that came before it, akin to a silent conversation.

### Winnipeg

Uncle Leonard hailed from the heart of Winnipeg, Manitoba, a city steeped in history and diversity. Born as the second eldest among five siblings, he and my father shared a bedroom in their home on Smithfield Avenue in the vibrant North End of Winnipeg.

### The North End

In the 1940s and 50s, the North End thrived as a vibrant cultural mosaic, weaving together

various ethnic communities like Ukrainian, Jewish, Italian, and Indigenous populations. This neighborhood was a testament to the strength of community bonds and the rich tapestry of heritage. Here, neighbors were more than just acquaintances; they were an extended family, watching out for each other in a place where everyone knew your name. People celebrated their diverse traditions with pride.

Leonard and his siblings came of age in a bustling landscape of local businesses that catered to the eclectic tastes of the neighbourhood. Kelekis Restaurant tempted with its famous hot

dogs and Ukrainian fare, while Rubin's Fine Food delighted with legendary smoked meat sandwiches. "Sals," or Salisbury House, became a beloved hub for burgers and fries. Boryski's Butcher Shop was another local treasure known for its fresh meats and sausages. Red Top Drive-In, served up burgers and other fast-food delights. Nestled within the community was Garwood Grill, a welcoming neighborhood diner that served comforting dishes. Yet, the North End wasn't just about businesses; it housed cultural institutions like synagogues,

*Continued on page 5*



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# Edith Landy - A Proud, Delightful Woman

- By Bud Ulrich



**A MANITOBA MOMENT**

Bud Ulrich

It is not often that I get the opportunity to spend an afternoon chatting with a woman who is 103 years young. Edith lives in her home on Cathedral Avenue in the North End of Winnipeg and doesn't want to move. For the past eighteen years, her son Martin, has been her caregiver and is very fond of and extremely proud of his mom. With humour in his eyes, he says they tolerate each other, but the aura of love is most obvious. I immediately sensed Edith is a very determined but gentle and loving person.

Edith recalls growing up on Stella Avenue, a block west of Aberdeen School, without paved roads in front of their home. Her mother passed away when she was just eight years old, and her grandmother, aunt, father and two sisters raised her. There were four bedrooms in their house to accommodate the entire family. It was somewhat a large home, but years later with new owners removing the veranda, it appeared to be a rather small dwelling.

Edith mentioned they had a summer kitchen (which was a cold room) at the back of the house where they kept their vegetables, because nobody had fridges, just ice boxes. She recalled sitting on the back of the horse-drawn ice delivery wagon with her friends. When the driver returned to the wagon, they got "shooed" off. They continued to hop on the wagon as it went down the street and that's how Edith got lost one day.

Her home had a usable attic which could be accessed by simply walking up some stairs inside the house. The attic included an old leather chaise lounge to relax or play. This area was also a space to store things such as scribbles, and old report cards which she said they really didn't want to save. The cold room or the basement was a place to store cotton sacs of sugar or flour, as ten-pound bags weren't available in those days. An open-air market on Main Street and Dufferin Avenue in a two-block area provided residents the opportunity to purchase food during the weekends.

Edith attended Aberdeen School and St. John's High School. She walked to St. John's every day from her home on Stella and



Edith Landy

Powers to Church and Salter, a little over one mile each way. At noon they had a break of 1½ hrs and she walked home for lunch. This happened year-round regardless of weather conditions, something unheard of in today's world. One day Edith pleaded with her grandmother to let her stay at school for lunch to watch a basketball game. Her grandmother said "No, you come home for lunch - that's what you have legs for!" After the school day was over at St. John's, she attended parochial school for an hour and a half. I asked her if she was a good student, and she quickly said "NO" and with a smirk she added, "Nobody could prove if I was or wasn't."

Well-known Monty Hall (Halparin) also attended St. John's High School and he lived around the corner from Edith's home on Cathedral. She attended St. John's High School 75th Reunion when Burton Cummings (alumnus) performed. Burton lived on Cathedral Avenue as well. His piano teacher lived across the street and Edith listened to them practicing for hours on end.

In 1941 Edith went into nurses training for three years. She was employed by the General Hospital (now Health Sciences). She met her future husband in 1947 and was married in 1949. They had five children, four boys and one girl. The family has grown to nine grandchildren and one great grandchild.

After her children became teenagers, she became a supervisor on the ward at General Hospital, but in fact she claims it was only a



A younger Edith Landy

title. Most of the time she was the only nurse on shift and had to take care of the patients' needs. Coffee breaks were not scheduled. When there was a chance during her shift, Edith took a break. Although she was scheduled to work an eight-hour shift, additional time was required prior to the start as well as additional time after her shift. Overtime was not paid. At the end of her evening shift at 11:00 p.m. she needed to make sure to catch the last bus home. When meetings were called outside of her regular schedule, Edith was not paid for that time. Edith thoroughly enjoyed the challenges of nursing and the needs of the hospital. Her work was demanding and bringing up a family and tending to the needs at home became routine. She continued in this role until her children were self-sufficient. Edith recognized what needed to be done and didn't complain of any hardships. She proudly stated, "You do what you have to do, and just do it!" When Edith resigned from nursing, she had to give six months' notice.

Most of her children pursued further education, and in great detail she described their

*Continued on next page*

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# South Winnipeg Senior Slo-Pitch (aka SWSSP or Winnipeg South) winds up the season with a banquet

- By Debbie Wiebe (SWSSP)



Door Prize Draws every year: (L-R) former President of SWSSP Doug Pratt, Hilda Persad - one of our new Social Committee members for 2024, Gil Meilleur - Treasurer.



Mac Davidson, Life Time Member Award for service and dedication to the betterment of SWSSP.



Metro Hnytko, recognized for volunteer efforts.



Howie Wood, new President of SWSSP for 2024.

Everyone had a great evening at the windup banquet for the South Winnipeg Senior Slo-Pitch league on Sunday, September 24th at the Pembina Curling Club in Winnipeg.

Metro Hnytko has been with SWSSP, and coach of the evening league Winnipeg Night Owls for many years. Metro also organized the Night Owls to play in Batting



Logo on jerseys

for Breast Cancer for a few years. He also organized the selling of Grey Cup tickets for many years. Plus he faithfully handed out *Senior Scope* for everyone to enjoy. Metro's dedication and assistance has never gone unnoticed or unappreciated. Thank You Metro!

Metro has retired from coaching the Night Owls which is now man-

aged By Debbie Wiebe & Russ Hampton.

Night Owls was geared toward seniors that are still working, and wanted to play ball for fun. Being an evening house league, they umpired their own games, and don't keep score.

We are looking to recruit new players and get more teams that want to play us on our Moffatt field Thursday evenings. We are down to one team playing us - the Anola UZ2Bees.

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Women - 50+, Men - 55+.

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Russ Hampton [russ.hampton@live.ca](mailto:russ.hampton@live.ca)

## My Uncle Leonard, cont'd from page 3

churches, and community centers that played pivotal roles in residents' lives.

One of Leonard's closest childhood friends was Earl Palansky, who vividly remembers moving to Smithfield Avenue. "My father died in 1957, and our family moved onto 392 Smithfield around 1959-60, just three doors west of the Shane family." Quickly the boys became close friends. They were the same age and shared an interest in photography, even setting up a darkroom in the Shane basement. They attended West Kildonan Collegiate and entered university together. They spent time at each other's homes, went on trips to Clear Lake and Minneapolis, and Earl even attended Leonard's wedding. Over the years, their friendship continued through correspondence and social media.

Amid this vibrant tapestry, love flowed abundantly within the Shane household, nurtured by dedicated parents, Paul and Pauline. Pauline, a passionate piano teacher, invested her heart in her children's well-being. Paul, the steadfast patriarch, provided unwavering guidance to their household. Initially, Pauline envisioned a future for Leonard in the world of piano, but after a few lessons, it was clear that his heart lay elsewhere. He found his calling in art classes, a passion he embraced throughout his life. As he later shared, "Piano lessons lasted only a few months. I didn't like it. Then I began taking art classes, and it worked. I liked it. But I never painted as an adult until I retired."

### The Artist's Dynamic Palette

Leonard's creative journey was a unique and harmonious dance with inspiration. It refused to be confined by the constraints of a rigid

schedule; instead, it flowed in rhythm with the melody of his soul. There were moments of leisurely respite, and then there were times when he would immerse himself in fervent painting for months on end. His choice of subjects, akin to chapters in a vibrant life narrative, often reflected the tapestry of his daily experiences.

In his early twenties, he embarked on a new chapter in Vancouver, where the breathtaking scenery became a wellspring of inspiration. He found immense joy in capturing the essence of his surroundings. Whether it was the elegant boats gracing the Richmond harbour, the tranquil shores of the Delta, the enchanting local parks, or the picturesque streets of his neighborhood, each canvas became a vessel for preserving a piece of his world. Be it through the careful study of photographs, the vivid recollection of memories, or the boundless expanse of his imagination, every artwork bore the unmistakable imprint of Leonard's deeply personal interpretation.

### Trains and the Allure of Vancouver

While pursuing his education degree at the University of Manitoba, Leonard spent summers working on trains. It was an experience that led to overnight stays in Vancouver. As his wife Linda recalls, "He worked in the kitchen and hated it, but during these visits, he discovered his deep affection for Vancouver." Sometimes, Leonard would stay overnight with his Uncle Harry and Auntie Ruth Saltman, connecting with his family roots.

### The Journey Westward

After four years studying education at the University of Manitoba, Leonard decided he'd had

enough of Winnipeg's blizzards and subzero temperatures. He embarked on a cross country journey, accompanied by my parents, to make Vancouver his new home. During this era, he became roommates with a former Winnipegger Jerry Zipursky and met his future bride, Linda.

### A Grand Wedding and New Beginnings

The union of Leonard and Linda was nothing short of grand. They celebrated their love at the Beth Israel synagogue on August 5, 1969, with 300 guests in attendance. The reception and dinner/dance was held at the Hotel Vancouver (now a Fairmont), setting the stage for a life filled with love and shared adventures.

### A Memorable Honeymoon and Return Journey

For their honeymoon, Leonard and Linda embarked on an adventure that took them to Victoria and Qualicum on Vancouver Island. The journey back was equally memorable, with a train ride that included a pit stop in Jasper.

### Return to Winnipeg and Family Gatherings

Their first year of their marriage was spent in East Kildonan, a time when they were surrounded by the warmth of Leonard's family. Friday night dinners at Baba Paulie's became a cherished tradition, with the entire family gathering in a tiny dining room, a space that had served as one of the kids' bedrooms not too long ago.

