

# Seniors' Culinary Project



Welcome to the third edition of our 2024 newsletter for the Seniors' Culinary Project. We are so pleased to share highlights from our fall events and activities.

We would like to express our sincere gratitude for your ongoing support. The success of the Seniors' Culinary Project was made possible by your participation and valuable feedback. A special thank you to our planning committee members and youth volunteers for their dedication to helping us make some meaningful impact this past quarter.

Join us as we reflect on the past three months and look ahead to the exciting events and activities in the upcoming quarter.

Kind regards,

A handwritten signature in blue ink that reads "LEAD".

## In this newsletter, read about:

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A Teaching Kitchen

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Social Isolation and  
Loneliness

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Personal and Community  
Safety

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A Magic Show

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Elder Abuse

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Defy Dementia

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Healthy Eating on a  
Budget

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Our 2025 Cookbook  
Calendar

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# A Teaching Kitchen



On September 25, we were joined by Chef Don Abrazaldo, a passionate chef with 20 years of experience in the kitchen. Working with Sodexo, Chef Don brings enthusiasm and creativity to every dish. During this session, we sharpened our skills, explored new flavours, and discovered the joy of cooking. Chef Don demonstrated how to make beef lasagna with garlic bread, and we tasted the delicious finished dish! Thank you to Chef Don and Sodexo for collaborating with us on this event.



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# Education Session: Social Isolation and Loneliness

## What is Social Isolation and Loneliness?

- Social isolation is the lack of social contacts and having few people to interact with regularly.
- Loneliness is the feeling of being alone or separated.
- You can feel lonely while still being around other people. Conversely, you can live by yourself without feeling lonely.

## Health Effects of Social Isolation

Being socially isolated or lonely can put us at increased risk for certain health issues, such as:

- Cognitive decline
- Depression
- Dementia
- Weakened immune function
- High blood pressure
- Heart disease

## Ways to Build Connection

- Build a healthy sense of connection with yourself
- Volunteer or practice acts of kindness
- Ask for company
  - Learn about home and community-based support and services
  - Identify a person you trust, such as a neighbour
  - Stay connected with family and friends

## Tackling Loneliness After Loss

- Volunteer if you're able
- Join a group or activity
- Invite people over
- Reach out to a friend or support
- Understand your needs
- Adapt a routine

Certain circumstances put us at greater risk:

- Live alone
- Are a caregiver
- Struggle with money
- Can't leave your home
- Have limited social support
- Have language barriers where you live
- Have psychological or cognitive challenges
- Live in a rural, unsafe, and/or hard-to-reach neighbourhood
- Experience age, racial, ethnic, sexual orientation, and/or gender identity discrimination where you live
- Are not meaningfully engaged in activities or are feeling a lack of purpose
- Had a major loss or life change, such as the death of a spouse or partner or retirement



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# Education Session: Personal and Community Safety

## Personal Safety Tips

- Be aware of your surroundings.
- Keep your cellphone with you in case you have to call for help.
- TRUST YOUR INSTINCTS. If you feel unsafe or suspect something is wrong, leave the area.
- Keep your distance, and don't let people get too close to you.
- Try to avoid flashy displays of jewellery.
- If someone is following you, draw attention to yourself by yelling, "Stop following me" or "Leave me alone."
- If you do not feel safe or need assistance, flag down a passerby or try to get to an occupied location.
- If travelling alone, TTC has a "Request a Stop" program between 9pm and 5am (Stops whenever you want along the route).

## If You Are Confronted

- If someone demands your property and displays or implies that they have a weapon, do NOT resist.
- If someone tries to assault you, make a scene (e.g., scream, kick, fight, run). Do whatever you can to get away and attract attention.
- Try to remember anything about the suspect's description that will make them stand out and, if possible, write this information down while it's fresh in your memory.
- Call 911.

