Seniors' Culinary Project

Welcome to the final edition of our 2024-2025 newsletter for the Seniors' Culinary Project.

You may be asking yourself, "How has it been a year since this program started?" Well... us too! It's been our pleasure to host educational and interactive activities that bring seniors and youth together to learn. We want to extend our gratitude for your continuous support. The Seniors' Culinary Project would not have been successful without your involvement and insightful feedback. A special thank you to the members of our Planning Committee and youth volunteers for their unwavering commitment throughout the project.

As we think about the last three months, let us also take a moment to reflect and remember all the special memories we've made over the year.

Kind regards,

LEAD

In this newsletter, you can expect to read about the following:

Brain Health Assessment Workshops

Chair Stretch & Strength Class

Tech Cafes

Cooking Show

Protexxa – Silver Shield Initiative

Fresh Lemon Cake Recipe

Brain Health Assessment Workshops

On January 16, 2025, we were joined by Salma Soltan, the lead of the Cogniciti team at Baycrest. If you attended the Defy Dementia on the Road event in November, you may recall her supporting the online brain health assessments. Due to the high interest of seniors, Salma returned and offered two brain health assessment workshops.

Salma began each workshop by providing valuable information related to brain health and instructions on how to complete the brain health assessments. Each participant was given time to complete a randomly selected assessment. Once the participants completed the assessment, they had an opportunity to privately discuss their score with Salma and have a better understanding. It was great to see some seniors compare their scores from the assessment they completed during the Defy Dementia on the Road event and this event.

If you are interested in completing the brain health assessment, go to **cogniciti.com/Test-Your-Brain-Health/Brain-Health-Assessment**.

Please note that the brain health assessment does not provide a diagnosis, medical advice or treatment. It is not a substitute for a medical evaluation by a physician or other health care provider.

Chair Stretch & Strength Class

On January 30, we hosted a fitness class led by Guy Lew. The Chair Stretch & Strength class was designed to help improve flexibility, strength, and overall mobility, offering the participants a great opportunity to focus on their health and well-being.

We had a great turnout, with both seniors and youth coming together to participate and have fun. A special thank you goes out to our dedicated youth volunteers who supported us throughout the event. Your support made a huge difference, and we truly appreciate it.

Thank you to everyone who joined us. Keep an eye out for another Chair Stretch & Strength class in the future!

Tech Cafes

On January 18 and February 22, we collaborated with Senior Flicks to offer seniors two Tech Cafe events. We gathered in the Community Hall to learn about QR codes, artificial intelligence, and technology. We also enjoyed some treats as the youth addressed the digital needs of seniors.

QR Code

A **QR code** is a type of barcode that you can scan with your smartphone to quickly access information, like a website, menu, or contact details, without typing anything.

To scan a QR code, follow these steps:
- **Step 1**: Open the camera app on your smartphone.
- **Step 2**: Point the camera at the QR code.
- **Step 3**: Wait for the phone to recognize the code.
- **Step 4**: A notification or link will appear. Tap it to access the content.

Note the following:
- Make sure you know and trust the source that owns the QR code.
- Some phones may require a QR code scanning app, but most modern phones can scan them directly with the camera.

Artificial Intelligence (A.I.)

Artificial intelligence**:**
- Mimics human thinking to solve problems.
- Is trained in various forms of information such as audio, video, and healthcare data.
- Is used to help users when performing tasks.

Staying Safe & Using A.I. Wisely
- Verify that you are comfortable with the data being collected from you.
- Adjust your settings to limit the types of data being collected.
- Fact check any information received.
- Don't share sensitive information.

Cooking Show

On March 14, we partnered with Senior Flicks and Sodexo to host a live Cooking Show with Chef Bosiri (Bo) Silva and Chef Kyle Mason. The event was a treat for the seniors and youth who attended, as both chefs demonstrated how to prepare three delicious dishes: bruschetta, fishcakes, and lemon cranberry meringue.

Each demonstration was not only informative but also engaging, as both chefs shared valuable cooking techniques, tips, and even their personal stories. After each of the demonstrations, we got to taste the dishes! It was amazing to see everyone so excited to try the dishes and ask the chefs questions.

We left the event with new cooking skills and recipes of the dishes. Thank you to Chef Bo and Chef Kyle for sharing their expertise, and to everyone who attended and made the day so special.

PROTEXXA - Silver Shield Initiative

On March 18, we were joined by Claudette McGowan (CEO), Dr. Rick Huijbregts (COO), Christine Dewhurst (Program Head), and Danousha Appadu (Customer Success Associate) at PROTEXXA. Their mission is to keep every human safe in our digital world.

True or false: It's okay to use the same password for all your accounts.

Answer: FALSE

True or false: A strong password should be easy to guess, like your birthday or 'password123'.

Answer: FALSE

True or false: If someone asks you for your password, you should reply and share it.

Answer: FALSE

Red flags to look out for:
- Urgent emails
- Need you to provide your password
- Starts an email with "Dear Customer…"
- Asks you to click on a suspicious link
- Too good to be true scenarios, like "You've just won a prize"

Elevating cyber protection for seniors through Protexxa's 24/7 helpline, webinars, and in-person workshops.

Contact PROTEXXA at **1-888-657-8972** or go to their website at **SilverShielders.com**.

Fresh Lemon Cake Recipe

Ingredients

- ½ cup granulated sugar
- ½ tsp baking soda
- ¼ cup skim milk
- ¼ cup plain nonfat yogurt
- 1 tsp vanilla extract
- 1 cup sifted cake flour
- 2 egg whites
- 2 tsp grated lemon peel
- 2 tbsp fresh lemon juice
- 3 tbsp vegetable oil
- Confectioners' sugar for garnish
- Strawberries for garnish

Preparations

Step 1: Preheat oven to 350° F. Spray an 8-inch round cake pan with vegetable cooking spray. Set aside.