The colors in the paintings seemed to come alive, each one more vibrant and intense than the last. They leaped from the palette with boundless energy, eager to make their mark on the canvas. Reds blazed with fiery passion, blues exuded a calming serenity, and yellows radiated warmth like a summer sun.

### The Journey of a Dedicated Teacher

Leonard's teaching career took him to Norquay Elementary in Winnipeg and later to Delta, British Columbia. His commitment to education extended beyond the classroom, displaying the same eagerness to support his students as he did his own children. Leonard told the Independent, "I chose a profession because I wanted to make a living and I loved teaching. It demands lots of creativity. We worked on many creative projects with my classes - creative writing and art - and then I'd hang the children's works all over the school." Fully engaged by teaching, he didn't have the time to think about painting. "Teaching is an immense responsibility," he said. "So many kids have personal issues. Some kids are damaged, and you try to help." For him, teaching was a profound responsibility, and he wholeheartedly embraced it.

### Life in Kerrisdale and Richmond

Before the arrival of their children, Leonard and Linda resided in Kerrisdale, a vibrant neighborhood in Vancouver. Here, they basked in the city's glorious weather and reveled in outdoor activities. However, in 1973, a significant move marked the beginning of a new chapter as they settled into their brand new home in Richmond, where Linda continues to reside today.

### Leonard & Linda's Richmond B.C

Richmond, British Columbia, is an enchanting tapestry of diversity and vitality. Nestled gracefully between the Pacific Ocean and the Fraser River, Richmond stands as a testament to multiculturalism, where a vibrant fusion of cultures and traditions flourishes. Its roots run deep in the history of fishing and agriculture, evolving over time into a thriving metropolis.

This city is celebrated for its culinary kaleidoscope, where residents and visitors alike can indulge in a symphony of international flavors, with a special nod to Asian-inspired cuisine. In Leonard's later years, his artwork found a home in many local restaurants, his vibrant paintings adorning their walls. Richmond's picturesque waterfront areas, notably Steveston Village, beckon with their charm, offering serene strolls, delectable seafood dining, and glimpses into the city's storied past. In many ways, Richmond held echoes of the North End of Winnipeg, where Leonard spent his formative years, a place that left an indelible mark on his heart. Richmond was more than a city to Leonard; it was a canvas of memories, a gallery of inspiration, and a cherished part of his life's narrative.

Leonard's artistic creations also found a second life as postcards, gracing the shelves of gift shops throughout the region, a testament to his enduring impact on the community. Initially, he didn't think about selling his artwork; it was just a hobby, but that changed. "First time I put my paintings out, some kind of outdoor art sale, I was upset that everyone walked past, nobody bought [one]," he said. "Now, I just enjoy the process. I know that we all have different tastes, but the joy of creating art stays with you forever. And I know that, at some point, someone will come along who will love one of my paintings and buy it. One of my wife's friends bought my painting recently. She often tells me that seeing it on her wall every day invigorates her. It's very rewarding."

### A Loving Father Remembered

As Jason stood before the assembled crowd of friends and family at the Beth Tikvah Cemetery, there wasn't a dry eye to be found. His words carried the weight of a lifetime of memories, paint-

Continued on page 8

## Edith Landy, cont'd from page 4

jobs. I was astonished at the amount of information she provided. This was a moment for Edith to convey how proud she was of her children.

While Edith claims her artistic knowledge of music is limited, she loves attending the Winnipeg Symphony Orchestra and the Royal Winnipeg Ballet. She fondly remembers Max Tapper, former Executive Director of the WSO, and the fluid motion of Maestro Kazuhiro Koizumi.

As part of Edith's commitments to the Jewish Foundation of Manitoba in honour of her father, she and her sisters have established the Joseph Freiden Scholarship for

Yiddish studies, as his legacy and commitment to community.

With the help of Edith's home care team, she spends her time watching the news of the day, chatting with family and friends, as well as cooking and baking. A life of banality is not part of her world. I asked Edith what message she could provide to the youth of today. After some thought she stated, "One has to have rights, but they also have to know that others have rights too." ■

If you have a story, please get in touch - [bulrich50@myrmts.net](mailto:bulrich50@myrmts.net)



ADVERTISING FEATURE

# 2023 Care4u Family Conference: Learn the Latest About Dementia & Caregiving Strategies

- Alzheimer Society of Manitoba

The Alzheimer Society's annual **Care4u Conference** is an educational event held for family and friends caring for people living



Janet Fritsch with her mom.

with dementia, featuring local and national health care and community professionals who will speak on the latest about dementia, caregiving strategies and community resources while empowering care partners to prioritize their well-being.

This year's theme, "**Building a Community of Empowered Care Partners**" will include presentations exploring topics including caregiving strategies when abilities change, different types of dementia, complex legal situations, transitioning into long-term care, ambiguous loss and grief, medications and more.

"The information available through Care4u is so valuable," says Janet Fritsch, who attended two previous in-person Care4u conferences.

"We were just at the beginning of our dementia journey with my mom when I went to my first Care4u in 2017. It helped me figure out what to do next and understand what to expect," she says. "It was really encouraging for me as a care partner."

Janet's sister was able to attend the 2019 Care4u conference with her, which Janet says was very beneficial for their family.

"My two sisters and I have cared for my mom and each of us wore a different hat based on our own gifts. Care4u helped my sister figure out what her gifts were," says Janet. "I'd encourage everyone to attend Care4u with a family member or another caregiver in your life because you'll be more on the same page and a stronger team for your family member."

For Janet, Care4u helped strengthen her mom's trust in her as a caregiver.

"My mom felt I understood her, and that took away some of the fear that I wasn't trying to change her," Janet says. "I picked some of that up from Care4u, ways I could do things that made her feel she was valued. She trusted me a lot."

Janet says there is something for everyone at Care4u, regardless of where you are on the dementia journey.

"We're all learning as we go, and all make mistakes. But Care4u helps us make better, more informed choices as caregivers."

**Care4u 2023** takes place on Saturday, **October 28** from 9 am to 3:30 pm at **Canad Inns Destination Centre Polo Park**. The cost of attending is \$50, which includes a hot lunch. The event provides guests with caregiving education, information and resources

from exhibitor booths and is a great opportunity for care partners to come together and share their experiences with one another.

Visit [Alzheimer.mb.ca/care4u](http://Alzheimer.mb.ca/care4u) for more information on this year's event and to register.

*See advertisement on front page*

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Mixed Mushroom  
Risotto

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# Grand Opening of Golden Rule Seniors Resource Centre: An inclusive Hub, Combating Social Isolation, Enhancing Digital Literacy, and Promoting Social Prescribing

Community members were invited to celebrate the grand opening of the Golden Rule Seniors Resource Centre on September 12th. It featured the new facility, interactive demonstrations of programs, and opportunities to meet staff and volunteers.

Sherri Rollins, City Councillor for Fort-Rouge East Fort Garry, advocated on behalf of Golden Rule which helped kick start programming. Connie Newman, Executive Director of Manitoba Association of Senior Communities also was instrumental in helping the Centre open its doors again after a long hiatus due to the Covid pandemic.

The Golden Rule Seniors Resource Centre, a leading nonprofit organization dedicated to improving the lives of seniors, is thrilled to announce the grand opening of the Golden Rule Seniors Resource Centre. This innovative facility aims to address the challenges faced by fixed-income/impooverished seniors in the River - Osborne community, and beyond, by providing a welcoming and inclusive space where they can access vital resources and programs, participate in en-

gaging activities, and alleviate isolation by fostering new friendships.

Our mission is to combat social isolation, enhance digital literacy, and promote social prescribing as key strategies for improving the overall well-being and quality of life for older adults.

Digital literacy has become increasingly important in today's technology-driven world.

Marsha Palansky, the Resource Coordinator, told *Senior Scope* that in January, the Centre will launch a new program called **Dig-IT** - an initiative by HelpAge Canada designed to provide seniors with access to technology and support to help them develop their digital skills. The program is six months and participants get a free tablet to use. A digital coach will assist them with the learning process. All 'graduates' of this six-month program will be gifted the tablets at the end of the program. The Centre can also assist with the cost of internet in their homes and provide bus tickets to help you get to the centre, as well.

Another program set to launch in January is called **Reimagine Aging**. This program



**Chas - Board Member made some announcements on the Grand Opening and programs that will be available at the Golden Rule Seniors Resource Centre.**

offers seniors an opportunity to explore and engage in discussions about the aging process, its potential impacts on themselves and

others, and how older individuals can actively address the challenges posed by aging. Participants are provided with printed program materials and a USB stick with program videos. It's once weekly for 90 minutes for six weeks. For more information on these programs, please call **204-306-1114** or email [goldenrule@swsrc.ca](mailto:goldenrule@swsrc.ca).

Social prescribing is an innovative approach that recognizes the holistic nature of health and well-being. Through partnerships with local healthcare providers, we will facilitate access to non-medical support and resources, such as physical activities, creative arts programs, and support groups. By prescribing these community-based interventions, we aim to promote seniors' overall wellness, independence, and happiness.

The Golden Rule Seniors Resource Centre is committed to being barrier-free and inclusive.

For more information, please contact Martin Landy at **204-478-6169** or [goldenrule@swsrc.ca](mailto:goldenrule@swsrc.ca) ■

## Joey Gregorash, *cont'd from front page*

know all the words but easily improvised. The audience enjoyed Joey's performance and he really loved his role as lead singer, particularly the interaction with female fans.

Although Joey spent most of his time in Winnipeg, Memphis was another place he liked. In the 70's he had the opportunity to go there and record a solo album at the legendary Stax/Volt Studios. Joey felt Memphis was almost like Winnipeg with a southern drawl. He says Winnipeg is like an old shoe, it's "sooo" comfortable, and he doubts he will ever move.

Many good things have happened to Joey in Winnipeg. He played with the Mongrels back in the 60's - recording five singles for the local Franklin label with two albums released, acquired a solo record deal in 1971, and won a

Juno award for Most Promising Male Vocalist for Down by the River. In the same year he lost to Gordon Lightfoot by one vote for Best Male Vocalist in the same ceremony/category. He could have won two Junos, but he felt there is honour in "losing". It meant the world to him, and he still feels the importance of being in the same company as Lightfoot. He hosted the local CTV children's show *S'kiddle Bits* in the 80s. Since Joey was 15 years old, he continued to make a living entertaining. Sometimes, his father would ask him, "You made how much last week?"

