



SENIORS' **PERSPECTIVES**

Summer 2021

**It's Summer
Time to Plant!**



Ontario

Ministry of Seniors and Accessibility

Seniors Month: saluting and celebrating Ontario's Seniors

In Ontario, we celebrate June as Seniors Month.

It is an opportunity for all of us to salute and appreciate the enormous contributions that older adults have made, and continue to make, to our province.

"Stay Safe, Active and Connected" is the theme for this year's Seniors Month celebrations.

As the Minister for Seniors and Accessibility, and a proud senior myself, I would like to recognize each and every senior for building a province where future generations will benefit. Your hard work and sacrifices have contributed to making Ontario a great place to live, work and raise families.

Our communities are strengthened when our older adults stay active and connected locally. Our government has focused on providing supports that enhance the overall wellbeing and quality of life for our older adults.

Seniors, including those in retirement homes, were among the priority populations for the first phase of Ontario's three-phase Vaccine Distribution Plan. Through increased vaccinations, our seniors are one step closer to living their normal lives again.

We increased and expanded the programs available for our seniors, including for those who have been isolating at home due to this pandemic. Our Ontario Community Support Program provides home deliveries of food, medicine and other essentials to those in need. I was excited to see that we recently passed the million delivery mark – helping to keep more Ontarians safe!

Staying home during the pandemic has led to an increase in inactivity and social isolation for many seniors. Our government is helping community organizations across our province deliver virtual activities – helping our older adults to stay connected and active.

We provided 187 Seniors Community Grants last year for larger local community organizations and launched a micro-grant program to help smaller groups provide quality programming to help our older adults stay connected in their communities. We also expanded the Seniors Centre Without Walls program for our Seniors Active Living Centres – giving them the tools they need to offer remote programming.

The pioneering work of our seniors is the reason for the success and benefits we enjoy in our province today. Together, we can ensure that they receive the support and respect they deserve.

I encourage every Ontarian to thank a senior for their wonderful contributions to this great province that we live in!"



Minister Raymond Cho

Raymond Cho

Ontario Minister for Seniors and Accessibility

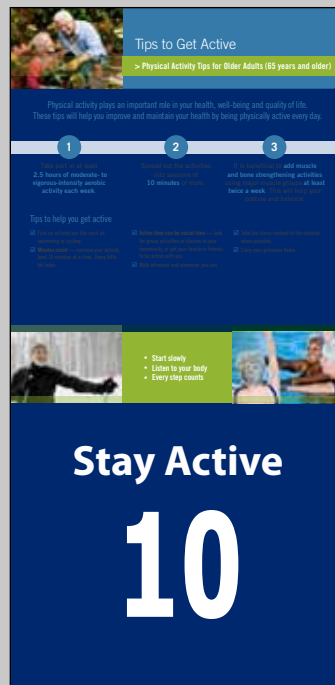
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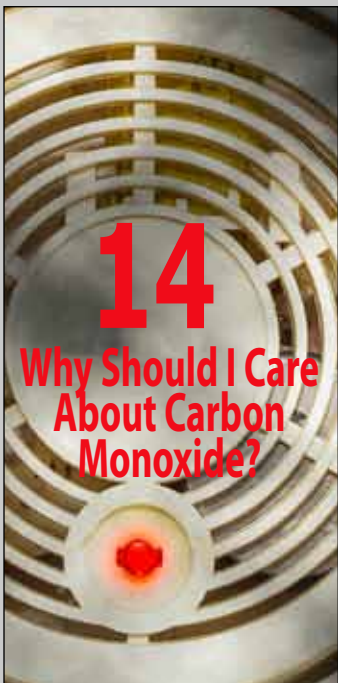
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Connecting Like Jesus Through Acts of Kindness

The ministry of Jesus was a continuous flow of acts of kindness which He desires His church, the body of Christ, to continue.



In a world where the “breaking news” is often violent and tragic, and the Covid menace seems determined not to go away, it is worth investing in our capacity to be kind and generous to our fellow human beings.

Both in the United States and Canada, there is a day set aside in the respective national calendars called Random Acts of Kindness Day. In Canada, the first Friday of November is the designated day which mostly goes unnoticed.

As Seventh-day Adventist Christians, acts of kindness should be a natural outflow of God’s grace through us to others around us. In fact, Paul counsels, “So then as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.”

Ellen White concurs with her statement, “I should not want to live unless I could live to do some good to others.”

Studies show that spreading kindness not only helps others feel better about themselves, but also contributes to the health, wellbeing and happiness of the person who is genuinely offering the kindness. I recently noticed that this is a recurring conclusion of happiness researchers.

In fact, the Happiness Research Institute has been focusing their research to determine why some societies are happier than others.

Jesus clarified that two principles should guide any society to true happiness,

“You shall love the Lord your God with all your heart, and with all your soul and with all your mind, and the second is like it: You shall love your neighbour as (you do) yourself”. Matthew 22:31, 39.

Acts of kindness can be anonymous or visible, spontaneous or planned. It can be as simple as making room for the driver of the car beside yours, desiring to change lanes.

We are surrounded by persons who are discouraged, worried or just fearful as they experience the impact of this pandemic. God is desirous of putting them in our way so we can be a blessing to them.

The ministry of Jesus was a continuous flow of acts of kindness which He desires His church, the body of Christ, to continue.

Isn’t it amazing that acts of kindness benefits the giver as well as the receiver?

Ellen White described this very fact which is today confirmed by research, “The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulation of the blood and induces mental and physical healthy”

Testimonies for the Church, Vol. 4, p. 56.

Dr. Sanjay Gupta said it well, “Any kindness you give to others is also a gift to yourself”.

