

NEWSLETTER

MARCH 2021

The Seniors Society

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Note from the Founder

Hello Members!

Texas faced record-low temperatures this February, snow and ice made roads impassable and the State's electric grid operator lost control of the power supply, leaving millions without access to electricity. The blackouts extended from hours to days! Even though most of us experienced a power outage, busted water pipes and no water for days, I am so grateful that everyone rode the storm with courage and most of us are back to a normal routine. We had exciting Zoom sessions in Feb. Our first cooking session with Nuzhat Noorani was a big hit. It was so heartwarming to see all of the members in their personalized aprons enthusiastically making yummy Chicken Strudel, Palmiers and chocolate covered strawberries. We plan to continue with the cooking sessions every month so please feel free to let me know if you would like to share your secret recipe with us. Another new zoom session that was added was "Read Aloud" where members shared quotes, poetry, articles, and stories, which brought much comfort and excitement. I believe this is an activity well worth pursuing. Special thanks to Fatima Mirza for keeping the members motivated with special workout sessions. Armchair Travel to France took us to the landmarks of France from the comfort of our armchair. Thanks to our members for sharing the memorable pics of their trip to France. All of this wouldn't be possible without the effort of our Seniors, who stay connected by joining us on Zoom! I salute you for the consistent joy and wisdom you provide to us! I hope that you enjoy your time as a member of The Seniors Society. Please continue to participate in our zoom activities planned for the month and feel free to bring a friend! Email me at info@theseniorssociety.com or contact me on Facebook for details. A big hug to my wonderful Seniors who are my inspiration and who motivate me to be a better person each day. Please continue to take care of yourself and know that I am just a phone call away.



Keep Safe!

Hina Qadri

Quote of the Month

*"The more grateful I'm,
the more beauty I see"*

Mary Davis

Feb 2021 Recap



**Zoom
cooking
Session
with the
Seniors**



Upcoming Events on Zoom

Let's plant & grow

Saturday, March 6th at 3pm

Exercise session with Fati

Monday, March 8th at 4pm

Cooking with Nuzhat & Hina

Saturday, March 8th at 3pm

Exercise session with Fati

Monday, March 15th at 4pm

World Poetry Day

Saturday, March 20th at 4pm

Armchair Travel to Egypt

Saturday, March 27th at 4pm



March Birthdays

- Syed Iqbal Zaidi – March 3
- Meher Imtiaz – March 20



Fun Days in March

- 2 Rheumatoid Arthritis Day
- 6 Dentist day
- 7 National Cereal Day
- 14 Daylight saving
- 14 National Potato Day
- 21 National French Bread Day
- 21 World poetry day
- “Save your vision” Month

March is Save your Vision Month

March has been designated as Save Your Vision Month by the [American Optometric Association](#) (AOA). This is the month the AOA chooses to stress the importance of eye health and make sure you're receiving regular, comprehensive care from an optometrist. If you haven't seen an eye doctor in the past year, use this month as a reminder to make an appointment for your annual eye exam!

Senior Eye Care: Healthy Vision as You Age

The first step in protecting your vision as you age is to make sure you're seeing your eye doctor on a regular basis. However, there are certain precautions and healthy lifestyle choices that can also keep your eyes in good shape. For example, eating a well-balanced diet that includes green, leafy vegetables, oily fish like salmon and tuna and non-meat protein sources like nuts and eggs. If you smoke, it's time to quit; smoking makes you more likely to get cataracts and AMD and can damage your optic nerve. When outside on a sunny day, wear sunglasses to protect your eyes from the sun's damaging UVA and UVB rays. If you work on a computer daily, take a break from staring at the screen every 20 minutes. All of these changes can help ensure your eyes stay healthy well into your senior years.