Joey's father played the violin mostly at barn dances and weddings. A lot of people thought his father's name was Jim Gregorash. However, his father's name was Tony

or Anthony. One scary morning Joey received a call from someone, whom he can't recall to this day, saying "I'm sorry to hear about your father." Joey was confused and asked what he meant. The caller said, "I heard he passed away yesterday". Joey's response was "Oh my God". He hung up the phone and immediately called his dad. His dad answered the phone, much to Joey's relief! After this experience, he discovered there was a fiddler named Jim Gregorash who did Ukrainian weddings and released albums. People thought Joey was related to him, but that was not the case.

There was a very difficult time in 2008 for Joey and his wife Janine, and he spoke to us about losing their beautiful daughter at the age of 23. He said, "There's nothing worse in life than losing a child." Sadly, his wife

passed away recently, and he wrote a song for her called "My Life Sings".

The big three solo hits Joey is most noted for are Jodi, Down By The River, and Together (The New Wedding Song). People often ask about his song Jodi. Who is Jodi? The meaning of the song is given away in the first couple of lines. Jodi is a good name for people who are free, Jodi stands for freedom, instead of a reference to being a "hippy", and if you wanted to live in peace and freedom, you were called a "Jodi".

Joey is a remarkable entertainer. Obviously, age hasn't hampered his ability to belt out the tunes. I look forward to his next performance! ■

*If you have a story, please get in touch - [bulrich50@mymts.net](mailto:bulrich50@mymts.net)*

## My Uncle Leonard, *cont'd from page 5*

ing a profound portrait of the boundless love he and his brothers held for their cherished father, Leonard. With tears glistening in his eyes, he began, "Finding words that truly capture the depth of our love for him is an impossible task. The memories of our childhood with Dad are etched in our hearts - from those treasured fishing trips to days at the batting range, from the simple joy of playing catch to the exhilaration of shooting hoops. His warm, loving embrace awaited us every time we arrived, and he ensured our farewells were just as tender."

Jason continued, his voice quivering with heartfelt emotion, further delving into his father's remarkable character and the warmth Leonard extended to their spouses, "He welcomed and embraced my wife, Amie, Darren's wife, Masumi, and Jeremy's wife, Shino, with the same affection he reserved for us. This love flowed both ways. Masumi kindly cut Dad's hair at their home every month over the past few years, Shino visited Dad at Vancouver General Hospital during her work breaks, and my wife, Amie, tirelessly ensured Dad received the medical care he needed. My father adored his grandchildren. I recall the countless times he spent painting with my children, Elsa and Aidan.

Perhaps the most profound tribute came as Jason spoke about the remarkable bond his parents shared. "he was a devoted husband. Just this past Saturday, my father and mother celebrated their 54th wedding anniversary. Their love story was marked by cherished meals together, a tradition as old as my memory. In our childhood, every Saturday, Mom and Dad would arrange for a babysitter so they could enjoy a special date night together. When I asked my brother Jeremy to capture the essence of their marriage, he aptly

described it as, "They delighted in long car rides together, and they could often be seen strolling hand in hand, right up until the very end."

### Retirement

At 58, Leonard embarked on the journey of retirement. "I pondered, what shall I do with my newfound days?" he reminisced. "That's when I delved into the realms of photography and painting. It allowed me to create art on my terms." He also ventured into the world of Toastmasters for a brief period. "Speaking in front of an audience made me feel truly alive," he mused. "Expressing myself has always been a vital aspect of any artistic pursuit for me. This is the essence of my paintings. Each canvas becomes a conduit for my emotions in the present moment. Some pieces exude a gentle, soft quality, beckoning for the subtlety of watercolors. Others burst forth with vigor and intensity, finding their form in vibrant acrylics. Every stroke of the brush brings forth something from within, a spontaneous flow that cannot be coerced."

Leonard's artistic spirit continually yearned for new horizons. "During a recent trip to Mexico," he shared, "I would often venture to the beach alone, sketchbook in hand. Capturing the essence of a place and painting in the open air are my passions. It's an experience heightened by the embrace of nature."

### The Diagnosis

In the year 2019, Jason recalls, "My dad had been under the care of a urologist who noticed a decline in his kidney function." Simultaneously, Leonard had been grappling with a sense of unwellness and persistent back pain. Jason elaborates, "My wife, Amie, accompanied my mom and dad to the hospital ER, where

medical professionals determined that he was suffering from kidney failure. Additionally, a CT scan revealed an anomaly on his lumbar spine, which was later diagnosed as multiple myeloma, a type of cancer."

### Treatment

As the year 2020 dawned, the world found itself ensnared in the relentless clutches of the Covid-19 pandemic. Leonard, in his battle against cancer, faced the formidable combination of chemotherapy and dialysis to combat his illness. At one juncture, he found himself hospitalized during the peak of a vicious Covid-19 surge, with the virus breaching the very confines of his hospital ward. In those challenging times, visitors were prohibited, and his sole connection to the outside world became his trusty cellphone.

### The Conversation

I recall a conversation I shared with my uncle Leonard last winter. I marveled at the daunting prospect of thrice-weekly dialysis for the remainder of his days. His response, nothing short of extraordinary, resonates in my memory: "I'm fortunate. Forty years ago, dialysis did not exist, and I would have died." His ability to unearth silver linings, to transform adversity into opportunity, defined his extraordinary character. To him, every situation held a different perspective, a brighter facet.

As the brush dances upon the canvas, colors merge and blend, birthing new hues and textures. The canvas becomes a tapestry of emotions, an embodiment of the artist's inner world. It underscores the art's profound ability to evoke emotions, narrate tales, and encapsulate the human experience. With every brushstroke, the canvas breathes life, narrating a tale uniquely its

own. It's a narrative of creativity, ardor, and the boundless possibilities of the artistic journey. As we gaze upon this work in progress, we are reminded of the profound beauty that can emerge from a mere stroke of a brush.

### His Final Months

Darren, Leonard's second eldest son, reflects on his unwavering support for his father with heartfelt affection, "My father endured a long period of suffering, yet he never ceased to fight for more moments with his beloved wife and children. I made it a daily priority to be by his side, offering assistance whenever possible. Whether it was helping him move, providing emotional support, or being there for him in every way imaginable, I was always ready to step in."

"In his final months, as his strength waned and fatigue grew more overpowering, the challenges mounted. But my commitment to him remained unshaken. My father holds a special place in my heart, and his memories and warm smiles continue to radiate within me, reminding me of the profound bond we shared."

### Home

In the early hours of August 9, 2023, a surreal and profound moment unfolded. Leonard had peacefully passed away, leaving behind the physical world to embark on a journey to a better place. It was as though he had transcended the boundaries of time and space.

In this ethereal realm, Leonard's hands moved across an imaginary canvas, painting a vision of his heavenly future - his cherished wife, Linda, and their three children, Jason, Darren, and Jeremy, forever united in a timeless embrace of love and togetherness. ■





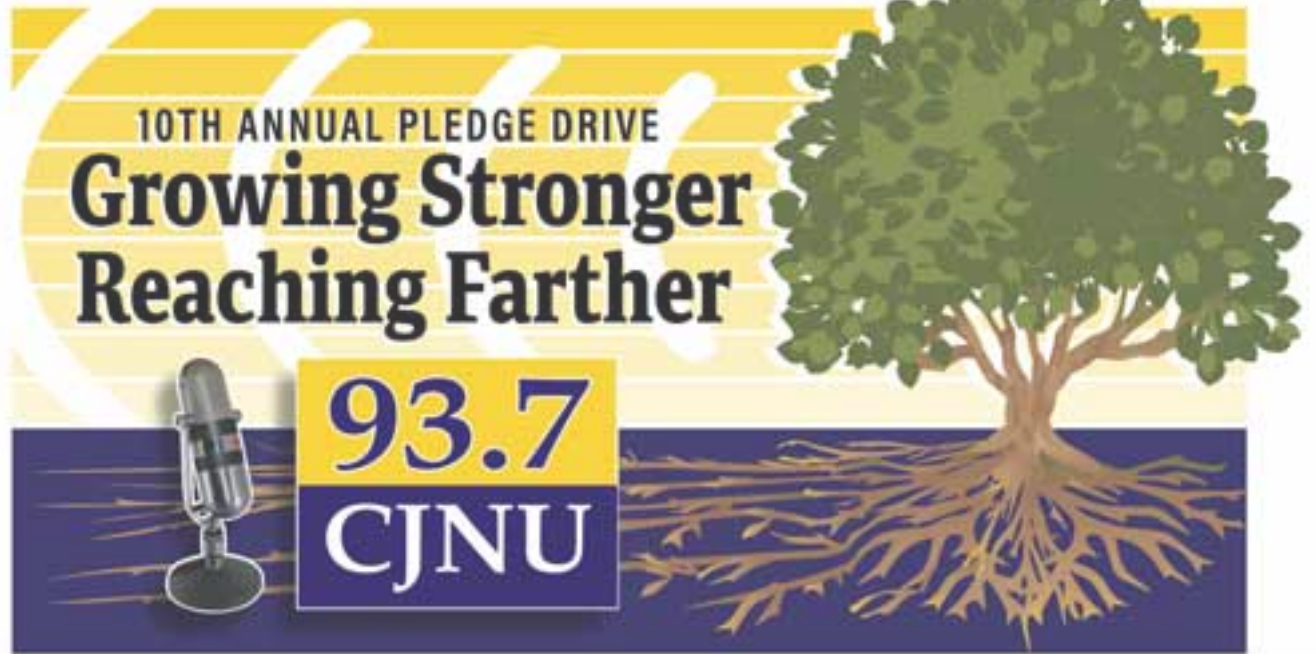
CJNU's 10th Annual Pledge Drive is coming up fast – taking place from October 19 through 21. This year, our theme is **Growing Stronger, Reaching Farther** – something we feel reflects both where we've come from over the past few years, and where we're going in the years ahead.

During our first Pledge Drive in 2014, 230 individuals committed \$15,000. Last year, over 500 individuals pledged almost \$75,000. We sincerely hope to meet or beat that figure in our 10th year... with your support.

As we grow, it's good to reflect – remembering that the flame burning at the core of everything we do at CJNU remains the same today as it did when we started: sharing the greatest music ever recorded and shining a light on the good in our community. We continue to carry and protect that flame through a process of evolution, not revolution. Together, we have the privilege of being able to enjoy the past through the lens of the present. It's hard to believe just how far we've come in such a relatively short period of time. Truly, we have been **Growing Stronger** and **Reaching Farther** in all that we do.