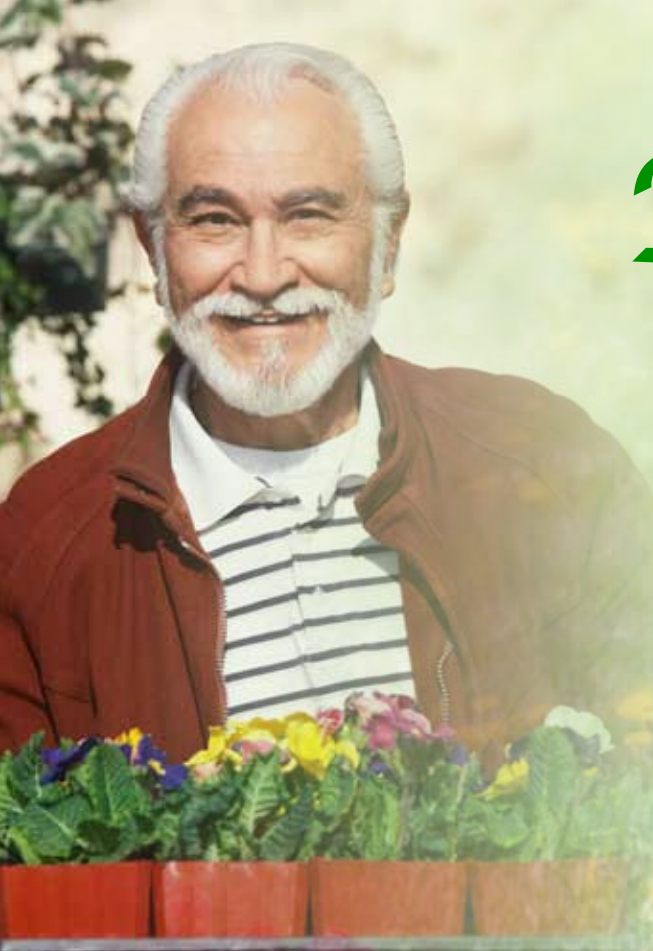
So let us not forget Paul’s counsel, “Let us not become weary while doing good for in due season, we shall reap if we do not lose heart. Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith” – Galatians 6:9,10.

Here is a fascinating thing for those who only relate to fellow church members while isolating themselves from non-members, “Do not forget to show hospitality to strangers, for by so doing, some people have shown hospitality to angels without knowing it” – Hebrews 13:2 (NIV).

What a joy it will be to walk on streets of gold in God’s kingdom and meet angels who share with us those pleasant past interactions!



*Pastor Mansfield Edwards
President and Seniors' Ministry's Director*



Plant Your

Spring and summer are here, why not try planting some healthy tea or cooking herbs! Below are some tips, and you may also use this opportunity to call a friend and share some planting tips.

Buying Your Herbs

1. Find herbs that have similar watering and sunlight needs.
2. Pick 3 to 4 herbs that you like to cook with. You may consider basil, mint, oregano, parsley, rosemary, and/or thyme.
3. Try some aromatic or flowering herbs. Most herbs will flower, including basil and rosemary, but some herbs are actual flowers, such as chamomile and lavender.
4. You may get young plants from the nursery or grocery store, rather than seed packets.
5. For a more pleasing display, you may choose herbs that vary in height.



Choosing Your Pot and Soil

1. Get a pot that is at least 18 inches (46 cm) wide.
2. Make sure that that pot has a drainage hole.
3. Match the porosity of the pot to your climate.
4. Buy potting soil or create your own mix.
5. Do not use gardening soil from outside. Not only does it not drain well, but it could also have parasites in it that could make your herbs sick. Instead, buy a potting soil from the nursery.

Putting the Herbs into the Pot

1. Cover the hole in the bottom of your pot with a piece of screening to help prevent the soil from falling out.
2. Fill the pot with potting soil 2 to 3 inches (5.1 to 7.6 cm) from the top.
3. Dampen the soil then add more, if needed.

Own Herbs

4. Dig a hole large enough for your first herb and be sure to leave enough room for the other herbs. Instead of digging right in the middle of the pot, dig close to the edge.
5. Remove the plant from its original pot. Gently squeeze the plastic pot by the sides, then tip it over to slide the plant out.
6. Place the herb into the hole and cover it with 1 inch (2.5 cm) of soil. If the roots are tightly packed, gently loosen them with your fingers first. Next, tuck the herb into the hole you just made, then fill any gaps in the hole with soil. Cover the root ball with 1 inch (2.5 cm) of soil. And gently pat the soil down with your hands to make it nice and neat. Remember that the soil level should remain the same from the store container to the newly-planted pot for most plants.
7. Repeat the process for the remaining herbs.
8. Water the soil well, then transfer the pot into a sunny location.

Caring for Your Herbs

1. Water your herbs according to their watering needs.
2. Use a fertilizer a few times per year.
3. Rotate the pot as needed to ensure that herbs get enough sunlight.
4. Keep the herbs at a temperature between 65 and 70 °F (18 and 21 °C).
5. Harvest the herbs from the top.
6. Replace the herbs as needed.

ENJOY!

Taken from wikihow.com



Coping with COVID-19



This has been a tough time for everyone. Between spending our days cooped up at home, absorbing a constant stream of worrisome news, and seeing our finances take a hit due to the economic fallout of COVID-19, it's hardly surprising that anxiety and depression are on the rise across Canada, with some experts fearing an "echo pandemic" of mental health issues in the wake of the virus.

For seniors, who may already have been grappling with social isolation before COVID-19 appeared, this time is even more challenging. Not to mention that they're one of the groups most vulnerable to the virus. So if you're feeling stressed, anxious, fearful, depressed, sad, or lonely lately, first of all: know you're not alone, and your feelings are completely normal. Here are some tips for coping during the COVID-19 pandemic:

Stay connected

Social distancing and social isolation keep us separated from other people to flatten the infection curve. But try to remember: social distancing doesn't mean social disconnection. In fact, it's really physical distancing we're engaged in now. It's more important than ever to remain social; to connect with friends and family and talk about our feelings. You can't go wrong with a phone call, but today's video calling and conferencing apps are great for this purpose, too, allowing you to see your loved ones' faces and spaces in real-time. Facetime, Skype, and Zoom are all available free for computers and mobile devices.

Set a new daily routine

Physical distancing is going to be our reality for the foreseeable future. So give yourself – and your days – some structure, even if you aren't going anywhere. Consistent wake-up, meal, and bedtimes give you something to anticipate and plan for, which

keeps the mind busy and engaged. Get dressed each morning, and consider doing some physical activity at a scheduled time. Meditating (in the word of God) consistently is also extremely beneficial for mental health – just 20 minutes can help reduce anxiety and stress and improve concentration and sleeps, along with a huge variety of health issues. There is also research suggesting that meditation may offset age-related cognitive decline in seniors.

