

PNM ZOOMERS



NEWSLETTER

May, 2020 Issue

Executive Corner What's New?



Hello again! I hope that everyone is staying healthy, physically distanced and finding things to keep yourselves busy. In our home, Carolyn is quilting and knitting while I read and research. I am presently looking into the early history on New Maryland and I will share it with you when it is ready. Then there is the ever present jigsaw puzzle!

I am encouraged by the news that New Brunswick has not had any new cases on COVID-19 in the past few days. As you have heard, this means that some of the restrictions can start to be lifted. This will be a slow and cautious procedure as we don't want to cause a second wave of infection. Who are you going to 'bubble' with? As my mother-in-law used to say - hang in there. 😊

Like all of us, I was shocked and deeply saddened by the mass murders in Nova Scotia. I just don't understand why someone would do such a terrible thing. My thoughts and prayers are with the grieving families.

If anyone needs assistance, please let us know. My continuing thanks to Pat Richardson for her weekly Wellness Check emails! It is very good to maintain contact with each other.

Gary Campbell, President

COVID-19 UPDATE



Our thoughts and prayers are with the grieving families, friends and comrades in Nova Scotia as they mourn those that were killed in a mass shooting April 18 and 19.

On April 25th we were provided with a positive update from Premier Higgs. We have entered into day seven with no new Covid-19 cases. If there are no new outbreaks in the next few weeks there could be a partial loosening of the coronavirus related restrictions. Premier Higgs has offered the following comment "current projections suggest that more reopenings could occur in two to four weeks, but major gatherings such as festivals and concerts are prohibited for the rest of the year, although that date will be reviewed". We are still encouraged to follow the social distancing and hygiene recommendations.

I would like to take this opportunity to thank Dr. Jennifer Russell, the Province's Chief Medical Officer of Health, for her involvement with providing us with daily updates. I would also like to acknowledge the dedication of the essential workers in many areas of our lives, from hospitals, to grocery stores, truck drivers and beyond. Thank you to all of our Unsung Heroes.

It is welcomed news to witness the manner in which the leaders of our political parties are working together to achieve positive results.

I extend my offer to anyone who is in need of having errands fulfilled or are just in need of a conversation. I can be reached at 459-3535 or by email: judy.wilson-shee@vonm.ca.

STAY HEALTHY AND STAY SAFE

Mayor Judy Wilson-Shee

Let's Get Cooking!

Preparing and cooking food is an important part of healthy eating. The benefits of cooking homecooked food include:

- Helps you use less processed foods which often have a lot of salt, sugar and saturated fats.
- Allows you to know and to control, the ingredients in your meal.
- There is no need to look at the ingredient list to make sure your meal is not going to trigger an allergic reaction.
- Can help you save money.
- Brings you back to the basics. It can make you feel good by reminding you of a time when things seemed to be simpler.
- It can bring back childhood memories.

How can cooking at home save you money?

By cooking in batches and buying family sized packs, you can save a lot of money without having to spend all your time in the kitchen. Being a big batch cook does not mean you have to eat the same meal for the rest of the week. Try cooking one big meal and freezing some portions for later. You can also choose to cook one ingredient, like a meat, and change the way you eat it depending on how you feel. For example, baked chicken can be eaten as a sandwich, in a pizza, in a pasta dish, with rice and vegetables, or in a soup. The possibilities are endless and having that ingredient ready to use makes it easier to try new recipes.

For more information on how to cook more often, go to <https://food-guide.canada.ca/en/>

Article provided by Cora-Lee Leblanc, Dietetic Intern at Public Health Fredericton\Upper River Valley

Curry and Maple Syrup Chicken Breasts **Recipe**

Portions – 4

Preparation – 10 minutes

Cooking – 12 minutes

Ingredients

- 2 boneless chicken breast halves (1 lb)
- Curry powder 15 mL (1 tbsp)
- Olive oil 15 mL (1 tbsp)
- Maple syrup 15 mL (1 tbsp)
- 1 pinch of salt

Preparation

1. In a bowl, mix the curry powder, oil, maple syrup and salt. Add the chicken and cover it with the marinade.
2. Cook the chicken (without additional fat) in a non-stick pan over medium-high heat for 5 minutes.
3. Reduce heat to medium, turn the chicken and cook for another 5-7 minutes or until the chicken is cooked through.
4. Refrigerate or add to a recipe.

The chicken keeps up to 4 days in the fridge or 3 months in the freezer.

Recipe provided by Cora-Lee Leblanc, Dietetic Intern at Public Health Fredericton\Upper River Valley. Recipe taken from the cookbook "Souper rapides" written by Geneviève O'Gleam, RD

Activities for Seniors in the Summer Months

Going outside in the fresh summer air is a welcome change, especially after two months in lockdown at home. With the warmer temperatures and longer days, going outside encourages light exercise and promotes socializing (from a safe distance) which are both important elements for a healthy lifestyle. Here are a few ideas for seniors to enjoy during the upcoming summer months.