This year, we completed a major capital infrastructure project – work which would have been quite literally impossible without your support. Thanks exclusively to the support of our Pledge Drive, we have been able to invest nearly \$100,000 over the past three years in transmitter equipment, computers, broadcast consoles, physical studio improvements and new broadcast software. In May of 2023, the CRTC approved our request to increase our FM broadcast signal to better serve our listeners in Winnipeg and the Capital Region. Our web stream was listened to over a million times in the past 12 months. All proof positive that we are **Growing Stronger** and **Reaching Farther**.

With the major capital work complete, and our reserves somewhat reduced, we turn to face the realities of the present. The simple



Make your Pledge at [CJNU.ca](http://CJNU.ca) today and support non-profit community radio!

day-to-day costs of running a radio station are substantial... and it is only through the direct support of our listeners during our Pledge Drive that we are able to balance our books each year. And, as we try to plan for the future, we want to increase our capacity to serve our community.

Over 120 volunteers and only 4 paid staff power CJNU – and we want to invest in training our folks. We also hope to replenish our Rainy-Day Fund to ensure we can weather any storm that we may face. You guessed it. We want to keep **Growing Stronger** and **Reaching Farther** – but we can only do that with your help.

Inflation is hitting us all hard – as individuals, as organizations, as a community. Your contribution to our Pledge Drive this year perhaps means more than it ever has – and we want to recognize your generosity by giving back in as many tangible ways as we can. For each of the first 300 pledges of \$30 or more, Peak of the Market will be donating 30 lbs of veggies to Harvest Manitoba. In supporting CJNU, you are quite literally nourish-

ing the community.

Thanks to the generosity of CJNU volunteers, community members, and organizations who wish to lend a hand, we have a number of superb prize packages to offer once again this year. And, if you choose to pledge \$60, \$125, \$250 or \$500, you're eligible for some great incentives – plus, we have a unique and exclusive gift for those who choose to donate exactly \$93.70!

To learn more about this year's prizes and incentives, head to our website at [CJNU.ca](http://CJNU.ca) for the latest information - or look out for something from us in your inbox or in the mail in the run-up to the 19th!

But you don't have to wait to donate! If you make your pledge before October 18 at midnight, you'll be entered into our Early-Bird Prize Draws - plus all pledges of any amount will be entered into our Grand Prize Draws, too!

Thanks in advance for your support, as together we are **Growing Stronger** and **Reaching Farther!**



### October is Seniors Month!

CJNU is pleased to welcome the Aging Well Together Winnipeg Coalition as our host sponsor for October as we support them in celebrating Seniors Month in Manitoba.

We recognize seniors as a growing and thriving segment of our population and strive to provide opportunities for older adults to enhance their health and mobility and engage meaningfully with their communities.



Find us @CJNU937 on Social Media | Visit [CJNU.ca](http://CJNU.ca) to learn more!

# Cook! ... Where's my dinner!

By Trish Bennett

Many of you might remember this saying from a famous Saturday morning cartoon where a certain bunny was about to be served as hasenpfeffer (stew) to the King. It made us laugh then, but unfortunately with today's food insecurities on the rise, this saying may no longer be funny.

According to Food Banks Canada, 2022 saw 45.4% of single-family homes using food banks. A staggering 49% using a food bank are on social assistance or disability related supports. Of those accessing food banks, only 1 in 7 are employed, and only 1 in 9 are receiving a pension income. The data shows that over 1.4 million visits were made to food banks in Canada in 2022.



Trish Bennett

Although 9 months have come and gone in 2023, we are well on our way to surpassing last year's numbers. In fact, it is expected that 60% more people per month (compared to 2022), will visit a food bank this year.

Now, all of this is based on Canada-wide statistics, but how does that break down into our neighbourhoods. With the rising costs of food, and the stagnant rise in income, many of us are struggling to put food on the table. In fact, according to Harvest Manitoba's 2021 survey, over half (54%)

said that it wasn't unusual for them to skip a meal in order to pay for something else. A fact that may surprise many.

On the grand scale, we struggle to see how we can help, but on a smaller scale there's no doubt we can make a difference. Just ask Megan, Lexi and Elise of **Support For Seniors** how they plan to make a difference.

**Good Neighbours Active Living Centre's** Support For Seniors received funding from Victoria Hospital Foundation & Victoria Lifeline to kickstart a pantry that will assist their 55+ residents. Once a month, residents can register, receive a voucher, and shop the pantry to help them fill the gap.

The Support For Seniors luncheon opened with words from invited guests: Victoria Lifeline & Hospital Foundation, MP Raquel Dancho, and GNALC's Executive Director, Susan Sader, and ended with the traditional ribbon cutting on a passion project everyone hopes will start a trend!

For more information about GNALC's Support For Seniors pantry, donating, volunteering, and other initiatives, visit their website: [gnalc.ca](http://gnalc.ca)

If you, or anyone you know, are in need of Food Bank services visit [www.mb.211.ca](http://www.mb.211.ca) or call **211** for guidance.

*If you cannot feed a hundred people, then feed just one.* - Mother Teresa

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# Home Sweet Home

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.

## FEATURED IN THIS SECTION ARE:

- Misericordia Terrace
- Total Tub (a division of BGP & Handy Hands Construction)
- Executive Suites by Roseman
- Heart to Home Meals
- KLD Law
- Royal LePage (Amanda Flintoft and Tee-Jay Furgala)
- Canoe Club - All Inclusive Retirement Community
- Fred Douglas Heritage House
- Fred Douglas Chateau
- Fred Douglas Place
- Riverbend Moving & Storage
- Manitoba Life Lease Occupants Association or MLLOA
- The Courtyards at Linden Pointe

## Misericordia Terrace in the Heart of the City

- Submitted

Misericordia Terrace, located on Wolseley Avenue, between Sherbrook and Maryland Street in Winnipeg, is now open.

Misericordia Terrace offers adults (55+) independent, active, healthy assisted living in the heart of Winnipeg.

Misericordia Terrace is a non-profit, independent assisted living community with individual suites, boasting a dedicated, on-site team of staff including reception and housekeeping, welcoming dining room servers and a Red Seal chef in the kitchen, plus on sight management. New tenants describe feeling cared for and at home.

Monthly rent for a one-bedroom suite starts at \$2250 per month (two-bedroom apartments available from \$3175 per month) and includes:

- Lunch and dinner served daily in the bright and airy Rosalie Dining Room,
- Weekly housekeeping and regular garbage collection from your suite,

- Utilities included are water, electricity, heating, and air conditioning,
- Personal medical alert system by Victoria Lifeline,
- In suite washer and dryer, compact refrigerator/freezer, microwave and window blinds are supplied,
- Activities and more...

Misericordia Terrace has a warm and welcoming atmosphere with generous natural light. The communal areas are ideal for family and friends' gatherings and mixing with neighbours. The second floor features a library with plenty of comfy seating and a lush outdoor terrace, enhanced by a large natural gas fireplace.

Suites are now available to rent with move in before the snow flies.

Call Cliff or Sarah at 204-788-8020.



Suite view



Library view

## 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 for the whole family by reducing the potential of slips and falls
- Provides the flexibility of either showering or bathing – in seconds
- Helps seniors and people with mobility issues remain independent and in their own home longer

### More flexible than fixed cap tubs

- 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
- Caregivers or family members have ready access and space to provide assistance when necessary
- A bath and shower conversion system 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
- The cap is easy to maintain and clean – simply store it out of the way when not in use
- Saves thousands of dollars compared to any of the alternatives
- Your costs may be eligible for a tax deduction or government funding



A Division of Handy Hands Construction

WALK IN TUB CONVERSION & ACCESSIBILITY DEVICES

Bathroom accessibility, so simple.



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.

**FOR INFORMATION CALL - 204-477-4459**

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TERRACE





**// With modern day medicine making massive advances in life expectancy over the past 50 years, people are now living into their 90s and 100s as opposed to their 70s and 80s. //**  
~ Heart to Home Meals

**// Studies since the pandemic have showed that between 50-60% of Canadian adults do not have a Will, and between 10-15% have an out-of-date Will. //**  
~ KLD Law

**//The Ideal time to start thinking about selling your home is now! Allowing yourself the time you need is key to a successful transaction and avoiding the stress and pressure of having to make rushed decisions later. //**  
~ Royal LePage

**//Alastair Humphreys once said "Every day is a school day". It might be 'cheesy' but it's true. We do learn new things every day (even at our ages), but just think what life could be like if you proactively searched out new information. //** ~ Manitoba Life Lease Occupants Association

## Executive Suites by Roseman - Submitted

Feel free and save money when you find your new home at Executive Suites by Roseman. This is the place you have been thinking about. You want the freedom to choose your day. But you really like the full-sized suites and customer service you get at Executive Suites by Roseman. And, you like to cook for yourself. Your meals your way. You like the care you get from our wonderful staff. Best yet, enjoy the guest managed Fun Fund. Go places. See sights and events together.

Inside each suite are one or two bedrooms that are fully furnished with your comfort in mind. Or, if you wish, bring your own furniture with you. And maybe you have a few valuable items that you want to keep with you. Maybe even boxes of them. Each suite has its own in-suite storage for personal treasures. Not just a closet. A real storage space.

Every suite has a big balcony or patio, as wide as your suite. Love your spring, summer, and fall on your own private outdoor space.

Let's talk about the gym. There are professional machines and free weights for you to enjoy your workout routine. Watch a little tv while walking. Get a little fitter, and feel a little fitter.

Tons of shopping nearby, within walking distance.

And when your family comes, they can book right in the building (based on available paid guest suites). Making guests comfortable is second nature to us. You get the picture: we

are thinking of you. Need a hand in the suite? Of course we can help with that. We take care of all maintenance, worry free for you.

As we said in our ad, Big Suites. No Extra Charges. Everything included. And no term contracts or obligations.

**Come for a month. Stay forever.™**

See our ad for Executive Suites by Roseman on the next page.

## How Being a Senior Citizen has Changed in the Last Century

- Heart to Home Meals

The saying "age is just a number" has never rang more true than for contemporary seniors. When compared to past generations, senior citizens of today appear to be modern and relatable to younger generations. So what has caused this shift in the last century that makes seniors seem more youthful? Read on to find out!

### The introduction of the 'Very Old Age' stage

With modern day medicine making massive advances in life expectancy over the past 50 years, people are now living into their 90s and 100s as opposed to their 70s and 80s, which was the case just a few decades ago. With this improved life expectancy, a new stage of aging has been introduced - the Very Old Age. Although a senior still remains classified as 65 years and older, the Very Old Age isn't categorized by an age, but rather a person's uncontrollable decline of their mental and physical state. With this new stage and perception, society perceives those in their



late 60s and 70s as much younger due to their better overall health, and further proximity to end of life.

