

The Seaway Senior Citizens Chronicle

Seaway Senior Citizens 50+ Centre—506 Pitt Street, Cornwall, ON K6J 3R5 **613-932-4969**



Cause He's My Dad

Even when he is mad,
He loves me cause he's my Dad

When I am blue and feeling sad,
He gives me a big hug cause he's
my Dad

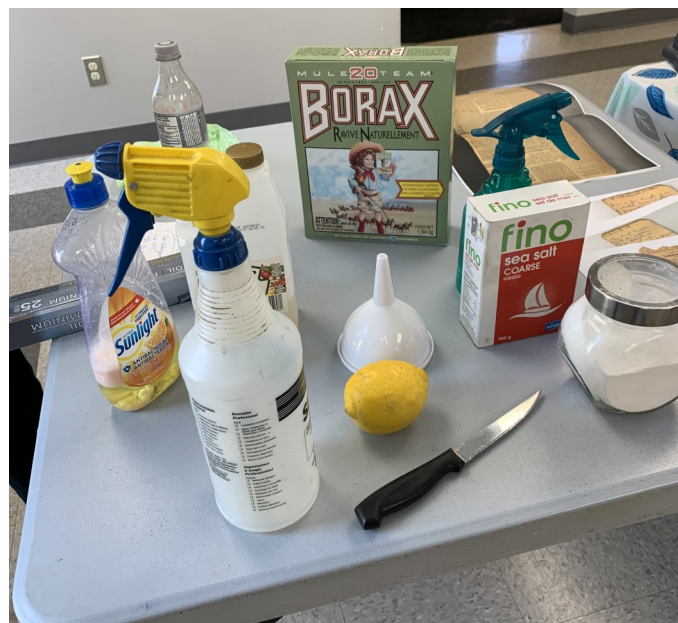
When I know what I did was bad,
He corrects me cause he's my
Dad

He sees things in me I didn't
know I had,
He believes in me cause he's my
Dad.

June's full Moon—typically the last full Moon of spring or the first of summer—has traditionally been called the **Strawberry Moon**. While strawberries certainly are a reddish-pink color and are roundish in shape, the origin of the name "Strawberry Moon" has nothing to do with the Moon's hue or appearance, despite the evocative imagery. A Moon usually appears reddish when it's close to the horizon because the light rays must pass through the densest layers of atmosphere.



Last Month in Review



Did you know that you can virtually eliminate toxic chemicals contained in your household cleaners by using different combinations of vinegar, baking soda, borax, sea salt, lemon and/or vinegar?

During Karen Douglass-Cooper's presentation held on May 2nd, attendees learned that mirrors sparkle after being washed with black tea and dusty wallpaper can be cleaned with stale bread!

Karen also shared a treasure trove of old-fashioned common-sense household tips as recorded by her great-grandmother 200 years ago, including natural remedies for prickly heat and typhus.

Thank you Karen for a most interesting presentation.

Last Month in Review



SEAWAY
SENIOR
CITIZENS
CLUB

50/50 DRAW

Our 50/50 Draws will be held monthly on the last Friday of
the month at 3:00 p.m.
Proceeds from the draw go toward programming.

**TICKETS ARE
\$2.00 EACH OR 3 FOR \$5.00**

**LAST MONTH'S WINNER
ROSANNE FORTIER
\$167.50**

The poster features a central shield-shaped sign with a maroon border and yellow dots, containing the text '50/50 DRAW'. Above the sign are two yellow tickets with 'Ticket' written on them. The background is a gradient of orange and yellow with a sunburst pattern. In the bottom corners, there are illustrations of gold coins and dollar bills. The Seaway Senior Citizens Club logo is in the top right corner.

Last Month in Review

Gardening with Fred and Freda Deschamps

In April, the Seaway Senior Citizens Club hosted a very special two- part gardening information series. Back by popular demand-based upon his presentation at the Seniors Active Living Fair. Master Gardeners Fred Deschamps and his wife Freda led the “Way to Grow” Gardening session. They covered a wide range of gardening topics.

