

THE SWEATERGANG STANDARD

Monthly Newsletter for Seniors

Remembrance Day - November 11



SWEATERGANG BOOK CLUB

The Unknown Soldier – Linda Granfield

In the aftermath of the First World War, countries mourned their fallen sons, brothers, husbands, and fathers. In 1920, in both France and England, memorials were erected to those lost heroes who had remained anonymous. Around the world other countries followed suit, each country creating its own version of the Tomb of the Unknown Soldier. Now, award-winning author Linda Granfield presents her own tribute to these fallen soldiers. Taking readers on a journey to the Tombs in more than a dozen countries, Ms. Granfield shares over 100 photos and images that ultimately reveal a timeless lesson: this November and every November we must remember those who served - both known and unknown.

www.chapters_indigo.ca



November Trivia Did You Know?

- It is the last month of the Fall season.
- November in the Northern Hemisphere is similar to May in the Southern Hemisphere.
- Elections are held in the United States on the Tuesday after the first Monday in November.
- The third Thursday of November is the Great American Smokeout. Smokers are encouraged by the American Cancer Society to stop smoking on this day.
- Some Christian churches celebrate All Saint's Day on the first day of November and All Souls Day on the 2nd.
- American football is the main sport watched in the United States during this month.

Sweatergang Companions can be reached at 1-800-927-0985 or by email at sweatergangcompanions@gmail.com

November 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

Daylight Saving Time – November 3 History of Daylight Saving Time

Canada first observed Daylight Saving Time in 1908. Canada has observed DST for 107 years between 1908 and 2019 (DST in at least one location). Previous time with no Daylight Saving Time was 1913.

On July 1, 1908, the residents of Port Arthur, Ontario, today's Thunder Bay, turned their clocks forward by 1 hour to start the world's first DST period. Other locations in Canada soon followed suit. On April 23, 1914, Regina in Saskatchewan implemented DST. The cities of Winnipeg and Brandon in Manitoba did so on April 24, 1916.

It is up to the legislation in each municipality in Canada to decide on the use of DST. As a result, there are some locations don't follow the DST schedule of their in provinces and territories. For example, while British Columbia uses DST, some locations in the province do not. In Saskatchewan, it is the opposite. Most of the province does not observe DST.

Since 2007, all provinces, territories, and locations in Canada using DST follow the same start and end dates as the United States.

www.timeanddate.com

Apple-Pumpkin Upside-Down Cake

Ingredients:

2 large eggs
 2 tablespoons plus 1/4 cup softened butter, divided
 2 tablespoons plus 3/4 cup sugar, divided
 1 teaspoon ground cinnamon, divided
 2 medium apples (about 10 ounces), peeled and thinly sliced
 1/2 cup canned pumpkin
 1-1/4 cups all-purpose flour
 1 teaspoon baking soda
 1/2 teaspoon salt
 1/2 cup buttermilk
 Vanilla ice cream, optional

Directions:

1. Preheat oven to 350°. Let eggs stand at room temperature 30 minutes. In a microwave, melt 2 tablespoons butter. Stir in 2 tablespoons sugar and 1/2 teaspoon cinnamon; spread mixture into a 9-in. pie plate. Arrange apples in a single layer over butter mixture.
2. Cream remaining butter and remaining sugar until light and fluffy. Beat in pumpkin. Add eggs, one at a time, beating well after each addition. In another bowl, whisk together flour, baking soda, salt and remaining cinnamon; add to creamed mixture alternately with buttermilk, beating well after each addition.
3. Spread batter evenly over apples. Bake until a toothpick inserted in center comes out clean, 30-35 minutes. Loosen sides of cake from pie plate with a knife. Cool 10 minutes before inverting onto a serving plate. Serve warm and, if desired, with vanilla ice cream.

www.tasteofhome.com

Identifying the Early Signs of Stroke

Strokes happen when a blood vessel that brings oxygen to the brain is either blocked (ischemic attack) or bursts open (hemorrhagic stroke). Lack of oxygen kills the brain cells that this particular blood vessel serves, and the part of the body that these brain cells control stops working.

When the blood vessel is only blocked for a short time, it's called a transient ischemic attack (or TIA). They are like mini-strokes or warning strokes, and they tend to happen before a major stroke. The symptoms are similar to those of a major stroke but only last for a few minutes.

Knowing the signs of a stroke can help you get treatment fast and maybe even avoid a major stroke event in the case of TIAs.

Recognizing the early signs of a stroke is very important. Thankfully, they are fairly easy to learn and identify. **F.A.S.T.** is an acronym to help you remember the early signs of a stroke:

- **F**ace drooping. One side of the face droops or is numb. When asked to smile, the person's smile looks uneven.
- **A**rm weakness. One arm will feel weak or numb. When asked to raise both arms, one of the person's arms will drift downward.
- **S**peech difficulty. The person will have trouble speaking. Speech will sound slurred, or the words will be hard to understand. When asked to repeat a simple sentence like "The sky is blue," the person will have trouble repeating it correctly.
- **T**ime to call 911. If the person shows any of the above symptoms, call 911. Even if the symptoms go away, get an ambulance and get the person to a hospital. Take note of the time when the symptoms first appeared.

www.saebo.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 – November 2019

2nd – 3rd – Cheerfully Made Markets Holiday Show – Old Town Hall, 15 Bridge St., Almonte. 10am-4pm. \$2 admission. For more information please visit www.markets.cheerfullymade.com

6th – Pot Luck Lunch with the Beckwith Seniors Friendship Club – Centennial Hall, 152 Church St., Franktown. 12pm. For more information please contact Victoria at 613-257-2588.

11th – Remembrance Day Ceremony – Visit your local Cenotaph or Legion.

15th-16th – Smiths Falls Christmas Open House – 48 Beckwith St., N. For more information please visit www.downtownsmithsfalls.com

24th – Christmas Craft Show – Civitan Hall, 6787 Lanark County Rd. 43, Perth. For more information please visit www.perthcivitan.org

30th – Festival of Good Cheer – Downtown Heritage Perth BIA – Start at Crystal Palace to pick up your swag bag with coupons. For more information please visit www.downtownperthbia.ca or call Kari Clarke at 613-267-3311 Ext. 2251.