

# L&A SOs Reaching Out

## L&A Seniors Outreach Services Opening doors to wellness and independence

May, 2017 Vol. 30 No. 4

### 55Plus

The 55Plus has become a haven for new residents as more and more seniors move into the area as well as those who have lived here for some time. We offer a variety of activities spanning fitness, arts & crafts, cards and educational opportunities but the feeling of community is overwhelmingly what stands out to me as the Coordinator. For our members there is an opportunity to renew old friendships and discover new ones. The support that is provided to each and every person that joins an activity is evident when a crisis of either major or minor import happens.



Questions are asked if a regular participant does not show up for a planned activity and calls are made to ensure their wellness. When needed, meals are dropped off, drives are provided, information is shared and the knowledge that "the group" is there provides reassurance.

There is a saying by **Virginia Satir**, a respected family therapist, "We need 4 hugs a day for survival, 8 hugs a day for maintenance, and 12 hugs for growth." If you are not filling your daily quota of hugs, join us, hugs are free and welcome.

Cont'd

12 Richmond Park Drive, Napanee, ON 613-354-6668

We offer activities that stimulate and motivate and feed the spirit. We are truly fortunate that we have wonderful volunteers that willingly lead classes, train and educate themselves in order to provide an encouraging and fulfilling class. We also pride ourselves on finding great paid instructors who provide a wealth of knowledge that they willingly share with all of us.

We had hoped that upon moving into the new facility we would have all of our activities under one roof but that has not happened and we actually have more programs being offered off-site. We are very grateful to **Jim Galloway** of KL Fitness for providing this additional space to us at no charge.

At 55Plus we provide a variety of activities that suit our membership but we are always looking for new opportunities and ideas. We recently held a workshop on Reflexology that developed such an interest in this field that we are now offering appointments with **Wendy Lavigne** which is open to the entire community.

One area that has been requested that we have been unable to fulfill is that of a French language conversational group; so if you have language skills we would love to hear from you. Also, if you have a passion that you would like to share, give me a call and let's discuss it.

**Kimberly Sledz**

55Plus Activity Coordinator—613-354-6668 Ext 110

## **To knit with purpose**

Every Tuesday afternoon from 1-3 a group of ladies gather to knit at the SOS Westdale Complex, 12 Richmond Park Drive in Napanee. The instructor for this group is **Ann Vanderhart**. I went for a visit.



Cont'd

Ten enthusiastic, very friendly ladies held needles that clicked away on a variety of projects. They knit toques to compliment the snowsuit campaign for the Kingston Police and The Salvation Army Christmas hampers. They knit to support The Morning Star Mission, Community Living and The SOS Adult Day Group Christmas Party. Tables filled, knitted projects are for sale just before Christmas where all money goes back into 55Plus programs.

They knit Twiddle Muffs and Twiddle lap blankets also known as Fidget lap blankets or Sensory lap blankets. They knit these for The Village Green, Community Living and the Adult Day communities. These are wonderful. My mother had Alzheimer's and I wish I had of known about these. They give people something to do with their hands, to calm or to stimulate the brain. They are filled with buckles, zippers, Velcro, buttons, and textures of every kind. They would have kept my own mother calm, with her constant need to keep her hands busy. They also help those who have had brain trauma or stroke. I was so excited to see this worthwhile need filled.

Member **Annie McNutt** has come up with another idea for filling a need in our communities. It involves her Addi Express knitting machine that only makes tube socks. It will make a pair of socks in about ten minutes. Annie has already heard from interested organizations about getting socks to where they are needed.

The SOS knitting group will take donations of yarn; any kind or amount. The amount needed to fulfill all those projects is great.

If you like to knit or want to learn, this would be the place to come to "Knit with a purpose."

**Grace Vanderzande**





**Emergency**  
Preparedness **Week**

May 7-13, 2017  
GetPrepared.ca



Canada

## **4 Spring Cleaning Safety Tips for Senior Citizens**

### **1. Check the Medicine Cabinet**

Are medications labeled and stored in their proper containers? Do you have old prescription drugs mixed in with the new? These common practices in homes pose potentially dangerous health hazards. Many medications don't retain their potency after expiration dates and should be disposed of.

### **2. Clean Up Clutter**

Trips and falls are likely to happen when you accumulate too much "stuff". Make it a priority to reduce the risk by removing unnecessary and obstructive items (including furniture) from your regular walking path in every room and place them in storage. Tape carpet edges or throw rugs or get rid of them entirely. Remove infrequently used appliances off the counter, organize cabinets and create front row spaces for frequently use items.

### **3. Have an Emergency Plan in Place**

In case of an emergency such as a fall, an attempted burglary, or a kitchen accident, do you have important numbers on speed dial? Know who to call in an emergency and have your phone programmed, accordingly. If you reside in an assisted living community, be sure you understand how the emergency response system works. Just like when you were living in a neighborhood, look out for others and know who to go to for help.

