April 2023

The Seaway Senior Citizens Chronicle

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

Easter Traditions

There are several traditions for this time of the year. Egg painting is very popular and easy to do. Egg paint kits can be purchased in stores but you can also dye hard boiled eggs using a jar of beet juice! To give eggs extra shine you can rub them with fat - bacon. You laugh now but once you try it you'll see how well this works!

Petting zoos are popular around Easter, too, where kids get a chance to pet and feed bunnies and other animals.

Last Month in Review

How many leprechauns can you fit into one room at the Seaway Senior Citizens Club?

At least 50 were in attendance at our St. Patrick's Day dinner and enjoyed Irish jokes and songs complete with prizes thanks to Kathy Riddell. Darleen served up beef stew, and entertainment was provided by the Jammers, proving our club just may be the pot of gold at the end of the rainbow.

And the luck of the Irish was with Gilles Tessier, who won the $250 in March's 50/50 draw.

The fitness class didn't stop there of course—they continued the 'wearing of the green' the day after with some pretty snazzy outfits.

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/SeawaySeniorCitizensClub 1201

Upcoming Activity

Volunteer Profile

Carol Travers

Carol was born in Cornwall and attended St. Lawrence High School, and then went on to St. Lawrence College for SSW. Carol worked as a Residential counsellor assistant. She has been a member since August 2021, and a volunteer since 2021 as well. Carol also volunteered at the Seaway Valley . She found out about the Seaway Seniors club while driving by and calling. All the different activities and the Library was what attracted Carol to the Centre. The reason Carol volunteers is because she enjoys communicating with people and it feels like home and being with family. You will find Carol volunteering at reception answering the phone and helping the people when they come into the centre. Crafters Lounge and Crafter Choice are the activities that Carol enjoys. Volunteering is important and she enjoys the feeling it gives her to talk and laugh with others

We Thank you Carol.

Tech Tips

Find Emojis on Your Laptop or Desktop

On a PC, right-click anywhere you can type text, and then click “Emoji” in the menu that pops up. Or hold down the Windows key while you tap the period key.

On a Mac, click control+command+spacebar to get the emoji menu.

April Lunch Menus

SEAWAY SENIOR CITIZENS CLUB

DARLEEN'S LUNCH MENUS

APRIL 6

TOSSED SALAD
SHEPPERD'S PIE
BUN
APPLE CRISP

APRIL 13

CHICKEN RICE SOUP
CHICKEN SALAD OR
EGG SALAD SANDWICH
PINEAPPLE CAKE

APRIL 20

MEAT LOAF
MASHED POTATOES
VEGGIES AND COLESLAW
COCONUT CREAM PIE

APRIL 27

CHILI
BAKED POTATO
BUN
CHOCOLATE VANILLA
PUDDING

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.

Bingo News

The Seaway Seniors have always had the most dedicated volunteers in town, and we celebrate them all! In a time when many organizations are struggling to find volunteers, the Seaway Seniors have a keen and committed crew that give of their time and talents to support our vibrant Centre in so many ways. You just have to walk the Hall of Fame at the Centre see the many faces of those who serve others.

This month we are giving a big "BINGO" shout out to all the volunteers who have tirelessly worked the floors of the Cornwall Bingo Centre to help raise funds to help support the Club. For over three decades, volunteers have collectively put in hundreds of thousands of steps and sold at least the same number of Bingo cards. All of this has been done to provide much needed income to support the running of the Centre and its many activities and events.

Recently I took on the role of working with the Seaway Seniors Bingo program and have had the opportunity to work alongside its amazing team of volunteers. To that end, I want to take this opportunity to recognize each and every volunteer who gives of their time to make it all happen every second Sunday afternoon and Monday evening. You are an inspiration to me and to the Club. Thank you!

If you are interested in finding out more about becoming a Bingo volunteer or learning more about this great and important team, please feel free to contact me, Karen Douglass Cooper, by email at hobbit@cogeco.ca or by phone at 613 938 4897.

" Monday Night Bingo Team (left to right) Jesse Amy (back) and sisters, Denise Willard, Jeannine Terriah, and Therese Seguin"

Club Stuff

Memberships

We recently reviewed the status of all members who have renewed for the 2023 year. If you have not yet paid your membership, when you scan in to your next activity or event, you may find that your account has been blocked. This is a reminder to pay your 2023 membership, or pay the non-member fee for your activities and event.

