

Switched On Seniors



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Switched on Seniors

switchedonseniorsmarkham@gmail.com
switchedonseniors.com

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



Is the end in sight?

It seems that there is some light at the end of the COVID tunnel as more and more people receive their second 'shot'. If you haven't received yours yet then please reach out to your medical team to get on the list and also encourage your friends and neighbours to do the same. Getting back to what we remember, or almost remember as normal is in a great part predicated on the vaccination count.

On a brighter note, thanks for your ongoing support for the Switched on Seniors programmes which continue every Thursday. We have been able to host a very diverse range of speakers covering numerous topics of interest. The agenda is full for July and we hope to see you Zooming into one of our meetings-see our web site for full details.

In August we will be 'gone fishing' and our programmes will take a short break-however there will be a newsletter throughout the summer, please make sure you are on the mailing list to receive your personal edition. Enjoy your summer.



Recipe of the Month

Championship Banana Chocolate Chip Pancakes

Thanks to Andy Kovacs, supporter of Switched on Seniors, for his recipe

- Ingredients:
- ¼ cup milk
 - 2 Tbsp white vinegar
 - 1 c all-purpose flour
 - 2 Tbsp white sugar
 - 1 tsp baking powder
 - ½ tsp baking soda
 - ¼ tsp salt
 - Handful of chocolate chips
 - 1 ripe banana
 - 1 egg
 - 2 Tbsp butter, melted
 - 1 tsp vanilla extract
 - cooking spray
 - Prep: 10 mins
 - Cook: 10 mins
 - Additional: 5 mins
 - Total: 25 mins
 - Yield: 8 pancakes



Directions:

1. Combine milk and vinegar in a medium bowl and set aside for 5 minutes to "sour".
2. Combine flour, sugar, baking powder, baking soda, and salt in a large mixing bowl.
3. Whisk egg, butter, and vanilla extract into "soured" milk.
4. Add the dry ingredients into the milk mix, add in banana & chocolate chips, and whisk until no lumps remain
5. Heat a large skillet over medium heat, and coat with cooking spray. Pour 1/4 cupfuls of batter onto the skillet and cook until bubbles appear on the surface. Flip with a spatula and cook until browned on the other side.

Coping & Caring

Last month's "Coping & Caring" ended with the thought that we could be part of the solution to the current pandemic lifestyle by seeking vaccinations and expressing our awareness of others around us in community. Many of us have achieved this with a resulting feeling of satisfaction. But ---.



There always has to be a 'but.' Isn't that the case? Alongside our feelings of achievement and well being at the news of high vaccination numbers there is other news on the same theme - some can't get the brand of vaccination they want; conflicting news bulletins tell of different levels of efficacy; still others want us to believe that the whole process is a hoax and that Covid19 doesn't really exist.

In our world, we are bombarded with true news - and fake news. How do we know what to trust and believe? I'm old enough to have lived through the birth of television and witnessed it replace newspapers as the principal source of news for most people. For many who regarded the radio as a reliable source of news at set hours of the day, we now have cellphones that seemingly never weary from their constant need to claim our attention. We are bombarded with information 24/7 as we now describe and expect information and news to come to us.

Quite recently the term "Fake News" came into our vocabulary and disturbed us to a greater or lesser extent. To Cope and to Care in this world requires that we attend to one and ignore the other.

Just as we choose our friends and trust them in most matters, we have to exercise similar judgement in the matter of sharing and valuing news and information. What do we choose and what do we trust?

Next month: A Fresh Start?

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 - Staying Safe Online



The Internet serves as a very helpful tool and enables us to reach out to the world, beyond where we live. However, there are people who are well-versed in using it to deceive and manipulate us. We get messages that encourage us to consider sharing information we shouldn't normally share. Why do scammers often target older adults? Because we tend to be trusting, polite, often have some financial savings, & are less likely to report fraud. These are some of the most common scams for 2021.