1. Gardening

Gardening is a popular outdoor activity for seniors, and it's a great way for seniors to stay active, maintain muscle strength and flexibility. This light aerobic activity is very beneficial and can be incorporated easily into a daily routine. Whether it's a simple pot of blooming annuals, or a garden plot with seasonal vegetables, gardening offers both mental and physical benefits.

2. Walking

A great way to stay active is through walking. From a longer hike to a quick jaunt around the neighborhood, walking provides some light cardio. It's also a great way to get some fresh air, enjoy the warmer temperatures, and say hello to your neighbours as you're out and about. A bit of a stroll around the block can really lift your spirits and is a low-impact activity.



3. Bird Watching

Birdwatching can be beneficial in calming the mind and allowing for reflection. This is a great choice for seniors who wish to connect with nature. Add a bird feeder or a birdhouse to your yard to attract regular visitors. Bird watching can be soothing and therapeutic.



4. Berry Picking

Berry picking is a great way to get outside and get some fresh air while partaking in mild exercise. Plus, you get a nice snack from your berry-picking efforts!

5. Picnics

A classic outdoor activity, picnics are a great way to enjoy some fresh air and good conversation while enjoying a nice meal in one of our local parks.



6. Photography

An easy and enjoyable activity, photography is no longer limited to professionals with expensive cameras. If you have a cell phone, you can take beautiful photos. Go for a stroll in your neighbourhood or step into your own backyard to capture nature and take a moment to capture that smile of a visiting friend or family member.

Article provided by Michelle Sawler, Recreation Coordinator, Village of New Maryland

Starting Your Own Garden at Home

Beginning your first garden shouldn't be an intimidating task. In fact, gardening is one of the most relaxing and rewarding activities you could find. But there's still a lot to know before you begin. Here are some basics to start your gardening in the right direction.



Think Big, but Start Small

You might have your heart set on a garden brimming with colour. It's okay to think big but start small. A smaller garden with just a few plants will be easier to manage and learn from. Also, avoid any projects that might take weeks or months to finish. If you're a beginner, it might just be an exercise in frustration and ruin your spirit to garden all together. Once you have the skills and confidence to succeed at something larger, you can always go back and expand your garden next year.

Read up First

Creating your first garden should be fun and you want to be successful but do some reading and brush up on some of the basics (like you're doing right now). Pick up publications with easy, step-by-step instructions to help you plan and prep. Learn the difference between annuals and perennials, when to water your garden, or what plants are native to your area. Taking the time to learn the ABCs of gardening, before you begin, could save you a few headaches down the road.

Pick a Sunny Spot

Most vegetables and plants need at least 6 hours of daylight to thrive, so if you're intent on growing a particular piece of produce, pick a sunny spot. Also, think about the effect you want your garden to have on your home. A garden along a front walkway can be enjoyed every day and will give your home curb appeal. On the other hand, a backyard garden may be easier to manage. Whatever you decide, locating your garden in a spot where you'll see it everyday will keep you motivated to garden more.

Choose the Right Tools

As you become a more experienced gardener, you're likely to collect a variety of garden tools. But if you're a beginner, start with the basics. A shovel, rake or spading fork are just some of the tools you'll need to break up and move soil in your garden. Digging tools with long handles provide more leverage, while short-handled tools offer more control, but may be harder on your back. As a general rule, buy only what you need to start your garden, and then add to your supply as time goes on.

Curb Weeds With Mulch

No garden is completely immune to weeds. Ask any gardener what job they despise most, and you'll likely hear about the tedious task of weeding. One of the best ways to minimize having to weed your garden is with mulch. Mulch is any material you can spread over the surface of your soil as a covering, which helps to retain soil moisture and suppress weeds. Organic mulches are particularly effective at improving soil fertility as they decompose. Examples of organic mulches include: shredded or chipped bark; compost; composted manure; grass clippings; shredded leaves and straw.



Article provided by Michelle Sawler, Recreation Coordinator, Village of New Maryland

Do you need a mask?

The New Brunswick Women's Institute COVID 19 Mask Project.

➔ OUR BRANCHES ARE MAKING MASKS!

If you or your organization would like to order masks,
please contact Rose at nbwi@nb.aibn.com or contact one of the participating Branches listed below.



This is a joint project of the New Brunswick Women's
Institute and
The New Horizon for Seniors Project and these masks will
be provided free of charge!



Coldstream WI
Lakeside WI
Hillsborough WI
Salmon Creek WI
Norton WI
Upper Gagetown WI
Havelock WI
Murray Corner WI
Maugerville WI
Debec WI
Central Rusagonis WI
Greater Fredericton WI
DeWolfe WI
Mount Pleasant WI
Grand Bay WI
Burnt Church WI
Glen Levit WI

