

Elder Connections

Newsletter

Fall 2011

Volume 1, Issue 11

Elder Connections Annual Report 2011 Year Ended August 31, 2011

The following are some program highlights for the year ended August 31, 2011.

1. Thank you to all of our computer training teachers Avraham Cujic, Sam Cheung, Naomi Mills-Smith, Morry Koperwas, Gurpreet Singh Bhalla and all our substitute teachers. Over this past year, seniors received training at our 8 computer training sites in York Region, Mississauga, Toronto, Oshawa and Brampton. The training focus is on how to use e-mail, the Internet and MS Word. Classes are also given in Yahoo Messenger, Facebook and Skype. Best wishes to Caryl Alexander on her retirement. Your dedication as coordinating our computer training was exceptional and you will be missed.
2. Thank you to Dov Ber Marshall, Saira Malik and Sylvia White for their leadership in multicultural and intergenerational classes and programs by connecting diverse senior groups and juniors. The Intergenerational Culture Exchange's goal is to bridge social gap between the generations through friendly visits, get-togethers, activities and educational programs throughout the year. Youth volunteers visit seniors in their homes, senior's centers and senior's resident facilities.
3. Thank you to Barry Lipkus for coordinating our Bingo and providing advice at our board meetings.
4. Thank you William Scandlan for his Disability Tax Credit seminars. These seminars were developed to advise eligible people of potential tax savings. To date, 59 seminars have been arranged in the past five years. More than 2,500 individuals have been able to receive their rightful tax credits. This credit which has been in the *Income Tax Act* since 1985 can be claimed up to 10 years retroactively. It is estimated that the average tax recovered is \$5,000 to \$6,000 for an approximate total of more than \$15 million in tax refunds.
5. Thank you to Noor Din for his leadership in developing EPIC (Enterprise Promotion & Investment Centre). It is a community based venture that supports self-employed initiatives for the marginalized work force. Elder Connection is one of the founding partners for this program. In addition, thank you to Human Endeavors for the many programs serving the South Asian Community.
6. Thank you to D.B. Marshall for his senior's education and care giving classes.
7. Thank you to Gary Gladstone and Abi Radcliffe for working on the Fundraising Planning Day , Board Role & Governance , and Strategic Planning .
8. Thank you Morris Jesion and Abi Radclife for the work on the Toronto and York Region computer training sites, the newsletters, educational programs, intergenerational, multicultural programs and fairs, speaker's bureau, volunteers, students, cultural, social and recreational programs in long-term care facilities, seniors connecting seniors and youth and fundraising.

9. Thank you to Jack Pinkus who speaks on safe medication use and health promotion throughout the Greater Toronto Area. Jack Pinkus is a member of the Ontario Pharmacists' Association (OPA) Board of Directors. The OPA has been rolling out a program called Seniors Safe Medication Use Program (SSMUP) throughout the province. This program has been operating for nine years. About 12 per cent of the population is seniors and about 40 per cent of prescription users are seniors and of that 40-50 per cent used prescribed and over-the-counter medication improperly.
10. Thank you to our lottery licensing officers from all of our municipalities for being supportive of Elder Connections programs.

Thank you to our Board of Directors: Mary Allen-Armiento, Noor Din, Julius Grabel, Gerry Hurwitz, Goldie Leibman, Jack Pinkus, Ari Sitnik, Martha Dallaire, Don Forman and Barry Lipkus.

Munir Jan
Chair

9 Do's and Don'ts for Older Drivers

Older drivers have special challenges when it comes to safe driving. With age comes a gradual reduction in muscle mass and a decline in the availability of brain chemicals called neurotransmitters. These changes can disrupt your concentration and increase the amount of time it takes to evaluate and respond to information.

In addition to common age-related changes, older drivers may also have a medical problem that can affect driving. For example, an eye problem such as cataracts, glaucoma or macular degeneration can reduce the field of vision, blur vision or decrease the ability to adjust to low-light conditions or glare.

Conditions such as arthritis or Parkinson's disease can make it difficult to maneuver a car or turn your head to check for surrounding vehicles. What's more, a variety of medications can cause drowsiness, dizziness or confusion, which can affect driving.

