



Photo by Peter Wood

We're so happy you're here.

Another beautiful Muskoka summer has come and gone. As fall settles in, we're treated to crisp mornings, vibrant autumn colours, and quieter roads. While nature prepares for the months ahead, it's a great reminder for us to do the same. Did you know falls account for over 85% of injury-related hospitalizations among older adults in Canada? Taking time now to make your home winter-ready can help prevent slips, trips and falls, reducing the risk of injury and helping you stay safe and comfortable throughout the colder months.

As we prepare our homes, it's just as important to look after our mental well-being. Shorter days and colder weather often mean spending more time indoors and fewer opportunities to connect with others. Staying socially engaged can make a big difference, whether it's trying a new hobby, learning a new skill or finding new ways to get involved in your community.

One easy way to stay connected is through our WISE Without Walls telephone program. All you need is a phone line to participate in a variety of engaging Games Days, Wellness Wednesdays and other programs from the comfort of your home. Check out our WISE Without Walls Guide and discover a new way to stay active, connected and engaged this season.

We hope you have a beautiful and safe autumn,
Rachel, Jennifer & Krysia
Seniors Programs

Seniors Programs and Services - District of Muskoka
705-645-2100 ext. 4199 / seniorsprograms@muskoka.on.ca



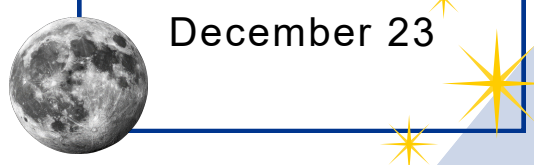
Holidays

Thanksgiving
Mon, October 12

Remembrance Day
Wed, November 11

Christmas Day
Fri, December 25

New Years Eve
Thurs, December 31

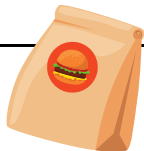


Full Moons

October 26
November 24
December 23



New Traditions



Twass the night before Thanksgiving and I was in charge of making the dinner. I was fresh out of college and had never cooked a turkey before, but I was confident that I could do it. My family was counting on me to make a delicious Thanksgiving meal, and I was sure I could deliver a feast to be remembered.

I followed the instructions from Martha Stewart herself to a T... or so I thought. I spent hours stuffing, trussing and preparing the turkey and all the trimmings. But when it came time to put the turkey in the oven, I accidentally turned on the broiler instead of the oven... soon the whole kitchen was filled with smoke and the alarm went off.

My family came running into the kitchen to see what was going on just as I pulled the scorched (and still raw) turkey from the oven. I was so disappointed that the turkey was burnt.

The side dishes were no better. The mashed potatoes were lumpy, the green beans were also burnt, and the cranberry sauce was stuck to the bottom of the pan. And don't even get me started on the pumpkin pie.

Defeated, we all piled into the car and on Thanksgiving day, we went to the McDonald's drive-thru. It wasn't the traditional Thanksgiving meal that we were used to, but as we were eating our fast food we all started to laugh until we had tears streaming down our faces.

Sometimes a new tradition sneaks up on you. One we follow strictly though is I never cook Thanksgiving dinner ever again.



Cranberry Jam



Prep Time: 5 minutes
Cook Time: 10 minutes
Serves: About 2 cups

Looking for a nice gift to bring friends this time of year? Look no further...

Ingredients

- 1 ¼ cup of fresh cranberries
- 1 cup granulated sugar
- 1 tablespoon lemon juice

Preparation

1. Set 1 **16oz mason jar** or 2 **8oz jars** on a clean kitchen towel next to the stove, along with jar lids and a ladle.
2. In a saucepan over medium-high heat, combine cranberries, sugar, and lemon juice. Stir well and bring to a boil, stirring often to prevent sticking as the sugar melts and cranberries pop.
3. Once boiling, reduce heat to medium and continue to cook, stirring, for 8-10 minutes, until thickened and jammy. Do not overcook as the jam will continue to set as it cools.
4. Pour the jam into your jar(s), leaving ¼ inch of headspace. Use a wet towel to wipe the outside of the jar, then loosely place lid. Let cool to room temperature, then store in the refrigerator for up to one month.