Take a break from the news

Hearing about the pandemic nonstop, like any negative news, can be anxiety-inducing, so take frequent breaks from watching, reading, and listening to news stories, including social media. It's great to stay informed about matters affecting your health, but it becomes counter-productive if it erodes your mental health! Too much screen time can also tire out your eyes and disturb your sleep if you need more reasons to tear yourself away.

Eat a healthy diet and exercise regularly

Regular physical activity has been proven to ease anxiety, depression, insomnia, and other mental health issues, partly by producing more serotonin, the brain's "happy chemical." Sunshine exposure can have a similar effect. B.C.'s current guidelines for physical distancing state we can exercise outside, so long as we keep a minimum of two metres (six feet) from other people at all times. You can also try these at-home fitness ideas to stay active and limber behind closed doors.

A healthy diet with plenty of fresh produce, and limited processed food, can also improve mental health. To reap the most psychological benefits, eat plenty of veggies, fruit, leafy greens, nuts, lean protein such as fish, healthy oils, and other brain-boosting foods, such as green, leafy vegetables, fatty fish, berries, and walnuts. It also doesn't hurt to seek

out foods that boost your overall immunity, such as leafy greens, watermelon, colourful fruits and vegetables, yogurt, nuts and seeds, garlic, ginger, lean chicken and poultry, tea, and plenty of water.

Get a good night's sleep

Sleep and mental health are so closely connected, it's almost a chicken-or-egg conundrum: losing sleep negatively affects your mental health, exacerbating stress and anxiety. At the same time, these mental health conditions are likely to cause more sleep loss. It hardly seems fair! You can break the cycle and improve your night's sleep by keeping consistent bedtime and wakeup times, including a wind-down ritual that involves shutting off electronic devices at least an hour before bed. Limiting caffeine and alcohol, and avoiding heavy meals near bedtime, can also help, as can clearing your bedroom of mind-stimulating clutter. Don't forget to add in daily exercise and meditation, since these can also improve sleep quality.

Be kind to yourself, and to others

When all else fails: give yourself a break. What we're going through as a community – and a planet – right now is unprecedented, and you're right to manage just about however you can. We're all feeling a sense of loss, and even grief, because the world has changed so much in such a short period of time. We may even be grieving loved ones lost to the virus. So be gentle and non-critical of yourself, however you're coping, and extend the same courtesy to other people. You may need to give yourself tasks and keep busy, or you may find that staring out the window at clouds is all that makes you feel better. And that's OK. Holistic mindfulness techniques may help you stay in the present moment, and prevent you from spiralling into fear or worry about the future.

PARC Retirement Living

"The Lord is my Shepherd, I shall not want" Psalm 23:1

"And we know that everything works together for good for those who love the Lord..." Romans 8:28

"For I am certain that not death, or life, or angels, or rulers, or things present, or things to come, or powers, or things on high, or things under the earth, or anything which is made, will be able to come between us and the love of God which is in Christ Jesus our Lord."

Romans 8:38-39



Tips to Get Active

> Physical Activity Tips for Older Adults (65 years and older)

Physical activity plays an important role in your health, well-being and quality of life. These tips will help you improve and maintain your health by being physically active every day.

1

Take part in at least **2.5 hours of moderate- to vigorous-intensity aerobic activity each week.**

2

Spread out the activities into sessions of **10 minutes** or more.

3

It is beneficial to **add muscle and bone strengthening activities** using major muscle groups **at least twice a week.** This will help your posture and balance.

Tips to help you get active

- ☑ Find an activity you like such as swimming or cycling.
- ☑ **Minutes count** — increase your activity level 10 minutes at a time. Every little bit helps.
- ☑ **Active time can be social time** — look for group activities or classes in your community, or get your family or friends to be active with you.
- ☑ Walk wherever and whenever you can.
- ☑ Take the stairs instead of the elevator, when possible.
- ☑ Carry your groceries home.



- Start slowly
- Listen to your body
- Every step counts





Tips to Get Active

> Physical Activity Tips for Older Adults (65 years and older)

The Health Benefits of Being Active

- > IMPROVE YOUR BALANCE
- > REDUCE FALLS AND INJURIES
- > HELP YOU STAY INDEPENDENT LONGER
- > HELP PREVENT HEART DISEASE, STROKE, OSTEOPOROSIS, TYPE 2 DIABETES, SOME CANCERS AND PREMATURE DEATH

Aerobic activity, like **PUSHING A LAWN MOWER, TAKING A DANCE CLASS, OR BIKING TO THE STORE**, is continuous movement that makes you feel warm and breathe deeply.

Strengthening activity, like **LIFTING WEIGHTS OR YOGA**, keeps muscles and bones strong and prevents bone loss. It will also improve your balance and posture.

What is moderate aerobic activity?

Moderate-intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing.

- > Examples of moderate activity include walking quickly or bike riding.

What is vigorous aerobic activity?

Vigorous-intensity aerobic activity makes your heart rate increase quite a bit and you won't be able to say more than a few words without needing to catch your breath.

- > Examples of vigorous activity include jogging or cross-country skiing.

What are strengthening activities?

Muscle-strengthening activities build up your muscles.

With bone-strengthening activities, your muscles push and pull against your bones. This helps make your bones stronger.

- > Examples of muscle-strengthening activities include climbing stairs, digging in the garden, lifting weights, push-ups and curl-ups.
- > Examples of bone-strengthening activities include yoga, walking and running.

www.publichealth.gc.ca/paguide

Every step counts!

If you're not active now, adding any amount of physical activity can bring some health benefits. Take a step in the right direction. Start now and slowly increase your physical activity to meet the recommendations.

More physical activity provides greater health benefits!

That means the more you do, the better you'll feel. Get active and see what you can accomplish! Move more!

Is physical activity safe for everyone?

The recommended level of physical activity applies to all adults aged 65 years and older who do not have a suspected or diagnosed medical condition. Consult a health professional if you are unsure about the types and amounts of physical activity most appropriate for you.

