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PRESIDENT'S PIECE



Hi Everyone

My name is John Kern and I'm the new President of the Kanata Seniors Council.

As many of you know, Kay (Dubie) has had her hand on the helm of the Council for many years. Thanks to her wisdom, her experience, and her hard work, she's steered us through some very difficult times and at some point it really seemed as if the Council was on the verge of "going down with all hands". But we're still here, with some incredibly talented new members, and the challenge of filling Kay's shoes in what we hope is a pandemic free world, is ahead of me.

On behalf of the Board of Directors, I would like to officially thank Kay for all her hard work during the last few years. The fact that the Council still exists owes a great deal to her efforts, and I am indeed honoured to try to fill her shoes as President.

I would also like to welcome all the returning Directors as well as our new ones to the Board. As a Board we're looking forward to moving ahead and becoming more involved in and connected to our growing community of seniors. Which is a huge challenge.

It's early days at the moment, but we've started work on a series of free educational and travel seminars. There are rumours that Far West Fun Fest, the 2023 edition, may return in the spring as well as a Seniors' Lifestyle Market.

The Café is very much a going concern! Even with the today's food costs, we do our best to offer delicious meals at reasonable prices. And if anyone wants to expand their computer skills, there's a team of computer experts ready, willing and able to help out.

Some of you may remember our Travel Team which, pre-Covid, used to arrange trips to interesting places, frequently featuring lunch in an interesting restaurant, or a trip to a local brewery or vineyard. The Team, now the Travel and Lifestyles are busy planning for the coming year. Keep an eye out for flyers.

Meantime be assured that the Board and I welcome your suggestions any time.

John



DIABETES PRESENTATION WELL RECEIVED.

On Friday, October 21st, a crowd of about thirty filled the chairs in Hall C of The Kanata Seniors' Centre to hear Vidhi Agrawal, diabetes dietitian Educator from the Ottawa's Community Diabetes Education Program, present an overview of diabetes, its management and control.

She emphasised the need to understand the disease at a practical level and that there is no such thing as a blanket solution to its management. "It's all about YOU", said Vidhi, "and how YOU can put together a plan that will help YOU control and manage your individual situation.

"This is where my group comes in. We can help *you* to put together a plan that helps you understand your particular interpretation of the disease and give you 'navigation tips' for managing your life to the fullest."

"It's simple, free, and based on a one-on-one relationship with the educator. First clients can ask their family doctor to refer to us. Your physician can fill out this form (found on <https://diabetesottawa.ca/wp-content/uploads/2020/09/Diabetes-Central-Ottawa-Referral-Form-Eng-Oct-1-2018-v12.pdf>) and fax to the number on the form:

"Unfortunately, many of us today don't have a family doctor. No worries. You can also self-refer by filling out the online form at: <https://diabetesottawa.ca/people-living-with-diabetes/self-referral-form/>. You don't have to print it or fax it. Just fill it out online and click "submit" at the end of the form.

"Once that's done, you should get a call back in 10-15 days. You can also visit our website at <https://www.diabeteseducation.ca/en/at> for more details."

There was a lengthy question and answer period which, sadly had to be closed due to time constraints but in parting Vidhi pointed out if "Anybody has more questions please get in touch. The main diabetes Registration Line is 613-233-6655. My personal phone number is 345 549 1990 and my email is va-grawal@centretownchc.org. Remember, this is all about YOU and we're ready to help you live your life to the fullest. Don't be afraid to reach out."

Ken Major, a Director with the Kanata Seniors Council, thanked Ms. Agrawal for an excellent, informative presentation and for her outstanding responses to the raft of questions she received at which the audience applauded enthusiastically.



WHAT'S COOKING

As we move into November, the Council Café continues to do its best to offer tasty, healthy entrées (at the moment only on Tuesdays and Thursdays), as well as a selection of sandwiches and our home style soups which are guaranteed to take the chill off those November chills.