### **4. Never Try to Move Heavy Objects or Furniture on Your Own**

For seniors with reduced strength or mobility challenges, doing household chores may seem like a monumental task. Never try to move furniture or heavy objects on your own. Don't stand on a chair or ladder to clean hard to reach spots or change light bulbs. Try the newer, more efficient technology tools on the market designed to make modern household cleaning a breeze. Have an emergency kit: a flashlight and spare batteries, thermometer, Band-Aids, scissors, tape, triple antibiotic ointment, wound care dressings, allergy and digestive medications, protein bars, a current medication list and names and phone number of family or friends to contact in an emergency.

## Meals on Wheels received help from Local Champions

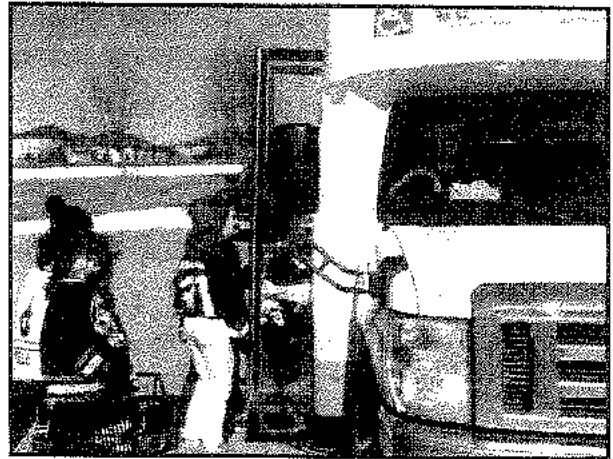


Meals on Wheels coordinator, Alison Holmes (right) and members of the Napanee Crunch girls hockey team, Alaina Holmes (centre) and Claire McConnell (left) are raising community awareness of SOS Meals on Wheels.

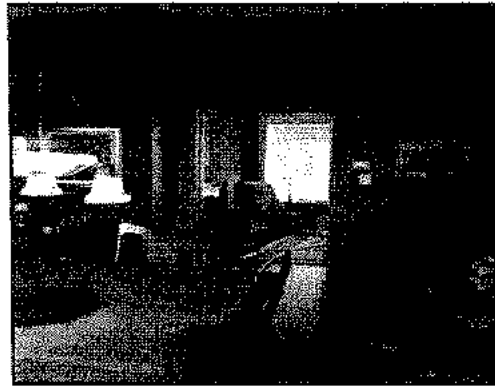


Members of the Napanee Crunch Atom girl's Hockey team helping with Meals on Wheels.

Local Champions loading up the SOS Van to start the Meal on Wheels deliveries.



*SOS Home & Garden Tours—Saturday, June 3, 2017*  
*Featuring 8 properties. Passports available May 1st. \$25 per person*



This two-storey red brick Victorian home was purchased by its current owner in 2008 and renovations immediately began, including replacement of 22 windows, new insulation and a completely updated kitchen. This home is filled with colour and light and still has most of its original woodwork. Beautiful art is displayed and there is a warmth that is felt by all who enter.

An upstairs room has been repurposed to make a fitness area with its own balcony overlooking the backyard.

The gardens were designed and implemented with an eye to making it an oasis to be enjoyed by anyone who visits. You will hear the sound of the fish pond fountain tinkling in the background. The soft undulating curves of the garden contrast beautifully with the very square and solid structure of the home. The garden is small, but mighty, with lots of eye appeal.

Also in the garden is a building called "the studio." This quaint, yellow, barn-shaped structure has been completely renovated and houses the owner's inviting art studio with some of her eclectic paintings on display.

*SOS Home & Garden Tours—Saturday, June 3, 2017*



This 1870s farm house was purchased in 1984. It had no running water or indoor facilities, cracked plaster walls, old windows and a basement full of coal.

It has now been restored to its former glory with added modern conveniences. A large addition built in 2010 has in-floor heating below beautiful ceramic tile. A local craftsman built the gorgeous mahogany kitchen cupboards. This kitchen is where the owner prepares and serves an evening dinner to guests staying at this unique Bed & Breakfast. Six bedrooms all have ensuite baths and the new stairway is equipped with a chairlift.

The home is a museum! It is full of interesting antiques and old Gibbard furniture. The walls are lined with oil paintings and water colours by respected local artist Ruth Brooks. Proud of his loyalist ancestry, the owner has many family heirlooms. A world traveler, he has acquired many beautiful collector's items and happily recounts memories associated with his substantial collection.