Canadian Physical Activity Guidelines were developed by the Canadian Society for Exercise Physiology and are available at: www.csep.ca/guidelines

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Public Health
Agency of Canada

Agence de la santé
publique du Canada

Healthy Eating Matters!

Healthy eating is a key part of aging well. It is a way for you to stay healthy and strong, which is important to maintain your independence and quality of life.

Healthy eating can help maintain a healthy weight; promote and protect health and well-being; provide essential energy and nutrients to maintain health; prevent, lower the risk or slow the progression of chronic diseases like heart disease and type 2 diabetes; prevent muscle and bone loss to reduce your risk of falling or breaking your bones.

As you age, you face different changes that may make healthy eating seem more challenging. These changes may include changes to your body that impact your appetite; decrease your sense of taste or smell; impact your digestion, ability to chew or swallow; make it more difficult for you to get to the grocery store; make it more difficult for you to spend a lot of time preparing food and impact your ability to shop for or cook your own food or do tasks like open jars.

Changes in lifestyle that mean you may have less income; eat alone more often; be caring for a loved one; have someone cooking for you; live in a new home with a different kitchen; be cooking for just 1 or 2 people instead of a large family; changes to your health that require medication that has side effects on taste and appetite.

Develop Healthy eating habits

Cooking and eating healthy food does not have to be difficult, time consuming or expensive. Consider these ideas to help you maintain healthy eating habits as you age.

Enjoy a variety of healthy foods

As you age, your body needs less food, but may need more of certain nutrients, such as vitamins or minerals. Eat a variety of healthy foods to make sure you get enough different nutrients.

Choose vegetables and fruits, whole grain foods and protein foods that you enjoy. Frozen and canned options can be just as healthy and easier to prepare.

If your sense of taste or smell has changed, try different spices and herbs to add more flavour, instead of salt. You can also switch up the texture and temperature of foods to make them more interesting.

If some foods have become more difficult to eat, try choosing and preparing foods differently. For example, for a softer texture, try cooking vegetables instead of eating them raw.

Drink Plenty of water

As you age, your sense of thirst may decline, but you still need to drink regularly whether you feel thirsty or not. To stay hydrated, drink throughout the day and with each meal and snack. Satisfy your thirst with water instead of sugary drinks.

Other foods and drinks that can help keep you hydrated include lower fat white milk, low sodium soups, vegetables and fruits and unsweetened fortified soy beverages.



Shop for 1 or 2

- It can be challenging to grocery shop for just 1 or 2 people.
- Think about meals and snacks you would like to eat and plan your meals around your ideas.
- Make a grocery list to help you remember what foods you need.
- Choose affordable healthy options if you are grocery shopping on a budget. Some grocery stores offer discount days for seniors.
- Make it easy on yourself. Try shopping online, with a friend (you can split larger quantities of foods), using a delivery service, or using grocery buses organized by seniors' or community centres.

Cook for 1 or 2

- You may find it hard to cook healthy meals for 1 or 2 people, especially if you used to cook for a larger family, or have never been the main cook.
- Prepare meals and snacks on days when you have the most energy. On days when you are too tired to cook, choose recipes that only use a few ingredients and require little to no cooking.
- Cook once, eat twice. Make meals that are great as leftovers or make a larger amount and freeze the extras.
- Alternate a cooking day with a friend. This allows you to share the task of making meals and gives you the chance to try each other's recipes and food traditions.

Eat with others

Eating with others (when restrictions are lifted) is great for the company, and it can also be good for your health. It may encourage you to eat more of the foods that you need to stay healthy.

Check local seniors' community centres (or church seniors' club) and ask about monthly lunches or community kitchens you could join.

If you live alone, sitting down to eat a meal by yourself can feel lonely. Try these ideas to keep it enjoyable:

- try a new recipe
- choose a comfortable place to eat
- play music you enjoy during mealtimes

Create an emergency food supply

It is a good idea to stock your pantry with a variety of non-perishable food items. You can use these items to make a few meals for times you are not able to get to the store, such as peanut butter, skim milk powder, canned vegetables and fruits, canned or jarred pasta sauce, canned fish, beans and lentils, whole grain pasta, rice and oatmeal.

You can keep a variety of foods in your freezer, including whole grain bread, lean meats or poultry, vegetables and fruits.

Make a healthy choice

What you eat on a regular basis matters for your health.

- Choose foods that have little to no added sodium, sugars or saturated fat.
- Compare the nutrition facts table on foods to choose products that are lower in sodium, sugars or saturated fat.

Canada's Food Guide

<https://food-guide.canada.ca/en/tips-for-healthy-eating/seniors/>



Why Should I Care About Carbon Monoxide?

It Kills

Many Canadians die every year from carbon monoxide poisoning in their own homes, most of them while sleeping.

It Injures

Hundreds of Canadians are hospitalized every year from carbon monoxide poisoning, many of whom are permanently disabled. Everyone is at Risk - 88% of all homes have something that poses a carbon monoxide threat.

Carbon Monoxide is a colourless, odourless, tasteless, toxic gas that enters the body through the lungs during the normal breathing process. It replaces oxygen in the blood and prevents the flow of oxygen to the heart, brain and other vital organs.

Where Does Carbon Monoxide Come From?

Produced when carbon-based fuels are incompletely burned, such as wood, propane, natural gas, heating oil, coal, kerosene, charcoal, gasoline.

What Are the Main Sources of Carbon Monoxide in My Home?

Wood burning/gas stoves, gas refrigerators, gasoline engines, kerosene heaters and others.

How Can I Tell If There Is a Carbon Monoxide Leak in My Home?

- Headache, nausea, burning eyes, fainting, confusion, drowsiness.
- Often mistaken for common ailments like the flu.
- Symptoms improve when away from the home for a period of time
- Symptoms experienced by more than one member of the household.

- Continued exposure to higher levels may result in unconscious, brain damage and death.
- The elderly, children and people with heart or respiratory conditions may be particularly sensitive to carbon monoxide.

