

KANATA SENIORS COUNCIL

Seniors news

JUNE

Vol. 15 No: 6

PRESIDENT'S PIECE

Well, after a wet, cold and very slow spring, it looks as if summer may finally be on the way. The trilliums are out and so are a lot of the bulbs and blossoms. At the same time the difficulties of those who are still battling the effects of this year's floods remain up front and centre. You might like to check out the West Carleton Disaster Relief website where there is an opportunity to donate. It would seem that the cleanup will cost even more than the damage!

Meantime congratulations to Vice-President Peter Fedirchuk who took his idea for a fund raiser and made it happen. When *Vitality Lives* became a reality on April 24th, there wasn't an empty seat at any table. The food and the music were great and so was the company. We won't know how much was raised until after the bills are paid but things are looking very promising.

At the same time, a big "thank you" to Liz Tucker, Council Treasurer (and my partner in crime) who managed, pretty much single-handedly, to make sure that all the Far West Fun Fest activities went forward so smoothly in my absence. Sadly, Mother Nature chose not to play along as well as she might have but none the less everybody seems to have enjoyed themselves and the activities. We're already getting enquiries about next year!

I hope that everyone will make a special effort to attend this year's Annual General Meeting on its new date of June 17th. We need *your* input so that we can continue to do our best to make things happen that are fun, that are helpful, and that may open up new avenues of interest and, best of all, new friendships.

I'm only sorry I won't be there, but I look forward to seeing you all in the very near future.

Kay 

**IMPORTANT
REMINDER**

AGM

MONDAY JUNE 17, 2019

11:00 am to 1:00 pm

ANNUAL GENERAL MEETING

Mlacak Halls, 2500 Campeau Drive, Kanata

AGENDA

- **Report on Council Activities**
- **Financial Report**
- **Election of new Board of Directors - *no nominations will be accepted from the floor.***
- **The Frank Valentine Award will be presented**
A light lunch will be served

Annual Financial Statements

When completed, a copy of the Council's Financial Statements for the year ended December 31, 2018, will be available upon the request of a member from the Council's office at 2500 Campeau Drive, or by prepaid mail.

For more information on the Kanata Seniors Council and the role of the Board of Directors, please visit our website at: www.kanataseniors.ca

PLEASE NOTE: *Everyone is welcome to attend the meeting, however only Kanata Seniors Council members are eligible to vote. There is no charge to becoming a member of the Kanata Seniors Council*

TRAVEL

Tuesday, June 4th: Mystery Trip for a cost of \$30.00

Monday, June 17th: ANNUAL GENERAL MEETING.

MARK YOUR CALENDARS FOR OTHER UPCOMING TRIPS

Wednesday, July 10th: Mystery Trip

Thursday, July 25th: Mystery Trip

Thursday, August 8th: Wine tasting with nibbles for a cost of \$55.00

Thursday, August 22nd: Dine-Around in Perth with a 'side' of shopping

Tuesday, October 15th: Upper Canada Playhouse for musical "Rock and Roll is Here to Stay" featuring Leisa Way

There are a number of new Seniors' Residences opening in the next few months. The Travel Team will be planning a series of tours of these new facilities. **WATCH FOR DATES.**

THURSDAY, SEPTEMBER 26TH

TRAVEL MARKETPLACE

MLACAK HALLS

The Travel Team will be holding a Travel Marketplace where a host of travel suppliers will be on hand to provide information on trips and travel "how to's" focused on older adults.

ATTENDANCE IS FREE

Sadly the planned May 30th visit to the National Gallery for a look at the exciting, just-opened Gauguin exhibit had to be cancelled due to lack of numbers. The visit featured a guided tour (not normally on offer) and a chance to enjoy the facilities of the museum without the worry of transportation. The exhibit is here until September 24th. Let ticket sellers know if YOU are interested and if there are sufficient numbers the team will try again.



TECH TALK

Webmaster's Choice

Every month, the Council's webmaster scours the Internet to find websites that might be of interest to seniors. We're never sure what we'll find buried in the Internet. Some suggested sites are informational, some entertaining, and others just plain whimsical. Whatever they might be, they will be sure to engage your interest and expand your horizons.

Here are this month's suggestions:

1) Look Back in Joy: The Power of Nostalgia

Long considered a disorder, nostalgia is now recognised as a powerful tool in the battle against anxiety and depression. Tim Adams meets the researchers proving that looking back improves the look of tomorrow.

Link: <https://www.theguardian.com/society/2014/nov/09/look-back-in-joy-the-power-of-nostalgia>

2) How to Volunteer as a Senior (and Why Bother?)

Ramona Griego, an 81-year-old retiree, had recently lost her husband and her diabetes wasn't getting any better. She soon developed depression and was looking for a way to improve her situation. After looking at different available options, Griego soon turned to volunteering. Discover her journey.