The American Automobile Association (AAA) offers the following tips for older drivers on how to stay safe behind the wheel.

1. **Schedule an eye exam.** The American Optometric Association recommends that adults ages 19 to 60 receive an eye exam at least every two years, and that those over 60 have their eyes checked annually.
2. **Review your medications with your doctor,** and be alert for any side effects that may interfere with your driving.
3. **Avoid driving at night,** when visibility is low.
4. **Avoid driving during rush hour.**
5. **Avoid risky left turns** by making a series of right turns instead
6. **Make sure that your steering wheel, seat and mirrors are all properly adjusted,** and that you're able to completely depress the gas and brake pedals.
7. **Make sure you can move your head and neck comfortably** so you can check your blind spots as well as side traffic.
8. **Always wear a safety belt,** even when you're just making a quick run to the store.
9. **Take a driver's safety course to refine your skills** and possibly lower your insurance rates. AARP offers a course that can be taken either in-person or online.

Additional resources: For additional information on safe driving, visit www.aarpdriversafety.org. To learn about the CarFit program developed by the American Society of Aging, AARP, AAA and the American Occupational Therapy Association, visit www.car-fit.org.

Computer Classes Offered by Elder Connections

Elder Connections invites you to a FREE Internet Training Course! (Fee is required at some locations. Please inquire when you call.) Learn basic computer skills; All about the Internet; How to E-mail family and friends; Finding information on the web. **Registration required for all classes. Space is limited!**

Classes Offered:

- ◆ Beginners
- ◆ Internet Level I
- ◆ Email
- ◆ Microsoft Word
- ◆ Internet Level II
- ◆ Facebook
- ◆ Skype
- ◆ Yahoo Messenger

E-Mail: Setting-up a Yahoo! e-mail account; Composing/sending e-mails; Checking spelling and formatting messages; Working with attachments; Opening/reading e-mails; Avoiding viruses in attachments; Adding contacts to the Address Book; Working with folders; Avoiding spam; Blocking messages/images/addresses.

Microsoft Word: Entering text into Word, the Word screen, formatting/editing text, selecting text, spell check and using multiple windows; Copying/cutting and pasting, saving/opening a word file, and creating/saving folders.

Beginners: Getting Started; The Mouse/Scrolling; Web Browsers, Yahoo!, Favorites; Windows; Weather.

Internet Level I: Directories, Search Engines; Web Addresses and URL's; Maps, Touring On-line.

Internet Level II: Search Engine Features: advanced search, returned list of subjects; Saving Found Information: articles, pictures; Organizing and Saving Files: files, folders, disks.

Facebook: Learn how to use social networking site that allows users to connect and share information

Skype: Learn how to use software that enables the world's conversations. Millions of individuals and businesses use Skype to make free video and voice calls and send instant messages.

Yahoo Messenger: Learn how to use Yahoo!® Messenger as an instant messenger program which is great for keeping in touch with friends and family, it allows you to send instant messages, view your friend's web cams and it features voice conferencing.

Our Locations:

Mississauga, Toronto, Oshawa, Vaughan, Brampton

General Information: Please Call
Avraham (Avi) 416-854-1002

Elder Connections Gratefully Acknowledges



Elder Connections would like to give a warm thank you and acknowledges the financial support of the *Ontario Trillium Foundation*. The Ontario Trillium Foundation distributes its funding to charities and not-for-profits through two granting programs: Community and Province-Wide. Within those programs, funding is allocated in four sectors: Arts and Culture, Environment, Sports and Recreation, and Human and Social Services.