Due to the unprecedented increase in the cost of groceries, we at the Cafe have had to increase the price of some of our menu items. Rest assured we'll be doing our best to continue to provide all our patrons with "the best for the least"

COUNCIL CAFÉ PRICE LIST AS OF NOVEMBER 1st. 2022

COFFEE, TEA, HOT CHOCOLATE (PER CUP) \$1.75

MILK (PER GLASS) \$1.75

**SOFT DRINKS, JUICE, OR WATER (per can, pack or bottle)
1.50**

SOUP (PER BOWL) \$2.00

SANDWICHES (PER SANDWICH) \$3.50

HOT MEAL \$6.50

SALAD PLATE \$4.00

MUFFINS \$1.50

DESSERT (PER SERVING) \$2.00 or \$2.25 WITH ICECREAM

ICE CREAM OR ICECREAM BAR \$1.00

DAD'S COOKIES (PER PACK) \$1.00

TOAST (TWO PIECES) WITH BUTTER OR JAM \$ 1.25



TECH TALK

Tech training is now in full swing. We have experienced instructors in PCs, Mac, iPhone/iPad, Android, and even Chromebook available for one-on-one instruction.

Lessons are one hour long and take place at the Senior Centre.

We have held our prices for the past 6 years but they are going up as of Nov 1st. New prices will be \$25 for a package of 3 lessons and \$10 for one lesson.

Good news though! Any lessons booked with payment on or before Oct 31st will be priced at the old rate of \$20 for 3 lessons and \$8 for one. All lessons must be completed within 90 days of booking.

Don't miss out on the lower rates! Call 613-580-2980 or drop by the centre and book your lesson soon and become a better computer user.





TRAVEL & LIFESTYLES

PAST EVENTS:

The October 18th presentation by the Community Diabetes Education Program of Ottawa proved to be of great interest to the capacity audience attending. Vidhi Agrawal, a senior nutritionist with the organization, gave an information-crammed talk on the subject where she emphasised that changes in lifestyle could play a major role in the control and management of what is proving to be one of the fastest growing conditions in Ottawa,

“Studies show that type 2 diabetes can be prevented or delayed by almost 60% with lifestyle changes.,” she said.

The Community Diabetes Education Program is funded by the Province and its services are free. For more information or to register call **613 233 6655**

COMING UP

FRIDAY: NOVEMBER 18th Kathy Turner of **TURNER TRANSITIONS** will address the ins and outs of transitioning whether it be from house to apartment, or condominium, a retirement residence, or long-term care facility. The presentation starts at 10.0 a.m. in Hall C of the Mlacak Centre. Those interested are encouraged to contact Sarah Trant at trant.sarah@gmail.com or at 613 435 2820.

ARM CHAIR TRAVEL

The Council Travel and Lifestyle Team are co-hosting with Collette Tours, CARP, and Algonquin Travel a free travel presentation on Thursday, Dec 8 commencing at 1:00 pm in Hall B at the Kanata Seniors' Centre, 2500 Campeau Dr, Kanata. The destinations featured are the Shades of Ireland and Sunny Portugal. Planning to attend? Please **RSVP no later than Dec 6 to dmartins@collette.com or call 613-793-7306.**

RESULTS OF SURVEY

A survey was conducted to identify overall support and interests to help identify future activities. Out of the 54 responses received, 45 expressed interests in future travel activities and presentations. There was also an indication that members would like the travel team to include some multiday trips. Because of our liability insurance this will not be possible. However the travel team will be organizing a travel exposition and inviting travel agencies to exhibit these types of excursions. We would hope to coordinate with these agencies. It will give our members the opportunity to explore options. We will advertise such an exhibit when we have made the necessary arrangements, so keep your eyes open for this event

REMEMBERIf you have ideas of places you'd like to visit, activities or events you'd like to know about or attend, PLEASE LET US KNOW. You can contact us at council@kanataseniors.ca . OR CALL 613 254 7164. Rest assured that someone will get back to you shortly.

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below



We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe;
To you from failing hands, we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Lt. Col. John McCrae

*“At the going down of the sun, and in
the morning, we will remember them”*

For the first time in three years, on Friday, November the 11th, Members of the Royal Canadian Legion, Local 638, will be joined by members of the Armed forces, cadets, and students to observe ceremonies of remembrance at the Kanata Cenotaph, situated in Kanata's Memorial Park..

The ceremony will start “at the eleventh hour of the eleventh day of the eleventh month” with Legion members and others assembling at the Russian Memorial Church. at 10.00 a.m

Vice President Frank Boisvenue will be joining other representatives of the community in laying a wreath on behalf of the Kanata Seniors Council



Contact us

Phone: 613-254-7164

Email: Council@KanataSeniors.ca

Web: www.KanataSeniors.ca