

July 2023

The Seaway Senior Citizens Chronicle

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



Canada Day is essentially our Independence Day. Canada Day was originally called Dominion Day and officially became a statutory holiday in 1897. It was re-named in 1982 to Canada Day. The word Canada comes from the Huron-Iroquois word “kanata” meaning “**village**” or “**settlement.**” In 1535, two Aboriginal youths told French explorer Jacques Cartier about the route to kanata; they were actually referring to the village of Stadacona, the site of the present-day City of Québec.



Last Month in Review

Royal Tea Party

Our club's Victoria Day weekend was extended on Tuesday afternoon when we held our Royal Tea Party.

Some wore fascinators, tiaras and fancy hats but I think everyone agreed that Murray and Sonia were the perfectly dressed British Couple.

Members sipped tea and enjoyed a huge assortment of delicious dainty sandwiches and desserts.

While playing Coronation Bingo we received a surprise visit from THE KING himself ! But... the biggest surprise to all, was that it was the "other" king (of rock and roll) that turned up at our door!



Last Month in Review

Look what can happen by following a few easy steps - with a qualified instructor of course. The result: each one a little different, but each one a masterpiece.

May 31st at 7:00 pm. Twenty-eight people gathered for an evening of painting and laughter. This activity raised more than \$500 for the Club. Thank you Diane Riley for organizing this event.



Last Month in Review

Writing Your Stories

To paraphrase Lorna Foreman local author and facilitator of our recent two part workshop on Writing Your Stories..... "Every life event is a bead in your necklace of life which holds your memories together". These words rang true to the participants as they put their memories to paper creating a lasting legacy to share with their families. Thank you Lorna for sharing your expertise and guidance in this event.



Quilt of Belonging

Many hands make light work. Volunteers from the Club had the honour of assisting in the installation of the Quilt of Belonging at the Williamstown fairgrounds.

The Quilt of Belonging is a 120 ft long massive collaborative project which took 6 years to complete. Its 263 blocks portray the rich cultural legacies of all the First Peoples in Canada and every nation of the world at the dawn of the new Millenium.

It is fitting that the quilt was displayed in Williamstown as that is where it all began thanks to a vision by local artist Ester Bryan who recognized that everyone has a story to tell. The Quilt was on display at the Williamstown fairgrounds on June 9 to 11. It is truly an awe inspiring display. Read more about the Quilt of Belonging here <https://www.quiltofbelonging.ca/>

Last Month in Review

Birds in Your Back Yard

Mike Chegrinec says” I have been interested in birds every since I was 5 years old. At that time, we lived on a farm in southern France. I would roam the fields, rivers, and mountains looking for birds. Today, I am a member of the CABC, Cornwall and Area Birding Club, of which I was past president. In addition, I sit on the ‘Bird Friendly City” committee which is looking to meet certain criteria in order to obtain the “Bird Friendly designation” for the city of Cornwall. We are very fortunate to live in this area as it is one of the prime migration routes as well as a prime birding location. I enjoy sharing my knowledge and passion with children’s groups, community organizations and I participate in all kinds of environmental conferences and symposiums.”



UPCOMING EVENTS

Mark Your Calendars



Please watch the monthly activities calendar for the latest and most up-to-date information on upcoming events and activities. Information can also be found on our website and Facebook page.

<https://seawayseniors.ca/>

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



CELEBRATE CANADA BBQ

Tuesday

July 4th, 2023

11 am - 1 pm

506 Pitt Street

Corner of Pitt & 5th Sts.
Cornwall, ON



613 - 932 - 4969

www.seawayseniors.ca



Burger or hotdog,
macaroni, coleslaw and
strawberry shortcake

\$15



Upcoming Events

SEAWAY SENIOR CITIZENS CLUB

Trishaw Rides, Picnic & Museum Tour

Tuesday July 11
10 am - 4 pm
Lamoureux Park, Cornwall

BYOB 😊
Bring Your Own Bagged Lunch
lawn games * cold drinks provided

Trishaw Rides with Cathy Bourgon

Cornwall Community Museum Tour

Register at Reception
* Book Trishaw rides in advance
first come - first served

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

Centre @ 506 Pitt St., Cornwall

SEAWAY SENIOR CITIZENS CLUB hosts a **Free**

CORNWALL PUBLIC LIBRARY **BIBLIOTHÈQUE PUBLIQUE DE CORNWALL** **FORUM**

Tuesday July 18
1 pm - 3 pm
Oak Room

Your Library wants your input to help ...

