



Seniors news

KANATA SENIORS COUNCIL

"Seniors Helping Seniors"

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Seniors Council: Phone: 613-254-7164 E-Mail: council@kanataseniors.ca



ANNOUNCEMENTS

Where did 2011 go? Well, here's wishing a Happy, Healthy, and Prosperous 2012 to each and every one of us!

And here's how the year closed:

OLDER ADULT CONFERENCE

Our Directors ended the year by attending an **Older Adult Conference** held in Ottawa by the OACAO organization. We spent three full days learning how we can help to make the lives of seniors more complete. Many subjects were presented, communication, health, mental wellbeing, physical exercise and the use of social media, to name just a few. Some of our Directors along with Janet Baigent for the City of Ottawa, worked on the planning team for the program. The conference gave us an opportunity to learn some new skills to help us provide the best programmes and events possible.

OTTAWA WEST SENIORS SUMMIT

Sadly there were very few who attended from the Kanata Seniors Council (despite the protests by many that they had been turned away from the Mayor's Seniors' Summit for lack of space). However, nearly sixty seniors from as far away as Kinburn in West Carleton and as close as Bells Corners participated in a day of hard work and good fellowship.

Compliments have flowed in from many on the excellent organization and the good food. It was, in reality, a day of hard work as groups worked through the various areas of importance to seniors, identified by the World Health Organization, as being critical to any municipality before it could qualify for the United Nations' designation of being "older adult friendly".

Such things as transportation, housing, security, communication and so on were dealt with, the findings brought coordinated, and the document submitted to the city as well as being posted on the Council's website.

This was an opportunity to let the City know what seniors needed: now it remains to be seen when, and if, the results of the survey will be published along with recommendations as to what can be done or, as many commented, "Will this have been just another exercise in public relations which amounts to nothing."

The ball is now, firmly, in the City's court.

The Kanata Seniors Council could not have provided this opportunity without the cooperation of many people. The

many volunteers from the Council, the Municipal Councillors who supported the event, the neighbourhood stores who provided goods, the Senior Residents who provided services and last but not least the two retirement residences, Walden Village and The Waterside whose contributions to the snacks and the lunch drew so many compliments. A heartfelt 'thank you' to all.

CAFÉ CRISIS In terms of good food and popularity, the Council Café is a success story. Its imaginative, nutritious, high quality soups and entrees, along with its fresh-daily sandwiches, good coffee and beverages have an average of fifty people a day coming back for more.

It's run by volunteers –Café Manager down to the servers and slicers, the cooks and the cashiers, they're all there to help. Now the Café is facing a very real crisis. One of the principal architects of its good management, John Kern, will be retiring from his position as Café Manager as of the end of January and, so far, no one has offered to step into the breach.

If that wasn't enough, there is a real need for volunteers. Mondays (noon to 3.15 pm), Fridays (noon to 3.15 pm) and Saturdays (from 9.45 am to 2.15 pm) are badly in need of help for the cafe to continue to function.

If you're interested or know someone who might be, please contact Kay Dubie, President, and Seniors Council: telephone 613-254-7164 or email her at council@Kanataseeniors.ca and remember, students are very welcome and the hours count towards their community service.



KELLY FUNERAL HOMES PRESENTS:

Cultural Diversity at the Time of Death &

How to Prevent Identity Theft Hosted by Kanata Senior Council

Join us for an informative afternoon to discuss:

- When someone dies who is of another faith or denomination we can often be at a loss as to what the right etiquette is to follow. Allow Kelly Funeral Homes to guide you through unfamiliar practices and rituals of the deceased person's religious traditions.
- Every year, thousands of people are victims of identity theft. Identity theft is the unauthorized collection and use of your personal information, usually for criminal purposes. Let us show you how to protect yourself now and how to guard the identity of someone that has died.

DATE: Tuesday, January 31, 2012 TIME: 1 pm to 3 pm

PLACE: Mlacak Centre Refreshments Provided



TRAVEL The Travel Team has arranged a number of exciting Trips for January.

They include:

- Rideau Carleton Slots trip on Sat. January 14, 2012
- New trips are being offered at **NO COST** to area Seniors Residences starting in January . One Seniors Residence will be featured each month. The trip will give you a chance to see and experience what the various Residences have to offer in terms of accommodation and services. The trip will include: transportation to/from the Mlacak Centre (Library Entrance), tour of Residence and a complimentary lunch. January's featured destination is **Waterside Retirement Residence** in Carleton Place **on Fri January 27, 2012.**

Please see flyer at the Seniors' Centre in December.



