

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



Greetings Seniors-things finally seem to be moving in a positive direction with regards to the COVID pandemic. Hopefully by the time you're reading this, restaurants, gyms, churches etc. will be back to 'full' capacity for those wishing to venture out into the new-world. It's a new-world for sure, as masks will still be the order of the day and vaccination proof requirements will be a necessity.

How does this work for Switched on Seniors here in Markham. Our plan is fairly simple, we will keep our Zoom meetings going until we close for our Christmas/New Year break. Our last session this year will be **Thursday December 9th, 2021.**

When we re-start the program in January we plan to be 100% in-person! Our meeting location will be St. Andrew's Presbyterian Church on Main Street North in Markham. The premises are fully accessible & there's plenty of adjacent parking. Our thanks to St. Andrew's for providing this space at no cost to our program.

Having made that statement I recall having made a similar one for an in-person start in October and that did not materialise due to Public Health guidelines. We approach 2022 with much more optimism-however we always have a Plan B -just in case.

Watch the web site www.switchedonseniors.com for full information about the start date for 2022 and the program highlights.

Stay safe, well, & warm-winter is just around the corner.

Recipe of the Month - Creamy Lemony Orzo with Chickpeas & Greens

Thanks to Renata Richardson from renatacollective.com for this tasty 1 pot recipe!

Ingredients:

- Cashew Cream - 1/3 Cup
- Raw Cashews - soaked for 1 hour & drained, ½ Cup
- Water, 2 Tbsp Nutritional Yeast - Combined & blended till smooth
- 4 Garlic Cloves - sliced
- 3 Tbsp Olive Oil – alternate: Grape Seed or Avocado Oil
- 1 Head of Fresh Broccoli – about 4 cups – cut into bite-sized pieces
- 1 Med Cooking Onion - diced
- 1½ Cup Frozen (or fresh) Peas
- 2 Cups Baby Spinach
- 2 Tbsp Thyme Leaves or 2 tsp dried thyme
- 1 Tbsp Oregano Leaves or 1 tsp dried oregano
- 2 teaspoons Dried Parsley
- ½ teaspoon Ground Sage
- ¼ teaspoon Chili Flakes
- 2 tsp Lemon Zest, 4 Tbsp Lemon Juice
- 250 grams Orzo Pasta
- 1 15 oz Can Chickpeas – drained and rinsed
- 2½ Cups Veggie Bouillon
- Salt & Pepper to taste

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 2 Tbsp olive oil over medium heat.
3. Add the broccoli florets in a single layer. Cook until bright green, about 5 min. Transfer the broccoli to a bowl and set aside.
4. Add the remaining olive oil. Add the onion and cook until soft – 2 to 3 minutes. Add the garlic, thyme, oregano, parsley, sage, chili flakes and lemon zest. Stir together and cook for 2 minutes until the spices and garlic are fragrant.
5. Add the orzo pasta and stir it to coat with the mixture in the pan.
6. Add the chickpeas and the peas and stir to combine.
7. Add the veggie bouillon to the pot and stir. Bring the pot to a boil and then turn the heat down to simmering. Cook until the orzo is done - check after 6 minutes. Stir the pot often as orzo tends to stick to the bottom.
8. Add the spinach when the orzo is done and stir to mix it in.
9. Pour in the cashew cream and stir to combine.
10. Add the lemon juice to the creamy orzo and stir. Add the broccoli back in and gently stir.
11. Bring the creamy lemon orzo back up to a simmer. Season with Herbamare, or sea salt, and generous grids of black pepper.
12. Top with vegan parmesan (recipe below) for even more flavour!

Vegan Parmesan

Ingredients:

- 1/2 Cup Hemp Hearts
- 1/4 Cup Nutritional Yeast
- 1 teaspoon Garlic Powder
- 1 teaspoon Onion Powder
- Pinch of Sea Salt
- Grinds of Fresh Pepper

Directions:

Add all the ingredients to a small food processor and whirl for 10 seconds to grind together. Alternately, you can just mix the ingredients together in a bowl without using a food processor to grind it finer.

No need to refrigerate this - store this vegan delight in a glass jar or airtight container in your cupboard. It keeps for a few months – if it lasts that long!

Coping & Caring - Dealing with Doubt

I once heard an American preacher say that 'doubt is ants in the pants of life that keep faith moving'. That may be true with regard to faith, but it has a much wider truth and application. Doubt can get life moving! The trouble is that doubt and uncertainty in life all too often cause paralysis and withdrawal in the first place – and it is all too easy to settle into inaction and withdrawal – and not move anywhere. In these recent months, it has been all too easy to do just that



– to allow uncertainty to roll over us and encourage us to do nothing. Except perhaps, if and when the occasion arises – to complain! But there is another, and better way to deal with doubt, and that is to recognize that, in most cases, doubt is rooted in choice. Doubt may actually be encouraging you to choose – to make a decision. Doubt does not need to lead to paralysis, withdrawal or inaction – with the mood and lifestyle which easily follow. When we view doubt as the situation that has taken us to a crossroads where we have to choose which way to go, we can, and many have discovered that we don't have to settle under a dark cloud, but that our choice may lead to that other cloud – the one with the silver lining.

Many in our community have dealt with doubt by making a choice; a phone call that has rekindled a friendship dormant for many years; engaging a neighbour in conversation over a common problem and finding a common solution; beginning that hobby you didn't have time to take up, but always wanted to; new friendship circles developing – all by making choice as the way we deal with doubt and uncertainty.