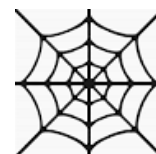
Link: <https://www.aginginplace.org/how-to-volunteer-as-a-senior/>

3) Hobbies for Seniors: List of Hobbies for Elderly Adults

Engaging in new activities and hobbies can be beneficial for senior health. From outdoor fun to crafting, we rounded up a list of hobbies and the health benefits for seniors.

Hobbies for seniors provide a multitude of health benefits. These can include anything from socializing to improving motor skills. However, learning new skills can also have long-term effects. According to the National Institute on Aging older adults who learned quilting or digital photography had more memory improvement than those who only socialized or did less cognitively demanding activities. Read more to discover some of the health benefits of hobbies.

Link: <https://www.griswoldhomecare.com/blog/hobbies-for-seniors-list-of-hobbies-for-elderly-adults/>





On behalf of the Kanata Seniors Council, I am especially grateful to all our Corporate Partners, Sponsors and Donors who grasped the needs of the Seniors in our Community and made our First Annual Fundraiser a success. **Vitality Lives!**

And another heart-felt "Thank You" goes to the Directors of the Council who volunteered to play a major role in making it all come together and ensuring that this, the first venture of its kind for the Council, was a positive accomplishment for all.

The Fundraiser 's success exceeded our expectations These earnings will go a long way to boosting our many current activities and will allow the Council to explore new services and activities throughout Kanata North, Kanata South and West Ottawa.

OUR APPRECIATION TO:

- | | |
|--|---|
| Killam Apartment REIT | Kanata Seniors Council Directors |
| Chartwell Retirement Residences | Peter Fedirchuk |
| Wild Pine Retirement Residence | Royal Bank |
| Home Instead | The Courtyards on Eagleson |
| Comfort Keepers | Thornccliffe Place |
| Riverstone Retirement Communities | City of Ottawa Councillors |

A host of individual supporters

Thank You

WE COULDN'T HAVE DONE IT WITHOUT YOU.

PETER FEDIRCHUK
VICE-PRESIDENT

WHAT'S COOKING

We are now in the process of getting summer volunteers to make up for our regulars taking the summer off. We noticed some students may be interested. If you know of any who might be interested, please don't hesitate to get them to fill out an application.

Just a small reminder that, despite the weather, summer is here and our Café's summer hours are from 9.00 a.m. to 2.00 p.m.

Cook book sales are going well: 50 have been sold already and the reception has been enthusiastic. Supplies are limited so, if you haven't already got one, don't wait to pick up a copy.

We're facing a challenge with our laundry needs. We have about two loads of assorted aprons, wash cloths and kitchen towels so we're on the lookout for somebody or somewhere who could help us out and whom we could afford.

Currently we're interviewing cooks from other locations who would like to volunteer for our kitchen regularly. One such group is Chartwell Kanata, which is obviously looking for the prestige and global advertising for working for such a great place.

Along with that, we're also reviewing future lunches sponsored by residences. These have proved extremely popular and we expect to do some more of the same this summer

Frank n' Sense

Senior citizens have taken to texting with gusto. They even have their own vocabulary:

- BFF: Best Friend Fainted
- BYOT: Bring Your Own Teeth
- CBM: Covered by Medicare
- FWB: Friend with Beta-blockers
- LMDO: Laughing My Dentures Out
- GGPBL: Gotta Go, Pacemaker Battery Low!

Cheers
Frank Zeitlhofer



ABOUT YOUR MEMBERSHIP

As we approach the upcoming Annual General Meeting on June 17th at 11:00 A.M. we have been working on our membership list and database.

By now, if we have your email address, you should have received your email announcement. Actually, you may have received two emails - sorry about that, we are using a new system and we had a problem that resulted in two messages being sent.

If you have an email address and did not get the announcement(s), please let us know and we will undertake to update your information. Just send an email with your name and telephone number to the council email address at council@kanataseniors.ca and we will take care of it.

Membership in the Kanata Seniors Council is free - just ask for an application form at the reception desk at the Kanata Seniors Centre.

See you at the meeting!

FAR WEST FUNFEST '19

Although the weather could have been better, the turnout, along with the enthusiasm, was GREAT. As always the Council's thanks and appreciation goes out to everyone, from residences to volunteers, who made this year's Fun Fest such a success.

And it was good to see a new participant at the ever-popular Bingo afternoon. Although hopeful, he never actually managed to BINGO!



KANATA SENIORS COUNCIL
"Seniors Helping Seniors"

Contact us
Phone: 613-254-7164
Email: Council@KanataSeniors.ca
Web: www.KanataSeniors.ca