

Switched On Seniors



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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



Back to Normal?

Back to Normal...as we were preparing our August Newsletter we did so fully anticipating that things will be back to normal, restaurants will be open, churches will be open and we will be able to gather in groups and meet with friends, family, and much more....

What about Switched on Seniors-what is normal for us?

When we were planning Switched on Seniors our plans did NOT include, websites, newsletters and Zoom meeting. The reason being that we had always planned to meet in person and enjoy some social interaction as well as our regular programmes, speakers, and activities. With a return to 'normality' Switched on Seniors will also be transitioning into what we had originally planned. Hopefully starting in October, we will commence weekly in-person meeting. We are looking at the possibility of live streaming so that people who cannot get to the meetings can still stay in touch.

The Newsletters will continue, as will our highly informative web site- now would be a good time to visit www.switchedonseniors.com Where will we meet and when? Stay tuned for specific details of our BIG launch, possibly on Thursday 7th October-more details soon. Enjoy your summer, stay safe and we look forward to seeing you on ZOOM for our next meeting on September 9th 2021.

Recipe of the Month - Cocoa Fudge Bites

Thanks to Renata Richardson from renatacollective.com for this tasty no-cook treat!

Ingredients:

- 14 Medjool Dates – pitted & softened in hot water
- 1 C Walnuts
- ½ C Pecans, ground almonds or pumpkin seeds
- 1½ Tbsp Tahini
- 1 C unsweetened Coconut flakes
- ½ C Cocoa Powder
- ½ C Brown Rice Flour (or Oat Flour – simply blend oats in food processor to a flour consistency)
- ½ tsp Ground Cinnamon
- 1 Tbsp Hemp Hearts
- 1/3 C Almond Milk
- 1 tsp Vanilla
- 2 Tbsp Maple Syrup – alternate: coconut sugar
- 1/8 tsp Sea Salt



Directions:

1. Soak dates in hot water for 15 minutes to soften them, then drain well
2. In a food processor, add the walnuts, pecans, ground almonds or pumpkin seeds, tahini and the coconut flakes.
3. Add the softened dates, and mix again until everything is mixed well.
4. Add the rest of the ingredients, and mix again. Note: if it is too sticky, add a tablespoon at a time of brown rice flour (or oat flour) until the mixture is no longer super sticky.
5. Once fully mixed, carefully remove the blade and set aside. Scoop out a tablespoon of the mixture and with clean hands roll between your palms to form a ball. Continue making the balls until no more mixture is left.
6. Store in an airtight container in the fridge for 10 days. Use parchment paper between the layers of the Bliss Bites if you are stacking them. These Bliss Bites freeze well too.

Coping & Caring - A Fresh Start

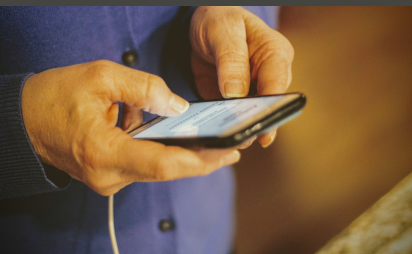


That we are living in difficult and changing times - is both a self-evident truth, and a challenge for many of us. If variety is the spice of life, then the recent style and scope of life has provided us with few opportunities. This has caused us to face and to cope with many challenges. What can we do if and when we leave the security of our home? What is open for business, and under what conditions? Who is it safe to meet with, hug, or even share air with?

The questions and the uncertainty go on. Eventually, life will settle into a routine of some sort, perhaps different from what we expect – perhaps different from what used to be our routine. But what will our fresh start look like? Will the new normal, our own new normal, look anything like the lifestyle we knew in our comfort zone two or three years ago? We know that life has taught us that we can never recover ‘yesterday’ - that the past is just that - past and gone. So what does our fresh start look like, and what will it feel like? In this Coping and Caring piece, let me encourage you to identify and claim some some of the good things you have experienced in these recent months. Made a new friend? Great! Learned a different way to cope with a problem? Wonderful! Been surprised by your own resourcefulness – and learned a new skill? That's great! Embrace novelty and small successes - Super ! A Fresh Start is a life that embraces these new situations and experiences and does not get lost in a search for time and experiences that are past.