## Resources

Below is contact information for helpful resources:

**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



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## A Magic Show

On October 30, we collaborated with Estelle Brown for a Magic Show with Spencer Scurr in the Community Hall. Spencer was a fantastic magician who filled the room with suspense and laughter. Throughout the show, Spencer interacted with the audience to perform one-on-one tricks, perform with our youth volunteers, and engage in activities that had you thinking, "How did he do it?" Thank you to Estelle and Spencer for such a successful event.



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# Education Session: Elder Abuse

## What is Elder Abuse?

Elder abuse is defined as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there’s an expectation of trust which causes harm or distress to an older person” (WHO, 2024). Elder abuse often occurs when there’s an imbalance of control. The abuser either limits or takes control over the rights and freedoms of the older person. The abuse is used to intimidate, humiliate, coerce, frighten or simply make the senior feel powerless.

## Types of Elder Abuse

- **Financial Abuse:** Any improper conduct, done with or without the informed consent of the senior, that results in financial or personal gain to the abuser and/or financial or personal loss for the older person.
- **Emotional/Psychological Abuse:** Any action, verbal or non-verbal, that lessens the older person’s sense of identity, dignity and self-worth.
- **Physical Abuse:** The use of physical force that causes pain, discomfort or injury, or that is excessive and/or inappropriate in the circumstance, or inappropriately administering or withholding of medication.
- **Sexual Abuse:** Any sexual behaviours directed toward an older person without that person’s full knowledge and consent, such as coercing an older person through force, trickery, threats or other means into unwanted sexual activity.

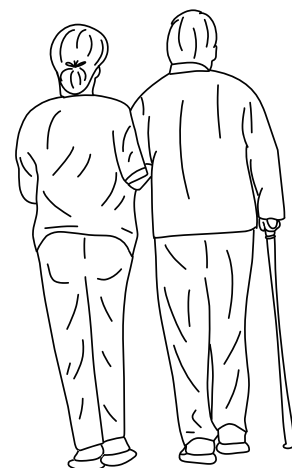
## Prevention

- Stay active in the community.
- Ask for help when you need it.
- Take control of your own decisions and health care.
- Maintain regular contact with friends, family, and support networks.
- If something feels wrong and you think you may be abused, tell someone you trust.
- If you are dissatisfied with the care services you receive, voice the challenges you are encountering and make a complaint if necessary.

## Know Your Rights

Older adults in Ontario who are capable have the right to:

- Make their own decisions
- Choose what is best for themselves
- Expect services to enhance capacity
- Maintain control over their destiny and decisions
- Preserve and maintain their quality of life



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# Defy Dementia

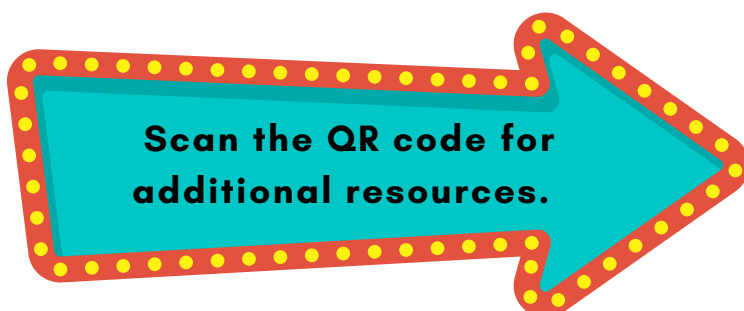


On November 25, we collaborated with Baycrest to offer a Dementia on the Road initiative. We were joined by Dr. Allison Sekuler, President & Chief Scientist of the Baycrest Academy for Research and Education, Dr. Nicole Anderson, Associate Scientific Director of Baycrest's Kimel Family Centre for Brain Health and Wellness, and special guest panellist Judith Combdon, a resident of Shepherd Manor.

The Community Hall was beaming with excitement as people filled their tote bags with goodies and resources from the different brain health booths and demos, received practical tips, and participated in an interactive panel discussion with Dr. Allison, Dr. Nicole, and Judith. A special thank you to Judith for sharing her story and discussing some lifestyle behaviour changes she has made to maintain her health.