HOBBIES WORD SEARCH

TRIVIA

Answers on last page

L T I H B Z G N I K O O C J D G G K J D
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WORD LIST

BASEBALL
CANDLE MAKING
CHESS
COOKING
DANCING
GARDENING
HIKING

KNITTING
LANGUAGE LEARNING
MACRAME
MEDITATION
MODEL CARS
MUSICAL INSTRUMENT

PAINTING
PHOTOGRAPHY
POTTERY
READING
SCRAPBOOKING
SEWING

SHOOTING
SHOPPING
SINGING
STAMP COLLECTING
SURFING
WOODWORKING



1. What is the largest planet in our solar system?
2. Which country is home to the Great Pyramids of Giza?
3. How many continents are on earth?
4. Which bird is the universal symbol of peace?
5. How many sides does a hexagon have?
6. How many players are on the field in soccer, on one team?
7. What is the only letter that doesn't appear in any U.S. state name?

8. Which animals fingerprints are so similar to humans that they can confuse forensic investigators?
9. What is the capital of Iceland?
10. What is the tallest species of grass?
11. Which famous scientist developed the three laws of motion?
12. How many squares are on a standard chessboard?





**You CAN
prevent falls!**

The facts

- Falls are the leading cause of injury among older Canadians.
- 20-30% of seniors experience one or more falls each year.
- Falls are the cause of 85% of seniors' injury-related hospitalizations.
- Falls are the cause of 95% of all hip-fractures.
- 50% of all falls causing hospitalization happen at home.

Protect yourself

Anyone can fall. But as we age, our risk of falling becomes greater. That's the bad news. The good news is that falls can be prevented. The first step to avoiding falls is to understand what causes them. For example, poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe conditions in and around your home can increase your chance of falling. Staying safe and on your feet is a matter of taking some steps to protect yourself.

You **can** prevent falls by making the needed adjustments to your home and lifestyle, and by making sure you eat well, stay fit, and use whatever devices will facilitate your daily life while keeping you safe. Your independence and well-being are at stake. Take action!



Your home

Bathroom

- Ensure that you have non-slip surfaces in the tub and shower.
- Install grab bars by the toilet and bath to help you sit and stand. Make sure they are well anchored.
- Use a raised toilet seat, and a bath seat in the shower, if you need them.
- Wipe up moisture or spills immediately.



Living room and bedroom

- Reduce clutter! Get rid of loose wires and cords as well as any other obstacles.
- Consider using a cordless phone to avoid rushing to answer.
- Have good lighting throughout the house and install night lights.
- Make sure the path is clear between the bedroom and bathroom.
- Scatter mats are tripping hazards. Get rid of them or make sure they are non-slip.
- Move slowly out of your bed or chair. Getting up suddenly can make you dizzy.

Kitchen

- Store kitchen supplies and pots and pans in easy-to-reach locations.
- Store heavy items in lower cupboards.
- Use a stable step stool with a safety rail for reaching high places.
- Always wipe up any spills immediately to prevent slipping.
- If you use floor wax, use the non-skid kind.
- Ask for help with tasks that you feel you can't do safely.

Your health



Stairs

- Make sure your stairs are well lit.
- Have solid handrails on both sides of the stairway.
- Remove your reading glasses when you go up or down the stairs.
- Never rush up or down the stairs. It's a major cause of falls.

Exterior

- Keep front steps and walkway in good repair and free of snow, ice and leaves.
- Keep front entrance well lit.
- Put gardening implements such as hoses and rakes away when not using them.



Eat healthy meals

- Nutritious meals keep up strength, resistance and balance. Eat lots of vegetables and fruits.
- Don't skip meals. It can cause weakness and dizziness.



