

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



Changing Seasons

Is it possible that Fall is just around the corner? Trees have already started turning glorious golden browns -a sure sign Fall is close. Hopefully we can all enjoy a more healthy end of summer/fall season this year. Most of the people we work with and who are part of the Switched On Seniors team have all been fully vaccinated and hopefully that also applies to you.

As we mentioned in past newsletters our aim for this group is get together in person rather than on Zoom. That aim is still in sight and much depends on this 4th wave in determining the actual start date for in person gatherings.

Even when we do get together we will still need to follow proper protocols and initiatives and so we will be publishing our required COVID 19 protocols on our web site (www.switchedonseniors.com) shortly. We will also be using CANATRACE to help with the required contact tracing-you can find more info on page 4. Please review this when you get a moment as all information will be required once we 'open our doors' to in person meetings. In the meantime Zoom presentations will continue and we have an exciting programme lined up for the next few weeks, we look forward to zooming with you soon.

Take care and stay safe.

Recipe of the Month - Hearty Spinach Salad

Thanks to Renata Richardson from renatacollective.com for this healthy & delicious salad

This salad doubles as a whole meal – for lunch or a light dinner. If you have some leftover rice, or quinoa, include it in your salad to make it hearty and delicious. Same goes with the veggies – no jarred roasted red peppers? Use pickles, green beans, peas or jarred sun-dried tomatoes. Even the beans are interchangeable – lentils, chickpeas, fava, romano or red kidney beans, it's up to you! The easy delicious dressing pulls it all together.



Ingredients:

- 1 Garlic Clove - minced
- 4 C Baby Spinach
- 1 C Cooked Rice (Red Rice in the photos)
- 6 Grape Tomatoes – halved – optional
- 1 C Canned White Cannellini beans – rinsed and drained
- 1/3 C Jarred Roasted Red Peppers – diced
- 2 Radishes – sliced - optional
- 1½ Tbsp Apple Cider Vinegar
- 1½ Tbsp Avocado Oil – alternate: Olive Oil or Grapeseed Oil
- 1 Tbsp Maple Syrup
- 1 tsp Dijon Mustard
- Fresh Pepper and a pinch of Herbamare or Sea Salt (optional)

Directions:

1. Mince the garlic and set aside to release its nutritional magic.
2. In a large bowl, add the spinach, top with the rice, the beans and the roasted red peppers and the baby tomatoes and radish if using.
3. Whisk the remaining ingredients in a small bowl to make the dressing: the minced garlic, apple cider vinegar, avocado oil, maple syrup, Dijon mustard, a few grindings of black pepper and a pinch of Herbamare or sea salt.
4. Drizzle the dressing over the salad and toss to combine.
5. Top with sunflower seeds, grated carrot, avocado chunks, chopped nuts, spouts, a sprinkle of nutritional yeast, hemp hearts - anything you like, or nothing at all.

Coping & Caring - The Next Step

Sometimes taking the next step in life and in living is a step which is very difficult to take - to the point that we end up doing nothing. And the more we think about it, and imagine it - the more difficult it becomes to actually take that step. Our imagination throws up all sorts of road-blocks and uncertainties, and it begins to be a worry and then a retreat. The more we think about it, the less likely we are to actually take that step - or so it seems.

Our current social situation - hoping and wanting to leave the life of the pandemic behind - is a case in point. We want to move on. We want to get back in touch with a familiar and comfortable routine. But just what will the new-normal look like and feel like? We wonder and we hesitate almost to the point that it seems we are rooted in this uncomfortable present. But just what is our next step? The way out of the dilemma is to act on your dreams and to act on your hope, remembering that yesterday is history, and that it is tomorrow that births hope - a little at a time. Make that phone call. Issue that socially distanced invitation - double vaccinated - of course.

Enjoy the moment - and do not grow roots! Take the next step!

Next month: Looking Forward



Technology & Leisure Time

Our leisure life has changed dramatically over the decades. Don't get me wrong. We still read, watch TV and listen to music. But other than the traditional ways to participate in these activities, technology has allowed us to have better control over our time. The Ed Sullivan Show was on every Sunday night. If you were a fan, that's when you tuned in.



Today, we can watch anything at a time of our choosing. You can now pause, rewind, or record your favorite shows and enjoy them at a time that is convenient to you. And what the heck is with all this streaming?? Seniors may be tired of high cable bills and paying for 'bundled' packages of channels that are never viewed. Streaming services offer movies and TV shows grouped by themes making it easier to find your favorites. And it may be a more cost-effective way to watch TV! With streaming you can watch on the go – you just need an internet connection. Most streaming services have a mobile app that allow you to download content directly to your device that allows you to watch even if you go somewhere without internet! Smart TVs have Wi-Fi capability that allows them to connect to streaming services using the Internet. With a Smart TV you can access both cable channels and streaming services. And you can opt-out of cable altogether to save money! Seniors who struggle with hearing loss can benefit from a TV listening device that provides superior sound quality that enhances the overall viewing experience.

Prior to the pandemic I enjoyed going to libraries, either here in Markham or in Toronto where I worked. During the pandemic I embraced e-books and learning how best to use an e-reader. Paper books are not going away but e-reader devices make reading easier when we eventually travel again, I will no longer be taking a suitcase full of books on vacation! And what about audio books? For aging seniors, audio books are great when it becomes more challenging to read the small type in books.

I love music and still have vinyl (!), CDs, and even cassettes! These will always serve a unique place in enjoying music. Just how technology has allowed us to stream movies and TV shows you can also stream your favorite music thru platforms such as Spotify and Apple Music. You can have access to millions of artists all at a small monthly fee. You can stream music to your smartphone, computer, car, portable speakers and even your TV!

All of the technology above has been made possible because of the Internet. Check out next months newsletter when we'll discuss the latest technology that isn't always available on a screen.



Upcoming Speakers

Sept 9 - Canadian National Institute for the Blind- resources available to seniors with vision issues

Sept 16 - Renata Richardson, health, nutrition & cooking demonstration

Sept 23 - Andrea Dunn - Markham Public Library - using Ancestry.com

Sept 30 - Linda Kafka - Living in Place - living longer and safer at home

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

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

Trivia ???

- #1 In which city was Anne Frank's hiding place?
- #2 What is the largest type of deer?
- #3 Which Disney film featured the song "When You Wish Upon a Star"?
- #4 What is the lowest army rank of a US soldier?

Brain Teaser

No matter how little or how much you use me, you change me every month.
What am I?

Logic Puzzle



You're at a fork in the road which one direction leads to the City of Lies (where everyone always lies) and the other to the City of Truth (where everyone always tells the truth). There's a person at the fork who lives in one of the cities, but you're not sure which one. What question could you ask the person to find out which road leads to the City of Truth?

Answers

Which direction do you live? Someone from the City of Lies will point to the City of Truth. Someone from the City of Truth will also point to the City of Truth.

Logic Puzzle

Brain Teaser
A Calendar!

Trivia
1) Amsterdam, 2) The Moose, 3) Pinochio, 4) Private

Canatrace & Contact Tracing

When we begin meeting in person, we will be using a website called [Canatrace](#) to help with contact tracing. Canatrace is a way to help keep us safe, and up to date to changing health regulations. It's a quick and easy way to check in when you come to our in person meetings, so that we can safely keep contact information, should public health require it.

All you need to do is scan the QR code (we'll learn more about how to do this in our Zoom meetings) and securely enter your information. We'll talk more about Canatrace in upcoming meetings so stay tuned!