Step 2: In a large bowl, whisk together the granulated sugar, oil, lemon juice, lemon peel, and vanilla.

Step 3: Whisk in milk and yogurt. Sift in flour and baking soda. Stir until blended.

Step 4: In a medium mixing bowl, using an electric mixer set on high speed, beat egg whites until stiff peaks form. Gently fold egg whites into batter. Pour into the prepared pan.

Step 5: Bake until a toothpick inserted in the center comes out clean, about 30 minutes. Place the pan on a wire rack and cool for 10 minutes. Turn cake out onto rack and cool completely. Place cake on a serving plate; sprinkle with confectioners' sugar and top with strawberries.

LEAD Crossword
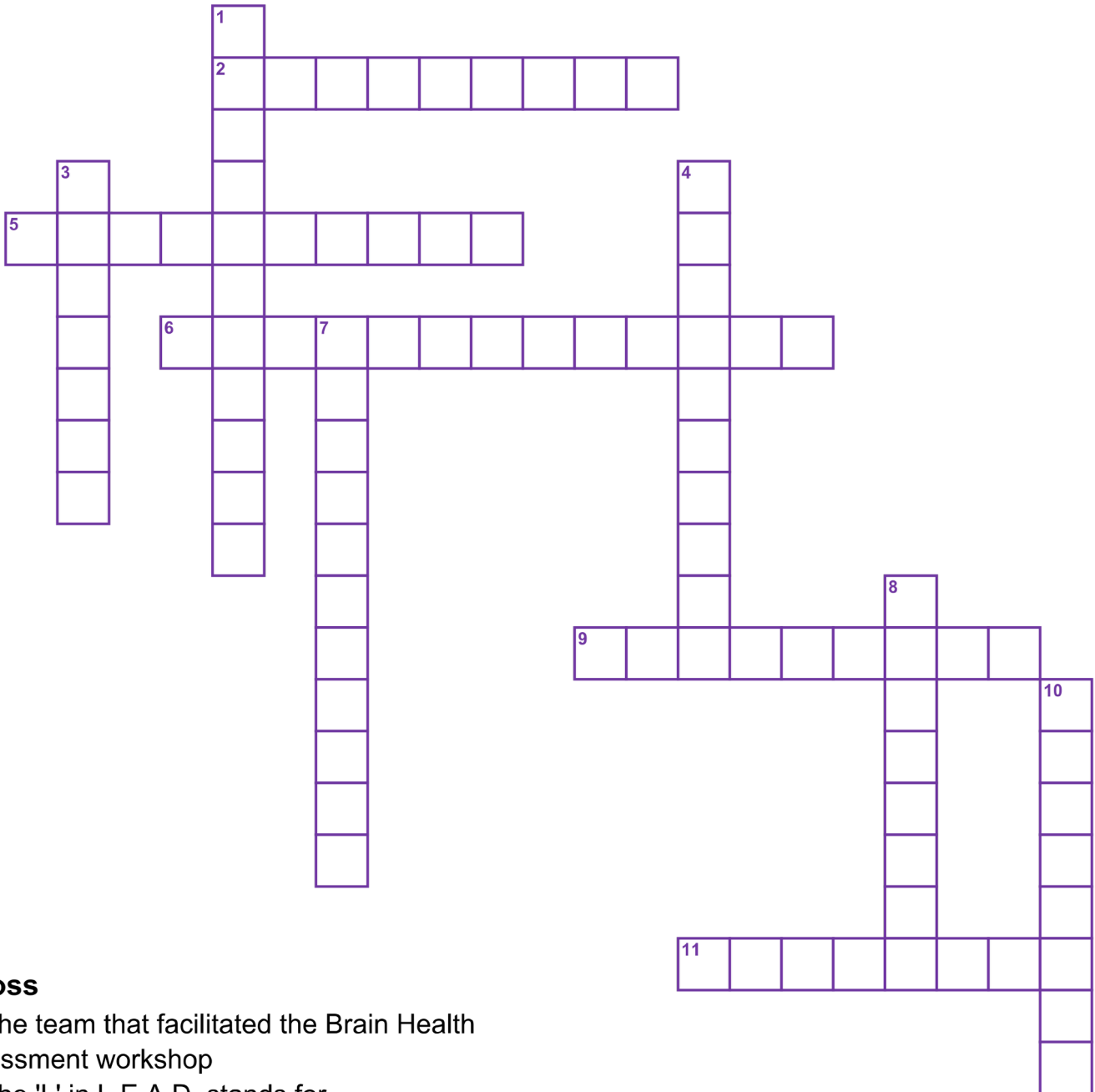
Across

[2] The team that facilitated the Brain Health Assessment workshop

[5] The 'L' in L.E.A.D. stands for

[6] The 'D' in L.E.A.D. stands for

[9] A person who freely offers to take part in something

[11] The Silver Shield initiative

Down

[1] The 'A' in L.E.A.D. stands for

[3] The target audience of this program

[4] The 'A' in A.I. (_____ Intelligence)

[7] The 'E' in L.E.A.D. stands for

[8] Lemon cranberry dessert at the Cooking Show

[10] A primary focus for this program

The Canadian Multicultural LEAD Organization for Mentoring and Training
www.theleadorg.com | (416) 609-2052 ext. 286

The Canadian Multicultural LEAD Organization for Mentoring and Training

www.theleadorg.com
(416) 609-2052 ext. 286