ACTIVE MEMBERS 90+

Georgette Allaire——Bid Euchre

Ida Beaty————-Exercise

Tony Drifin————Exercise

Bernadine Greffe——Guitar

Doris Hurrell————Canasta

Ruth Stringer————Line Dancing

Anne Welch————-Exercise

Herb Yellnick————Excerise

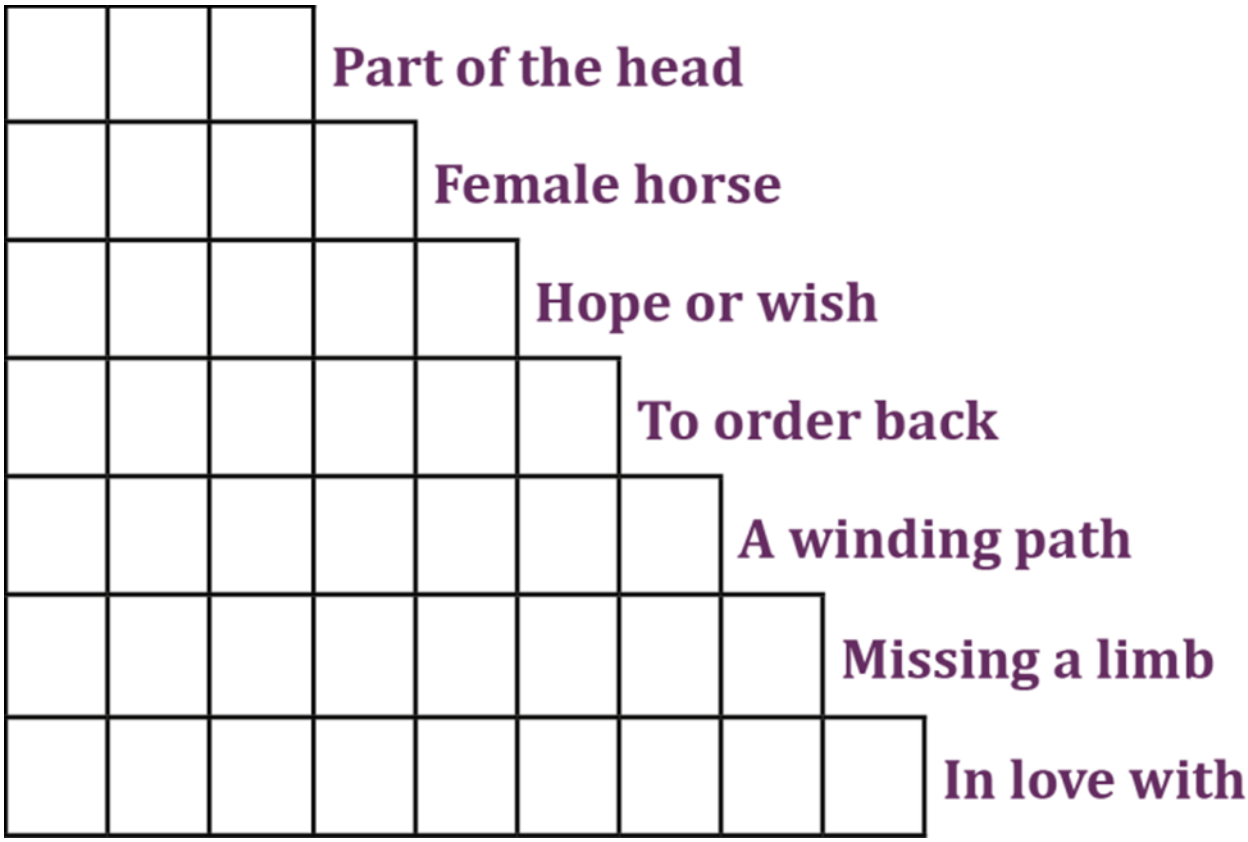
As of Feb 24th we have walked to Churchill Manitoba on our way back to Victoria and done 20797774 steps which amounts to 103988,887 kilometers.

The 50/50 draw continues…..in a newish format!

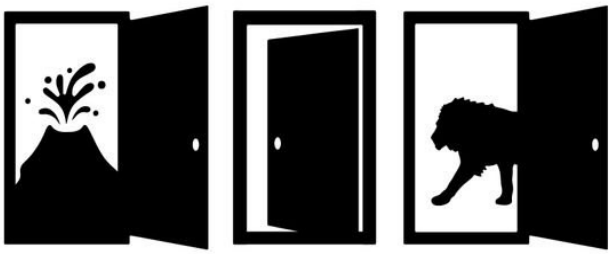
Beginning in April, tickets will be on sale from the first of the month, Monday to Friday between the hours of 11:00 and 12:00, and 2:00—3:00 p.m. at reception (as long as there is a volunteer at the front desk!)