### Advanced technology

Along with medicine, technology has made astronomical strides just in the past 30 years

that has helped transform a seniors' place in society. Compared to those of the past, today's senior citizens were introduced to computers and other technological innovations while still in the workforce, making it easier for them to adopt and learn new technologies that have emerged in their later years. With a better grasp of the basics to help evolve their knowledge, a senior's understanding and familiarity of technology has helped them to stay connected to their community through easier communication, better access to information, and increased independence. With this newfound ability for modern seniors to maintain their place in society, seniors are able to feel better acclimated to everyday life and appear more youthful than seniors before them.

Increased education on health and wellness

Across all ages, health and wellness is a topic that has had a huge increase in education over the years, with more people realizing the long term benefits of proper nutrition and exercise habits. For seniors specifically, health and wellness was introduced at a younger age than generations before them, not only allowing them to be in better shape as they move into their 70s and 80s, but they also continue to apply these habits into their elderly age for an overall healthier lifestyle. With programs like Heart To Home Meals, it has become easier than ever for seniors to access healthy, prepared meals that fuel the body with nutritional ingredients. As we mentioned previously, being more active and in a better physical state makes you not only feel younger, but also encourages younger generations to have a newfound perspective for older adults.

Stronger advocacy for age inclusivity

As social causes gain more awareness through social media and other digital platforms, advocacy for age inclusivity has surged, with more businesses, schools, services, and individuals becoming conscious of ways to reframe aging in communities. By working to reduce barriers and make supportive resources readily available, advocacy for age inclusion empowers modern-day seniors to continue immersing themselves in society instead of being reclusive for the later part of their lives. These standards also optimize the quality of life for older adults to help maintain their physical and mental health. Together, these changes have made an impact on our perception of seniors from incapable and powerless, to independent and a valuable member of the community. ■

**Easy is always on hand.**

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**Kendra L. d'Eon**

Barrister - Solicitor - Notary Public

## Breaking Through the Discomfort of Estate Planning - KLD Law

It happens to everyone, and most people do not want to talk about it. Confronting mortality at any age is challenging, but it is an important topic and the basis for my work as an estate planning lawyer. Studies since the pandemic have showed that between 50-60% of Canadian adults do not have a Will, and between 10-15% have an out-of-date Will. My grandmother refused to update her will from 1992. When she passed, it cost my grandfather thousands of dollars to fix a land title error that was easily avoidable.

I'm often asked about templates and will kits; in my experience, they should be avoided. These kits do not consider that the law is always changing and if they are not executed properly the Will could be found

invalid anyway. The cost of a Will prepared by a professional is far cheaper than the cost of dealing with errors or an invalid Will.

You must think about all aspects of your life when preparing your estate plan, not just your home and money. As technology develops, you also must consider your digital assets, and I don't mean bitcoin. What happens to your Facebook when you are gone? Your digital photos? Your email? One client of mine shared with me that when their loved one passed, the Executor kept that person's Facebook active and continues to post on it. They are regularly traumatized by seeing posts from their lost loved one.

When I say that KLD Law provides culturally sensitive, mindful advice, I mean it.

I work with a diverse range of clients in my practice, and it is my job to make this process as comfortable as possible. I meet with my clients where they are comfortable, and we go through everything together. Your Will is your last act in this world, and it is also the most selfless thing you can do as it protects your family. But your estate plan also needs to consider your care while you are still alive. Powers of Attorney and Health Care Directives are just as important because they dictate what happens if you cannot care for yourself. I spend just as much time on these documents as the Will, honestly sometimes more. A tailored estate plan ensures your wishes are heard and followed regardless of the circumstance. ■

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Cell: 204-847-0577

## Things to Know when Buying or Selling a House -

*Allowing yourself the time is key!*

- Royal LePage

Te Jay Furgala and Amanda Flintoft are professional realtors ready to help you begin the next stage of your retirement. Serving the Interlake region with integrity and enthusiasm. Your Questions will be answered, and housing needs met with determination and professionalism whether you are selling or buying. They are proud to offer their assistance to ensure you are getting the best advantage possible within your real-estate portfolio.

The ideal time to start thinking about selling your home is now! Allowing yourself the time you need is key to a successful transaction and avoiding the stress and pressure of having to make rushed decisions later. It is recommended that you start planning at least 6 months before you plan to buy or list your property. This allows you to begin tracking the market and its hills and valleys. It also allows you time to get familiar with some of the likes and dislikes of the market or to get your property in tip top shape for when the time comes if selling. If you plan to buy, start watching out for the best interest rates possible and moving patterns within communities of interest to you. Why not set yourself up for success by allowing a professional real estate agent help you along the way!! ■



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- Weekly Linen and Towel Services
- Complimentary Transportation to Medical Appointments and Outings
- Heat, Hydro, and Water

# RETIREMENT COMMUNITY



## Fred Douglas Heritage House

~ Tenant at Fred Douglas Heritage House

My name is Shirley and I want to let you in on a secret! Fred Douglas Heritage House is a supportive housing facility located centrally in downtown Winnipeg. When my doctor decided it was no longer safe for me to live on my own, my family reviewed the various options and found that Supportive Housing was a perfect fit for me. Supportive Housing is for people who can no longer safely live alone, but don't require the level of care a personal care home provides. The staff at Heritage House assist me with showering, they remind me to take my medication and they make sure I enjoy the home cooked meals made daily.



Shirley, a tenant at Fred Douglas Heritage House

Can you believe they also send someone to do light housekeeping and laundry every week!? I've never had it so good! Some of my friends and neighbours get a little confused at times but the friendly staff is always there to lend a helping hand.

My suite at Heritage House is very spacious and comfortable with large windows in the living room and bedroom. I have a kitchenette with a microwave and fridge, a separate living room and a bedroom with an ensuite bathroom. I brought in my own furniture and my daughter hung up all of my favourite pictures,

### Heritage House Offers

- Non-medical staff on site 24/7
- 24-hr secure facility
- Medication Reminders
- Stand-by assist for showers
- Cueing for activities of daily living
- All meals
- Weekly housekeeping and laundry
- Daily recreation and light exercise programs

filling my new home with so many wonderful memories.

Fred Douglas Heritage House's suites are large enough to accommodate couples and only one person needs to meet the eligibility for supportive housing.

Living here for the last 3 years, I could go on and on about what a wonderful place Heritage House is. I know that supportive housing was the right decision for me and my family. Give Heritage House a call and come for a tour! ■



Shauna Gladish • Site Manager • 204-949-9027 • [sgladish@fdl.mb.ca](mailto:sgladish@fdl.mb.ca)  
**\*\* Assessment required to qualify for Supportive Housing**

## Fred Douglas Chateau: An Oasis for Seniors in Winnipeg

- Fred Douglas Chateau

Fred Douglas Chateau, formerly known as Kiwanis Chateau, stands as a testament to the commitment of Fred Douglas Society, a non-profit organization, and a renowned local leader in this field to provide a comfortable and affordable living option for the vibrant 55+ community. This remarkable establishment is a jewel in the crown of housing and senior programs in Winnipeg and is owned and operated by Fred Douglas Society. For those who call it home, the Chateau is more than just a residence; it's a community nurtured with care and dedication.



The management of this cherished property is entrusted to Fred Douglas Management Inc., a well-established and trusted entity known for its expertise in senior housing management. This collaboration ensures that the high standards set by Fred Douglas Society are consistently met and exceeded.

In 1987, fueled by this altruistic spirit and the need for innovative senior housing solutions, Fred Douglas Chateau was unveiled as Manitoba's first Life Lease community. With 122 suites nestled in the heart of Winnipeg's downtown, this exceptional establishment brought a new era of senior living to the city.

Today, Fred Douglas Chateau continues to stand as a symbol of Fred Douglas Society's values and the management excellence of Fred Douglas Management Inc. Residents can rest assured that their home will consistently deliver on its promise of an outstanding living experience, combining comfort, affordability, and a vibrant community spirit.

The Chateau's Life Lease program is designed to provide you with the flexibility you desire. You can personalize your living space to suit your preferences and adapt the payment structure to align with your lifestyle. Here's why this option stands out:

1. **Affordable Entrance Fee:** The one-time entrance fee is a fraction of what you'd spend on a comparable house or

condo. This leaves your equity readily available for pursuits like travel, leisure, family, and investments. Moreover, your entrance fee is refundable when you leave the Life Lease agreement.

2. **Monthly Cost Savings:** Monthly lease fees are lower than typical rent, thanks to the entrance fee offsetting capital costs and the not-for-profit nature of Life Leases.

3. **Control and Predictability:** You have a say in the community's management, ensuring that your voice is heard. Plus, you can stay as long as you wish, providing stability and predictability.

4. **Carefree Living:** Forget about handling repairs; the building staff takes care of both interior and exterior maintenance. Your responsibilities are limited to the monthly fee, personal utilities, and daily cleaning of your living space.

5. **Community Connection:** Become a part of a like-minded community where your neighbors share your aspirations and appreciate the freedom to enjoy life to the fullest.

Fred Douglas Chateau proudly rises as a profound embodiment of the unwavering dedication exhibited by Fred Douglas Society. This remarkable establishment is not just a place to live; it's a place to thrive. ■

## 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.freddouglasociety.com](http://www.freddouglasociety.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.

## Fred Douglas Chateau

(formerly Kiwanis Chateau!)

*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 easy access to public transportation, shopping, and medical services.
- Security and emergency response services for added peace of mind.
- Spacious one-bedroom and two-bedroom options available.
- Features include in-suite washer and dryer, balcony enclosures, and heated parking.
- Suites can be customized according to your preference.
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## FRED DOUGLAS PLACE

*"The place with heart"* ❤️

### FRED DOUGLAS PLACE IS A 55+ INDEPENDENT LIVING LIFE LEASE COMMUNITY

*Known for its large, bright and well-maintained apartments with beautiful enclosed balconies.*

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- Five appliances
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- Heated underground parking
- Full gym on site

As a resident of the "Place" you will enjoy climate-controlled walkways to downtown shopping, dining and a variety of entertainment venues.

Please call **Elaine** at **204-982-0330** to book a tour

*We look forward to seeing you at the "Place".*

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## Fred Douglas Place - Submitted

A group of like-minded individuals approached Dr. Fred Douglas for approval to use his name in the development of a unique form of housing known as Life Lease Housing around 1986. The life lease concept provides tenure to Residents, while keeping the housing affordable. Dr. Douglas had been involved in lower-income housing before this project. The purpose of the life lease concept was to meet the needs of seniors in the middle to upper income category who no longer wanted the responsibility of owning a home. Dr. Douglas approved and a proposal was put forward under the sponsorship of Fred Douglas Society, whose housing experience was well known and respected. Fred Douglas Place (FDP) held its grand opening in June of 1989.