## **GUEST RECIPES submitted by Liz Graham**

**Sue Kuisma** is this month's recipe contributor. Born in Ottawa, Sue lived in various places in B.C., Alberta and Ontario because of her father's career with Dept. of Defense Production during WWII and jobs after the war. When she was 10 years old, the family, which now included Sue and her 3 brothers, settled in Ottawa where she completed Secondary School. She met her husband Vic at Queen's and after graduation she taught at Ernestown Secondary School. In 1974 the family moved to Napanee, where they built a house and raised their family of twin girls and a son. Sue left teaching and became librarian at Quinte Detention Centre, then the first Coordinator of Volunteer Programs in a detention center in Ontario. Eventually she went back to teaching for 10 years, providing education for the 18-21 year old inmates. After "retirement", she taught for another 8 years at the night school program at Gateway. Now she enjoys her 2 grandchildren. Sue, an animal lover, has 2 cats and 2 dogs. Knitting is also a passion. She is combining this with her love of travel by joining a knitting trip to Ireland this fall. She also takes a yoga class. At SOS Sue enjoys Nordic Pole Walking and the Stretch Class.

### **OLD FASHIONED BEEF STEW**

This stew is made in a pressure cooker or the new Instant Pot. It is a thick, stick to your ribs, stew.

1 lb. stewing beef	1 onion, chopped
4 carrots, sliced thinly	½ turnip, cut in cubes
4 potatoes, cut in chunks	any other veggies lurking in fridge
3-4 celery stalks, cut in chunks	¼ - ½ cup pearl barley
1 cup water	

- Use a generous amount of ketchup or tomato soup or canned tomatoes
- Dredge beef in flour with salt and pepper to taste and brown in oil.



(Cont'd)

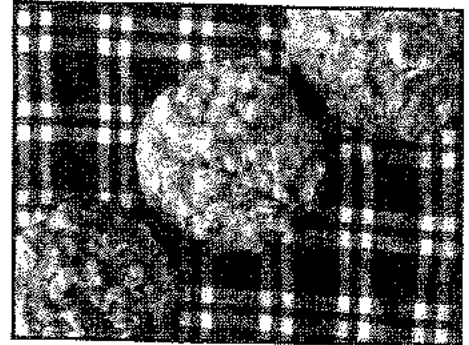


- Throw everything in the pressure cooker and bring to pressure—i.e. the top is “pishing” or the instant pot is up to high pressure.
- Cook 13 to 15 minutes.
- Bring pressure down quickly or leave until it comes down itself.
- Mix and serve.

My mother made this on cold winter nights for the family. It was her mother’s recipe and probably her grandmother’s recipe.

### MAPLE SYRUP OATMEAL COOKIES

- |                        |                 |
|------------------------|-----------------|
| 1 c. all purpose flour | ½ tsp. vanilla  |
| 1 tsp. baking powder   | ¼ tsp. salt     |
| ½ c. chopped walnuts   | 1 c. quick oats |
| 1 large egg            | (uncooked)      |
| ¾ c. maple syrup       | ½ c. shortening |



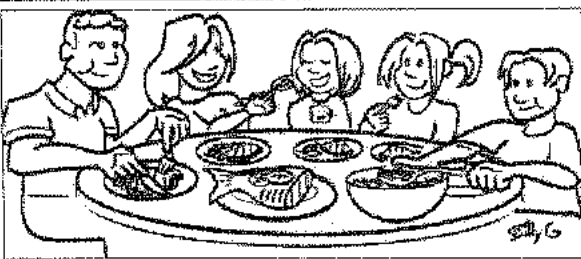
- Sift together flour, salt and baking powder
- Add oats and chopped nuts; mix well
- Cream shortening, add egg and beat lightly
- Add maple syrup, vanilla and mix well
- Add combined dry ingredients.
- Drop by teaspoonful's on greased cookie sheets
- Bake at 400°F for 8 to 12 minutes. Makes 6 dozen.

*(from Bon Echo Recipes & Sketches)*

### ASPARAGUS VINAIGRETTE SALAD

- |                                  |                         |
|----------------------------------|-------------------------|
| 1 lb. asparagus, cut into pieces | ¼ cup balsamic dressing |
| ¼ cup shredded Parmesan cheese   |                         |

- Steam asparagus. Rinse under cold water.
- Drain well.
- Drizzle dressing over asparagus and toss to combine.
- Sprinkle with Parmesan cheese. Serves 4



## **Social Diners May 2017**

**May 11th**

Napanee Lions Hall  
57 County Road 8, Napanee  
Reserve your seat by May 8th

**May 18th**

Emmanuel United Church  
63 Factory Street, Odessa  
Reserve your seat by May 15th

**May 25th**

Friends Meeting House  
20 Huffman Street, Moscow  
Reserve your seat by May 22nd

**Cost \$12 per person**  
**Wheelchair accessible**

## **QUESTIONS**

1. Elvis's 1956 performance of Hound Dog gave him what nickname?
2. What group had the hit "House of the Rising Sun"?
3. The Warsaw Pact was signed in 1955 in what country?
4. The Enola Gay is infamous for what reason?
5. Which famous corporation was founded in 1955?
6. Laika was the first living creature to enter orbit. What was the animal?
7. What were the first names of The Everley Brothers?
8. Who had the hit "Get It on"?
9. In 1957, the Wham-O company produced what novelty product?
10. Which world-famous theme park opened in 1955?