Environment

- Air feels stale/stuffy
- Excessive moisture on windows or walls
- Sharp penetrating odour or smell of gas when furnace or other fuel burning appliance turns on.
- Burning and pilot light flames are yellow/orange, not blue.
- Pilot light on the furnace or water heater goes out.
- Chalky white powder or soot build up occurs around exhaust vent or chimney.
- How Can I protect Myself and my Family?
- Regularly maintained appliances that are properly ventilated should not produce hazardous levels of carbon monoxide.
- Have a qualified service professional inspect your fuel burning appliance(s) at least once per year.
- Have your chimney inspected and cleaned every year by a W.E.T.T. certified professional.
- Be sure your carbon monoxide alarm has been certified to the Canadian Standard Association (CSA) CAN/CGA 6.19 standard or the Underwriters Laboratories (UL) 2034 standard.
- Install a carbon monoxide alarm in or near the sleeping area(s) of the home.
- Install the carbon monoxide alarms(s) in accordance with the manufacturer's instructions.

What Should I Do If My Carbon Monoxide Alarm Starts Beeping?

ALWAYS REACT TO A CARBON MONOXIDE ALARM THAT HAS ALARMED! GET OUT OF YOUR HOME AND CONTACT YOUR LOCAL FIRE DEPARTMENT FOR ASSISTANCE.

To Keep Safe Please Remember:

You have a responsibility to know about the dangers of carbon monoxide. Your knowledge and actions may save lives.

A carbon monoxide alarm is a good second line of defense. It is not a substitute for the proper care and maintenance of your fuel burning appliance(s). Take the time to learn about the use of carbon monoxide alarms in your home to ensure you are using the equipment properly and effectively.

Where to Install A Carbon Monoxide Alarm

Since carbon monoxide moves freely in the air, the suggested location is in or as near as possible to sleeping areas of the home. The human body is most vulnerable to the effects of carbon monoxide during sleeping hours. To work properly the unit must not be blocked by furniture or draperies. Carbon Monoxide is virtually the same weight as air and therefore the alarm protects you in a high or low location.

For maximum protection, a carbon monoxide alarm should be located outside primary sleeping areas, in sleeping areas and in each level of your home.

Where NOT to Install a CO Alarm

Some locations may interfere with the proper operation of the alarm and may cause false alarms or trouble signals.

CO alarms should not be installed in the following locations:

- Where the temperature may drop below 4.4°C (40°F) or exceed 37.8°C (100°F).
- Near paint thinner fumes or household cleaning products. Ensure proper ventilation when using these types of chemicals.

- Within 1.5m (5 feet) of any cooking or open flame appliances such as furnaces, stoves and fireplaces.
- In exhaust streams from gas engines, vents, flues or chimneys.
- Do not place in close proximity to an automobile exhaust pipe; this will damage the alarm.



Maintenance

Test your carbon monoxide alarm regularly to make sure it is operating properly. The owner's manual should tell you how to test your alarm. Remember to check the manual for information on when to buy a new carbon monoxide alarm.

If you have any questions regarding CO safety, please contact your local fire department.

SUMMER

FIRE

SAFETY



In the House

- Test your smoke and carbon monoxide detectors, change batteries immediately if needed. For more information, check out our section on smoke alarm maintenance & carbon monoxide detector maintenance.
- Check your fire extinguishers.
- Check for overloaded or damaged extension cords, replace where needed.
- Ensure you have an emergency preparedness kit in case of incidents such as power outages and flooding.
- Practice your families fire escape plan so everyone knows what to do in case of an emergency
- Windows should be checked to ensure they open and close properly, in case they are needed as an exit
- Properly store household chemicals and never mix cleaning agents
- Recycle: Get rid of old newspapers, magazines and junk mail. These items tend to pile up and can greatly contribute to the severity and spread of fire.
- Check and clean filters above stove.
- Pull refrigerator out and vacuum or dust the coils.
- Always keep stairs and landings clear for safe evacuation in event of an emergency.

Around the House

- Make sure your address numbers are up and visible from the street.
- Maintain a clear 'fire zone' of 10' around structures.
- Check outdoor electrical outlets and other electrical appliances for animal nests and to ensure proper wiring.
- Keep 100' of garden hose with an attached nozzle connected and ready for use.
- Remove leaves and trash from carports and garages: Combustible materials are dangerous if they are exposed to heated automobile components, especially under the vehicle.
- Clean up and properly store paints, pool and yard chemicals.
- Check fuels containers for leaks and make sure they are properly stored.

- Let power equipment sit for approximately 30 minutes before placing it inside to be sure there is no possibility of fire.
- Some municipalities do not allow open air burning. Always check with your local fire department for questions, instructions and permits.

BBQ Tips

- All barbeque grills must only be used outdoors — using grills indoors or in enclosed spaces is not only a fire hazard, but it exposes occupants to toxic gasses and potential asphyxiation.
- Always position the grill well away from combustible objects — buildings, fences, deck railings and landscaping can easily and quickly ignite.
- Get your grill cleaned and serviced. Check all propane tanks and lines for leaks and damage.
- Never leave a lit grill unattended.
- Always use long handled grilling utensils and heat resistant oven mitts to avoid exposure burns from heat and flames.
- Periodically remove grease build-up in catch trays to prevent it from igniting.
- Keep a garden hose nearby, connected and ready for use in case of a fire.

Seniors' News

On Sabbath, December 12, 2020 Elder Archibald Morris, a founding and faithful member of Toronto Central Church, celebrated his 95th birthday.

His children hosted a Zoom birthday party for him after sunset. The celebration was MC'd by Pastor Travis Afflick and Mrs. Tamika Mitchell-Mwanga. There were approximately 200 persons in attendance from North America and Jamaica. There were many musical items, recital and tributes from family, former pastors and friends. He was complimented by several persons on his culinary skills. Slide shows of his previous birthdays were shown. Elder Morris thoroughly enjoyed his party which was an evening of much laughter and fun. Elder Morris was still active and driving up until March 2020. He has lived to see his three generations.

Over the years, Elder Morris has served the church in Jamaica and Canada in various capacities, especially in soul winning. He credits his strength



and wellbeing to the goodness and mercy of God and having a clear mind. We pray that God will continue to keep him in His loving care to celebrate his 100th birthday.

Lorna Grey



Brampton Seniors

A small group came together few months ago to get the seniors of the church, and also our non-Adventist senior friends and family in a group where fellowship together is the goal.