The monthly draw will take place on the last day of every month. The winner's name will be posted at reception and on Facebook

Puzzles



You're escaping a maze, and there are three doors in front of you. The door on the left leads to a pit of lava. The door in the center leads to a room filled with deadly gas. The door on the right leads to a lion that hasn't eaten in three months. Which door do you choose?



Puzzle Solutions

E	A	R							Part of the head
M	A	R	E						Female horse
D	R	E	A	M					Hope or wish
R	E	M	A	N	D				To order back
M	E	A	N	D	E	R			A winding path
O	N	E	A	R	M	E	D		Missing a limb
E	N	A	M	O	U	R	E	D	In love with

Answer: The door on the right. A lion that hasn't eaten in three months would be dead.

Here's how seniors can maintain a healthy, stable weight:

- **Eat frequent, smaller meals.** If you're underweight, you may feel full faster. Try eating five or six smaller meals* – sometimes nutritious snacks – rather than two or three large meals, advises Mayo Clinic.
- **Stay active to boost appetite.** Regular moderate exercise* can increase appetite to replenish calories burned.
- **Choose nutrient-dense foods.** While calorie needs may decrease with aging, you can get the nutrients you need and gain weight by eating more nutrient-dense foods* with higher amounts of vitamins, minerals, and fibre per calorie. These include whole grains, milk, yogurt and cheese, seafood and lean meats, poultry and eggs, fruits and vegetables, legumes, nuts, and seeds.
- **Use herbs and spices to enhance flavour.** If your sense of taste and smell has changed, using herbs and spices to add flavour* to foods can help trigger your appetite and make meals more appealing, according to Canada's Food Guide.

- **Make meals an enjoyable social activity.** Eating with others increases food intake significantly*, reported a *Physiology and Behavior* study.

- **Walk briskly to burn more calories.** A daily brisk walk* helps you burn more calories and lose body fat, while promoting heart health, improving balance and coordination, and strengthening your bones and muscles.

- **Make healthy food swaps.** Small shifts in food choices* can make a big difference in achieving or maintaining a healthy weight. Try shifting to whole grains from refined grains, fresh fruit from fruit products with added sugars, and healthy oils from solid fats.

- **Adjust portion sizes.** Reduce portion sizes* to lose excess weight rather than sacrificing healthy components of a balanced meal.

A Slice of Life

AGEISM

Several weeks ago, I was waiting to do a transaction - I won't mention where - but when I got up to the person (there was a line-up behind me I should mention) I stood waiting. True I had a mask on so all she could see was my white hair. I was rather shocked to hear the difference in her voice when dealing with me. Her voice slowed down and took on a tone I can only describe as though talking to a child. She explained the transaction as though I was a 3-year old. Unfortunately there were people behind me so I kept quiet but I wished I could have jumped up and done cartwheels in front of her but I probably would have been carted away. Ageism. I've run into it before and at a much younger age. Rushing to get on a subway train in Toronto I had to go through to pay cash. I gave him money, grabbed the tickets he handed me, put one in the box and just made it to the train. When I sat down I looked and realized I had been given senior tickets. I was only 40 years old at the time but had salt and pepper hair. That was my introduction to ageism. The moment I started turning gray I have had those reactions. If I need help I will ask for it. Don't just assume an older person is incapable. A friend of mine who is 6'5" tall, white hair and only early 70s went to a computer store. He was ignored but when a young person walked in he was greeted immediately by a sales person. Coincidence? It happened twice in the same store. Of course these are just a few examples but it is a problem in our society today, whether it be financial, psychological, physical neglect or systemic. This is a very complex problem and I don't have the room nor the knowledge to really explore the topic, but it is scary. Even in health care, studies have shown that a person's age, rather than health status, can influence medical decisions about tests or treatments provided to an older person. In the workforce ageism usually manifests itself when the person's age rather than their experience and abilities influences the hiring decisions. While mandatory retirement ended age is still a problem in the work place. I have a feeling that our younger generations feel seniors are taking valuable money that should go to younger generations. it is shocking to read that there is sexual abuse, physical abuse, emotional abuse, and financial abuse as well. The isolation caused by the Pandemic certainly has not helped. Many seniors cannot drive and are isolated at home. Families often live far away and nobody comes to look in on neighbours any more these days. Thank goodness for places like the Seaway Seniors where you meet with peers and enjoy a variety of activities without ageism creeping in. Lorna Foreman

Good Reads *The Shop On Blossom Street by Debbie Macomber*

Relationships change over time, whether it's sisters, spouses, dating couples, or knitting rookies.