PROGRAM AN EVEN BETTER LIBRARY

Find out about current programs, services, and offerings at your **Cornwall Public Library**. This is your opportunity to provide suggestions as well!

Special Guest
Cornwall Public Library
Programs and Community
Engagement Co-Ordinator
Frank Burelle

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

located at 506 Pitt St., Cornwall

SEAWAY SENIOR CITIZENS CLUB

Free

Come out and support our own
SEAWAY SENIORS CHOIR
with Steve Ellam
Conductor

Sunday, July 23
2 pm

Bandshell
Lamoureux Park

FOR MORE INFORMATION:
613 932 4969
seawayseniors@gmail.com
www.seawayseniors.ca

SEAWAY SENIOR CITIZENS CLUB **SEAWAY SENIORS Studio Series**

Getting into the Groove Session
with **Gary Beaudette**

TUESDAY AFTERNOON | 1 PM - 3 PM
JULY 25 - Oak Room

Professional Musicians Sharing Tips
Demonstrations and Q & A Sessions

members - \$7 per session
non members - \$10 per session

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

Centre at 506 Pitt St. Cornwall, ON

Volunteer Profile

Not everyone is brave enough to volunteer in a group that's flinging pointy metal objects around the room, but Shelley Robertson is up for the challenge of being activity leader for Darts! Shelley ensures our lively bunch of dart aficionados can "diddle for the middle" once a week in the Maple Room!

It's a great social activity, and also good for eye-hand coordination and balance, so why not come out and join Shelley one Friday afternoon! Thank you Shelley!



Activity Profile

Bullseye



Our Friday afternoon darts group is a non-competitive and non-judgmental activity to help keep your hand/eye co-ordination well tuned while socializing at the same time.

Depending on the number of participants, we usually split into two teams and have time to play about 5 games (including a coffee/tea break).

Join in the fun every Friday afternoon at 1:00 pm—3:00 pm.

All skill levels welcome.

July



DARLEEN'S LUNCH MENUS

JULY 6

**CHICKEN AND
DUMPLINGS
BUN AND VEGGIES
CHOCOLATE
VANILLA PUDDING**

JULY 13

**SPINACH SALAD
HAM
SCALLOPED POTATOES
VEGGIES
BROWNIE**

JULY 20

**BUN
VEGGIES
HAMBURGER STEAK
ROASTED POTATOES
CHOCOLATE CUP CAKES**

JULY 27

**EGG ROLL
GARLIC CHICKEN
CHICKEN FRIED
RICE
CHICKEN CHOP
SUEY
FRUIT JELLO**

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

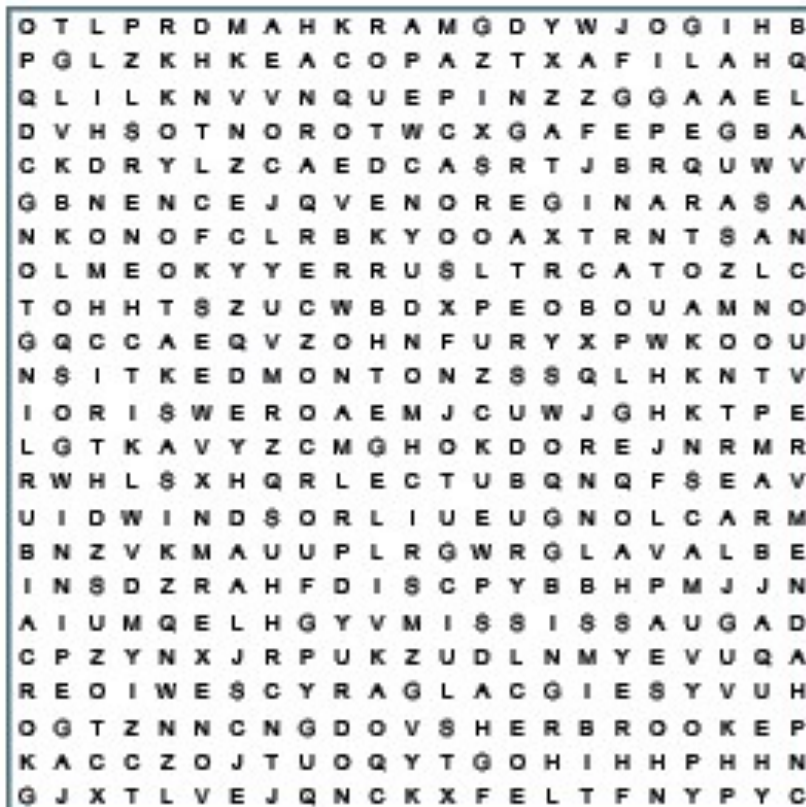
\$ 10

**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

Canadian Cities

DIRECTIONS: Find and circle the city names in the grid. Look for them in all directions including backwards and diagonally.