The focus is to help keep our seniors engaged, and also to help protect their mental health. The group has grown from 7 persons to over 34. We have two meetings per week, a social evening on Tuesdays, where devotion, choruses, jokes, health nugget and much more are shared. Vespers on Friday evenings with various speakers, various music, special prayers for our community, Conference, pastors, government and for each other - all virtual. We encourage our seniors to keep active, and to keep in touch with each other on a daily basis.

We continue to trust God's Holy Spirit, while He blesses our ministry, as we work on this side of the vineyard, and fix our eyes on Jesus and our final home, heaven.

Gloria McDonald

Apple Creek Morning at the Apple Farm

Fall is a beautiful time of the year to explore the outdoors and enjoy the many available fun activities. Apple picking is one of those activities, and on September 14 of last year, several of Apple Creek Church seniors visited the Applewood Farm in Stouffville.

It was a new experience for some, but a happy experience for all. We arranged to meet at 11 a.m., but some were so eager, they arrived half an hour before the gates opened. We were happy to see each other. We each had our favourite choice of apples. There was the Honey-Crisp group, the Gala, Granny Smith and Cortland, to name a few.

The highlight of the day was the wagon ride. What a thrill it was to drive around the farm, seeing the lush green trees, the large variety of apples, also the pumpkin and squash patches.

We regrouped after two and a half hours and reflected on our morning exchanging ideas as to what we were going to do with our apples: juicing, dry freezing, pies, apple butter, etc.

We reflected most on God's love and His protection that even amid Covid, we were blessed with an opportunity to experience a morning of fellowship in the outdoors.

Barbara Grant



Seniors' News



Bethel Seniors and Pathfinders in Motion

In times such as these, especially during the raging storm of the pandemic, we are constantly reminded of the importance of the total reliance on God. The evidences of disruptions in our life are clear. Our only secure hope is reliance on Jesus. Unless we dedicate time to fervently study, digest and apply God's Word, we will not be able to cope.

Most of Bethel seniors are active in the community. The church ministries make concerted efforts to ensure that seniors are engaged in some level of communications and planned activities. Current weekly activities on Tuesdays, (monthly) Wednesdays, Sabbaths and Sundays. Some seniors take on and lead out in specific task to help ministries leaders.

Some areas of church ministries services for seniors are:

- **Prayer challenge:** Seniors initiate prayer connection with others.
- **Weekly Vespers:** Seniors meet together, before sunset, Sabbath evenings for prayer.
- **Youth encouragement greeting cards:** Youth Ministries Department reaches out to seniors, sending encouraging greeting cards through the local postal service mail. The seniors, most of whom have no interactions for some time, welcomed these special messages of encouragement from youth.
- **Special pastoral prayer connection for seniors:** In order to foster and encourage regular interaction with seniors, our pastor

(Samuel McKenzie) has, and will be meeting (based on his schedule) to pray and check-in with seniors once per month (3rd Tuesday of the month).

Augmenting Church ministries alignment, Pathfinders and seniors are engaging in activities that benefit younger and older members of our church.

The Genesis of the Pathfinder and Seniors Bible Experience began out of the felt and observed need to help our seniors' strengthen their cognitive ability (especially memory) during the current pandemic socially disengaging environment.

In response to the restrictions and staying home order, our Pathfinder Club decided to focus on supporting the elderly in our church. Pathfinders and seniors leaders held virtual Bible Experience (BE) activity. During these virtual meetings, small group Bible study started with the book of Hebrews (others books will be included as meetings progress). All participants are encouraged to study one to two chapters each week, and come prepared for a Bible quiz. During each meeting, we review the chapter together (open book) and divide the group in teams made up of Pathfinders and seniors. The chapter review is done using 'Jeopardy' game, quiz, or small group discussions. The meetings also include check-

in with seniors: Pathfinders takes turn leading this interview with a senior (check overall wellbeing).

Although meetings are held only once a week, for just an hour, this multi-generational activity benefit is eternal. The Pathfinders are nourished and edified so that they can be more spiritually developed and be able to effectively share their faith.

Several seniors expressed appreciation for the fellowship and look forward to the weekly meeting. Additionally, we have a forum to encourage one another. The Pathfinders are getting to know our seniors on a personal basis, in an environment where discussion and learning are encouraged.

For seniors, the regular practice helps to strengthen cognitive capacity of information retention, mental recall and verbal articulation. Studying the Scriptures is our sure anchor at all times.

Staying positive and focused during this pandemic has not been easy for everyone, especially seniors; however, having caring Pathfinders and Youth Ministries in our church help us to cope.

Special Acknowledgement: On behalf of our seniors, I express appreciation to our Pastor Samuel McKenzie, Pathfinders and leaders, all youth, and communications leaders for providing meaningful activities for the senior.

Rosaline Graham

Really Living Senior Group Fills the Gap

The past year has been difficult for all of us. With Covid-19 and lockdowns, we haven't been able to get together for our weekly seniors Walking Club and senior group meeting. We used to meet twice a week, exercise, have a Bible study, and then have lunch together. We all miss those times, and the needed social interaction that helps us maintain a healthy mental as well as physical state. We are looking forward to a time when we can get back to doing these things together again.

As spring and summer are a new awakening, we also look forward to our new awakening together.

We were created as social beings, and we need each other to maintain our mental, emotional and spiritual health. Praise God for spring and summer time and new life.