**See Answers on page 27.**

## May Community Events



### Jim's Band

Tues. 2nd & 16th, Friendly Manor 10am

Wed. 3rd & 17th, Village Green 10am

Wed. 3rd, Adair Place 1pm

Fri. 5th, 12th, 19th, 26th, Parrott Centre, Napanee 1:30pm

Sun. 14th, L&A Hospital 1:30pm

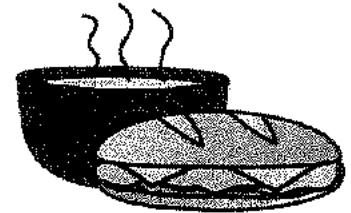
Sun. 21st, Parrott Centre Chapel, Napanee 1:30pm

Sun. 28th, Village Green 3pm

### St. Mary Magdalene Church Hall, Napanee

Thurs. 4th, 11:30am - 1pm

Soup, Sandwich and Dessert Lunch. Cost \$7



### Alzheimer's Support Group, Parrott Centre, Napanee

Tues. 9th, 6:30-8:30pm

### Hometown Market, Market Square, Napanee

Sat. 13th, Grand Opening 9am-2pm

Open Bi-Weekly Until Oct. 14th 2017



### Selby United Church Roast Beef Dinner

Sat. 13th, from 5pm-7pm

Adults \$15, Children under 12 \$6

For tickets or info. call Barb @ 613-354-3180 or Lorraine @ 613-388-2805

### Parkinson's Support Group, Napanee Area Community Health Centre, Downtown Napanee

First Wednesday of the month, 1:30-2:30pm

Contact: Penny Robertson 613-388-2240

### Alzheimer's Support Group, Briargate Senior's Community Living, Amherstview

Tues. 23rd, 4 - 5:30pm

For more information contact Casey Peters 613-544-3078

## The King of Hobbies and the Hobby of Kings

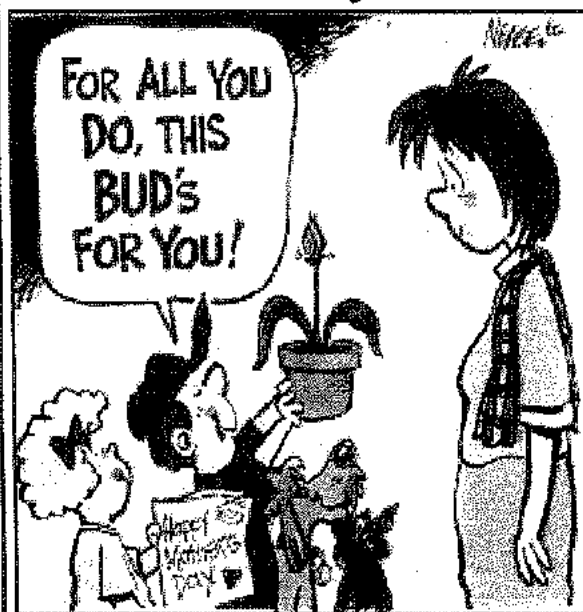
Stamp collecting is the King of indoor hobbies and it is a favourite pastime of Kings and Princes. His Majesty King George V collected stamps from his boyhood and never lost interest in the pastime.

To-day his collection fills more than a hundred albums and he continues to add new specimens. Some years ago, in writing to a friend, the King wrote of stamp collecting that "it is one of the greatest pleasures of my life."



**Collecting stamps for SOS is an ongoing project.** All stamps are welcome whether a few or a bundle. They all count together in the end. These stamps help to offset the high cost of mail for SOS. Simply clip the stamps off of any mail you receive and drop them off at the SOS office. We will handle the rest!

## Mother's Day Smiles



# Canada

Find and circle all of the words that are hidden in the grid.  
The remaining 47 letters spell a secret message.

