

THE SWEATERGANG STANDARD

Monthly Newsletter for Seniors

EASTER – APRIL 12



SWEATERGANG BOOK CLUB

The Little Old Lady Who Broke All the Rules -

By Catharina Ingelman-Sundberg

79-year-old Martha Anderson dreams of escaping her care home and robbing a bank. She has no intention of spending the rest of her days in an armchair and is determined to fund her way to a much more exciting life-style. Along with her four oldest friends - otherwise known as the League of Pensioners - Martha decides to rebel against all of the rules imposed upon them. Together, they cause an up-roar with their antics: protesting against early bedtimes and plastic meals. As the elderly friends become more daring, their activities escalate and they come up with a cunning plan to break out of the care home and land themselves in a far more attractive Stockholm establishment.

www.goodreads.com



This Month in History Did You Know?

- In 1868, Thomas D'Arcy McGee, Member of Parliament and Father of Confederation, is assassinated on an Ottawa street.
- In 1980, Terry Fox begins his Marathon of Hope in Newfoundland. His goal is to cross Canada to raise money for cancer research. Having lost his right leg to the disease, he will run for 143 days on an artificial leg made of fibreglass and steel.
- In 1927, the Ottawa Senators win their 10th Stanley Cup. They defeat the Boston Bruins by a score of 3 to 1 in front of 8,000 spectators filling the Ottawa Auditorium.
- In 1912, the RMS Titanic sinks off the coast of Newfoundland, a mere five days after leaving on its maiden voyage from Southampton, England. Some 700 of the 2,200 people on board survive; 1,500 are lost.

Sweatergang Companions can be reached at 1-800-927-0985 or by email at

sweatergangcompanions@gmail.com

April Sudoku Puzzle

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

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

Seniors Tax Credits and Benefits

Tax filing deadline is April 30, 2020

Age amount - Claim if you are 65 years or older on Dec. 31, 2019, and your net income is less than \$87,750.

Pension Income Amount - Claim up to \$2,000 if you reported eligible pension, superannuation or annuity payments.

Disability Amount – Claim if you or your dependant have a severe and prolonged impairment in physical or mental function.

RRSP – Deductible RRSP contributions can reduce your tax bill. You have until Dec. 31st of the year in which you turn 71 to contribute.

Medical Expenses – You can claim the total eligible expenses paid for you or your spouse, including amounts claimed for attendant care or care in an establishment.

For more information refer to the Canada Revenue Agency website:
<https://www.canada.ca/en/revenue-agency.html>

Soy-Ginger Pot Roast

Ingredients:

- 1 boneless beef chuck roast (3 to 4 pounds)
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon canola oil
- 1-½ cups water
- ½ cup reduced-sodium soy sauce
- ¼ cup honey
- 3 tablespoons cider vinegar
- 3 garlic cloves, minced
- 2 teaspoons ground ginger
- 1 teaspoon ground mustard
- 1 large onion, halved and sliced
- 2 tablespoons cornstarch
- 2 tablespoons cold water

Directions:

1. Sprinkle roast with salt and pepper. In a large skillet, heat oil over medium-high heat. Brown roast on all sides. Transfer meat to a 5 or 6-qt. slow cooker. In a small bowl, mix water, soy sauce, honey, vinegar, garlic, ginger and mustard; pour over meat. Top with onion. Cook, covered, on low until meat is tender, 7-9 hours.
2. Remove roast and onion to a serving platter; keep warm. Transfer cooking juices to a large saucepan; skim fat. Bring cooking juices to a boil. In a small bowl, mix cornstarch and cold water until smooth; stir into cooking juices. Return to a boil; cook and stir until thickened, 1-2 minutes. Serve with roast.

www.tasteofhome.com

5 Spring Health Tips For Seniors

1. **Get out in the garden:** Gardening is an activity that promotes overall health and quality of life, physical strength, fitness, flexibility, cognitive ability and socialization.
2. **Soak up warm sunshine safely:** Spending time outdoors in warm, sunny spring weather improves mood and cognition. Moderate exposure to sunlight for older adults, who are at risk for low vitamin D, strengthens bones and may reduce the risk of colorectal cancer, hip fractures, stroke and heart attack.
3. **Walk outdoors in nature each day:** People who exercised outdoors in natural environments reported feeling revitalized and energetic, and experienced less tension, confusion, anger and depression than those who exercised indoors.
4. **Lighten up your diet with spring seasonal foods:** Many fresh, locally grown vegetables and fruits, such as asparagus, cucumbers, mushrooms, radishes, peppers, sweet potatoes, rhubarb and strawberries are in season in the spring. Eating seven to 10 servings of vegetables and fruits each day may help to reduce the risk of chronic diseases like diabetes, heart disease and cancer.
5. **Take care of seasonal allergies:** Spring is the worst season for allergies. If pollen is a trigger, keep doors and windows closed to keep it out, and wear wraparound sunglasses when outside.

www.chartwell.com

Sweatergang Companions

“Providing Lifestyle Assistance to Seniors”

Our services include:

- Companionship/respite
- 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 – March 2020

3-5th – Carleton Place Spring Home and Fashion Show – Carleton Place Arena, 75 Neelin St. Admission \$5 at the door. For more information please call 613-253-5046 (Bob White) or 613-257-1705 (Jessica Smith).

10-13th – Easter Weekend Celebrations at Fulton’s – Pancake House & Sugar Bush – 399 Sugar Bush Rd., Pakenham. Hot maple meal 9 am - 3 pm. For more information please call 613-256-3867 or visit www.fultons.ca

16th – Cancer Dessert Night – Lanark & District Civitan Club – 2144 Pine Grove Rd., Lanark. For more information please call 613-267-249.

18th – Almonte in Concert Presents “Beyond Borders” – Almonte Town Hall, 14 Bridge St. Starts at 7:30 pm. For more information please visit www.almonteinconcert.com

24-26th – Smiths Falls Community Theatre Presents “The Fantasticks” – Station Theatre, 53 Victoria Ave. For more information please visit www.smithsfallstheatre.com

25th – Festival of the Maples – Downtown Perth, 80 Gore St., E. For more information please visit www.perthchamber.com or call 613-267-3200.