Dr. Fred Douglas and his wife were among the first residents to move into The Fred Douglas Place. He personally welcomed new residents.

#### Building Features

- 2 elevators
- Loading doors for deliveries / moving
- 2 fresh air pressurized stairwells
- 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 is available
- Amenity Floor
- On site management office

As an added feature and convenience to all residents, a skywalk system was added from Fred Douglas to Portage and Main without stepping outside. This enables our residents to enjoy the benefits of the theatre, arts and festivals, sports, live concerts, fine dining, and shopping. Any residents can benefit from enjoying a warm walk to Canada Life Centre (formerly MTS Centre) for entertainment without going outside in the winter. The YMCA is also connected to the skywalk system and has excellent fitness and swimming programs.

#### Amenities Floor

This is the hub of our community. It features a well-appointed gym, solarium, multi-purpose room, dining area, games area, library and craft area. Special scheduled events such as voting stations, flu shot clinics, anniversaries, birthdays are held on the A floor. In addition, the Resident Council has an office on the A-Floor equipped with a computer for checking e-mails, bins for multiple recycling opportunities, "for sale" corkboard, shredder and Canada Post mailbox and parcel locker. Painting classes, knitting club, bridge, walking club and there is always a jigsaw puzzle out for anyone to snap in a piece. Maintenance has provided a soundproof workroom with tools for those that tinker.

#### The Outdoor Balcony

Is a real jewel residents can enjoy. It is an open-air balcony safely above street level. The entrance to the outside is level so scooters, wheelchairs and walkers can enjoy it as well. It is equipped with patio furniture and benches. The residents and the garden committee plant vegetables and flower gardens for everyone to enjoy. Tomatoes and cucumbers frequently are found on the give-away table!

#### Security / Safety

- Interphone system for entry
- Electronic keyed entrances
- Security cameras
- On-site security guard on scheduled hours on evenings and weekends

A 1-bedroom guest suite for visiting or out of town guests or families is available. The suite is fully furnished including a sofa bed. Bedding, towels and kitchenware are provided. Additional equipment's such as folding cots, highchair play pen and folding banquet table are available if required.

Fred Douglas Place is professionally managed by Fred Douglas Management Inc. (FDMI) an affiliated company of Fred Douglas Society. FDMI utilizes a hands-on approach on managing all its entities by providing objective support that results in reasonable and affordable solutions. FDMI currently manages the day-to-day operations of all Fred Douglas Society's rental entities. ■

## Memorable Moving Experiences

- Riverbend Moving & Storage

Riverbend Movers, has always been known for their desire to make every move a memorable experience. But one sunny morning, Lori from Riverbend Movers faced a day that would leave a mark on both her and a spirited senior citizen named Edith.

Edith, a sprightly 87 year old with a fondness for collecting quirky knick-knacks, decided it was time to leave her house and move into a retirement residence. She had lived in her home for 5 decades, and the thought of parting with her beloved possessions was overwhelming.

As Lori arrived at Edith's doorstep, she couldn't help but chuckle as Edith claimed they would be in for a shock. Garden gnomes of all sizes were everywhere, each with its own whimsical hat and personality. Lori couldn't resist cracking a joke.

"Looks like you've got quite the army here, Edith!" Lori quipped.

Edith chuckled heartily. "Oh, those are my protectors, Lori. They've guarded me for years!" With that icebreaker, the move began. Lori

and her team navigated the labyrinth of gnome-filled walkways, gingerly packing each one into boxes. Edith watched with a mix of nostalgia and amusement, filling the movers' hearts with stories of her gnome-filled adventures.

As Lori carefully loaded a gnome with a fishing pole into a box, she couldn't resist, "Edith, I think your gnomes are planning a fishing trip in your new home!"

Edith burst into laughter again. "Well, as long as they catch enough fish for all of us!"

Lori and her team uncovered more treasures - from antique teapots to a collection of vintage hats. Edith's stories flowed like a river, and Lori couldn't help but be swept away by the charm of Edith.

Edith's new home was filled with her cherished belongings. Lori stood back, admiring the gnome-filled wonderland they had created.

Edith approached Lori, "You know, Lori, I think I'll name my new place 'Gnome Sweet Gnome.'" *Continued on next page*





## It's a mouthful for sure - Manitoba Life Lease Occupants Association or MLLOA for short! - MLLOA

The MLLOA became an unincorporated entity with its Constitution adopted on October 4, 2005. Garry Brickman, Don Boehmer, John Lohrenz, and several other determined life lease occupants spearheaded the creation of the Manitoba Life Lease Occupants' Association when they saw the need for an organized means of conversation and communication among the growing number of life lease complexes in Manitoba.

There is no actual individual document listing life leases despite the fact that the buildings are registered at Land Titles. Some 'guesstimates' put the figure at over 100 life lease developments in Manitoba. MLLOA is working to contact life lease buildings to try and get a better understanding of the numbers.

The need to share ideas and concerns peculiar to life lease buildings was increasingly apparent once communication started. The originators discovered that individual life lease organizations implemented different policies, procedures and practices with respect to governance, management and systems.

It appeared critical to have an association that had expertise to consider the numerous issues presented by the Life Leases Act and accompanying Regulations, review policies followed by the Residential Tenancies Branch (RTB), and monitor proposed legislative changes.

It is apparent that life lease accommodation continues to be misunderstood and changes to The Act are required. The MLLOA began

consulting with the government over 15 years ago to bring about policies and changes to the legislation; modifications that would ensure more consumer protection for life lease residents in Manitoba, while still considering other stakeholders (sponsor organizations and management companies).

Over the last two years, the MLLOA has collaborated extensively with the Government and has been able to effect key changes to The Act. The three important amendments contained in Bill 29 ensure a life lease tenant's equity interest in a rental unit cannot be terminated because of a mortgage sale, tax sale or foreclosure; require life lease complexes to conduct a reserve fund study and up-date the study from time to time; and require that audited financial statements be prepared in accordance with generally accepted accounting principles.

Watch for future articles specifically addressing The Act and legislative changes being advocated by MLLOA members.

The MLLOA provides expertise and assistance for members facing issues, with respect to their particular building, with the goal of exploring solutions or remedies for the benefit of the tenants and other relevant stakeholders.

A number of life lease complexes we have spoken with indicate they 'have no problems or issues' so they don't really need to be members. This author has no 'issues' with our building but as members of MLLOA we expanded our knowledge and understanding

not only about life lease living, but about the Life Leases Act, insurance for tenants and a few other issues we never even thought of.

A large part of the MLLOA mandate is to be a resource for life lease tenants and their councils; to provide education by way of 'round table' presentations. Over the years, member buildings have hosted presentations on insurance, independent living, reserve funds, and information sessions presented by the RTB on the Life Leases Act and residents' rights and obligations as tenants.

Occasionally, the MLLOA has sent out 'mini' surveys to member buildings on topics such as amenities, vacancies, number of suites, parking, tenant rep voting rights on their board, and reserve fund study just to name a few.

As the old saying goes, "We don't know what we don't know". Knowledge is power. Networking with people living in similar situations creates a great opportunity; offers us the potential of building relationships, combining skills, sharing knowledge and experiences while interacting with tenants residing in different life lease complexes.

In the last year, the MLLOA collaborated with the Manitoba Non-Profit Housing Association (MNPHA) to develop a board training workshop directed specifically toward the unique issues of life leases. Tenant representatives, property managers and board of director members were invited to attend these free sessions. The workshop program is still under review and development

and we are hoping to be able to offer these sessions on a yearly basis. Stay tuned.

Over the years, the Manitoba Life Lease Association has received numerous calls and emails from life lease organizations outside of the province; from Ontario, Nova Scotia and as far away as BC. We reviewed the recently enacted Saskatchewan Life Lease Act at the request of a life lease group in that province.

In the last few years, MLLOA committees developed model By-laws and a sample tenant representative job description to be used as templates by member life lease tenant councils. Several life lease buildings collaborated to help a member building develop a 'new tenant' handbook.

As you can see, the MLLOA is a great resource for life lease residents and their tenant councils. We are not 'looking for trouble' - we are helping to avoid conflict through education, networking and collaboration.

Alastair Humphreys once said "Every day is a school day". It might be 'cheesy' but it's true. We do learn new things every day (even at our ages), but just think what life could be like if you proactively searched out new information.

If you live in a life lease building that is not a member of the Manitoba Life Lease Association (MLLOA) and would like to learn more about the organization and what we offer, please reach out to us on our website: [www.mlloa.ca](http://www.mlloa.ca)

Or call Jerry Kies, member recruitment (204) 990-8053. ■

## 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 house-hold 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 work-outs 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.

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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)



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## Travel With Zeal!

My name is Sherry Petrasko and I am the owner of **Travel With Zeal** (part of *Trevello Travel Group*). I have been in the industry for close to 30 years. I wanted to take this time to talk about a great experience I had a few years ago on *AMA Waterways*. I did the *Tulip Time* cruise with a few extra days in Amsterdam. It was a trip that I found relaxing and informative. Cruising along the river and seeing the towns throughout Netherlands felt like I was back in history. We had the opportunity to go to a Tulip farm and see how much work goes into growing Tulips and getting them ready for market. We also experienced one of my favourite painters, "Van Gogh" at the Kroller-Muller Museum. We then moved onto Bruges and Ghent, the two medieval cities in which we had a lot of time on our own to explore. Our next stop was Rotterdam, where we got to take our bikes and ride past

the many windmills. What a sight! Most people still live in them and boat over to do their shopping, etc. We then ventured back to Amsterdam where we got to spend the day at Keukenhof Gardens. This was, again, another highlight of the trip. The varieties of tulips and flowers are overwhelming. If you are a photographer this would be your heavenly spot. The colours were vibrant and dancing. If you want to sit back with a glass of wine and enjoy the sights, river cruising is for you. I never found it overwhelmingly busy and could pick the tours I wanted to participate in. The great thing was at every stop, we had the bikes to use. We enjoyed a pint at one stop and a fabulous cup of coffee on the patio with a freshly baked pastry at another.

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## Sri Lankan Seniors: Achieved Another Objective

By Senaka Samarasinghe



SLSM members record a song video.

Sri Lankan Seniors Manitoba (SLSM) happy to declare that they achieved another objective to blossom up talents among their membership. Indra Ariyaratne, President, SLSM is capable of writing lyrics for Sinhala songs.