Identity Theft, Phishing and Pharming: Sometimes victims receive an email that seem to be from a bank or credit card company, with links to a website and a request to update account information.

Internet purchase scams: You ordered something online but didn't receive it and you can't get your money back.

Fake prizes: You have won a prize and must pay a small fee to cover handling costs.

Facebook "fake friend" scam: You receive a Friend Request on Facebook from someone you already thought was your Friend. If you hit "Accept," you may friend a scammer who will use the online relationship to convince you to send him or her money.

Click bait scam: These schemes use celebrity images, fake news, or sensational stories to get you to click on them. By doing so, you download intrusive software designed to damage and destroy computers. Scammers use malware to extract your data to use later for financial gain.

Tech support scam: You are contacted by a scammer claiming to be from Microsoft (or Norton or Apple) about a problem on your computer. You are told if you give "tech support" access to your hard drive, they can fix it. Instead, they use the access to steal your personal information.

Scam text messages: You receive what seems to be a text alert from your bank requesting you confirm information or reactivate your debit card by following a link on your smartphone.

Scammers are very adept at using any information you supply. The more people learn about you—your birth date, grandkids' names, etc.—the more likely it is that they could hack your password or answer your security questions. Even personal preferences like what restaurant you like or where you shop can be useful information to scammers.

How to Protect Yourself from Scammers:

- Don't respond to unfamiliar emails.
- Never respond to an email that asks for personal information.
- Never click on a link in an unfamiliar email.
- Use strong passwords or passphrases
(check your password strength at: <https://howsecureismypassword.net/>)
- Limit what you share online. Scam artists monitor social media sites like Facebook.
- Don't share your location (even if you are on vacation).
- Use cybersecurity software (e.g., Norton, McAfee)
- Seek family support. Adult family members and grandchildren who are computer savvy can advise you if something online seems suspicious.

Upcoming Speakers

July 8- Terrence Pochmurski, Wills and POAs

July 15- Renata Richardson, health & nutrition

July 22- Lorne Smith, Local Historian

July 29- Surprises with prizes!

Trivia

- #1 What was the first toy to be advertised on TV?
- #2 In the UK, what is the day after Christmas known as?
- #3 Which is Shakespeare's longest play?
- #4 How many of the 7 Dwarfs have names ending in Y?
- #5 What is the tallest breed of dog in the world?
- #6 What is the softest mineral on earth?

Brain Teaser

A man went for a walk one afternoon, but got caught in a rainstorm. Not expecting bad weather, he left his umbrella, coat & hat at home. Despite this, not one hair on his head got wet - how?

Logic Puzzle

Five people were eating apples, A finished before B, but behind C. D finished before E, but behind B. What was the finishing order?

Answers

CABDE - A finished before B, but behind C, D finished before B, and E finished after D.

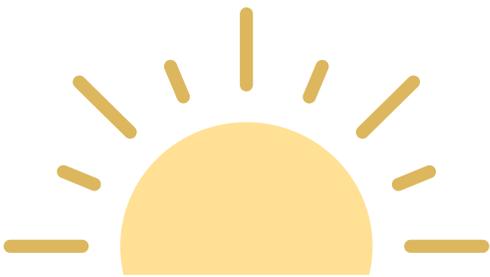
Logic Puzzle

He was bald!

Brain Teaser

1)Mr Potato Head 2)Boxing Day 3)Hamlet 4)5 - Dopey, Grumpy, Sneazy, Sleepy, Happy 5)The Great Dane 6)Talc

Trivia



Sun Safety Tips

Now that the summer is here, we all want to get outside and enjoy the nice weather but it's important to stay safe. Follow these "S"s of Sun Safety to protect yourself

- **Slip** on clothing. Choose loose clothing that covers as much skin as possible, for example, collared shirts with long sleeves.
- **Slop** on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen.
- **Slap** on a hat.
- **Seek** shade.
- **Slide** on some sunglasses.
- and of course **Stay** hydrated