Keep fit

- Engage in physical activity every day. It's your best defence against falls.
- Walk. Try Tai Chi. Do what you can to maintain your flexibility and balance.
- Build your muscle and bone strength by doing "resistance" activities or exercises (such as weight lifting). Consult your doctor before you embark on an exercise program.
- Have your hearing and vision checked regularly.

Use medication wisely

- Ask your doctor or pharmacist about possible side effects of prescription or over-the-counter medication.
- Read directions carefully so you're aware of potential reactions with other medications.
- If your medication causes dizziness or sleepiness, adjust your activities so you aren't at risk of falling.
- Don't mix alcohol and medications. Alone or in combination with drugs, alcohol can cause falls.

Use safety aids

- Don't be embarrassed to use aids to daily living—they can keep you safe and active.
- Wear your glasses and hearing aid.
- Consider using a walker or cane. If you use a cane, make sure that it's the correct height and that it's rubber-tipped for safety.
- Appropriate footwear is important. Comfortable shoes that provide good support can help to prevent falls.
- Find out about other gadgets that can make your life safer: reachers, anti-skid soles, hip protectors, etc.
- Use them!



Take action!
You CAN prevent falls!

If you fall...

- Try to land on your buttocks to prevent more serious injuries.
- Don't rush to get up. Make sure you are not injured before trying to get up or letting others help you get up.
- Don't let the fear of falling again prevent you from being active. Inactivity creates an even greater risk of falling.

For more information

Division of Children, Seniors and Healthy Development

Public Health Agency of Canada

Telephone: 1 800 O-Canada

(1-800-622-6232)

TDD/TTY: 1-800-926-9105

Web site: www.publichealth.gc.ca/seniors

Cette publication est disponible en français sous le titre : *Vous POUVEZ éviter les chutes!*

Other publications

- *Seniors' Falls in Canada: Second Report*
- *The Safe Living Guide—A guide to home safety for seniors*
- *Bruno and Alice—A love story in twelve parts about seniors and safety*
- *12 steps to stair safety at home*
- *Stay safe! (poster)*
- *If you fall or witness a fall, do you know what to do?*
- *What to do after a fall... (poster)*

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WISE Without Walls

Colder months don't mean less community - join our telephone programs!

Wellness Wednesdays - 1PM

Oct 7th **Being the Most Effective Supporter - Sandy Ikster**

Oct 21st **All About Dentures - Bracebridge Denture Clinic**

Nov 4th **Sleep Is Your Superpower - Ted Talk**

Nov 18th **Crohn's and Colitis 101: Crohn's and Colitis Canada**

Dec 16th **Foot Health & Orthotics - BioPed Footcare**

Anything Goes - 1PM

Oct 23rd **Summers with Miss Elizabeth - Author Lori Knowles**

Nov 27th **Timeless Play - A Nostalgic Journey Through the Evolution of Toys**

Dec 18th **Origins of Holiday Traditions - Podcast**



Nothing Gold Can Stay

by Robert Frost
1923

Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.

TRIVIA ANSWERS

1. Jupiter

2. Egypt

3. Seven

4. Dove

5. Six

6. Eleven

7. Q

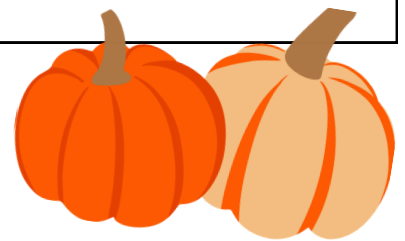
8. Koalas

9. Reykjavik

10. Bamboo

11. Isaac Newton

12. Sixty Four



What would you like to see in the Joyful Ledger?

Please take some time to think of any
ideas that would improve this newsletter.
Any feedback is appreciated! Email ideas
to seniorsprograms@muskoka.on.ca

**Thank you for reading along! Until
next time have a safe and
comfortable Fall season!**