T P L O O N I E A I R O T C I V W D S H  
 E C R T U V A N U N H S B C A H N N R P  
 U O B I R A C N E I E O H E I T O A E A  
 L E L B N C I S A I T A C T A T V L V T  
 Y S A R O C O M R W R I E K C R A D A F  
 O E B I T O E I A L E H U I E S S N E H  
 T E R T M O A E O P O H R L T Y C U B X  
 T G A I S R I T D R L E C S A E O O P A  
 A C D S P N T R S W D E E T R Q T F N F  
 W U O H O E I E A E A R S S A V I W O I  
 A R R C T I N A R T O R M Y T K A E K L  
 T L C O E G O F T F N F D A R J S N U A  
 O I W L A E D M O N T O N I N U O A Y H  
 Q N Q U T P C E B E U Q U E S I P H S B  
 U G E M R I C I T O R O N T O L T S N Q  
 E U E B E N R E G I N A M B E C A O C S  
 L I O I B N C I F A E L E L P A M N B T  
 S E K A L I M Y E L L O W K N I F E D A  
 W O N S A W P K C I W S N U R B W E N Y  
 N O R T H W E S T T E R R I T O R I E S

ALBERTA  
 BEARS  
 BEAVERS  
 BRITISH COLUMBIA  
 CARIBOU  
 CHARLOTTETOWN  
 CURLING  
 EDMONTON  
 FORESTS  
 FREDERICTON  
 GEESE  
 HALIFAX

HOCKEY  
 IQALUIT  
 LABRADOR  
 LAKES  
 LOONIE  
 MANITOBA  
 MAPLE LEAF  
 MAPLE SYRUP  
 MOOSE  
 MOUNTAINS  
 NEW BRUNSWICK

NEWFOUNDLAND  
 NORTHWEST TERRITORIES  
 NOVA SCOTIA  
 NUNAVUT  
 OIL  
 ONTARIO  
 OTTAWA  
 PRAIRIES  
 PRINCE EDWARD ISLAND  
 QUEBEC  
 RCMP

REGINA  
 SASKATCHEWAN  
 SNOW  
 ST. JOHN'S  
 TOQUE  
 TORONTO  
 VICTORIA  
 WHITEHORSE  
 WINNIPEG  
 YELLOWKNIFE  
 YUKON

Answer on page 27.



**L&A Seniors Outreach**  
 opening doors to wellness  
**Programs, Activities**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
Adult Day Service-Napanee Adult Day Service Loyalist  Smart Meals delivery- Napanee, Amherstview, Odessa, Bath and Deseronto	Adult Day Service-Loyalist  Foot Care-Napanee Foot Care - Bath (alternate Tuesdays)  Seniors Town Bus Service	Adult Day Service- Napanee  Smart Meals delivery- Napanee and Deseronto  Foot Care -Amherstview Foot Care-Napanee
<b>55 Plus Activities at a Glance</b>		
Strength and Cardio Nordic Pole Walking YogaFlow Beginner Strength Training Zumba Gold (KL Fitness)  Quilting Euchre	Step and Pump Yoga (KL Fitness Club) Tone & Sculpt Beginner Strength Training Line Dancing with Doris (KL Fitness Club)  Wood Carving Intermediate Painting Knitting  <b>Schedule subject to change - Please check c</b>	Strength and Cardio Stay Fit for Golf Tai Chi (Trinity United Church) Gentle Chair Yoga  Family History Drop in Painting
<b>12 Richmond Park Drive, N</b>		

**each Programs  
ss and independence  
and Information**

<b>Thursday</b>	<b>Friday</b>
Adult Day Service- Napanee Adult Day Service Loyalist  Frozen Meals (delivered mid month)  Social Diners  Foot Care-Centreville  Library Book Delivery	Adult Day Service- Napanee  Smart Meals delivery- Napanee, Amherstview, Odessa, and Deseronto  Foot Care-Napanee  Seniors Town Bus Service
<p><b>nce!</b></p>	
Strength & Stretch Yoga Men's Fitness (Zeal Health & Fitness Studio) Zumba Gold (KL Fitness)  Introduction to Acrylics Bridge	Strength & Cardio Muscle Mix Beginner Strength Tone & Sculpt
<p><b>line at <a href="http://www.lasos.ca">www.lasos.ca</a></b></p> <p><b>apanee</b></p>	

**TRANSPORTATION**  
 Medical drives by  
 Volunteer Drivers  
 Wheelchair Van Service

**LIFELINE Emergency Response**

**IN HOME CAREGIVER**


**DRIVER REFRESHER**

**INCOME TAX PREPARATION**

**COMPUTER/ TECHNOLOGY ASSISTANCE**

[www.lasos.ca](http://www.lasos.ca)  
**For news, events and schedules**

**Like us on Facebook**  
**L&A Seniors Outreach Services**



***Come out and be a voice for L&A SOS  
ANNUAL GENERAL MEETING (AGM)***

The L&A SOS Annual General Meeting will be held on **Wednesday, June 7th, 2017**, from 4:00-6:00 p.m., at 12 Richmond Park Drive (SOS site, the old Westdale School)

At this meeting, L&A SOS members will be asked to approve our audited financial statements and elect our slate of board members.

