

2022 JANUARY - MARCH

BEHIND THE WHEEL

More than a Meal

Fresh Start for the New Year



On Dec 31, after 28 years of service, we officially said goodbye to our Executive Director, Leslie Kennedy, While she will be missed by all of us in the Meals on Wheels organization, we are happy that she will be able to enjoy more time with her family, doing the things she enjoys most!

Leslie's hard work and diligence have greatly benefited Meals on Wheels, and we hope that we are able to follow her stellar example. Anyone affiliated with Meals on Wheels appreciated Leslie and her contributions for all of these years.

While we are saddened to see her go, we are confident that she find success and happiness in retirement. We'll keep Leslie in our thoughts and wish her the best in her future endeavours. Retirement will surely offer many new opportunities, which we know she will embrace wholeheartedly, just as she did at Meals on Wheels.

Meals on Wheels Port Colborne

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We're on the Web!
mealsonwheelspc.ca

NO MEAL DELIVERIES ON
STAT HOLIDAYS

Family Day
Monday, Feb 21st



In
with
the
New



Welcome

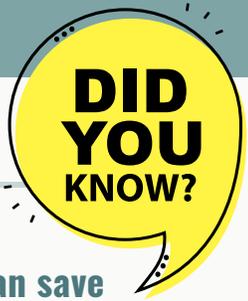
Katrina Postma

As sad as we are to say good bye to Leslie, we are excited to welcome Katrina to Meals on Wheels as our new Executive Director. Katrina comes to us with many years experience in the non profit sector. She is an accomplished and dedicated professional, with a diverse experience in a variety of areas. Katrina is president of the CCA board, and also has experience with CNIB and the United Way. Her experience in grant writing, government special projects and volunteer engagement will bring much to her position here at Meals on Wheels.

She is also a proactive advocate for marginalized communities and a diverse public.

Katrina is married with 2 children, and enjoys working with her 3 Oriental Short Hair show cats. She often volunteers her time with different projects within the community. Having extensively travelled the world, she also enjoys reading, camping and a nice glass of wine!

Aging Can Be Awesome!



Age doesn't determine success.
The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started Kentucky Fried Chicken at the age of 65!

Creativity doesn't diminish with age.
Laura Ingalls Wilder didn't publish Little House in the Big Woods until 65. Millard Kaufman didn't publish his first novel until 90!

There's less stress after 65.
Despite citing other health and money concerns, those 65 and older experience less stress.

Learning can save your brain.
In response to learning, senior citizens can grow new neurons over time which can help fight off dementia.

Staying active keeps you healthy.
In Nov 2021, at age 105, Julia 'Hurricane' Hawkins broke the 100m record in official sprinting competition in 1 minute and 3 seconds.

You (mostly) have control over aging.
Studies argue that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors.





New Year, New You!

Even small daily adjustments can have a huge impact on your health! Take it upon yourself to try some of these in the new year so you can help yourself feel good and age well! (Adapted from chartwell.com)



1. Eat more nutrient-dense foods.

As you age, your caloric need decreases, but you still need just as many nutrients to be healthy. Be sure to include more nutrient-rich foods in your diet. This includes fruits and vegetables, whole grains, seafood, lean meats and poultry, beans, nuts, and seeds. The National Institutes of Health (NIH) also advises you to consider consuming less sugar-sweetened drinks and desserts, white bread and pasta made from refined grains.

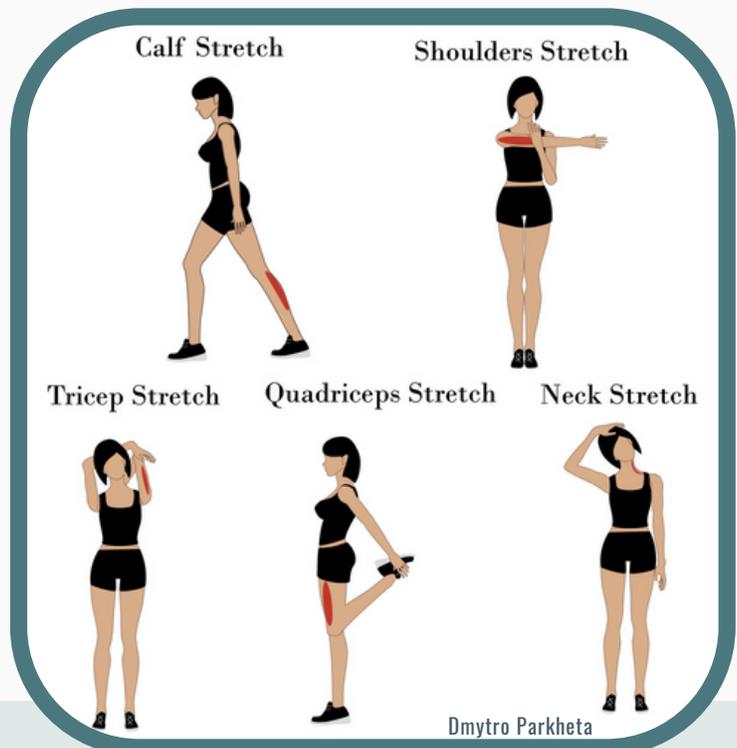
2. Do a variety of physical activities.

There are 4 types of activities older adults can benefit from doing regularly. Being physically active may help you maintain a healthy weight and avoid chronic health problems as you mature.