Lydia Hoffman opens her wool shop, *A Good Yarn,* and decides an instructional class will help generate interest.

The first class draws an unlikely trio. Jacqueline Donovan is a society lady, wife of the architect overseeing the total re-development of Blossom Street.

Alix Townsend wears a dog collar, purple-tinged spikes in her hair, and a leather jacket. Her case worker suggested knitting could be a means of anger management. She hopes to use the time in class to work off some of her court-ordered community service hours.

Carol Girard, the third member of the class, hopes knitting a baby blanket is a good sign: she is about to undergo her third and final attempt at in-vitro fertilization.

If this was a movie, a steamy scene involving Carol and her husband Doug, on pages 61-62 would draw a restricted rating by the censors. You can skip it if you prefer. They don't get pregnant.

Alix becomes almost a super hero in the story. Jacqueline, forced to park behind *A Good Yarn*, to deliver drawings to her husband, is confronted by a pair of criminals. One pulls a switchblade. The odds change when Alix shows up, notes a probation officer won't approve of this activity, and then pulls her own switchblade. Then Lydia opens her back door, and Jacqueline yells at her to call the police.

Alix pulls a fifteen-year-old church girl out of a drug den, and then tells the dealer to not let the teen back in; not just because the girl is underage, but also because the dealer will get all the church ladies picketing his drug den.

Then Alix becomes an emergency midwife, and when the new mother tells her to throw the baby away, Alix knows exactly who wants a newborn.

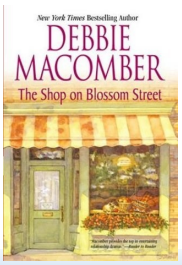
On the lighter side, Jacqueline's new daughter-in-law, Tammy Lee, will be offering her family recipe for Brunswick stew. She changes it to pork and chicken because many don't have the original ingredients – possum and squirrel.

When the mayor asks Tammy Lee what she thinks of the country club, she says it was nothing but tennis and bridge, dining and whining. The mayor thought she was hilarious.

By the end you've fallen in love with most of the main characters. On the front cover, it proclaims this is "the first novel in the popular Blossom Street series." Actually that borders on false advertising. I read two other books in the series, hoping to learn more about these characters, especially the baby that arrives in the final pages.

The youth minister, Jordan Turner, who is Alix's boyfriend, makes a cameo appearance to conduct a wedding. In another book, someone moves to Blossom Street.

This is the best book of the lot. Enjoy it.



Review by John R. Copps

Recipe

Sesame Garlic Roasted Asparagus

Prep Time 5 minutes
Cook Time 15 minutes
4 servings

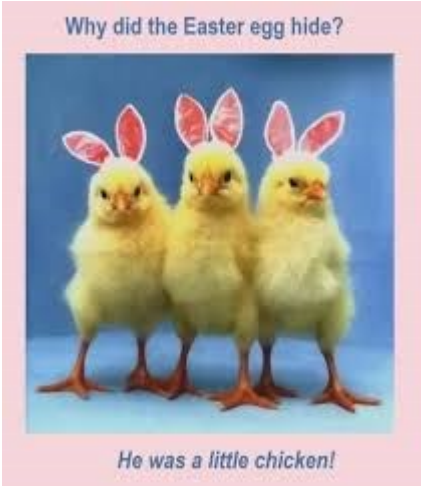
Ingredients

1 1/2 pounds asparagus spears, washed and ends trimmed
1 tablespoon sesame oil (or sub olive oil)
3 cloves garlic, minced (or sub 1/2 teaspoon garlic powder)
2 tablespoons toasted sesame seeds (can also use black sesame seeds)
Freshly ground salt and pepper

Instructions

Preheat oven to 425 degrees F. Cut the dry woody ends of the asparagus and discard.
Place asparagus in large bowl and add sesame oil and minced garlic; toss to combine. Arrange spears on large baking sheet and generously sprinkle with sesame seeds. Season with a good amount of salt and black pepper.
Place in oven for 15-20 minutes or until spears reach desired consistency. They should still be a bit crisp.
Remove from oven and transfer to serving plate to serve immediately.

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

Mission Statement

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