

THE SWEATERGANG STANDARD

Monthly Newsletter for Seniors

Labour Day – September 2



September Trivia Did You Know?

- The name September comes from the Latin septem, meaning seven, since it was the seventh month of the Roman calendar, which began with March. Easter always occurs between March 22 and April 25.
- September has three birth flowers: the forget-me-not, the morning glory, and the aster.
- The birthstone for the month is the sapphire.
- Labor Day is the most well-known holiday in September. It is observed every year on the first Monday in September.
- The autumn equinox, which is the traditional transition from summer into fall, takes place on or around September 22nd, depending on the year.

SWEATERGANG BOOK CLUB

The Help – Kathryn Stockett

Aibileen is a black maid in 1962 Jackson, Mississippi, who's always taken orders quietly, but lately she's unable to hold her bitterness back. Her friend Minny has never held her tongue but now must somehow keep secrets about her employer that leave her speechless. White socialite Skeeter just graduated college. She's full of ambition, but without a husband, she's considered a failure.

Together, these seemingly different women join together to write a tell-all book about work as a black maid in the South, that could forever alter their destinies and the life of a small town...

www.penguinrandomhouse.com

Sweatergang Companions can be reached at 613-283-1070 or by email at sweatergangcompanions@gmail.com

September Sudoku Puzzle

	2		6		8			
5	8				9	7		
			4					
3	7					5		
6								4
		8					1	3
				2				
		9	8				3	6
			3		6		9	

Sudoku Instructions

Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square

September Home Maintenance and Safety Checklist

1. **Clean and Check Range Hood Fan:** Your range hood funnels odors and smoke out of your home, and a dirty fan isn't just unsightly—it's dangerous. Wipe it down and ensure it's functional to avoid fire hazards in the kitchen.
2. **Change Direction of Ceiling Fan for Winter:** Changing the direction your fan spins can help circulate heat in winter.
3. **Get Heating System Serviced:** Before you turn up the heat, ensure your furnace is working properly and get it inspected by a professional.
4. **Turn Off and Cover AC Unit:** Power it down and cover it to protect the unit from the winter elements.
5. **Prune Plants and Trees:** Many plants, and especially trees, should be pruned in the fall—so tackle unruly branches and shape shrubs before the first frost.
6. **Drain and Store Garden Hoses:** Your hoses will last longer if you care for and store them properly along with your other garden tools. Just don't forget to drain the water first.

www.safwise.com

Caprese Chicken

Ingredients:

- 4 skinless chicken breasts
- kosher salt & freshly ground black pepper
- 2 tablespoons olive oil, divided
- 3 large garlic cloves, minced
- 2 pints cherry tomatoes, halved
- 10 large basil leaves, finely chopped
- 8 oz fresh buffalo mozzarella, sliced in 1/2 inch thick slices
- balsamic vinegar, to taste

Directions:

1. Salt and pepper both sides of the chicken breasts and set aside.
2. In a large sauté pan over medium-high heat, warm 1 tablespoon olive oil. Add chicken, cover pan, and cook for about 10 minutes. Flip chicken breasts and continue cooking until the chicken is cooked thoroughly (or has reached an internal temp of 165°F).
3. Remove chicken and place on a plate and cover with foil. Add remaining 1 tablespoon of olive oil to sauté pan. Add garlic and cook for about 1 minute, or until fragrant, scraping up all the little bits of chicken left in the pan.
4. Add tomatoes and continue sautéing until tomatoes skin starts to soften/wrinkle, about 5 minutes. Stir in basil and quickly place chicken back in pan. Top each chicken breast with 2 slices of mozzarella.
5. Cover pan with lid and let the mozzarella melt, about 1-2 minutes. Drizzle with a splash of balsamic vinegar and serve immediately!

www.buzzfeed.com

Tips For Aging Successfully

1. **Take the time to get your eyes checked:** Slight changes in vision can be normal as time goes on, but a marked or sudden decrease may not be.
2. **Hearing:** treatments for those with hearing loss can be promising. Even for those with severe hearing loss.
3. **Blood Pressure Screening:** Check with your physician every year for abnormal blood pressure.
4. **Meeting With Family:** Allocate a bit of time each week for social activities with family, as this makes for priceless memories and carefree laughter.
5. **Volunteer:** Volunteering is worthwhile way to spend time because it gives the person a feeling of accomplishment and is also a perfect way to give back to the community.
6. **Practice Something Challenging:** Learning a new language or playing a challenging puzzle game, like Sudoku, is a great way to keep the brain sharp.
7. **Keep Your Body Moving:** Whether this is taking a long walk at the end of the day or spurts of short activity spread throughout the day, physical activity is important in preventing certain health conditions and strengthening the body.

www.comhealthcare.com

Sweatergang Companions

“Providing Lifestyle Assistance to Seniors”

Our services include:

- Companionship/respice
- Personal Support Services
- Overnight Companionship
- Light housekeeping
- Meal preparation/coordination
- Activities to stimulate mental awareness
- Transportation to appointments
- Grocery Shopping
- Medication reminders
- Planned outings

Our team is bonded and has completed the Ontario Provincial Police Vulnerable Sector Check

Call Us Today: 1-800-927-0985

www.sweatergangcompanions.ca

UPCOMING COMMUNITY EVENTS – September 2019

1st – The Regimental Band of the Governor General’s Foot Guards – St. Paul’s Church, Perth , 25 Gore Street., W. 2-3:30 pm, FREE! But donations welcome. For more information visit www.stpaulsperth.ca

5th – North Lanark Seniors Expo – Almonte Community Centre Upper Hall, 182 Bridge St. For more information visit www.themills.on.ca

14th – Middleville Fair – Fairgrounds. Grounds open at 10 am. For more information call 613-256-0646 or visit www.middlevillefair.ca

15th – Apple Pie Fest – North Lanark Regional Museum, 647 River Road, Appleton. For more information call 613-257-8503 or write appletonmuseum@hotmail.com

27th – 29th – Smiths Falls Community Theatre: Death by Design, 53 Victoria Ave. For more information visit www.smithsfallstheatre.com

28th – McDonald’s Corners Agricultural Fair – 194 Cameron Road. 9 am – 7 pm. For more information visit www.mdcas.weebly.com/annual-fall-fair.html