- Aerobic exercise (cardio/endurance) like walking or swimming
- Activities to strengthen muscles such as digging in the garden or raking
- Activities to improve balance
- Activities to increase flexibility



Seniors should try to stretch major muscles groups for at least 10 minutes, two days a week.



Tips to Find your Balance

Start each exercise with your non-dominant side so that the other side will be easier.

Maintain good posture and form while you're holding the position.

Focus your gaze on a fixed point straight ahead to maintain your balance.

If you have concerns try placing your feet a little bit farther apart and bend knees slightly.

Distribute your weight evenly between both feet.

As your balance improves, you can experiment by closing one eye at a time, gazing up at the ceiling, or trying different arm positions.

New Year, New You!

3. Think positively.

According to studies, positive attitudes have been linked to faster and better recovery from injury or disability, lower risk of chronic disease and memory loss, less isolation and loneliness, and handling stress better without ignoring difficulties.

Stay Positive!

4. Stimulate your mind.

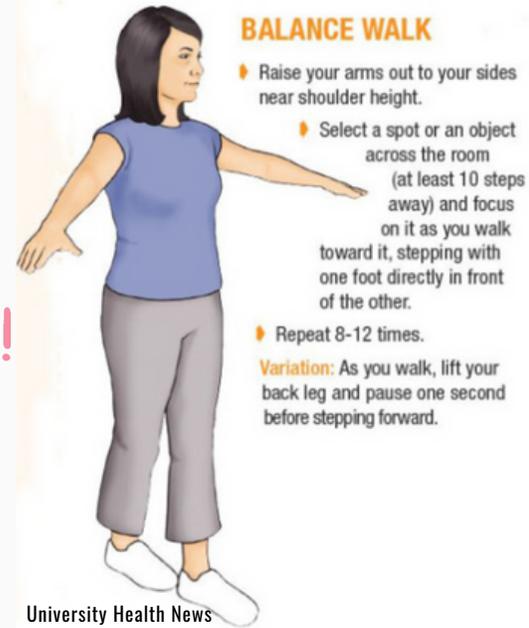
Challenging your brain to learn something new through a university or community class, book or movie club, or photography group, helps keep your brain healthy, says Dalhousie University. Lifelong learning helps build cognitive reserve, the brain's resilience and ability to cope with stress and challenges.



4 PICS 1 WORD

Can you guess the one specific word that fits with the theme of the four photos presented?

SEE THE ANSWER ON PAGE 5



SEMI-SITS

- ▶ Stand in front of a chair, feet hip-width apart.
- ▶ Engage your abdominal muscles by gently pulling them in and up.
- ▶ Slowly lower your buttocks and bend your knees as though you are going to sit.
- ▶ Instead, touch the chair seat lightly and return to a standing position.
- ▶ Work up to 8-10 repetitions, 2-3 sets.

Variation for beginners and older adults: Lower your buttocks just a few inches instead of going far enough to touch the chair seat. Restrict the number of repetitions to 4-5 and the number of sets to 1-2.



University Health News

5. Help other people.

Mayo Clinic research reveals that you can reduce the risk of stress and depression when you volunteer! By keeping physically, mentally and socially active through volunteering may may also help you live longer!





New Year, New You!

6. Stay connected and make new friends.

It is especially important for older adults to keep up social engagement and participation as these are linked to better cognition and overall health, and lower risk of depression and disability.

There are so many amazing programs available for seniors to stay connected with a variety of interests from book clubs, to art programs, to exercise programs and so much more! Check out the day programs at Northland Pointe, workshops at Bridges Community Health Centre, the Public Library, just to name a few.

For those of you in Wainfleet, the senior program is held at the Arena in the Friendship Centre.

- | | | |
|---------------|--|-----------|
| EUCHRE | Friends over 55 Recreation Centre | DARTS |
| CRAFTS | | BINGO |
| YOGA | | BILLIARDS |
| BRIDGE | | LUNCHEONS |
| | LINE DANCING | CRIBBAGE |
| SHUFFLE BOARD | WOODSHOP | |
| BUS TRIPS | BOCCE | & MORE! |

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7. Engage in the arts.



McMaster University, along with others, have found that participating in the arts through music, painting, writing, dance or theatre can stimulate people in unique ways that bring cognitive and mood benefits! Turn on the radio and get your groove on! Grab some paints and create a masterpiece! Write a letter to a friend, start a journal, or write down your life story to share with your family! There are so many ways you can tap into the arts!

A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited one hospital in Brooklyn and brought along his portable keyboard. After telling jokes and singing songs at patients' bedsides, he said farewell and, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."



8. Share a good laugh.

Harvard Health tells us that laughter strengthens your immune system, lifts mood, eases pain and lowers stress, Did you know that a smile, can make you feel good even in difficult times.

TRY IT!



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

MEALS ON WHEELS 2022 HOLIDAY SCHEDULE

UPDATED * PLEASE DISREGARD ALL PREVIOUS SCHEDULES

FAMILY DAY

MONDAY February 21, 2022

GOOD FRIDAY

FRIDAY April 15, 2022

EASTER MONDAY

MONDAY April 18, 2022

VICTORIA DAY

MONDAY May 23, 2022

CANADA DAY

FRIDAY July 1, 2022

CIVIC HOLIDAY

MONDAY August 1, 2022

LABOUR DAY

MONDAY September 5, 2022

THANKSGIVING

MONDAY October 10, 2022

CHRISTMAS

MONDAY December 26, 2022

BOXING DAY

TUESDAY December 27, 2022

NEW YEAR'S

MONDAY January 2, 2023