

Switched On Seniors



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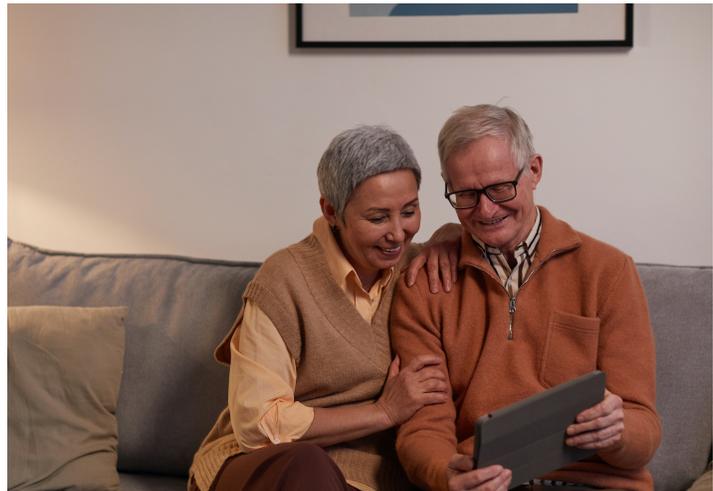
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Switched on Seniors

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It's always on Thursday.
It's always at 11 a.m.
It's always senior driven.
It's always FREE.
All seniors are always welcome



The Switched-on-Seniors Newsletter is off to a flying start-thanks to all our contributors & readers

If you're not receiving a copy of our newsletter in your email in-box, be sure to sign up now on our web site www.switchedonseniors.com. Our web site has received some major additions and changes, so please visit us to see what's new. Information and contacts from previous meetings are also now available on our 'Resources' page -check it out.

What is a newsletter? It's a vehicle designed to share our news with you and your news with others. We value your feedback and input. We also welcome your thoughts on future speakers and topics you would like to explore. We build our 'speaker' calendar about 2 months in advance and so if you submit ideas that do not show up next week - do not be discouraged, they will be processed and acknowledged. To provide feedback & input, email us at switchedonseniorsmarkham@gmail.com.

As we move into the summer we'll be focusing on topics and ideas that are seasonal and will help us all to enjoy our surroundings, notwithstanding we may still be in a lock-down situation or at best have restricted movement and contacts. Even during these difficult times there is plenty to do and visiting with us each week is just one of many stress-busting activities you can pursue.

Recipe of the Month

Easy Sheet Pan Fish Dinner

Sheet pan dinners are a great way to avoid pots & pans!



Ingredients per person:

- Approximately 6 mini potatoes
- A handful of asparagus or green beans
- 1 fish fillet 4 – 6 oz (salmon or tilapia loins work well)

Seasonings:

- 1 -2 tbsp of olive oil
- Salt and pepper
- Your choice of additional flavours, such as
¼ tsp crushed garlic, ½ tsp oregano, ½ tsp Italian seasoning

Directions:

1. Preheat oven to 425 F, & cover cookie sheet with aluminum foil. Lightly grease foil or coat with nonstick spray
2. Mix together olive oil with your choice of seasonings.
3. Toss mini potatoes in seasoned olive oil.
4. Place on 1/3 of cookie sheet and bake in oven for 15 mins.
5. Meanwhile, toss asparagus or beans in seasoned oil.
6. Brush fish with remaining seasoned oil.
7. After 15 mins remove cookie sheet and turn potatoes
8. Place fish in middle 1/3 of cookie sheet and vegetable on final 1/3.
9. Return to oven and cook approx. 15 mins until fish flakes easily.

Care & Concern



We are living through times and situations such as we have never experienced before. Sometimes it feels as if we are being pushed along by forces and situations we haven't signed up for - didn't expect, and don't understand. At other times it may feel as if we are alone in attempting to reach more favourable conditions - conditions we can recognise as life.

For a number of months the question on our lips was, "Have you been vaccinated yet?" Then a month after that the question changed slightly. "Which vaccination did you get?"

