

# 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



Welcome to October-only a few weeks to Christmas!

In our last publication we talked enthusiastically about getting the Switched on Seniors programme off of Zoom and onto a real face to face basis. We had some tentative plans for a mid-October face-to-face launch. We are still very much committed to an in-person programme however it seems that yet another wave of COVID has arrived and so while we will launch in person it is prudent to wait a little longer. One of our paramount concerns is that in any gathering format we offer a 100% safe environment and so waiting a few more weeks seems appropriate.

We continue to update our web site [www.switchedonseniors.com](http://www.switchedonseniors.com) and we encourage you to visit on a regular basis. Our upcoming list of speakers and topics can be found on the site together with recordings of previous events that you might have missed.

This monthly newsletter is also available through our web site, and we encourage you to share the information with your friends and family. The web site also offers you an opportunity to provide us with feedback-we would love to hear from you. Please let us know what your favourite programmes were and what events we could feature that would interest you.

Switched on Seniors is all about seniors serving seniors.

# Recipe of the Month - Carrot Ginger Soup

Thanks to Renata Richardson from [renatacollective.com](http://renatacollective.com) for this hearty warming soup  
Easy to make, this soup freezes well & is full of important nutrients!



- Ingredients:
- 3 Cloves Garlic - sliced
  - 2 Tbsp Extra Virgin Olive Oil
  - 8-10 Carrots – scrubbed if organic, peeled if not – sliced
  - 1 Large Yellow Cooking Onion – diced
  - 3 tsp Fresh Ginger – grated
  - 1 tsp Curry Powder (optional but very tasty if you like curry!)
  - 7 cups Vegetable Stock or Bouillon
  - 1 tsp Lemon Zest
  - 1 Tbsp Lemon Juice
  - ½ cup Apple Cider or Orange Juice
  - Salt and Pepper – to taste
  - Pumpkin Seeds, Sunflower Seeds, Hemp Hearts – for garnish

## Directions:

1. Peel and slice the garlic and set it aside while you prepare the other ingredients, releasing its nutritional magic
2. In a medium sized sauce pan, heat the olive oil over medium heat.
3. Add the carrots & onion and cook for 5 mins, stirring so the onion does not burn and the carrot softens slightly.
4. Stir in the garlic, grated ginger and curry powder (if using) and cook another 2 minutes – stirring to make sure the garlic and onions do not burn.
5. Add the vegetable broth/bouillon and bring to a boil. Reduce heat, cover the pot and allow to simmer gently for 30 mins until the carrots are soft.
6. With a hand-held immersion blender, puree until it is smooth. Alternately process in a blender in small batches.
7. Add the lemon zest, lemon juice and apple cider (or orange juice). Give the soup a stir to mix these all in.
8. Season with salt and pepper and adjust to your taste.
9. Garnish each with 1 tsp of pumpkin seeds, sunflower seeds and hemp hearts - enjoy!

## Coping & Caring - Looking Forward

As I settle down to write this 'Coping and Caring', we have just entered the Fall season for this year. And Mother Nature was quick to remind us just what is ahead. With a day of rain and more – with a significant drop in temperature – and with fewer hours of daylight – looking forward does not seem to be a very inviting prospect. Yet we must look forward for our personal health and general well-being. We all have friends and relatives who spend their time reminding us of the wonderful times they used to have, and how wonderful life used to be. Did that help you cope today and look forward to tomorrow? I don't think so! They just dig holes and traps in life so that we get stuck in places where we can't go because it's part of the past. It's not ahead of us.

Looking forward ought to help us cope with today by identifying the good and the hope of our dreams. Looking forward helps us shape the present, not into memories, but into a future that can bring a smile to our face and bring a spring to our step as we move to a new season in life.



Perhaps life's like chess. When we look forward, we take the pieces which are with us, and we move with them to enable us to get to where we want to go and to the life and relationships we want to enjoy. We must plan and move according to our goal, and not become lost in the moment. We cope in life when we look forward and care for those around us. Looking forward is how we cope with the present changing times and situations.