Catherine Cunningham



Seniors' News

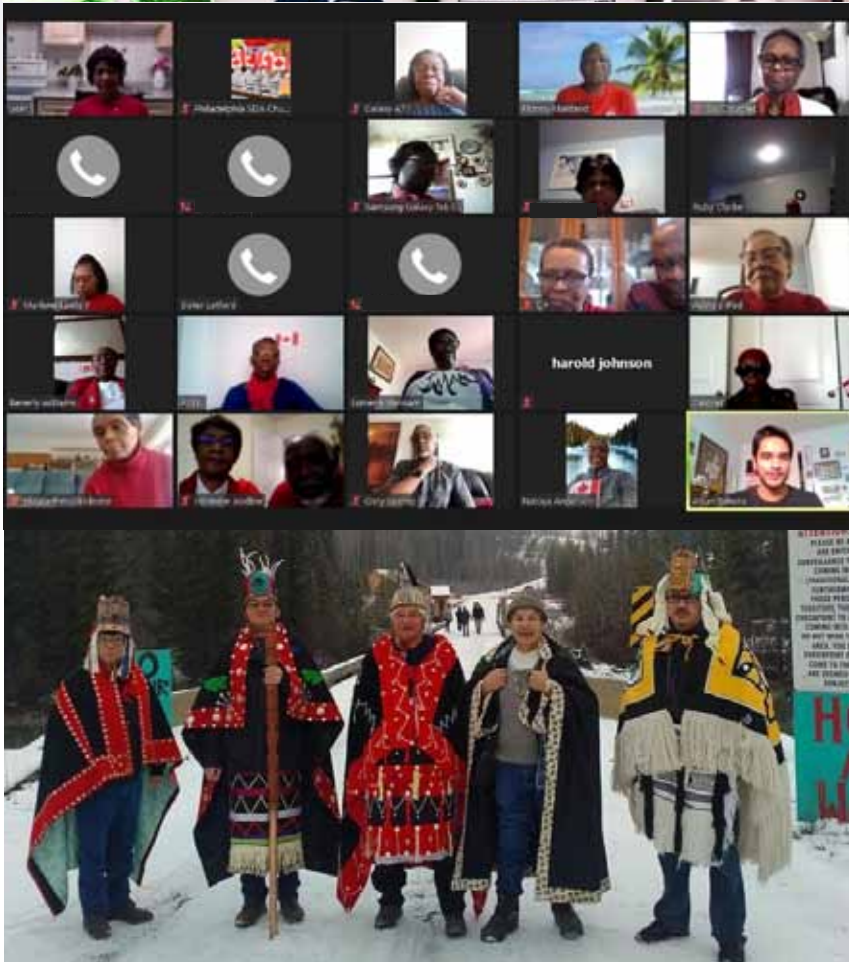
Philadelphia Seniors First Canadian Winter Tour



January 27, 2021, Philadelphia Church seniors, with their invited guests, a representative from the office of the local Councillor Jennifer McKelvie, Community Officers Gary Gomez, and Alison Burns, along with visitors from the U.S.A. and Jamaica embarked on their first winter **virtual** tour of Canada. Filled with excitement, we made ourselves comfortable in preparation for our virtual tour. Who would have thought this would be possible? Well, only an innovative leader like Jackie Douglas and her team could make this a reality.

Our first stop was our nation's capital, Ottawa, known for its many architectural buildings, including the National Gallery, which housed Canadian and Indigenous work of arts. We observed many skaters on the Rideau Canal, a very popular place for international visitors, as well as locals. Unfortunately, time did not permit us to sample one of our nation's speciality, a "beaver tail", not what you are thinking; it is a sweet pastry. We just wanted to get to our next destination. Manitoba it was!

What a sight! We were all mesmerized by its snow-capped mountains, frozen lakes and rivers. The beauty of the forest trees blanketed with snow left us speechless. Our thoughts were drawn heavenward to our Creator. If you enjoy winter activities, this is the place to visit. Although we did not participate in their winter festival and the dog-sledding, we did not miss out as onlookers. There were endless attractions for everyone. We wanted to stay a bit longer, but once again, time was not on our side. There were three more provinces to tour.





Saskatchewan, here we come!

Like the other provinces, known for their snow-capped mountains, frozen lakes and rivers, as well as beautiful ski slopes, Saskatchewan has something extra, its wild life, made visible because of the snowy backdrops and trees with less foliage. Hence a quick tour of the trails provided the opportunity to see some of them. There was the Table Mountain, however, no one wanted to try out the ski slopes. We just wanted to continue our tour of the next province.

Alberta was an exquisite sight to behold. Who could forget those snow-capped mountains, coniferous forest carpeted with snow; and the Rocky Mountain parks with its glaciers? These sites were unforgettable. Our next and final stop was British Columbia.

British Columbia is another beautiful province to visit. Not having our snow shoeing gear for hiking, we participated pretentiously. We saw the famous and popular Whistler Mountain, which hosted the 2010 Winter Olympics. Wow! Did you know the culture and history of this province is as diverse as its landscape? Before leaving, we must say a big thank you to the maintenance contractors who work tirelessly, keeping this busy highway cleared during the winter, so we could travel safely to this beautiful province. As we neared the end of our tour, feeling famished, we indulged in a hot cup of herbal tea and some delectable coconut bread. What a treat!

Having activated our minds with the sights and sounds of our virtual tour, we were ready for some brain teasers – compiling as many words as possible from the word “SENIORS”. Many were amazed at their accomplishments. We thank God for enabling 83 of us to participate in this wonderful event.

Reflecting on this unique tour, we realized that though our world is marred by sin, there are still some beauties to behold. Our finite minds cannot fathom what God has instore for us. However, we rest in the assurance of 1 Corinthians 2:9 “...Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him.” My fellow seniors, lets us prepare to be there.

Lydia Francis

Ruth Church Oasis Seniors Club

We have been truly missing our mid-week fun fellowship with each other; we miss our activities together, including our dance exercises, but most of all, we miss each other.

We are looking forward to the day when the pandemic is under control, and we can get back to our weekly gatherings. Even though we can't physically meet, we still greet each other via our WhatsApp seniors group, where we post greetings, prayers, videos and whatever else we think will be of interest and encouragement to each other. The group leader, Leletha Lawrence, gives thanks and all the praise to our promise-keeping God.

We applied for and received a federal Covid-19 concierge grant, which has allowed us to supply over seventy (70) seniors in our church and community with Covid-19 care bags with washable and disposable masks, hand sanitizer, sanitary wipes, gloves, self-care mental health activities, food, snow removal, housekeeping, and medical appointment assistance.

Our Pathfinders (The Alpha-Centauri Club) have been a great asset in partnering with us, to do the snow removal service. These all go a long way in helping to make this lengthy lock down a bit more tolerable for the seniors, and in harmony with our seniors theme, "Serving God and Fellowmen", and our motto, "be kind to one another, tender hearted..." (Ephesians 4:32).