## Resources

Visit **[defydementia.org](https://defydementia.org)** to access more resources, including podcast episodes, infographics, and videos, on the modifiable risk factors for dementia and how to boost your brain health.



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# Education Session: Healthy Eating on a Budget

## Vegetables

- Bags of some vegetables cost less than single pieces.
- Buy fresh vegetables when they are in season.
- Give frozen vegetables a try.

## Fruits

- Buy fresh fruits when they are in season.
- Store vegetables and fruits away from each other in the fridge.
- Some fruits are good to buy yearly (e.g., apples, bananas, oranges).



## Grains and Starches

- Hot cereals (not in packages) are healthier and cheaper.
- Cook your rice and pasta vs. precooked package.
- “No Name” or store brands cost less.

## Milk and Alternatives

- Buy milk in jugs or 4L bags vs. cartons
- Consider skim milk powder (4 tbsp. makes 1 cup milk)
- Buy plain yogurt in larger containers and add your own toppings.
- Buy cheese in blocks and grate it yourself, or freeze grated cheese to make it last longer.

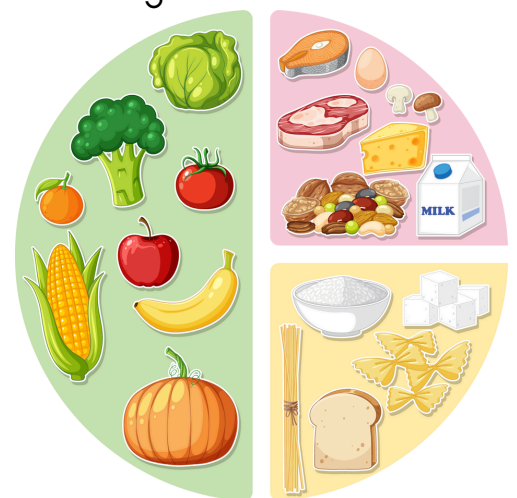
## Meat and Alternatives

Less expensive types of meat:

- Plain frozen fish such as salmon, tilapia, sole, haddock, and pollack
- Canned fish like salmon, “light” tuna, sardines, and herring
- Chicken pieces (legs, thighs) or whole chicken
- Limit the use of packaged prepared meats
- Regular or medium ground meat
- Blade or flank steak
- Stewing meat

## Tips

- Limit sugars and sweets.
- Add physical activity to your life.
- Limit the amount of high-fat food you eat.
- Eat 3 meals per day at regular times and space meals no more than 6 hours apart.
- Eat more high-fibre foods, such as whole grain bread and cereals, lentils, dried beans, and brown rice.





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## Our 2025 Cookbook Calendar

Our 2025 Cookbook Calendar is here! It contains some great memories and recipes we have captured throughout the year.

A huge thank you to our senior participants, planning committee members, youth volunteers, and those who submitted their favourite recipes.

We look forward to the winter season, where we will have more events and activities in the last quarter of this project.

If you would like an extra copy of the 2025 Cookbook Calendar, please contact Angelica at [angelica.theleadorg@gmail.com](mailto:angelica.theleadorg@gmail.com) or (416) 609-2052 ext. 286.

### **Interview to Discuss the 2025 Cookbook Calendar**

Angelica Tantengco and Pastor Ron Matheson sat down to discuss the 2025 Cookbook Calendar project.

Scan the QR code below to watch the interview.



Thank  
You

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# Riddles

**What begins with an “e” and ends with an “e” but only contains one letter?**

ANSWER: an envelope

**What is so fragile that it breaks when you say it?**

ANSWER: silence

**What falls but never gets hurt?**

ANSWER: snow

# Word Search

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LEAD

MAGIC

SAFETY

SENIORS

CULINARY

DEMENTIA

CALENDAR

EDUCATION

COOKBOOK

HEALTHY EATING

TEACHING KITCHEN

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

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**The Canadian Multicultural LEAD Organization for Mentoring and Training**

**[www.theleadorg.com](http://www.theleadorg.com)  
(416) 609-2052 ext. 286**

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