And now the question has twisted further - and to a more fundamental form - concerning the benefits and dangers involved in the whole process. We see and hear news headlines about blood clots - about multi-week treatment with oxygen and ventilators - about prolonged after effects. And this emphasis has drowned all news of the coping and caring benefits to life in today's world. "What are the benefits and the dangers of vaccination?" Few, or perhaps, none of us are able to answer the question with absolute authority, but all of us, nonetheless, have an opinion. Let's hope that, as a Switched-on-Senior, you are pushing the wheelchair to health, to healthy family and community living and not simply being carried along in weakness or despair. We can be part of the problem, or part of the solution. There is always some danger when we cross the street, or shelter from the rain under a tree. But the benefits can be, and are, much greater.

Let's resolve, as we live through this current pandemic, to be part of the solution, vaccinated, caring & sharing in community, switched on in our awareness of others.

Next month: News and Fake News

Haven't gotten your vaccine yet? Need help? Markham Vaccinates is able to help
Visit <https://www.markhamvaccinates.com/home> or call (905) 294-3184

Tech Tips

Online Banking

The pandemic has compelled us to embrace online banking in favor of visiting our local branches. For many of us this is a step outside of our comfort zone. Maybe we didn't trust technology, maybe we were already enrolled but not actively using the service. All banks have reported a significant increase in clients aged 65-plus signing up for online banking. Are you still on the fence? Still unsure? Have questions? The banks have stepped up to help seniors do their banking while staying safe. Some banks have priority phone and in-person service for seniors aged 75 and over. For in-person shopping some banks have increased credit card limits for contactless payments. These institutions may also offer discounts on chequing accounts, waiver of monthly or transactional fees, Interac e-Transfer fees, etc.

HELPFUL TIP: YOU DON'T ASK, YOU DON'T GET!

Make sure your financial institution is providing you with all the free and discounted services offered to seniors!!

The five major banks have created some helpful resources to help you navigate your way. If you don't bank with the major banks, please note that similar services are offered at most financial institutions.

[CIBC SENIOR RESOURCE CENTER](#)

[RBC RESOURCE GUIDES](#)

[SCOTIABANK – BANK YOUR WAY](#)

[TD CANADA TRUST – DIGITAL BANKING GUIDE](#)

[BANK OF MONTREAL – SENIO](#)

[RS BANKING OPTIONS](#)



Not all of us are able to make the switch to online banking. Some of us are still nervous about, or uncomfortable with technology. Or maybe we are at a disadvantage as we don't own a computer or laptop, or have internet access. Please reach out to your local branch and explain your situation. They are there to help.

Next month: Tips on staying safe online.

Upcoming Speakers



June 3- Markham Expansion - Andrew Keyes, Ward 5 Councillor

June 10 - Programs for Seniors - Markham Public Library

June 17 - Markham Group of Artists

June 24- Denver Hilland - Health for All, Family Health Team

July 1st  Canada Day - No meeting

Puzzle Page

Trivia

- #1 What is the rarest M&M colour?
- #2 In which European city would you find Orly airport?
- #3 Fissures, vents & plugs are all associated with which geological feature?
- #4 Which author wrote the Winnie the Pooh books?
- #5 Which country consumes the most chocolate per capita?
- #6 What is the loudest animal on earth?

Brain Teaser

Beth's mother has three daughters. The oldest daughter is named Thelma and her second daughter is named Louise. What is the third daughter's name.

Logic Puzzle



There are two ducks in front of a duck, two ducks behind a duck and a duck in the middle. How many ducks are there?

Answers

Logic Puzzle
 Three. Two ducks are in front of the last duck, the first duck has two ducks behind, one duck is between the other two.

Brain Teaser
 The 3rd daughter is Beth!

Trivia
 1) Brown, 2) Paris 3) Volcanoes
 3) A.A. Milne 4) Switzerland 6) Sperm Whale

Stress Relief Tips

1. Find the Sun - If it's a sunny day, head outside for an easy way to lift your spirits.
2. Eat Some Chocolate - Just a square (about 1.4 ounces) of the sweet stuff can calm your nerves.
3. Cuddle With a Pet - After a rough day, snuggle up with a pet. Pets can boost self-esteem!
4. Listen to Music - No matter what the song, sometimes belting out the lyrics to a favorite tune makes everything seem all right.

For more stress- busting ideas, visit <https://www.colorado.edu/law/25-quick-ways-reduce-stress>