COUNCIL CAFE: The Cafe is still looking for volunteers for a number of shifts. If you are interested please contact Kay Dubie at:

Telephone: 613- 254-7164 or E mail:

council@kanataseniors.ca

The Cafe is looking for guest soup makers in the Cafe. If you are interested in showing off your soup making skills, please contact John Kern in the Council Cafe.

The Cafe will be offering take out service for our hot entrees (while supplies last) starting in January

The Cafe will feature a meal or soup recipe that our customers have commented favourably on each month January's Soup Recipe prepared by Walter one of our Cooks is:

Butternut, Ginger & Orange Soup

- Ingredients 6 Servings
- Onion (chopped) 1 large
 - Gingerroot (minced) 1 inch
 - Garlic cloves (minced) 1 Clove
 - Butternut Squash (chopped) 600 gm
 - Chicken Stock 3 Cups / .75 L
 - Sesame oil 2 TBSP
 - Orange Juice 2 TBSP

Method

1. Cook the onions, ginger, and garlic, in the sesame oil stirring occasionally (about 5 minutes).
2. Add the butternut squash and chicken stock. Bring to a boil and cover.
3. Simmer on medium-low heat until the squash is tender (about 30 minutes).
4. Stir in the orange juice and puree the soup.
5. Season with salt and pepper.



COMPUTERS Free Wi-Fi is available at the Kanata Seniors Center.

With your Wireless laptop surf the Internet, check your email and much more from the comfort of the KSC rooms – Lounge, Coffee Shoppe, Activity Rooms, Computer Room and Lobby. It's easy, free, and convenient and provided by the Kanata Seniors Council. Sign up for password at Front Desk.

Best deal in the City - **Book a series of One-on-One tailored computer lesson from one of our** instructors for Windows 7, WinXp, Vista and now Apple OS if you have your own MAC laptop.

Learn how to make best use of your new laptop, learn a specific computer skill, solve a computer issue, or just how to use the internet and email. Visit the KSC front desk for more details. – **Now instruction is offered on Saturday Morning.** If you are interested in having lessons on using SmartPhones, iPads, Apps and more please email

computers@kanataseniors.ca so we can look into offering this kind of training on a more regular basis.

Computer Tip

Free WiFi hotspots are popping up everywhere. Starbucks, McDonald's, Libraries, Hotels, Restaurants and Pubs. Why not take advantage of this cost saving freebee with your WiFi enabled smart (cell) phone, laptop or tablet when going south this winter?

Communicating with family while on holiday can be very expensive. Why not use WiFi to reduce or eliminate that cost? Haywire provides free apps for unlimited texting. Google has free phone calls in North America from your laptop or tablet. Skype to Skype provides voice and video calls as well as facebook and other similar social networks. Check your email, read the Ottawa Citizen or listen to your favourite Canadian radio station while basking in the sun down south. All for FREE.

No more running to news stands for international newspapers. No more expensive long distance charges on your hotel bills. Eliminate pricey pay-per-use phone cards. All it takes is a little planning and know-how using your WiFi devices.

For more information check out our seminar presentations on mobile computing and Social Networking or take a one hour class before your vacation, focusing on WiFi with one of our knowledgeable tutors.

This is one of those rare times when saving money is fun!



NOW ON TO 2012

FAR WEST FUN FEST *Returning by*

popular request Far West Fun Fest is on next year's late spring schedule.

The 'movers and shakers' who brought you last year's opening number, are now hard at work on Far West Fun Fest 2012. If you have a favourite activity, or an idea for one, now's the time to get in touch with either Kay Dubie or Liz Tucker at the telephone number and email seen above.



THE SENIORS COUNCIL WOULD LIKE TO THANK THE FOLLOWING CORPORATE SPONSORS FOR THEIR SUPPORT

BRIDLEWOOD DRUG MART
 CARLETON PLACE MANOR RETIREMENT RESIDENCE
 CHARTWELL KANATA RETIREMENT RESIDENCE
 EMPRESS KANATA RETIREMENT RESIDENCE
 KINGSWAY ARMS AT WALDEN VILLAGE RETIREMENT RESIDENCE
 LYNWOOD PARK RETIREMENT RESIDENCE

REDWOODS RETIREMENT RESIDENCE
 PALISADES RETIREMENT RESIDENCE
 STONEHAVENHAVEN MANOR AND APARTMENTS
 RETIREMENT RESIDENCE
 WATERSIDE RETIREMENT RESIDENCE
 KELLY FUNERAL HOME
 RICK & ASSOCIATES