Common Senior Eye Health Issues

- **Cataracts:** Cataracts are a clouding of your vision and are probably the most common eye health issue associated with aging. If you're experiencing blurry, dim, cloudy or double vision, have trouble seeing in dim light or are noticing halos or sensitivity to light, these are some of the common symptoms of cataracts. Cataract surgery is sometimes required to remove the cloudy lens and replace it with a clear implant, but in earlier stages simply changing your eyeglasses prescription can help.
- **Age-related macular degeneration (AMD):** The macula is the center of the light sensitive retina at the back of the eye that allows us to see fine detail and colors, and this eye disease affects this portion of the eye. You might experience difficulty reading or watching television without good central vision, however, your peripheral vision will not be affected. Early detection of AMD is key to preventing it from disrupting your life.
- **Retinal detachment:** Retinal detachment occurs most often as a result of changes to the vitreous fluid in the back of our eyes. It's a tearing or separation of the retina from the underlying tissue, and if not treated right away can cause permanent vision loss.
- **Dry eye:** Dry eye is common in older adults who don't have a sufficient amount of good-quality tears to moisten their eyes. Symptoms include burning, gritty, watery or irritated eyes and blurred vision. If these symptoms become severe, the cornea can become damaged.
- **Glaucoma:** Seniors are also at a higher risk for glaucoma, which is a group of eye diseases that damage the optic nerve and cause vision loss.
- **Presbyopia:** Another common senior eye health issue is having trouble focusing on objects close-up, like reading fine print. Presbyopia is a hardening of the lens of the eye and/or muscles changes around the eye as we age, which can make it difficult for the lens to work as it should. Sometimes, simply using reading glasses can help with this condition

SPRING – A lovely reminder how beautiful change can truly be

Spring, a favorite season for many, is just around the corner.

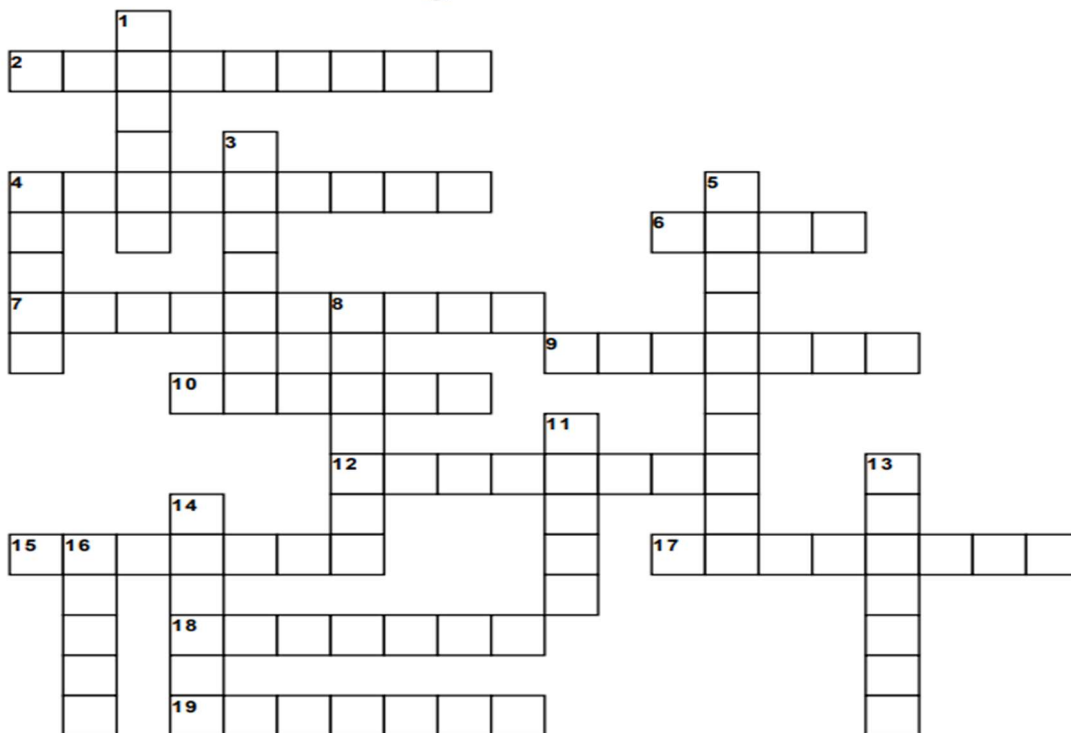
- **Temperatures Become Pleasant:** The temperatures become more moderate and people can say goodbye to the frigid winter and enjoy the transition before a hot summer kicks in.
- **More Hours of Daylight:** Clocks turn back an hour on March 14
- **Peoples' Mood Improves:** After a dreary winter, sunlight is the best remedy. Scientists have proven that sunlight exposure increases your body's release of serotonin in the brain causing people to be happier.
- **Sunlight Provides Us with Vitamins:** Yes, it's a fact. Ultraviolet B rays from the sun comes in contact with our skin and provides us with Vitamin D. This important vitamin helps strengthen bones and teeth.
- **Windows Can Be Opened:** With the warmer Spring weather, no longer do you have to be bundled up indoors relying on heaters to stay warm. Open your windows and let the fresh air in!
- **Flowers Start Blooming:** Beautiful colors become apparent in many landscapes as flowers come out of hiding and start blooming!
- **Plants and Grass Turn Green:** In most parts of the U.S., winter is full of white snow and brown vegetation. During Spring, plants and grass convert the additional sunlight into energy and generate chlorophyll, turning them green.
- **Trees, Trees, Trees!** After surviving the cold winter in their dormant state, deciduous trees come out of dormancy in the Spring and provide us with vibrant and beautiful blooms of red,