They completed the horticultural program at Guelph University over a 3- year period and graduated and became certified horticulturists. Fred and Freda are retired and give much of their time to the Seaway Senior Citizens Club.

Fred covered a bit of everything, but spring is a planning period, where people must decide what they will do, buy the seeds, start them and/or buy plants. Fred asks them what they want and goes from there. It was very informative and everyone enjoyed the series.



Upcoming Events

SEAWAY SENIOR CITIZENS CLUB

Paint Nite with Lise Vivarais



\$45
All material provided

Wednesday, May 31st
7:00 pm
Limited space available
Call 613-932-4969 or
Diane Riley 613-938-7776

613 932 4969
seawayseniorsinfo@gmail.com
www.seawayseniors.ca

SEAWAY SENIOR CITIZENS CLUB



BIRDS in YOUR BACK YARD

with **Mike Chegrinec**

Tuesday, JUNE 13
(1 pm - 3 pm)
Oak Room

Date Changed from June 6

Do you want to know more about the birds in your back yard? Can you identify different species and their habitats. How do you encourage birds to your property? Mike Chegrinec has been a passionate bird enthusiast for many years and he has the answers. A member of the Cornwall and Area Birding Club and Bird Friendly Cornwall, Mike will introduce you to the fascinating world of birds in your own back yard.

Register at Reception
613 932 4969
seawayseniors@gmail.com
www.seawayseniors.ca

Members: \$5
Non Members: \$7

506 Pitt Street, Cornwall



SEAWAY SENIOR CITIZENS CLUB

Trip to visit

Quilt of Belonging

Williamstown Fairgrounds

Saturday, JUNE 10
9 am
meet at the Club to carpool

Registration at Reception
613 932 4969
seawayseniors@gmail.com
www.seawayseniors.ca

\$7

506 Pitt St. Cornwall, ON



SEAWAY SENIOR CITIZENS CLUB



CELEBRATE CANADA BBQ

Tuesday
July 4th, 2023
11 am - 1 pm

506 Pitt Street
Corner of Pitt & 5th Sts.
Cornwall, ON



Burger or hotdog, macaroni, coleslaw and strawberry shortcake

\$15

613 - 932 - 4969
www.seawayseniors.ca

Upcoming Activity

TAI CHI SHORT FORM



Experience meditation in motion.

**STARTS THURSDAY, JUNE 8TH, 2023
AT 11:15 AM**

Ghislain says this form of Tai Chi is perfect for beginners.

This excerpt from the traditional Yang-style long form Tai Chi is very practical and easy to learn because it only involves 8 steps and can be repeated as many times as you like.

By practicing the 8 Movement Form, the student will develop the flow of mind and body together, needed to achieve the fluid and gentle movements of Tai Chi.

- Reverse reeling forearms
- Brush knee push
- Part the wild horse's mane
- Wave hands like clouds
- Rooster stands on one leg
- Kick the heel
- grasp the peacock's tail
- Cross hands

\$4

**Pre register by calling the Centre
at 613-932-4969 or by email at
seawayseniors@gmail.com**

506 PITT STREET, CORNWALL



GHISLAIN GLAUDE

Volunteer Profile



Audrey Blandford

Audrey was born in Winnipeg, Manitoba and also went to school there. She was a researcher at the University of Manitoba. Audrey found out about us on line, and has been a member since October 2021. The variety of activities is what attracted Audrey to the centre. Audrey volunteered at the Humane Society in Winnipeg for four years and here since she became a member. She volunteered at the centre because it is a great way to meet members and to give back to the community. You will find Audrey at the reception desk on Tuesday afternoons.

Thank you Audrey!

Tech Tips



Want to show your desktop instantly?



While you're holding down the Windows logo key, type the "d" key.

All your open applications will be instantly minimized to the task bar below, revealing your desktop.