L&A SOS is required to raise about 40% of our budget from program fees, fund raising events and donations. Many generous donations come from individuals, businesses, foundations, governments, and clubs which contribute annually.

A highlight of the evening is to recognize our donors by proudly displaying names on our Donor Boards at the L&A SOS entrance way. There are eight donation levels: *Providers, Friends, Associates, Patrons, Builders, Benefactors, Humanitarians, and In Memoriam*. Donations are accumulated each year and donor names are moved from one level to another.

Members will be asked to approve two By-law changes: 1.1 Signing Authority and 1.2 Signatures.

Proxy voting forms are available at the Reception or on our Web-site.

Please RSVP your attendance as light refreshments will be offered. Look forward to seeing many of you there.

**Barb Marlin, Board Chair**





## Happy Mother's Day

My mother kept a garden, a garden of the heart. She planted all the good things that gave my life its start. She turned me to the sunshine and encouraged me to dream, fostering and nurturing the seeds of Self-esteem. And when the winds and rains came she protected me enough, but not too much because she knew I needed to grow strong and tough. Her constant good example always taught me right from wrong. Markers for my pathway that will last a lifetime long. I am my mother's garden. I am her legacy and I hope today she feels the love reflected back from me.

Unknown



## Donations

A special thank you goes out to **Dawn Henry** who donated a large quantity of yarn for the knitting group as well as painting supplies and to **Marjorie Yeomans** and **Valerie Baddon** who also donated yarn to our cause.

**Thank You**

## **May 2017 Rambles of a Spring Gardener by Libby Lund**

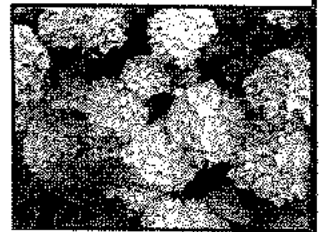
Well, it's April 2<sup>nd</sup> as I write this and although it was cloudy this morning, the clouds have cleared and the sun finally has come out to show its beautiful face. Oscar, my dog, and I went for a long walk. We saw pussy willow trees in bloom and clumps of snowbells bobbing in the breeze. Water was slowly moving in ditches and boggy areas. Squirrels were busy running across bare lawns and up into the trees, not paying attention to Oscar, who was definitely paying attention to them and wanting to chase them. We ignored the dirty piles of snow here and there.

In my own garden, the lawn and flower beds are still very soggy and wet, the top layers of soil squishing under my feet. I dare not tread heavily as my footprints will be imprinted and I may have badly impacted a newly emerging plant. Tulips and daffodils have grown somewhat since I first saw them in February, but not a lot, since March was so wet and cold. I'm hoping we will get warmer weather this month so they will really SPRING ahead!

Some plants I encourage you to grow this year as trusted performers are hydrangeas. A new one called Incredible Blush (H.A. NCHA4) grows to five feet tall and has large pink blooms during the summer which turn to green with age. They are good to Zone 4. Peonies are always beautiful and although their blooms are susceptible to rains, their leaves are shapely, shiny and beautiful during all seasons (Zone 5, full sun is best). A sheltered spot away from wild winds and rain may help blooms last longer.

It is important to care for your tools. Clean them with rubbing alcohol. It dries quickly, disinfects and helps prevent rust. Cleaning your tools will also help stop spreading disease in your garden.

Happy spring...Until June. **Libby**





## Special Days

Mon. 1st, May Day  
Sun. 2nd, Autism Awareness Day  
Mon. 8th, Red Cross Day **+**  
Fri. 12th, Canada Health Day  
Fri. 12th, International Nursing Day  
Sun. 14th, Mother's Day  
Wed. 17th, World Hypertension Day  
Mon. 22nd, Victoria Day  
Wed. 31st, World No Smoking Day  
Mon. 1st-Sun. 7th, Mental Health Week  
Sun. 7th-Sat. 13th, National Hospice Palliative Care and Emergency Preparedness Week

## April Is:

Bicycle Month;  
Better Hearing/  
Speech; Physical  
Fitness; Cystic Fibrosis; Foot  
Health; Medic Alert; Multiple  
Sclerosis; Salvation Army Red  
Shield; Brain Tumor; and  
Huntington's Disease Month.



## The Snowdrop

Such delicate and tender flowers,  
Pure white with softest apple green,  
So often come upon by chance,  
Just growing where they're rarely  
seen.

Beneath the hedgerows, on the  
verge,  
Where passing cars don't notice  
them,  
Each trembling in the smallest  
breeze,  
Each one a pure and perfect gem.

