



Connecting with Seniors

“Fall has always been a favourite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.” –

Lauren DeStefano

It's safe to say Fall is nearly everyone's favourite season and honestly, how could it not be? The days might be getting shorter and winter might be just around the corner, but autumn is full of pleasantly warm days with crisp air, sunshine, beautiful fall foliage to take in and tons of delicious pumpkin spice treats to be found.

There's pumpkin picking, cider drinking, and the perfect conditions to be outside.

It's just a cozy, wonderful time of the year.



DID YOU KNOW.....?

Fall leaf colours are caused by certain pigments in the leaves and different kinds of trees produce different pigments. Leaves that are purple and red are caused by the "anthocyanins" pigment, which is only produced in the fall when sugars are trapped in the leaves.

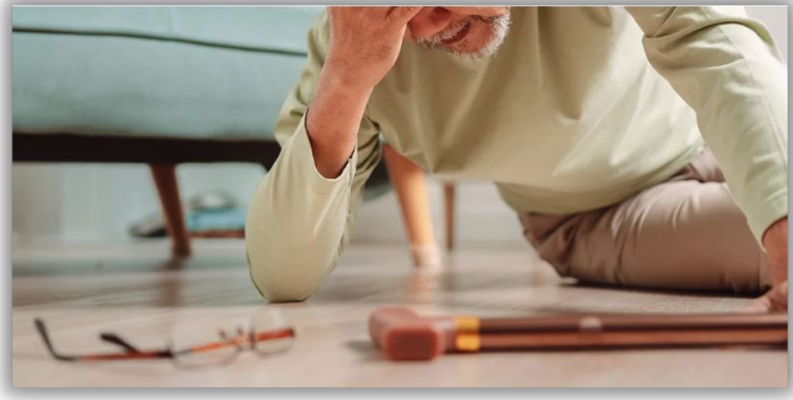


- Lots of dry weather and sunlight will lead to more sugars in the leaves, meaning the leaves will be brighter red.
- Freezing, meanwhile, stops the process of making red pigments.



Leaves don't REALLY change colours. Okay, here's the deal: All of those colours in a leaf have always been there, it's just they don't come out until conditions are right.

- Leaf colours depend on the sun. Leaves are full of chlorophyll, a natural chemical that makes them green.
- When the leaves get less sunshine, chlorophyll isn't produced as much, making the green colour fade and allowing the natural colour of the leaves to come out. So, really, leaves are naturally red, yellow, orange, and purple—the green is just dominant most of the year.



Speaking of "Fall"...



Prevention Tips for Older Adults

Anyone can fall, but the risk of slips and trips increases as you get older. Every year 1 in 3 Canadians over 65 will fall – often with serious consequences. Hip, wrist and pelvic fractures are common in this age group and can take a toll on independence and quality of life.



The good news is there are many simple things you can do to prevent a fall:

Remove your reading glasses when you are walking. Always slip them off before you take a step.

Never climb on a chair or stool to reach something.

If you have a pet such as a cat or dog, consider putting a bell or reflector on its collar. It's easy to stumble across an affectionate or sleeping pet that's in your path.

Place a chair or bench near the entrance-way to use when putting on footwear.

Skipping meals can cause dizziness and weakness. Eat regular, nutritious meals to stay alert and steady.

Foot problems such as bunions, callouses, ingrown toenails and plantar warts contribute to unsteadiness.



Wear shoes or slippers with non-slip soles indoors and take your time.



Picking a Perfect Pumpkin

A fresh pumpkin should be solid to the touch. Avoid ones that have soft spots or sunken areas, as decay has already set in. Selecting good quality produce will ensure that your autumn display will be long-lasting. High quality pumpkins have a firm, hard rind and are generally rich orange in colour.



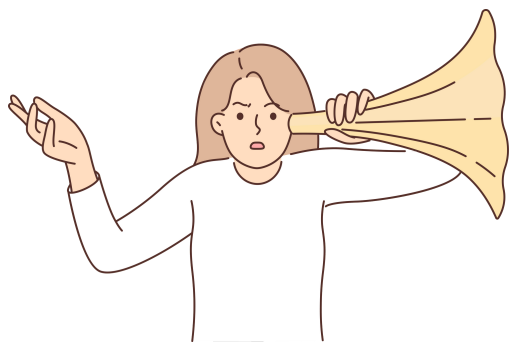
Drying Leaves: Easy as 1, 2, 3



How do you dry fall leaves and keep their colour? Answer - With heat!

