

Seniors' Culinary Project



Welcome to our second quarterly newsletter for the Seniors' Culinary Project. We are excited to share insights from our summer events and activities.

We want to extend our heartfelt gratitude for your continuous support. The Seniors' Culinary Project would not have been able to succeed without your participation and feedback. Special thank you to our planning committee members and youth volunteers for helping us make an impact through this project.

Join us to reflect on the last three months, and look forward to the events and activities for the next quarter.

Kind regards,



**In this newsletter,
you'll read about the
following events:**

Personal and Community
Safety

Medication Management,
Waste Management, and
Food Safety & Preparation

Hawaiian Luau Party

St. Lawrence Market Trip

Healthy Eating Healthy
Living

RocOpraNatra Concert

Grand River Cruise

Stress Management

Education Session: Personal and Community Safety



On Monday, July 8, 2024, Officer Christopher Mitchell joined us to lead an important session on senior safety, fraud, and scams. We began by discussing seniors' concerns and ways to keep ourselves and others safe.

Officer Mitchell addressed the importance of not letting strangers into your residence and what seniors can do when strangers approach them while running errands. He made it clear that you should not to carry all your identification cards (e.g., health card, SIN card, passport, etc.) when leaving your home unless you need them. Also, be aware of your surroundings and do not leave your personal belongings unattended.

Before ending the session with a question and answer, we learned about data breaches, fraudulent phone calls and text messages, and identity theft. Be sure to protect all of your personal information, use two-factor authentication, and watch out for any unsolicited messages or phone calls.

Helpful contact information:

For emergencies: Call 911

For the non-emergency police line: Call (416) 808-2222

For stolen SIN number or wallet: Call 1(800)-465-7166



Education Session: Medication Management, Waste Management, and Food Safety & Preparation



On Tuesday, July 16, 2024, we held an educational town hall to discuss Medication Management, Waste Management, and Food Safety & Preparation.

Medication Management

Mickie Cheung, RPh from Silver Fox Pharmacy, discussed the importance of medication management, types of medications, and strategies for medication management. As we age, many will depend on a growing number of medications to manage conditions, treat illnesses, and keep us healthy.

Mickie encouraged us to:

1. Ask questions to our healthcare providers or pharmacists before taking any over-the-counter medications;
2. Keep your medications in the original containers; and
3. Set reminders to take your medications and proper doses at the appropriate times.

Waste Management

Mario Gugliotta, Director of Facilities Services, Shepherd Village, discussed the City of Toronto's rules for garbage disposal, Blue Bin recycling, and Green Bin organics.

Helpful reminder: Make sure to flatten boxes and rinse plastic containers and glasses before disposing them.

If you are unsure where waste items should go, use Waste Wizard on the City of Toronto website (www.toronto.ca/services-payments/recycling-organics-garbage/waste-wizard/).

Food Safety & Preparation

Cindy Qu, Food Supervisor Assistant from Soxedo, collaborated with Doris Farrell and Wanisha Javaid to discuss food safety and preparation at home. Cindy provided tips and essential content for food safety, grocery shopping, storage and preparation, and a simple summer recipe.

Thank you to Mickie, Mario, and Cindy for taking the time to inform seniors of some very important topics!

Hawaiian Luau Party



We were fortunate to have amazing weather as we enjoyed the Hawaiian Luau Party and refreshments outside on Wednesday, July 17, 2024. Seniors enjoyed the live music and singing by Shannon Graham and performance with a hula dancer. This event brought out lots of cheers and dancing from seniors around the garden. We sang together, shared laughs, and made some exciting memories together.

Special thank you to Estelle Brown and her team for collaborating with us on this event.

St. Lawrence Market Trip

On Saturday, July 27, 2024, we embarked on a day trip to St. Lawrence Market. Together on our chartered bus, we enjoyed the view of the city of Toronto and the many renovations throughout the years. It was a smooth ride, with no traffic along the way.

Upon arriving at St. Lawrence Market, our youth volunteers and seniors explored the various vendors; some offered only on weekends. We provided all our participants with detailed maps, directories, and information necessary for pick-up. As we ventured around, we saw youth and seniors purchasing fresh produce, honey, cheese, houseware, and souvenirs. We enjoyed strolling through the main venue and additional market space, listening to the live band and watching the performers outside.

On our journey back, we shared stories about how our day went and some memories from years ago. We were amazed at how long it had been for some seniors since they last visited St. Lawrence Market; for some, it was their first time. Some of the seniors shared stories of their cherished memories growing up and some advice to the youth.