Some like the rose's opulence,  
Or perfumed lilies strong and tall,  
But I believe this small white  
flower,  
Is quite the fairest of them all.

**Eileen Hay**





***Four Weeks of "SMART MEALS"***

***Provided by Seniors Outreach Services***

***(613) 354-6668***

***All meals come with Soup or Salad;  
Potato or Pasta and Dessert...***

<b>May's</b>	<b>Menu #1</b>	<b>Menu #2</b>
Mon. May 1	Ham Steak	Honey Garlic Meatballs
Wed. May 3	Mushroom Chicken	Chili Con-Carne
Fri. May 5	Battered Fish	Macaroni Casserole
Mon. May 8	Weiner's & Beans	Meat Pie
Wed. May 10	Lasagna	Chicken Salad Sandwich
Fri. May 12	Roast Beef	Pan Fried Fish
Mon. May 15	Pulled Pork	Veal Cutlet and (Frozen Meal for Victoria Day)
Wed. May 17	Roast Chicken	Hot Hamburger
Fri. May 19	Salmon Patties	Farmers Sausage
Mon. May 22	Closed for Victoria Day	(Eat Frozen Meal)
Wed. May 24	Beef Stew	Roast Pork
Fri. May 26	Breaded Sole	Chicken Parmesan
Mon. May 29	Mac & Cheese	Breaded Chicken
Wed. May 31	Shepherds Pie	BBQ Chicken

## Smart Meals News

Are you a Smart Meals client who has a favourite family recipe that you would like to share? Once again our chef, **Mike Stacey** is eager to hear from you.



Send your favourite recipe in to SOS along with your name, phone number and e-mail address, if you have one, and perhaps an explanation of where your recipe came from or why it is important to you. Mike will choose one each month to include on our Smart Meals menu.

Bring your recipes to SOS at 12 Richmond Park drive in Napanee, send them back with your volunteer delivery driver, or e-mail them to [pauline@lasos.ca](mailto:pauline@lasos.ca). I can already smell the food cooking. **Mmmmmmm!**



### Driver of the Month for May is Ed Crookes

Ed has been driving for Seniors Outreach for a number of years . He is very dedicated to the transportation program here and is always willing to help out whenever he is called upon. We appreciate that he is a team player with an easygoing attitude. Many clients call and specifically ask for him by name. We are truly fortunate to have him on board. A heartfelt thanks from SOS and the many clients who benefit from Ed's generosity. Ed will receive a \$10 gas card along with our thanks!

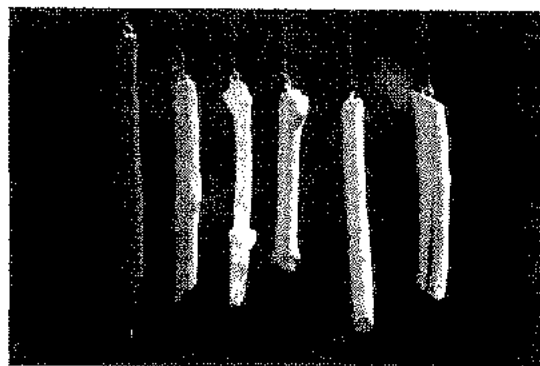


## Nana's Corner

### Homemade Rainbow Wind Chimes

#### Items required:

- Sticks
- Sanding block
- Acrylic Craft Paint
- Craft varnish
- Small screw eyes
- Yarn (or fishing line, jute, twine etc.)



1. We started by snapping our sticks into lengths of about 8-10 inches.
2. Next, we peeled the bark off the sticks. Older kids might really get into this part but the youngens found it tedious so I ended up doing this part mostly by myself.
3. Then, everyone got a piece of sandpaper, and gave their sticks a quick once-over to remove any remaining bits of bark.
4. Then, each stick got 2 coats of acrylic paint.
5. Then I brushed on a coat of craft varnish. This step is important because these sticks will be hanging in the yard, the varnish will offer some protection from the elements. It adds some shine and makes your colours really "pop".
6. When the sealer was dry, we screwed tiny screw-eyes into one end of each stick. I started each one, and the kids finished twisting them in.
7. I then tied a long length of acrylic yarn to each hook, and took the sticks back to the oak tree beside our playhouse, and tied them to the lowest branch or to the bottom of a coat hanger.

This is proof that you don't have to get too fancy or spend a lot of money when it comes to crafting.

<http://happyhooligans.ca/homemade-wind-chimes/>



*Volunteers are always welcome at Seniors Outreach. We have many opportunities available for you to get involved.*

*For more information please stop in to our office at 12 Richmond Park Drive in Napanee, or call 613-354-6668 ext. 115—ask for Pauline.*

## **New Volunteers**

**Barb Kelly-Reception**

**Holly Lavergne-Adult Day Loyalist**

**Tom MacIntosh-Musical Entertainer**

**WE  VE**  
**OUR VOLUNTEERS**



# WANTED

**Caring person with time on  
their hands to drive our SOS  
Wheelchair Accessible Van!**

No special license required—just a  
clean driving record and a willingness  
to learn.