June



DARLEEN'S LUNCH MENUS

JUNE 1

TURKEY SOUP
BUN
TURKEY STIR FRY
BUTTER TART

JUNE 8

MEATBALL STEW
COLESLAW
BUN
APPLE PIE

JUNE 15

TOSSED SALAD
BUN
SHEPPERD'S PIE
APPLE CRISP

JUNE 22

**NO LUNCH TODAY
DARLEEN IS ON A WELL
DESERVED HOLIDAY**

JUNE 29

MEAT LOAF
MASHED POTATOES
VEGGIES AND
COLESLAW
COCONUT CREAM PIE

PLACE YOUR ORDER BY
CALLING THE CLUB ON
TUESDAY BETWEEN
9:00 AND 11:30 A.M.
AT 613-932-4969

\$ 10

PICK UP AT THE SEAWAY SENIOR CITIZENS CLUB AT 506 PITT
STREET IN THE 5TH STREET PARKING LOT ENTRANCE BETWEEN
11:00 A.M. AND 1:00 P.M.

Puzzle

Father's Day Word Search



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

DADDY
UNCLE
STRONG
GOLF
PROVIDE



FATHER
TEACH
BRAVE
FOOTBALL
PARENT



GRANDPA
RESPECT
NECKTIE
PROTECT
LOVE



Club Stuff



Jouez les sports pour aider les seniors; Play sports to help seniors;

The Senior Citizens Club received an unexpected gift from three grade 10 students from Heritage Secondary Public High School, Kaleb Johnson, Soheil Saadi and Grant Haley. The students had a brilliant idea. They organized a sports evening at the school to raise funds for the Seaway Senior Citizens Club. They proudly raised \$243.00 that they remitted to the Director of the Club Darnell Proulx.

Such Community project initiative is part of the school curriculum of the International Baccalaureate Program, where all the grade 10 students must create a project which serves the community to obtain credits.

On Friday, May 5th at 3:00 pm, the High School Gymnasium was divided in 2, one side for basketball and one side for volleyball. They had about 20 students attend the event which was supported by 3 people on surveillance. Kaleb said: "We charged a \$10.00 entry fee, sold drinks and snacks, and people also donated funds totalling an extra \$40.00. It was a sports event using our school gym: one side there was basketball and on the other side it was volleyball and for 3 hours straight, people, people were just having fun through physical activity."

The title of the event was: "Jouez les sports pour aider les seniors," which translates to: "Play sports to help seniors." The work that Kaleb, Soheil and Grant have done is very much appreciated by the Seaway Senior Club and Kaleb adds that: "We can pass on the idea to the next year's grade 10 students. It is important to pass the message to local businesses that local charities need funding and must be supported."

By Christine Quellet

6 ways senior living can support brain health



- **Keep sharp with cognitively stimulating activities.** Older adults who regularly engaged in reading, writing letters, doing puzzles, and playing board games maintained better brain health and delayed dementia onset by 5 years*, reported a 2021 *Neurology* study. Retirement communities offer residents [mind-fitness workshops](#) and informal activities such as card games, discussion groups, and guest lectures to support brain health.
- **Practice yoga or tai chi to calm your mind.** Retirement living offers easy access to mind-body activities, such as yoga and tai chi, which calm the mind and body*, and help ease anxiety and depression, says Harvard Medical School. Brain imaging studies found people who practiced yoga regularly had a thicker cerebral cortex and hippocampus*, brain areas associated with information processing, learning and memory.
- **Social engagement stimulates and protects the brain.** A *Journal of Gerontology* study found older adults who reported frequent socializing had more robust gray matter in brain areas relevant to dementia*. Retirement communities offer many built-in social activities through recreational programs, themed social events, art classes, group outings and dining with friends.
- **Keep moving to boost memory and verbal skills.** Older adults who did six months of regular aerobic exercise improved verbal, memory, and thinking skills*, and performed at the level of someone four to six years younger on cognitive tests, reported a University of Calgary study. Residents of British retirement communities were 75% more physically active* than seniors who chose to age in place in their current home, according to an Association of Retirement Community Operators study.
- **Nourish your brain with nutrient-dense food.** People who follow healthy eating patterns, such as the Mediterranean and MIND diets*, maintain better cognitive health and have a lower dementia risk, says the National Institute on Aging. Chartwell Retirement Residences offers residents tasty, nutritious, and well-balanced meals in a warm, welcoming atmosphere that makes healthy eating easy.
- **Engage in activities with purpose and meaning.** A 2022 *Ageing Research Reviews* study found older adults who feel purpose and meaning in their lives* have a lower dementia risk. Through programs such as Chartwell's [H.O.P.E. \(Helping Others for Purposeful Engagement\)](#), residents can give back by actively supporting a cause close to their hearts.