Education Session: Healthy Eating Healthy Living

On August 8, Cindy Qu led an insightful educational session called 'Healthy Eating Healthy Living'. We discussed the importance of fruits and vegetables, budgeting and meal planning, gut health, and the Half Your Plate program. We also did an activity where we worked in small teams to identify as many fruits and vegetables that started with every letter of the alphabet.

As a treat, seniors left with fresh peaches and sour apples, recipe cards, Canada's Food Guide, a challenge for August, and the Fruits and Vegetables Availability Guide.

Discover the food guide and recipes at Canada.ca/FoodGuide.



RocOpraNatra Concert



On Tuesday, August 20, 2024, we enjoyed a live performance from Brian Roman, Christopher Dallo, and Danny Scott from the RocOpraNatra group. They performed classics that had the audience up on their feet, dancing, and singing along.

Their group's name is a play on words with the different voices and genres that they perform, such as Rock (Danny), Opera (Christopher), and Sinatra (Brian) music.

Thank you to Estelle Brown for inviting RocOpraNatra to perform for the seniors.

Grand River Cruise

On Friday, September 6, 2024, seniors and youth volunteers joined us on another day trip, and this time to embark on the Grand River Cruise! We departed from Shepherd Village on a new deluxe motor coach bus, where seniors and youth saw familiar faces and made new friends.

As we arrived, we were welcomed with complimentary coffee, tea, muffins, and cookies. After enjoying our treats, we headed to the dock, where Captain Joel and his team greeted us and took us onto the boat. Although the weather forecast stated it would be a full day of rain, we got lots of sunshine while on the cruise along the Grand River. As we embarked on this luncheon cruise, we took in the beautiful river scenery with an informative narration from the captain. Throughout our cruise, we enjoyed our three-course lunch and spent some time on the promenade deck.

After returning to the dock, we had some time to browse in the gift shop, where freshly home-baked goods and souvenirs were available.



Education Session: Stress Management

For our last event this quarter, we were joined by Mercedes Riesta and Rosana Letterio from Scarborough Centre for Healthy Communities to lead a Stress Management educational session on Monday, September 9, 2024.

At the session, we identified what causes stress in our lives, the many aspects of stress, how stress impacts our health and well-being, signs of stress, strategies for preventing and managing stress, and some stress-relieving exercises.



Signs of Stress

- High blood pressure
- Rapid breathing
- Low immune system
- Trouble sleeping
- Increased heart rate (pulse)

Five Sense Exercise

1. Notice 5 things that you can **see**
2. Notice 4 things that you can **feel**
3. Notice 3 things that you can **hear**
4. Notice 2 things that you can **smell**
5. Notice 1 thing that you can **taste**

Coping Strategy for Stress

- Identify the problem
- Talk about your problem
- Simplify your life
- Change your attitudes
- Learn to relax
- Find a manageable solution to solve the problem

How to Prevent Stress

- Practice mindfulness, meditation, or yoga
- Stay physically active
- Have a regular sleep routine
- Stay connected with family and friends
- Maintain a routine

ConnexOntario: Call 1(866) 531-2600 or visit www.connexontario.ca

- Free and confidential health services information for people experiencing problems with alcohol and drugs, mental health, and/or gambling. Available 24/7

Good2Talk Helpline: Call 1(866) 925-5454 or text 'GOOD2TALKON' to 686868

- Ontario's helpline for post-secondary students. Available 24/7

Kids Help Phone: Call 1(800) 668-6868 or text 'CONNECT' to 686868

- Youth mental health support. Available 24/7

Community Resource Connections of Toronto (CRCT): (416) 482-4103 ext. 316

Mental Health Service Information: Call 1(866) 531-2600

Mental Health Navigation: Call 211 or visit www.211.ca

Suicide Crisis: Call 988



Thank You

Thank you again to our youth volunteers, senior participants, and our planning committee for supporting us and making this quarter's events and activities a huge success!

We look forward to the fall season, where we will have more opportunities to create meaningful memories.

If you are interested in joining our planning committee, please contact Angelica at angelica.theleadorg@gmail.com or (416) 609-2052 ext. 286.

LEAD Word Search

E	E	E	A	C	H	I	E	V	E	M	E	N	T
N	D	M	D	A	M	S	E	N	U	T	K	E	R
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CULINARY
DETERMINATION
SENIORS
YOUTH
LEADERSHIP
MARKET
CRUISE
SAFETY
EDUCATIONAL
EMPOWERMENT
ACHIEVEMENT
CONCERT

We have some exciting events planned for the next quarter. Keep an eye out for details on events sign up soon!