BRAMPTON
 BURLINGTON
 BURNABY
 CALGARY
 EDMONTON
 GATINEAU
 GREATER SUDBURY
 HALIFAX
 HAMILTON
 KITCHENER
 LAVAL
 LONDON
 LONGUEUIL
 MARKHAM
 MISSISSAUGA
 MONTREAL
 OAKVILLE
 OTTAWA
 QUEBEC CITY
 REGINA
 RICHMOND
 RICHMOND HILL
 SASKATOON
 SHERBROOKE
 SURREY
 VANCOUVER
 VAUGHAN
 WINDSOR
 WINNIPEG



TORONTO

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Tech Tips



Is it safe to have the same password for all of my accounts? If I have an account in Yahoo! Hotmail, banking, insurance etc., is it okay to use the same password for all of them?

NO!

Using different passwords is ***much*** safer than using one password everywhere. In fact, it's critical. Hackers know that most people have more than one account *and* that most people don't take the trouble to set different passwords. When they hack a single account, it acts as a doorway to the others.

It's easy for a hacker to guess that if a person logs in with username X and password Y on a system like Yahoo! mail, it's likely they'll use both username X and password Y on other services.

Once they've breached one account, hackers get clues that let them access other accounts. Account confirmations and notifications are frequently sent via email. What that means is that your hacked email account contains many clues as to what other accounts you have. If you use the same password everywhere, it's easy sailing for the hacker to quickly try those out and log in as 'you' at multiple services.

For example, your Facebook login is your email address and a password. Well, if they've hacked your email account and you use the same password everywhere, they now know how to log in as 'you' on Facebook.

The hack might not be your fault

Hacks happen through no fault of your own. You could be maintaining perfect security and still end up compromised.

Consider all the places you have online accounts. Let's assume that the one with the poorest security gets hacked, and their entire username/password database is stolen.

You just got hacked, and it wasn't your fault.

However: if you're using one password everywhere, the hackers now know it.

The bottom line is that using one password everywhere is a risk you shouldn't take.

At a minimum, use unique passwords for your important accounts, like banking and other financially-related activities *and email*.

All a hacker needs to do is hack your email account and then run over to some other account and request a password reset to be emailed to the email account they now control.

An easy trick is to use phrases as passwords. Here are some examples:

3sCompany4sACardGame

KnotL8terThanNextWeek

CallMe2Morrow

MyTruck*IdentifiesAsAPrius



7 nutrition tips for healthy summer eating

Paint your plate with rainbow colours. Think of red tomatoes, green asparagus, purple grapes, yellow peppers, orange peaches, white onions, and brown mushrooms. Including [vegetables and fruits of different colours](#) in your meals and snacks offers many important health benefits.* That's because each colour of vegetable or fruit contains different phytonutrients, compounds that promote health and protect against chronic diseases.*

Enjoy chilled soups to keep you cool. Try chilled soups like gazpacho, lemongrass-ginger-carrot soup, or cold cucumber soup with yogurt and dill to keep you refreshed and hydrated through the summer.

Eat varied, healthy protein foods. Look to the Mediterranean diet as a guide for healthy daily protein consumption. Enjoy fish, seafood, poultry, eggs, and plenty of [plant-based protein](#) from beans, peas, lentils and nuts.*

Grill fish for essential fatty acids. Older adults with higher levels of omega-3 fatty acids in their red blood cells lived nearly 5 years longer on average,* reported a 2021 study in *The American Journal of Clinical Nutrition*. Fatty, oily fish such as mackerel, salmon, trout, tuna, and sardines are excellent sources of omega-3 fatty acids, as are walnuts, flax seeds, chia seeds, brussels sprouts, and omega-3 fortified eggs,* according to Healthline.

Drink plenty of water and nutritious smoothies. Older adults need to drink more fluids to compensate for changes in their body temperature regulation, which increase the risk of dehydration,* advises University of Ottawa. Drink water even when you're not thirsty. Add variety and nutrients by drinking fruit or vegetable smoothies, and water lightly flavored with your favourite fruit ingredients.