Finish the Proverbs:

1. There is no smoke _____
2. Actions speak louder _____
3. One good turn _____
4. Laughter is the best _____

Last month's answer: 1. blind, 2. life 3. In for a pound 4. Saves nine

Fruit & Vegetable Crossword



Across

- 2 - Another name for spring onions (9)
- 4 - Fruit topping on Hawaiian pizza (9)
- 6 - Popular fruit associated with New Zealand (4)
- 7 - A variety of melon (10)
- 9 - Green herb used to make tabouli (7)
- 10 - Another name for pawpaw (6)
- 12 - Another name for chickpeas (8)
- 15 - Vegetable said to be good for eyesight (7)
- 17 - Bright red root vegetable (8)
- 18 - Popular Halloween vegetable (7)
- 19 - Vegetable loved by Popeye (7)

Down

- 1 - Monkeys like this fruit (6)
- 3 - Popular plant which is the source of Tapioca flour (7)
- 4 - A fruit that rhymes with 'beach' (5)
- 5 - Italian vegetable soup (10)
- 8 - Sailors ate this in the 19th century to prevent Scurvy (7)
- 11 - One of the most popular fruit in the world, starting with 'm' (5)
- 13 - The type of bean that is used to make Baked Beans (7)
- 14 - Wine is made from it (6)
- 16 - Eve ate one (5)

ARMCHAIR TRAVEL TO EGYPT

PYRAMID OF GIZA



WHITE DESERT



RIVER NILE



THE SPHINX



SAHARA DESERT



TEMPLE OF RAMSE 11





EGYPT

OFFICIAL NAME	Arab Republic of Egypt
CAPITAL CITY	Cairo
POPULATION	Over 100 Million (2020)
LANGUAGE	Arabic
CURRENCY	Egyptian Pound
GOVERNMENT	Republic
RELIGION	Islam
BORDERS WITH	Libya, Israel, Sudan
NATIONAL DAY	July 23 (Revolution Day)
GEOGRAPHY	Egypt is a very dry country. The Sahara And Libyan Desert make up 90% of the area of Egypt
THE RIVER NILE	The Nile River is the longest river in the world and flows into the Mediterranean Sea. Without the River Nile, Egypt would be entirely desert.
Egypt in the Christian bible	A good portion of the Old testament takes place in or around Egypt. Egypt also plays a major role in the life of many Bible people from Moses and Joseph to Jesus.
SPORT	Football (soccer) is the most popular sport in Egypt.

PHARAOHS OF ANCIENT EGYPT:

The rulers of ancient Egypt were called pharaohs. Pharaohs were absolute, or all-powerful, rulers. They made laws, controlled the land and its resources, and maintained an army. They were also religious leaders. Egyptians worshipped their pharaohs as gods. When pharaohs died, their bodies were preserved as mummies. Egyptians then buried the mummies in tombs, sometimes in or under pyramids. They buried treasures along with the mummies. Egyptians believed that pharaohs lived on as gods in the afterlife.



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