The Board of Directors of the SLSM allowed Immediate Past President, SLSM Senaka Samarasinghe to discuss with Sunil Edirisinghe, Sri Lankan classical musician, playback singer and Presidential award winner (1983) to sing a Theme Song for seniors. Senaka conducted extensive discussions with Sunil. He subsequently agreed to sing a



Udesh Gamage does the recording.

song and its lyrics will be written by Indra.

Further, part of the negotiation was to sing the song by Sunil in Sri Lanka and to do song-video by the SLSM from Winnipeg. For video-shooting we handed it to Udesh Gamage and he selected The Leaf of the Assiniboine Park as the location. Based on the deep thoughts of lyrics Indra selected the dress code for participants. SLSM members participated for the rare-occasion on Sept 10th (SUN) 2023 at 11.00 am. After finalizing the above process SLSM will plan with Sunil for the date to publish the song. ■

## Upali Nilmalgoda: Lead the Sri Lanka Community Garden Project

By Senaka Samarasinghe



Upali Nilmalgoda inspects the SLSM Community Garden.

After a discussion of the Board Directors of Sri Lankan Seniors Manitoba (SLSM) held on the 19th May, 2023 it was decided to initiate a community Garden Project. The project started in June 2023 and selected location in Cadboro Road, Winnipeg, Manitoba.

Upali Nilmalgoda is one of the senior members of the SLSM and experienced agriculture scientist carried this Project. Upali's main focus was to breed Sri Lankan leafy plants such as Gotu Kola and vegetable such as Better Goad (Karavila) to cultivate in our



Beets were plentiful.

backyards. Upali did land preparation, designing of plots, and vegetables. He also watered and fertilized the crops with superb weed management. Upali did not forget cultivate local varieties mainly Corn, five types of Capsicum, three kinds of tomatoes, two types of Cucurbits and Beet were successfully growing due to his skilful knowledge.

Crops were harvested on the 27th of August and the Members of the SLSM and the community members bought the harvested vegetable at a fair price. ■

## Peter Bastians: Family Businessman and Community Leader

By Senaka Samarasinghe

Peter Bastians inaugurated his fifth outlet by the name of *Taste of Sri Lanka* at the Outlet Collection Mall during in Sept 2023.

Peter is a student of Carey College in Colombo started his business career in Saudi Arabia in the field of Food and Beverage (F & B). Subsequently, he migrated to Canada and established a Sri Lankan food restaurant named as Taste of Sri Lanka in the early 1990s in The Forks, City of Winnipeg, Province of Manitoba. Peter formed a family-owned second restaurant with his loving wife Shrima and three children James, Dilshan and Melani in the Winnipeg Square.

Sometime back Melani started The Green Eatery organic, gluten-free vegan restaurant. Further, she incorporated another restaurant to serve healthy Caribbean cuisine. Recently, Melani moved from Milton, Ontario to Winnipeg. She shifted these two business ventures also to Winnipeg Square as the third family unit in Winnipeg Square and their fourth business undertaking in Winnipeg.

Bastians' family business expansion process extended in mid-September 2023 with the launch of fifth unit at the Outlet Mall under the name of Teate of Sri Lanka. Now Peter is the Owner, President and CEO of these five business entities.

During my tenure as President, Sri Lankan Association of Manitoba (2015/2016) Peter took a leading role to create Sri Lankan Business Council in Manitoba. On 23-6-2017 the first meeting of Sri Lankan Seniors conducted at the Auditorium of the Pembina Trails Library. At this meeting Peter unanimously elected as the first President, Sri Lankan Seniors Manitoba.

During mid-2020s South Pointe Commercial Area preliminary activities started such as underground pipe laying. As South Pointe neighbourhood committee and Janice Lukes, City Councillor, Waverley West took an initiative for consultative meetings with the builder Ladco Co. Ltd. As Sri Lankan busi-



nessman I invited Peter for these meetings. During dialogue sittings Peter shared his F & B industry sector experiences to be implemented in this new settlement area.

According to my knowledge among the Sri Lankan community, Peter is only active politician (mainly provincial) for the last few decades in the Province of Manitoba. ■

## Things To Do - WINNIPEG,

**Manitoba Genealogical Society** - Volunteer Opportunities: Social media poster, Online newsletter editor, Publicity person, Office cleaning, IT database wizard & more. [volunteer@mbgenealogy.com](mailto: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](http://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](http://www.misericordia.mb.ca), [volunteer@misericordia.mb.ca](mailto: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](mailto: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](mailto: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](mailto: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](mailto:recruit@winnipeglostdogalert.com) Volunteers needed for: Treasurer. Resume to [president@winnipeglostdogalert.com](mailto:president@winnipeglostdogalert.com). Visit [www.winnipeglostdogalert.com](http://www.winnipeglostdogalert.com)

*Programs / Services*

**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** - Bingo afternoons are back! Join us for bingo, fun and refreshments, Oct. 25, 1 pm at 565 Guilbault St.

**Assiniboia Wood Carvers Association** - Woodcarving Fridays, 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St., off Wellington Ave. Larry: [ikehler84@gmail.com](mailto:ikehler84@gmail.com) or Wayne: **204-792-3932**

**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 [creativeretirementmanitoba.ca](http://creativeretirementmanitoba.ca).

**Dakota 55+ Lazers 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. Dances, Bingo, Chair Exercises. Come get a schedule. Perogies for sale. Al: **204-771-3325**

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

Continued from page 18

**Golden Rule Senior Resource Centre** - 625 Osborne St. in the Fort Rouge Leisure Centre. Doors open for a full slate of programs: Carpet Bowling & Shuffle Board, Mon. 1-3 pm; Qigong, Wed & Thur, 10-11 am; Games Club (Bridge, cribbage, Backgammon & many more) Thur. 1-3. Call **204-306-1114**, Thur-Fri, 10 am-4 pm for more info.

**The Happy Gang** - Afternoon of fun and conversation - play cards, table games or bridge, complimentary light refreshments, 1:30-3:30 pm, Prairie Spirit United Church, 207 Thompson Drive. 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](mailto:meadowoodseniorsclub@gmail.com).

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

**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](mailto:ncsc@shaw.ca), [ncseniors.ca](http://ncseniors.ca)

**Pembina Active Living (PAL) 55+** (Whyte Ridge Community Centre, 170 Fleetwood Rd.) - Fall programs starting. Exercise: variety fitness, yoga, zumba, seniors' fitness, line dancing, and older adult weight training, Lunch PALs, Movie PAL's, Men's Breakfast. Creative: PAL Painters,

Always Write, Book Club, Pickleball, Bridge, Bocce, PinPAL's, PAL Cares Group, Alzheimer Support Group, Conversation Circle for New-comers, Cultural Connections, Ring & Ride, Take 5 Day Club, Tech Tuesday, PAL Presents (info & Music), Tablet Library, PAL Travel Tips. **204-946-0839**, [office@pal55plus.ca](mailto:office@pal55plus.ca), <https://pal55plus.ca>.

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

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

**St. James Assiniboia 55+ Centre** - Various programs and activities. 3-203 Duffield St. **204-987-8850**, [www.stjamescentre.com](http://www.stjamescentre.com)

**St Norbert Community Centre (SNCC)** - Tai Chi, Tue. Sept. 12, 10-11 am. 9 classes. Cost \$25; City of Winnipeg Office of Emergency Management presentation on Emergency Preparedness, Thur. Oct. 12, SNCC main hall, 1-3 pm. Info at [Dana\\_Derkson@hotmail.com](mailto:Dana_Derkson@hotmail.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@windsorcc.ca](mailto:office@windsorcc.ca)

**The Y. A. H. Club** - Young At Heart (seniors) Club at Windsor Community Centre, 99 Springside Drive (St. Vital) - Launching Fall programming: burlesque dancing, book club, learning to strum the ukulele, 1 day road trips, Men's Coffee Club, Dinner Club, painting classes, exercise classes, pickleball, scrapbooking, card making, drawing club and more. For Fall schedule contact Gerry: **204-233-0648**, or [office@windsorcc.ca](mailto:office@windsorcc.ca) or Rosie: [rosieschau@gmail.com](mailto:rosieschau@gmail.com)

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Trish Bennett



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**You read that right!** Eighteen Expos in Twenty-Five months. Between October 1st, 2021 and October 25th, 2023, the Pros Know Expos family will have made 18 stops around the city. Insane! These last two shows for 2023, one in Transcona and the other in East Kildonan, will be a lasting testament to the amazing Organizations, Businesses and individuals who have shown such an unprecedented level of 'Give A Damn' to our City and Province. This type of leadership may seem rare, but please understand, they have been around for a long time. The need and desire to produce such a high-quality betterment for our families, friends and neighbours is truly 'Not' unique here.

Bravo! Winnipeg and Manitoba Communities have long held the distinction of being some of the most generous, caring, volunteering and giving peoples in Canada and even in North America. We don't see it because first hand we are constantly living within it. It's our way. Trish and I want to take this moment to say 'Thanks' to our sponsors, exhibitors, venues and the countless folks who took the time to simply just show up each and every show. It's our way! Thanks for believing that we, our dear community, even during the throws of a hundred-year pandemic, found the will, the courage and love to just show up for others. It's just our way!