Season with herbs and spices to boost heart health. Seasoning foods with herbs and spices such as garlic, ginger, turmeric, basil and dill, promotes better heart health, lowering blood pressure and cholesterol,* reported recent studies from Penn State University and Clemson State University. Trying different herbs and spices, instead of adding salt, adds flavour and stimulates the appetite of older adults,* advises Canada's Food Guide.

Dress salads with healthy oils. Regular consumption of olive oil, a Mediterranean diet staple, is associated with a lower risk of death from heart disease, cancer, dementia, and respiratory diseases,* reported a 2022 *Journal of the American College of Cardiology* study. Canola, sunflower, sesame, and safflower oils are other healthy oils that can provide you with essential fatty acids and antioxidants in salads.*

A Slice of Life



There are times when I just don't feel like writing anything serious and this is one of them. It was after I watched "The Sound of Music" I found myself unable to stop singing "...these are a couple of my favourite things". Two of my favourite things enables me to join the throngs of women who share them. Yep! They are chocolate and shoes. No doubt there are many men who also love chocolate - but shoes? Maybe not. I recently read the perfect book "The Healing Powers of Chocolate" by Cal Orey gave me all the reasons why I should continue to indulge myself remembering

that moderation is best. Apparently dark chocolate can help reduce the risk of cardiovascular problems. Yeah! Also it apparently contributes to lowering my cholesterol level. Another yeah! I remind myself, in between bites all the health benefits to chocolate (besides just the pure joy of biting into a wonderful piece of chocolate). So some semi-addictions are actually OK it seems. Mind you it is better to eat the dark chocolate. Of course it is still high in calories so too much is not good if you don't want to gain weight. Boo! Oh yes, I almost forgot...it could prevent memory decline. Oops I better get my chocolate bar out. Even its history is interesting. The earliest consumption of chocolate dates back to the Olmec civilization in Meso-America. It was brought to Europe and the world fell in love with that delicious taste sensation. Not just for desserts, chocolate is used in savory dishes as I discovered on the Internet. I unfortunately cannot tell you many good things about my second love - shoes. Apart from the sheer pleasure of buying them and slipping into a colourful pair, there are negative sides. It certainly costs more to indulge in that passion and I could hurt myself - even break an ankle - if I tripped wearing my lovely pair of stilettos. Nobody has asked me about my passion for chocolate but there have been many who questioned me on my shoe adoration. "Oh no, not another pair." is the comment I hear a lot. I often wonder if men develop a passion for shoes. I certainly haven't met one yet so if any of you men, if you have read this far, could let me know I would be interested. It's great to have 'favourite things' -it allows you to spoil yourselves occasionally. I know I ate a lot of chocolate during COVID. Yeah.

Lorna Foreman

Recipe

Bacon and Onion Roasted Potatoes

Ingredients

6 large russet potatoes, scrubbed clean and halved crosswise
6 slices bacon
1 onion, cut into 1/4-inch (1/2 cm) thick slices
Butter, to taste
Salt and pepper



Preparation

Preheat the grill, setting the burners to high.
Generously season the potatoes with salt and pepper. Place a folded slice of bacon and a slice of onion between the two halves of each potato.
Individually wrap each potato in aluminum foil.
Place on the grill, close the lid and cook for about 45 minutes, or until the potatoes are tender. Serve with butter.

Club Stuff

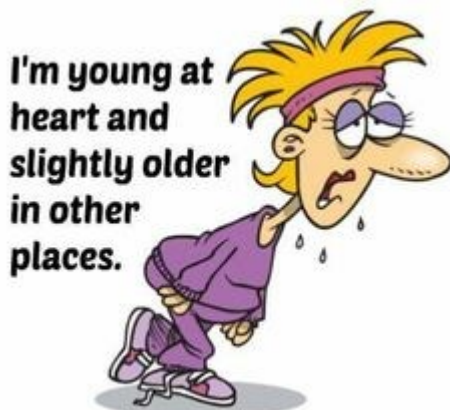
Hall rentals for club members

This is to make you all aware that we are now able to offer Saturday hall rentals for Club members for the day at only \$75.00 for the day; kitchen included.

Seniors' Month

The Board of Directors hopes you had a wonderful Seniors' Month. We hope the free week of activities was enjoyed by all. It was our way of showing our appreciation for your continued support.

Laughter is the Best Medicine



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>



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Mission Statement

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