Next month: What's Next

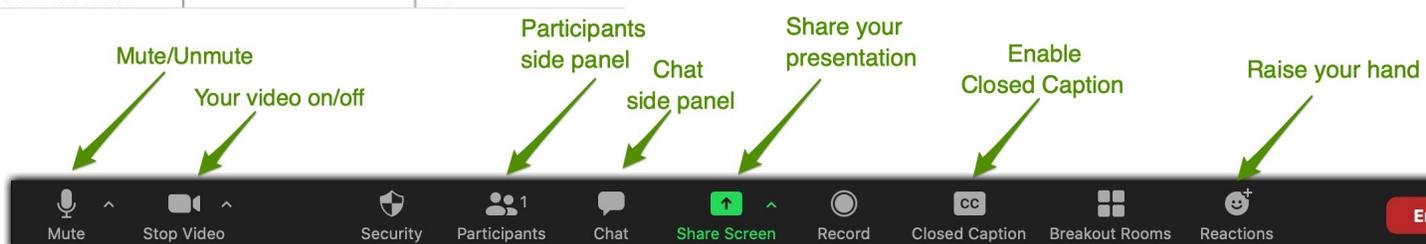
Zoom Tips

Command	Mac	Windows
Mute/Unmute Audio	Command-Shift -A	Alt-A
Temporary Unmute Audio	Space Bar	Space Bar
Mute/Unmute Audio for Everyone but Host (Only Available to Host)	Alt-M	Alt - M
Start/Stop Video	Command - Shift - V	Alt - V
Start/Stop Screen Share	Command-Shift -S	Alt - S
Start Local Recording	Command-Shift -R	Alt - R
Start Cloud Recording	Command-Shift -C	Alt - C
Open Invite Window	Command - I	Alt - I
View Next 25 Participants	Ctrl-N	PageDown
View Previous 25 Participants	Ctrl-P	PageUp
Display/Hide Participants Panel	Command-U	Alt - U
Raise Hand/Lower Hand	Alt - Y	Alt - Y
Show/Hide Chat Panel	Command - Shift - H	Alt - H
Enter/Exit Full Screen	Command - Shift - F	Alt - F
Toggle to/from a Minimal Window	Command - Shift - M	
Navigate between Zoom Windows		F6

While restrictions are easing, many of us are still using Zoom to meet with family and friends, and it has allowed us to stay connected with people all around the world.

Last month in Switched on Seniors we shared some handy Zoom shortcuts, If you didn't quite catch them all, here's a cheat sheet for your next Zoom call!

Don't forget to join us online each Thursday at 11:00 for our meeting, where we share tips to help make you more comfortable with the technology we use every day!



The Internet of Things & Your Health

In our last newsletter we learnt about the Internet of Things and smart devices that can help seniors live more independently in their own homes. We can remotely monitor our homes with smart devices to control temperature, open and close doors, turn lights on and off along with many other applications. But are there chronic health conditions that can be managed with IoT devices?



Diabetes

Many aspects of diabetes require constant monitoring: glucose, weight, diet, skin, etc. There are now 'smart socks' that can help track skin temperature. Wearers are alerted if 'hot spots' are detected that could signal inflammation, helping to prevent ulcers and sores. Glucose monitors that look like a smart watch can painlessly track blood sugar levels. If glucose levels rise, the data is sent to the user's phone or healthcare workers. Nick Jonas, a pop star and a diabetic, promoted one of these devices in a 2021 Superbowl ad.

COPD – Chronic Obstructive Pulmonary Disorder

Difficult to treat but smart devices are starting to make some headway in helping manage this condition. You can get sensors that help monitor the temperature and air quality in the home, since these are factors that make symptoms worse if they are out of range. Seniors can now get a smart vest that helps them breathe easier and wirelessly track their progress thru an app.

High Blood Pressure

Instead of waiting to go to Shoppers or Rexall to slip on a cuff to monitor your blood pressure you can now wear a watch or band that tracks it for you. Seniors can be alerted when their blood pressure rises too high. These devices can also act as fitness trackers and sleep monitors to help improve overall health.

Arthritis

If you're an older adult that struggles using a lock and key or even a pen to write, there are common smart devices that can help you with these tasks. A smart lock can be installed that lets a user open a door by scanning their fingerprint or tapping a code into their smartphone. You can use a home assistant (e.g., Amazon Alexa) to set a timer, ask a question or even write lists without lifting a pen!

The Internet of Things is growing exponentially. This means we are likely to see even more healthcare devices helping seniors stay healthy and self-sufficient for longer!

Trivia

- #1 What does BMW stand for (in English)?
- #2 Which two countries share the longest international border?
- #3 What is the smallest country in the world?
- #4 Which bone are babies born without?

Brain Teaser

A red house is made from red bricks. A blue house is made from blue bricks. A yellow house is made from yellow brick. What is a green house made from?

Logic Puzzle

A farmer wants to cross a river and take with him a wolf, a goat and a cabbage. He has a boat, but it can only fit himself plus either the wolf, the goat, or the cabbage. If the wolf and the goat are alone on one shore, the wolf will eat the goat. If the goat and the cabbage are alone on the shore the goat will eat the cabbage. How can the farmer bring the wolf, the goat and the cabbage across the river without anything being eaten?

Answers

Trivia
1) Bavarian Motor Works 2) Canada & the USA 3) Vatican City
4) Knee Cap
Brain Teaser
Glass!
Logic Puzzle
First, the farmer takes the goat across. The farmer returns alone and then takes the wolf across, but returns with the goat. Then the farmer takes the cabbage across, leaving it with the wolf returning alone to get the goat.



Upcoming Speakers

Nov 4 - Health for All - Meditation Workshop

Nov 11 - Remembrance Day & AMICA Unionville - Virtual exercise class

Nov 18 - To Be Determined!

Nov 25 - Andy Kovacs - Philanthropy rocks!