These last two Expos for 2023 are needed more than ever because we are getting ready to deal with another new Covid strain. Hopefully we've learned a few things and will better at it this time. All we ask is that each and everyone of us does our part to keep the hurt to a minimum. Respect each and all and PLEASE do the right things so that we don't overload our cherished Nurses, Doctors and Care-Givers who took such a beating the last time. If you haven't attended any of the previous shows, now is a great time to check up on resources that might come in handy now. This will save many lives, maybe our own and those we love! **Take Care All...Rick & Trish!**

**Our October 2023 Shows! All are Welcome to attend...Stop and say 'Hi!'.**

<p><b>Fall Show No.3:</b> 9:30am - 2:00pm</p>		<p><b>Thursday, October 19th</b>   Transcona All-Saints Ukrainian Orthodox Church   1500 Day Street MASC Host: Transcona Council for Seniors</p>
<p><b>Fall Show No.4:</b> 9:30am - 2:00pm</p>		<p><b>Wednesday, October 25th</b>   East Kildonan Bronx Park Community Centre   720 Henderson Hwy. MASC Host: Good Neighbours Active Living Centre</p>

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Kristy Stefanson-Turnbull  
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**WORDSEARCH - OCTOBER HOLIDAYS** - By Roni Alward & Senior Scope

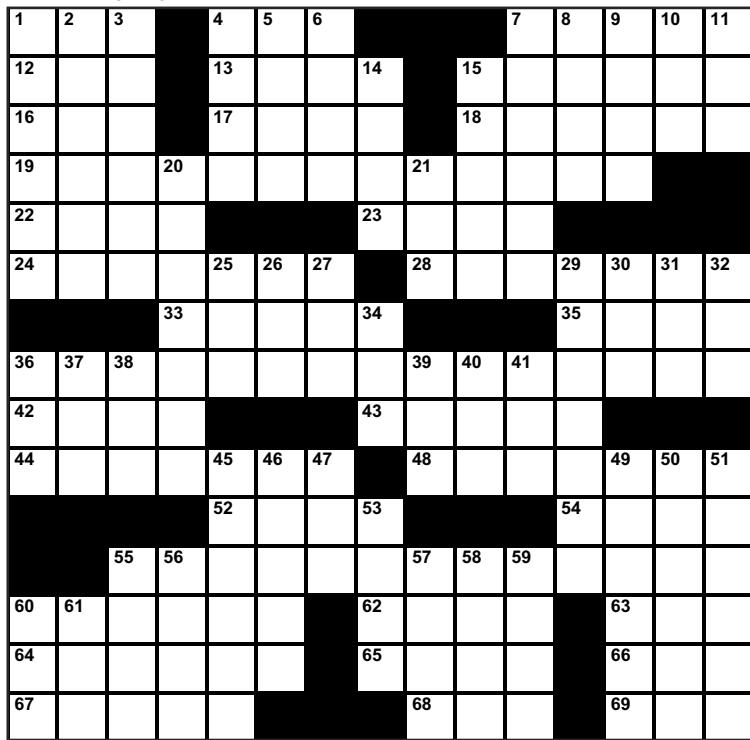
P C O R N U C O P I A C A R R O T S O  
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 E S P E L L A E R U I E E D A I Z E Y  
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 P U M P K I N G H O U L R H O S T I F

- |            |          |           |          |          |
|------------|----------|-----------|----------|----------|
| Baking     | Creepy   | Haunted   | Potatoes | Squash   |
| Bats       | Elders   | Host      | Princess | Thankful |
| Biscuits   | Fall     | Leaves    | Pumpkin  | Travel   |
| Boo        | Family   | Leftovers | Rolls    | Treat    |
| Bountiful  | Fangs    | Mask      | Scary    | Trick    |
| Candle     | Feast    | Nap       | Seniors  | Turkey   |
| Candy      | Football | October   | Skeleton | Vampire  |
| Carrots    | Gather   | Orange    | Skull    | Web      |
| Casseroles | Ghoul    | Party     | Spell    | Witch    |
| Cat        | Gravy    | Pies      | Spiders  | Yams     |
| Cornucopia | Ham      | Pirate    | Spooky   | Zombies  |

SOLUTION ON PAGE 23

**CROSSWORD (MEDIUM)** By Myles Mellor

- ACROSS**
- Quaint dance
  - Clock std.
  - Place to sweat it out
  - Tolkien dwarf
  - African crop
  - Wrestling hold
  - Have power over, slangily
  - Career descriptions
  - Luncheonette
  - Where bridges get installed
  - Dairy aisle buy
  - "Me neither"
  - Maryland (with "state")
  - Guard dog's target
  - African range rovers
  - Greek wife of Zeus
  - Sidelines activity
  - "Hold on there!"
  - Dough raiser
  - Frankfurters
  - Babbling sound
  - "\_\_\_ Blue"
  - Night birds
  - Not play a leading role
  - Will inherit, with someone else
  - Highest level attainable
  - "I \_\_\_ rock" Simon and Garfunkel
  - Entombs
  - Check around for the best provider prices
  - "Krazy" one
  - Lute
  - Suffix with absorb
  - Compass point



- DOWN**
- |                        |                          |                            |                          |                          |                            |   |                    |                            |                              |                                      |                           |                             |                           |
|------------------------|--------------------------|----------------------------|--------------------------|--------------------------|----------------------------|---|--------------------|----------------------------|------------------------------|--------------------------------------|---------------------------|-----------------------------|---------------------------|
| 1. Jinx                | 2. Big Brother's creator | 3. Going steady            | 4. Desert                | 5. Runners               | 6. Race pace               | 7. Salty oxygen                         | 8. High, prefix    | 9. Electric-company client | 10. "___ gloom of night ..." | 11. Shania Twain's "___ Man of Mine" | 14. Part of Nasdaq, abbr. | 15. Great Indian politician | 20. Old time position who |
| 21. Kernel keeper      | 25. Sundial number       | 26. Prefix with "partisan" | 27. Ally of the U.S.     | 29. Slums                | 30. Spy novelist, Deighton | 31. Parabola, essentially               | 32. Stadium sound  | 34. Hog's home             | 36. Part of a U.R.L.         | 37. Tuna type                        | 38. The eggs of a fish    | 39. Cool                    | 40. Spike                 |
| 45. Like some payments | 46. Observers            | 47. Relaxation destiny     | 49. Makes adjustments to | 50. Woolly S.A ruminants | 51. Kind of tax            | 53. Abbreviations for certain companies | 55. Calendar abbr. | 56. Designed for flight    | 57. Discomfort               | 58. "Follow me!"                     | 59. Immaculate            | 60. Formerly, USSR          | 61. ___ treadmill         |

SOLUTION ON PAGE 23

**Facebook FUNNIES** Facebook FUNNIES Facebook FUNNIES

**Why didn't the witch wear a flat hat? Because there's no point to it.**

What do you get when you cross a snowman with a vampire? Frostbite.

**What do you call a haunted chicken? Poultry-geist.**

Who did the ghost take to the prom? His ghoulish friend.

**What do you call a lost wolf? A where-wolf.**

Why did the scarecrow win an award? Because he was outstanding in his field.

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Helping to Keep Brains Young. **All answers begin with the letter 'V'** No 'S' or 'T'

1. He is considered the father of Love:
2. This is a relatively long journey by water:
3. Winnipeg's huge farm implement manufacturer:
4. You might want this in your martini:
5. Tom Brady won this award:
6. State Senator (Mittens) Bernie Sanders represents:
7. A deficiency in this might cause scurvy:
8. Most of these are given to men by women:
9. This is a sensation of dizziness:
10. Kamala Harris is one of these:
11. This is a group of Caribbean Islands controlled by the U.S.:
12. Saigon is the capital of this country:
13. He wrote "Around the World in 80 Days":
14. If I was one of these I'd want a shiny set of fangs:
15. This artist painted Sunflowers:
16. Dyson is an English company that manufacturers this clean up product:
17. This keeps food from spoilage:
18. An English gentleman would normally have one of these:
19. This is a slang term suggesting someone leave in a hurry:
20. This is the lower chambers of your heart:
21. This is someone who is strong and brave:
22. We might all need one of these year after year:
23. This actor was the greatest romantic idol of the 1920's:
24. This is a swamp plant with hinged leaves that snap shut and trap an insect:
25. She has been turning the letters for over 35 years:
26. She played Scarlett O'Hara in the film "Gone With the Wind":
27. Possibly the best TV talent show with judges Blake, Gwen, John and Kelly:
28. This is a vine with large leaves that turn a gorgeous red in the fall:
29. This is the U.S. State that claims "To Be For Lovers":
30. She was the Roman Goddess of Love and Beauty:



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

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

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### A-Z TRIVIA "V" SOLUTIONS

- |                           |                      |                         |                      |
|---------------------------|----------------------|-------------------------|----------------------|
| 1. Valentine              | 8. Valentines        | 16. Vacuum Cleaners     | 24. Venus Fly Trap   |
| 2. Voyage                 | 9. Vertigo           | 17. Vacuum Packed       | 25. Vanna White      |
| 3. Versatile              | 10. Vice President   | 18. Valet               | 26. Vivien Leigh     |
| 4. Vermouth               | 11. Virgin (Islands) | 19. Vamoose             | 27. Voice (The)      |
| 5. Valuable Player (Most) | 12. Vietnam          | 20. Ventricle           | 28. Virginia Creeper |
| 6. Vermont                | 13. Vern (Jules)     | 21. Valiant             | 29. Virginia         |
| 7. Vitamin "C"            | 14. Vampire          | 22. Vaccination (Covid) | 30. Venus            |
|                           | 15. Vincent Van Gogh | 23. Valentino           |                      |

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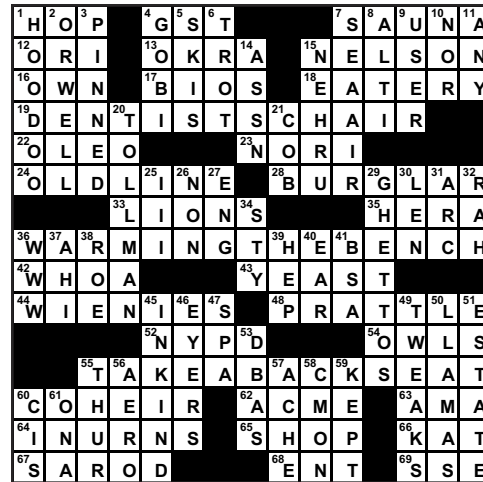
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24 MEGA PUZZLES  
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OVER 1,500 WORDS

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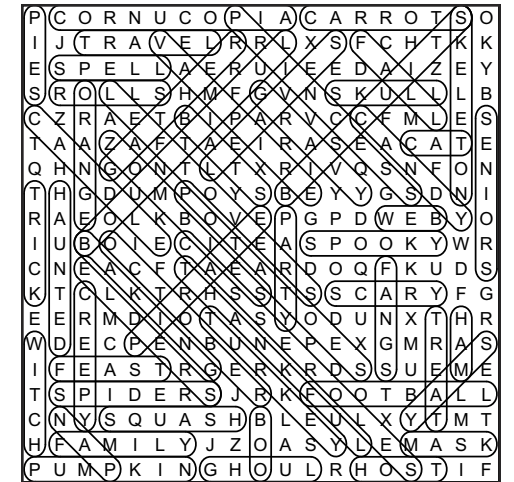
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**FOR SALE:** Pride Pursuit SC713 Scooter. Excellent condition, good tires, large removable basket. \$1600.00 obo. Please call **204-256-2261**.

**WANTED:** 8mm cassette movie camera that works; Smaller piano accordion with many bass buttons; Adapter for a VCR to play 8mm cassettes. **204-880-4926**.

**WANTED:** Looking for used golf clubs you're willing to donate free of charge that I can repurpose. Willing to pick up if it's a set. [ttonbodnarchuk@hotmail.com](mailto:ttonbodnarchuk@hotmail.com). **204-963-0620**.

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