A Slice of Life



Ah June is coming up...

the month that is notoriously known for weddings. No I am not going to write about weddings but I will write about relationships. Several weeks ago I was talking to a friend who is also a member of the Center and I was telling her what a crazy day it had been. I explained that a friend of mine (male) unexpectedly dropped by with a bottle of wine for me and stayed for a chat. Just after he left another male friend of mine came by to do some manual work for me. Then once that was done another male friend dropped by without warning to see if I would

like the 'find' he discovered on his usual Garage Sale tour. After relating those events she told me that I should write something about "A Man For All Reasons". Good one. So thank you, my nameless friend...but not this month although those certainly come under 'relationships'. As we get older we find there are so many more reasons for developing relationships. One friend I only play Scrabble with - another I play Gin Rummy with and on it goes. None of these are close to being a romantic relationship but friendship? Absolutely. Without the raging hormones of younger days when you were dating, your other friends were often put on the back burner. As I age I embrace them all. But what would happen, as a senior, if you met someone of the opposite sex and fell in love. How would that differ from years ago? Here are some scenarios I thought of. Assuming you decided you wanted to live together the first decision - and a very important one is if you both own a house - how would you decide which one? If they had been in a relationship before in that house, whether a spouse or partner, there would always be the 'ghost' of the other relationship hanging around. Trust me I have experienced that. Buy a completely new house and start afresh? Wow that is a big commitment and that could also involve family who may feel they won't inherit and might protest. OK - the house has been found and it's 'combination' day - you know the scenario - "but you can't get rid of my chair - it has always been in front of the TV" ...or "But I love that painting and don't intend to hang it in the basement" or "But Fifi has always slept on my bed...." Well you can see the way that is going. But relationships are very important. Perhaps that is one of the reasons the Seniors Center and other groups are important to seniors. It is a way to meet people and possibly form strong relationships in life. We need them.

Lorna Foreman

Good Reads: The Book of Lost Names by Kristin Harmel

In the last half of World War II there was a steady stream of Jewish children being smuggled from Paris and elsewhere in occupied France to Switzerland, which was a neutral country in the war.

The children travelled by train, bus, farm wagon, even foot, through forests, to reach villages south of Vichy. They would get new identities so that they no longer had Jewish names, and be armed with official papers that were graced with counterfeit stamps.

In the story, Eva Traube, a Jewish university student, is fleeing with her mother from Paris after her father was caught in a roundup of Jews. She creates false papers for her mother and herself, and travels by to Aurignon (a fictitious town south of Vichy).

Her mother who is Polish, but is posing as a refugee from Russia after the 1917 revolution, is immediately exposed, since the lady running the bed-and-breakfast is actually a Russian refugee.

That lady is impressed by the quality of the false identity papers of Eva and her mother, and gets word to Pere Clement, the pastor of the Catholic church, who is also the head of the network smuggling children to Switzerland.

Eva begins working at the church, eventually finding a way to mass-produce false papers.

She meets Anne, a precocious child who at 6 ½, is an avid reader. Her favorite book is *Le Magicien D'Oz*. She thinks that after this adventure she will be able to follow the yellow brick road back to Paris and her family.

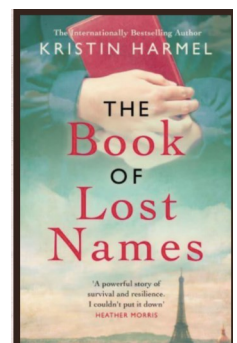
Eva meets Jacqueline, 4, who uses her quick mind to rescue her “parents”, later explaining that her brothers, now in prison camp, had taught her to widen her eyes when telling a fib.