Next month: Next Steps

Technology & Quality of Life



Has technology enhanced the quality of life for seniors in and out of the home? Does technology provide seniors the freedom to age in place, live independently, and help live each day with peace of mind?

Today seniors can communicate with loved ones through messaging apps & social media platforms. Caregivers can check in with aging parents. We can transfer money and make purchases online. And technology has made great advancements in home security and medical devices. What does the future hold? Will technology continue to revolutionize our lives? With so many new technologies to keep track of, it can seem overwhelming to adopt them and adapt. However, these new technologies are designed to make your life easier. Even though it may not feel intuitive, learning how to use smart phones, smartwatches and voice assistants just takes a little bit of instruction and practice. Switched on Seniors is here to help.

Remember picking up the receiver of your Bell phone (probably black) and manually dialing a friend? Or writing a letter? Today we have so many options. You can send a message on social media, text, video chat, email or actually make a phone call! If you're aging in place or living alone these options can help you keep in touch with loved ones. Social media is a great way to see what your family is up to through the photos and updates they post.

If social media is not your thing there are numerous other applications specifically designed for communication. You can email or send text messages right from your phone. WhatsApp and similar apps can be used to quickly message family and friends or even make a phone call over Wi-Fi, which is helpful if you have friends in other countries or don't have a phone plan.

As a kid I used to read Dick Tracy comics. He had a two-way wrist radio (eventually became a two-way TV) which may have been the inspiration for the smart watch! So, life can imitate art!

But how does a smart watch enhance a senior's life? Smart watches can serve as a way to communicate with emergency responders. Medical alert companies have partnered with smart watch developers to provide the safety of a medical alert right on their wrist. Some watches now come with built in fall detection which will automatically alert emergency assistance.

Remember going to the bank to pay bills? Lining up to for a teller to get cash? Many financial institutions have made all these transactions possible online and accessible to anyone anywhere. Setting up automated payments through a banking app is especially helpful for seniors with memory problems. Loved ones or caregivers can help set up recurring bill payments so there's never a question if a bill will be paid on time or not. Ever left home without your wallet? There are apps on your phone that securely link to your bank account. Many stores are now capable of accepting mobile payments from your phone.

While all of these new technologies and applications can seem unnecessary and overwhelming at first, there are many benefits to seniors. At Switched on Seniors, we want to help you feel comfortable and empowered to use technology to make your life easier. **Next month we'll look at how technology has changed our leisure time.**



Upcoming Speakers

We're on vacation in August. Join us again **September 9th!**

Trivia ???

- #1 Lateral Epicondylitis is a condition commonly known by what name?
- #2 Who was the first female Prime Minister of Great Britain?
- #3 How many ribs are in the human body?
- #4 What is the world's biggest island?
- #5 What is the smallest ocean in the world?
- #6 What colour eyes do most humans have?

Brain Teaser

Turn me on my side and I am everything. Cut me in half and I am nothing.
What am I?

Logic Puzzle



There is a barrel with no lid and some wine in it. "This barrel of wine is more than half full" says one person. "No it's not" says another, "it's less than half full". Without measuring implements, and without removing the wine, how can they easily determine who is right?

Answers

Logic Puzzle
Tilt the barrel until the wine touches the lip. If the bottom of the barrel is visible, it's less than 1/2 full. If the bottom is covered, it's more than 1/2 full

Brain Teaser
The number 8!

Trivia
1) Tennis Elbow 2) Margaret Thatcher 3) Twenty Four 4) Greenland 5) The Arctic 6) Brown

Prevent Slips & Falls

We often think of the winter as a time when we need to be careful of slipping and falling, but the truth is, it can happen anytime. These handy tips from the [National Institute of Aging](#) can help make things a little safer.

- Stay physically active
- Get your eyesight & hearing tested
- Get enough sleep
- Stand up slowly
- Talk to your Dr about your medication
- Wear shoes that are non-skid, rubber-soled, with low heels that support your feet
- [For more tips visit the Govt. of Canada's website for their Safe Living for Seniors Guide](#)