Training will be provided.



**Local & Kingston Drives**

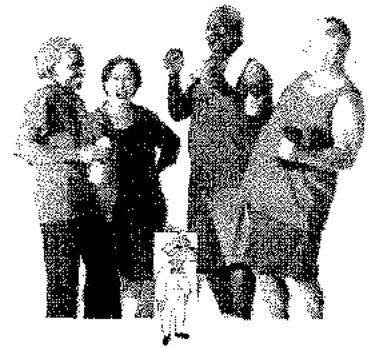
Contact Pauline Arsenault for more information  
**(613) 354-6668 ext. 115**



## Friendships found

*"It gets me out of bed in the morning."*

This statement came from one of my 55Plus friends while a group of ladies sat around a table sipping coffee.



It was early in the morning, and that group had already finished their exercise class. Now was the time to come together and chat about life. I have to be honest here, I have not been back to this particular class for unforeseen reasons but I hope to be back very soon. Coffee with my friends afterward is still very important.

This is one of three 55 Plus classes that I have had the pleasure to be part of. These groups of women and men have established lasting friendships. They understand that social bonds are as important to a healthy lifestyle, as the physical aspects. Sure, those exercise classes are extremely important. We do indeed need to keep our bodies active, mobile and healthy but it may be easy to blow off classes if you are not having a good day. It is more difficult to disappoint your friends and to not show up, which may cause them needless worry.

It is not only the exercise classes where great friendships have formed. There are many 55 Plus groups who socialize after their classes let out. At this stage in our lives, I have come to realize that to surround ourselves with people who truly care about us and have common interests, is a very good thing.

*"It gets me out of bed in the morning."*

**Grace Vanderzande**

# Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Providence  
Care

*Aging, Mental Health and Rehabilitative Care*



## Lived Experience Round Table

**Date:**  
Friday, May 12, 2017

**Time:**  
10:00am to Noon

**Location:**  
Lennox & Addington  
Seniors Outreach  
Services  
12 Richmond Park  
Drive,  
Napanee, ON  
K7R-2Z5

Join our Lived Experience Facilitator, **Sharon Osvald**, at the Lennox & Addington Seniors Outreach Services for a round table discussion on May 12, 2017.

In order to create meaningful services and supports, the voice of those using these services must be heard. The lived experience network is an ongoing project that involves the sharing of personal stories and lived experiences, giving people the opportunity to have an advisory role. Come prepared to share your insights and suggestions for change that will be (anonymously) directed to professionals who plan and provide services and supports for older adults across the health care continuum.

Sharon is seeking family members, friends and older adults whose lives have been affected by dementia or other related diagnoses, to join in an advisory discussion and to discover what is needed in our community. **For more information visit** [www.dementiacrossroads.ca](http://www.dementiacrossroads.ca)



To register to participate in this important conversation, please contact:

**Candice McMullen**  
*Program Coordinator*  
613-544-3078  
[cmcmullen@alzking.com](mailto:cmcmullen@alzking.com)

# Trivia Quiz

## ANSWERS

1. Elvis the Pelvis
2. The Animals
3. Poland
4. Dropping the first atomic bomb
5. McDonald's
6. Dog
7. Don and Phil
8. T-Rex
9. Frisbee
10. Disneyland

See Questions on page 10.

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**Ken Wilkinson  
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Solution to Word Find puzzle on page 13.

The hidden message is:  
THE CAPITAL CITY OF THE PROVINCE OF QUEBEC IS QUEBEC CITY

***Find and Name the Senior and have a chance to Win***

**A lucky reader will win a \$10 Gift Certificate for Tim Hortons.**

1. Find the senior hidden in this publication.  (actual size)
2. Bring this filled out form to reception to enter the draw.

Your Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Where was the senior? Page \_\_\_\_\_ Give him a name: \_\_\_\_\_

Location on the Page: \_\_\_\_\_

The draw will be held the first week of each month. One entry per household. The winner will be announced in the next newsletter.

**Old Age and Canada Pension Payment Dates:  
Monday, May 29th, 2017**

**Reaching Out is published by L&A Seniors Outreach Services and our Volunteers.**

Distributed across the county free of charge.

The information presented and opinions expressed herein are for public interest and information only. Choosing to implement any of the suggestions is at the sole discretion and responsibility of the reader.

General coverage area is L&A County and South of Hwy #7 as well as Amherst Island, although certain programs may vary. Call 613-354-6668 for more information.



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