**Next month: Dealing with Doubt**

# The Internet of Things

The term IoT means Internet of Things. An IoT device can connect to the Internet to send and receive data. If you are a senior looking to live more independently in your own home, then these IoT devices can help solve some common problems. An IoT device has been traditionally a 'dumb' device not connected to the internet. This device has been redesigned to send and receive data through a Wi-Fi network. These devices are now considered to be 'smart' because they are internet-enabled. Think of a smart thermostat or a smart watch.



A water bottle is pretty dumb, right? It just holds water. Now consider a redesigned smart water bottle. It can track how much water you drink each day and send that data to an app where you can track your intake!

So why would a senior want a thermostat or watch connected to the internet? Well, you can access your smart thermostat from your phone. If you get cold at night you can turn up the heat without leaving your bed. You can turn on a light using your phone. This can help prevent falls by increasing visibility before you get out of bed. Your smart watch can track your sleep patterns with built-in sensors that detect motions such as tossing or turning. This data can be sent directly to your healthcare provider to help monitor your activity. You can monitor your heart rate or blood pressure as well. If the levels veer into 'danger' ranges they'll automatically notify emergency responders.

Home security can be improved with smart locks, cameras, and sensors that alert seniors of unusual activity around the home. A senior can now access camera feeds, open and lock doors remotely from their phones! And don't forget the fun stuff! You can use a smart speaker (e.g., Google Home or Amazon Echo) to play music, get the weather forecast, or get help with a recipe!

IoT devices have grown over the past decade. This means we will likely see more and more devices to help older adults stay healthy and self-sufficient for longer!



## Upcoming Speakers

Oct 7 - Health for All - Your diet and how it affects mental health

Oct 14 - Andrea Dunn - Markham Public Library - how to use Ancestry

Oct 21 - Lorne Smith - Markham's Official Historian

Oct 28 - Renata Richardson - Healthy cooking for seniors - Demonstration

## Trivia ???

- #1 What is the name of the Earth's largest ocean?
- #2 Which planet is the hottest in the solar system?
- #3 Which country produces the most coffee in the world?
- #4 What is the common name for dried plums?

## Brain Teaser

What has cities, but no houses; forests, but no trees; and water, but no fish?

## Logic Puzzle

A girl meets a lion and a unicorn the forest. The lion lies every Monday, Tuesday and Wednesday and the other days he speaks the truth. The unicorn lies on Thursday, Friday and Saturday, and the other days the week he speaks the truth. "Yesterday I was lying" the lion told the girl. "So was I", said the unicorn. What day is it?

## Answers

Logic Puzzle  
 Thursday. The only day they both tell the truth is Sunday, but today can't be Sunday because the lion also tells the truth on Saturday (yesterday). Going day by day, the only day one of them is lying and one of them is telling the truth with those two statements is Thursday.

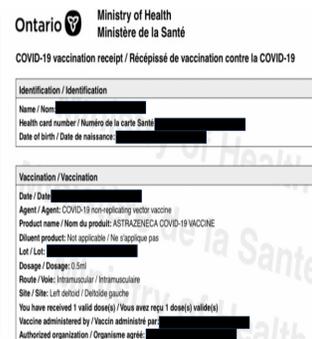
Brain Teaser  
A map!

Trivia  
1) The Pacific Ocean, 2) Venus, 3) Brazil, 4) Prunes

# Downloading your vaccine receipts

Vaccine passports are now mandatory for visiting many places, such as indoor dining, movie theaters, and gyms, but what are they and how do you prove your vaccination status? The Ontario Government is working on creating an app with a QR code that you can use on your phone, but for now, your vaccination receipts can be used. If you don't have your original paper copies, or want to keep digital copies, you can download them from <https://covid-19.ontario.ca/proof-covid-19-vaccination>. To use the site you will need your health card number. Once you've downloaded them, when you want to use them, you will also need a piece of ID.

If you need more help, you can call the Provincial Vaccine Contact Centre at 1-833-943-3900



A copy of your vaccine receipt