Food Safety

- Tip 1.** Pay attention to news reports about contaminated foods and do not eat anything under suspicion.
- Tip 2.** Wash produce well, especially if it will be eaten raw. Produce with inedible peels like melons should be washed, too, to prevent pathogens on the peel from contaminating the flesh inside.
- Tip 3.** Before and after handling food, wash your hands with warm, soapy water for at least 20
- Tip 4.** Use one cutting board and set of utensils for raw meat, fish, and poultry and another for produce.
- Tip 5.** Use hot, soapy water to wash cutting boards, dishes, and utensils that have come in contact with raw meat, fish, eggs, and poultry.
- Tip 6.** Separate raw meat, seafood, eggs, and poultry from other foods in your shopping cart, grocery bags, and refrigerator.
- Tip 7.** Cook meat, seafood, and poultry adequately. Take special care with ground meat, which is especially likely to harbor pathogens. Eggs should be cooked until the yolk is firm.
- Tip 8.** Don't place cooked meat, seafood, eggs, or poultry on the same plate that held the raw version.
- Tip 9.** Store food properly. When you buy raw meat, seafood, eggs, and poultry, refrigerate them as soon as you get home from the store.
- Tip 10.** Refrigerate foods within two hours of cooking. Never allow meat, poultry, seafood, eggs, or other foods that require refrigeration to sit out for more than two hours.
- Tip 11.** Keep your refrigerator temperature at or below 40 degrees F and your freezer below 0 degrees F, because cold temperatures help stop organisms from multiplying.
- Tip 12.** Avoid unpasteurized milk and other dairy products as well as unpasteurized juices.
- Tip 13.** Don't eat food that is spoiled, moldy, or smelly. If in doubt, throw it out.
- Tip 14.** Discard old food. Check package labels for recommended storage time limits.
- Tip 15.** If a restaurant serves you undercooked meat (especially hamburger or chicken), send it back for more cooking. Ask that all other food on the

Humor Corner:

Jacob, age 92, and Rebecca, age 89, living in Devon, are all excited about their decision to get married. They go for a stroll to discuss the wedding, and on the way they pass a chemist (drug store).

Jacob suggests they go in.

Jacob addresses the man behind the counter: "Are you the owner?"

The pharmacist answers, "Yes."

Jacob: "We're about to get married. Do you sell heart medication?"

Pharmacist: "Of course we do."

Jacob: "How about medicine for circulation?"

Pharmacist: "All kinds"

Jacob: "Medicine for rheumatism?"

Pharmacist: "Definitely."

Jacob: "How about suppositories?"

Pharmacist: "You bet!"

Jacob: "Medicine for memory problems, arthritis, and Alzheimer's?"

Pharmacist: "Yes, a large variety. The works."

Jacob: "What about vitamins, sleeping pills, Geritol, antidotes for Parkinson's disease?"

Pharmacist: "Absolutely.."

Jacob: "Everything for heartburn and indigestion?"

Pharmacist: "We sure do."

Jacob: "You sell wheelchairs and walkers and canes?"

Pharmacist: "All speeds and sizes."

Jacob: "Adult incontinence pants?"

Pharmacist: "Sure, but may I inquire as to why you are asking all these questions?"

Jacob: "We'd like to use this store for our wedding presents list..."

About Us

Elder Connections is a registered Canadian charitable organization with a large membership of individual seniors residing in the Toronto, Hamilton, York, Durham, and Peel areas. Founded in 1994, the mission of Elder Connections is to enhance the quality of life of older adults with a mandate to:

- Conduct, arrange and support programs and activities for the benefit of the elderly;
- Provide educational programs to seniors;
- Promote research and the development of resource information concerning the elderly;
- Provide resource materials to seniors.

Programs and services are available to ALL seniors who choose to access them. Needs-based assessments are conducted on an ongoing basis within and outside the membership. We are constantly assessing current trends and issues that impact upon seniors' well-being, and asking consumers what they need to remain vital, active citizens. Examples of the range of services we provide include:

1. Computer Training.
2. Intergenerational, multicultural and social programs.
3. Educational workshops, forums, and conferences for seniors on topics such as safe medication uses and disability tax credits.

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Elder Connections

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Invite Others to Join our Mailing List!

Do you know anyone interested in receiving this newsletter? Send an e-mail with your first and last name, and e-mail address to office@elderconnections.ca with the subject "Subscription request".

We value your privacy and will NOT share your e-mail address with anyone else!

Comments or Questions?

Yes, we want to hear from you! Whatever is on your mind, let us know – there is no "right" or "wrong" comment!

E-mail us at office@elderconnections.ca

Or contact us: Phone: 416-256-7099
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