Eva finds a way to record the old and new names of the children in *Epitres et Evangiles*, a book published in 1780.

A story in the *New York Times* displays this exact book, as a German librarian endeavours to return books stolen by the Nazis during the war.

Some aspects of this story require suspending belief, but it is all based on events that actually happened during the war. Author Kristin Harmel explains her research in an author’s note at the end.

Review by John R. Copps



Recipe

Dad's Meatloaf

Ingredients

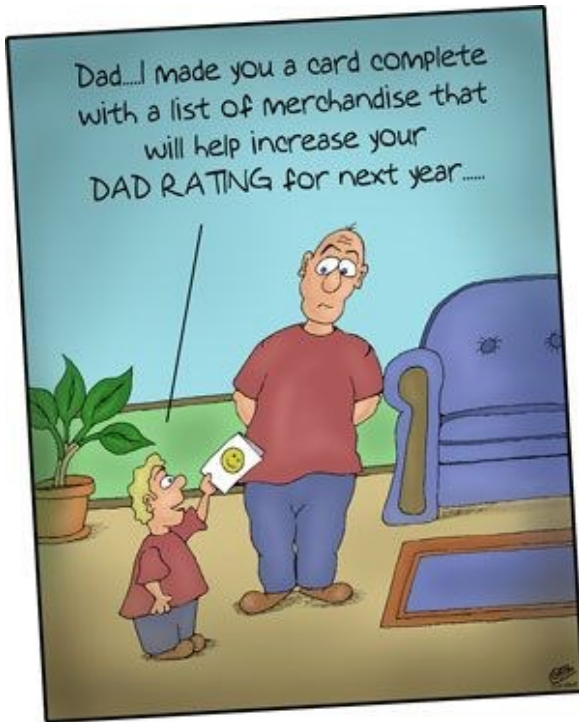
- 2 pounds ground beef
- 1 pound hot or mild sausage
- 2 eggs
- 1 onion, chopped
- 1 bell pepper, chopped
- 1 can (14.5 ounces) diced tomatoes
- 1 can (8 ounces) tomato sauce
- Salt and freshly ground black pepper, to taste
- Worcestershire sauce, to taste
- 2 sleeves saltines
- ketchup



Instructions

1. Preheat oven to 350 F.
2. Using your hands, mix beef, sausage, eggs, onions, bell peppers, diced peppers, diced tomatoes, tomato sauce, salt and pepper, and Worcestershire sauce. Add saltines until enough to form a loaf and place in a loaf pan.
3. Bake for 60 to 90 minutes, or until a meat thermometer inserted into the loaf reads at least 160 F. Spread ketchup on top of loaf during last 15 minutes of baking time.

Laughter is the Best Medicine



I finally figured out what I want to be when I get older....
YOUNGER!!



Useful Links



Our centre is a busy place and we couldn't get everything done without them.

Volunteers are always required for a variety of tasks including answering phones and registrations at the front desk, leading in-house activities, distribution of meals at curbside pickup or at special events, submission of articles of interest to our newsletter, selling tickets at the Cornwall Bingo, etc.

If you are able to help out a few hours a month or more, please contact:

Front Desk Volunteers:

Micheline at 613-935-5010.

Meals Volunteers:

Darleen at 613-938-9412.

Bingo volunteers :

Darnell at (613) 932-4969

WE THANK YOU

<https://www.facebook.com/SeawaySeniorCitizensClub1201>

<https://seawayseniors.ca>

<https://www.canada.ca/en/employment-social-development/campaigns/seniors.html>

<https://www.cornwall.ca/en/live-here/senior-services-and-initiatives.aspx>

<http://www.oacao.org>

<https://ontariocaregiver.ca>

<https://www.nursenextdoor.com>

<https://chartwell.com/en>

<https://www.bayshore.ca>

<https://www.alzheimer.ca/cornwall>

<https://hearcanada.com>



Mission Statement

To ensure that older adults in the Cornwall area have opportunities and choices that lead to healthier lifestyles