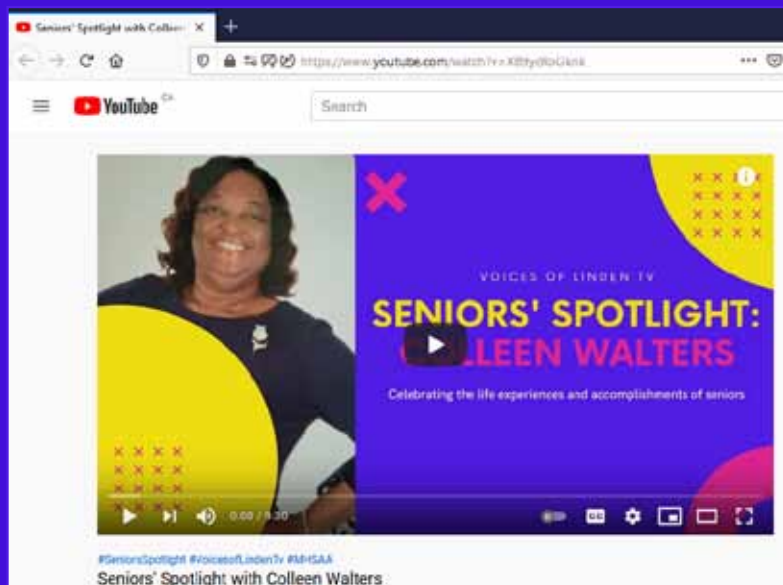
Leletha Lawrence



Shiloh

To celebrate the life experiences, contributions and accomplishments of seniors, as well as to encourage others, the Shiloh Church seniors leader, Andrew James, started the project, "Seniors' Spotlight", where he interviews one of his church seniors via Zoom and posts it on YouTube. To watch one, go to: [YouTube.com/watch?v=XB9ycRoGknk](https://www.youtube.com/watch?v=XB9ycRoGknk). And to view more, go to YouTube and type Seniors' Spotlight in the search field.

Andrew and his wife, Krishana, are not seniors, but they both have the passion, love and dedication to ministering to seniors..



Toronto East

The Seniors Ministry of Toronto East decided, for the first quarter of 2021, to work on an outreach project. The Neonatal Unit of the Scarborough Centenary Hospital was chosen. It was discovered that they needed some things to keep those babies comfortable and warm, so Toronto East seniors decided made blankets, hats, and booties for them. The project was very successful as seniors and friends worked on it together.

On Tuesday, April 6 of this year, 26 blankets, along with hats and booties, nicely individually packaged, were delivered to the hospital. It was such a joy to see how much they appreciated the gift. They were so happy that we had adopted the unit. We praise God for the work everyone put out to let others know that the church cares and is there to help when it is needed.

Neil C



Delivering the gift to the nurses are, from R-L, Pastor Samuel Appiah, Pastor Errol Lawrence, Viveen Mcleary, Seniors Ministry leader, and Urella Mason, assistant



Seniors' News

Toronto Central

Bev. became a member of the Seventh-day Adventist Church in 2012. She was baptized in April, and just three months later, after returning from vacation, she was the victim of a devastating accident. As she stood waiting to cross the lights at a busy Toronto intersection, the driver of a car speeding by, lost control of his vehicle. The car mounted the pavement where Beverly stood and struck her, knocking her to the ground. Things

happened so suddenly and so unexpectedly that she did not have time to escape the danger.

The impact was crushing. Her legs and arms were severely damaged. After several months in rehab, she learned to walk again, and she regained the use of her hands too. She will forever bear the internal and external scars of this horrifying experience, but she praises God every single day. The outcome could have been worse, but God protected her.

Lorna Grey



In gratitude and love for God, Beverly wrote:

To me, God is a prism through which I view my life
For when I look at me, today,
I know the Lord loves me
When I look at my fami-ly,
I KNOW He loves me, me
ME! Bever-ly
When I perceive the truth,
I know He informs me
Even until tomorrow, the day after tomorrow, and
right back from to the day I was born,
right back into eterni-ty
I bless the Lord for the car that struck me
Into this eterni-ty
Which reminds me
I belong to Thee
My Lord
He holds me
Like I belong to eterni-ty
I am whole
I am free
I am me
I belong to Thee
The Lord, my God, who freed me
Holds me,
Created me,
Blesses me,
Claimed the truth that is me,
ME!
Look at me
I am Bever-ly

Congratulations!!!

July Celebrations!



*Happy 55th Anniversary
Marjorie & Dan
Williamson*



*Happy Birthday
Daphne Coleman
90...*



*Happy Birthday
Viola Beswick
96+...*



- **Beware of threatening calls pretending to be the police or CRA.**
- **Do not send money to someone you do not know.**
- **Do not click on unknown links in e-mails or telephone messages.**
- **Do not open an attachment in an email you were not expecting.**
- **Do not share your personal information, credit card information or other information with just anyone.**
- **In general, use extra caution and ask before acting.**

Ontario Resources for Seniors

Health care services - home care or Long-term Home Care information	www.ccac-ont.ca
Ontario Drug Benefit Program (ODB)	800-267-8097
Assistive Devices Program (ADP) and other related equipment for seniors with long-term physical disabilities	800-267-8097
Elderly Persons Centres and Active Living Fairs	211
Ontario Photo Card is a photo ID card for non-drivers, including seniors, providing the benefits of government-issued photo identification	1-800-267-8097
Guaranteed Annual Income System (GAINS)	1-866-ONT-TAXS (668-8297)
• Ontario Trillium Benefit • Ontario Senior Homeowners' Property Tax Grant • Healthy Homes Renovation Tax Credit	1-866-ONT-TAXS (668-8297)
For tax credits or to speak to Canada Revenue Agency	1-800-959-8281 www.cra-arc.gc.ca
Learn more about how to protect yourself when making everyday purchases for goods or services, including dealing with door-to-door sales, cancelling a contract or getting a refund	1-800-889-9768 www.ontario.ca/ consumerservices
Emergency Preparedness. Get a checklist to help you build your Emergency Survival Kit for use in an emergency; and sign up for Alerts so you know how to stay safe and keep your loved ones safe when emergency strikes	1-877-314-3723 416-314-3723 www.ontario.ca/ emo
To report a fraud	1-888-495-8501