Sandwich the leaves between two paper towels. Start by microwaving for 30 seconds and if the leaves aren't dry, continue to microwave in five-second bursts until dry but not brittle.





CAN YOU HEAR ME NOW.....?

If you're "falling" victim to impaired hearing, it can be frustrating, inconvenient and isolating.

About one third of people aged 65 to 74 experience some level of hearing loss.

For the population of 75 and older, that percentage increases to about half.

The good news is there are things you can do to offset the effects of hearing loss.



- Have someone face you while speaking to you. It is much easier to understand because you can pick up on body language, lip movements and other physical cues.
- Ask people to speak up and enunciate more clearly is helpful. Just make sure they understand that you're not asking them to shout or speak more slowly.
- Reduce background noise by turning off the television while in conversation.
- When you are out, try to avoid noisy locations that make it hard to focus on a conversation.
- Turn on the closed captioning option on your television.
- Use different kinds of smart home technology like devices that provide alerts. There are visual notifications available - not just audio ones.

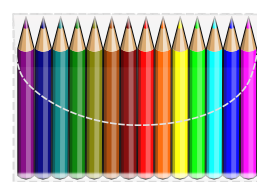
Fall Activities for Older Adults that Boost Well-being



- Going for a walk to enjoy the fall colours.



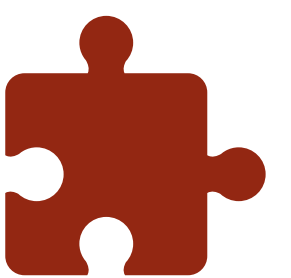
- Enjoy fall-themed colouring pages. Colouring is an activity that everyone can enjoy, from the very young to the very old, as a solo activity or with others and it has stress-busting abilities similar to meditating.



- Curl up with a good book.



- Work on a fall-themed jigsaw puzzle. Sitting at the table with a warm beverage and a puzzle is a great way to celebrate fall.



- Make and put up fall decorations. It's a nice way to mark the change of seasons.



- Try a new recipe



Autumn Word Scramble

o w n b r _____

u t e k y r _____

r i o a i m t g n _____

f n l w o s e u r _____

g i k a r n _____

g a w j s i _____

x e u i o q n _____

d r h a o c r _____

Perfect Pot Luck Idea

There's really nothing like gathering with friends and family and breaking bread. When the gathering has a lot of people, the easiest thing to do is turn it into a potluck! Not every dish is great for a potluck. There are three main qualities that make a dish potluck perfect:

- ✓ Easy to transport
- ✓ Easy to portion out. (Bonus if it serves lots)
- ✓ Has wide appeal



Root Beer Baked Beans



Ingredients

- 4 slices bacon, cut into 1-inch pieces
- 1 large yellow onion, chopped
- Kosher salt and freshly ground black pepper
- 1/3 c. molasses
- 2 tbsp. whole-grain mustard
- 1 lb. dried navy beans, soaked overnight
- 1 (12-ounce) bottle root beer
- 2 tsp. apple cider vinegar



DIRECTIONS

Step 1

Preheat oven to 300°F. Cook bacon in a large heavy cooking pot with lid (Dutch oven) over medium heat, stirring occasionally, until mostly crisp, 5 to 7 minutes. Add onion and season with salt and pepper. Cook, stirring occasionally, until onion begins to soften, 4 to 6 minutes. Stir in molasses and mustard.

Step 2

Drain soaked beans and add to the pot, stirring to coat. Add root beer and bring to a simmer, stirring occasionally. Add 4 cups water and season with salt and pepper. Return to a simmer, stirring occasionally. Cover and transfer to the oven. Bake until liquid is reduced by half, about 2 1/2 hours. Uncover and continue to bake until the cooking liquid is reduced and a light crust has formed on the top, 1 1/2 to 2 hours. Stir in vinegar. Let cool slightly before serving.



Thank you for your continued support of our Connecting with Seniors program. If you have any questions, please feel free to contact me any time.

Email: cvc@bdbilrc.ca Tel: 705-888-8333

Lucille