

Hello Canton Woods!

March in Central New York has its challenges, but the good news is we are steadily moving away from winter and toward spring! Yeah! Don't forget to adjust your clocks and "spring forward" one hour on March 14<sup>th</sup>! We are also hearing about your successes receiving the vaccine. This is wonderful news! It is still important to continue to practice social distancing, hand washing and wearing your mask in public.

March reminds me of many festive St. Patrick's Day celebrations at the Center enjoying Irish music and step dancers. This year many of you will celebrate safely at home with a traditional Irish dinner. The Baldwinsville Rotary is providing a traditional St. Patrick's Day dinner On March 17 to more than 120 Baldwinsville area seniors! It is a takeout or delivered meal. Be sure to mark your calendar if you **MADE** a reservation. Thank you to the Baldwinsville Rotary for this generous gift to Baldwinsville area seniors.

The Baldwinsville Library is bringing their annual Celtic Ceilidh to you via YouTube! This presentation includes Irish harps and dancers. It will premiere at 2pm on Sunday March 14 and be available after that to watch on the YouTube through the Baldwinsville Library site.

Thank you for responding to the tech questions in last month's letter. The Baldwinsville Library is working on videos to help folks learn how to use ZOOM. Once you have learned how to access ZOOM, the library hosts a weekly **Friday Tech by ZOOM** session you could join and get answers to your other tech questions! If you have a need to learn how to use ZOOM before the end of March you may contact Julia at the library (315)635-5631 to arrange a phone appointment for instruction.

*Happy St. Patrick's Day!*

*Sláinte!*

*Ruth*

**When will the center reopen?** Indoor programs at the center are currently suspended. This is a changeable situation. We hope to resume limited indoor programming in April. Please call the center Monday – Friday with any questions or concerns and check the Village of Baldwinsville website for updates.

**Senior Fair in a Bag Drive up Event!** on Thursday, March 4<sup>th</sup> 2021 from 11:00am-1:00pm. This event is brought to you by Canton Woods Senior Center and Community Living Advocates. Come by for valuable information and fun give a ways!

**Canton Woods Senior Activity Committee invites you to a St. Patrick's Drive by event on March 16th at 2:00pm. Stop by for a wee bit of Irish fun and a green treat, while supplies last.**

**Go Green !!** Send us a picture of yourself wearing your Green any time between March 1 and March 19th! Your name will be entered into a drawing.

**Winners of February's Wear Red drawing are Nick Lipari, Jean Howard, and Mary Hendel. Thanks to all that participated.**

The Center is offering a drive/ walk up take away lunch through the Onondaga County senior nutrition program and PEACE Inc. The lunch is every **Monday, Wednesday, and Friday** at 11:30am. Call the center 315-638-4536 for more information and to make a reservation!

**Food Sense** is available each month! The Food Bank of CNY Food Sense program helps stretch your food buying dollars. This program is open to everyone. The order deadline for March is **Thursday, March 11<sup>th</sup> by 10:30am.** Call the center for more information (315) 638-4536.

I'm pretty sure that March is my least favorite month. It's long, sometimes it is mostly winter, occasionally, it is warmer. We seem to have at least 1 big storm, but the snow doesn't last as long. However, April has been lousy the past few years too. BUT, there is hope this March! Seniors are getting their vaccines, our Governor is opening up more and more and Soon, I hope, we can get back some of the things we had to let go. Keep your fingers crossed for an early, warm spring, and the hope that Canton Woods will be open in some way in the coming months. I look forward to seeing you. Wishing you a wonderful St. Patrick's Day! *Joanie*

### **Quotes that Matter!!!**

"The more you praise and celebrate your life, the more there is in life to celebrate." Oprah Winfrey

"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others." Audrey Hepburn

"The biggest risk is not taking any risk...In a world that's changing really quickly, the only strategy that is guaranteed to fail is not taking risks." Mark Zuckerberg

**BINGO!** Zoom in to play BINGO for fun on Tuesday March 9 at 2pm. Call the center or email [rtroy@baldwinsville.org](mailto:rtroy@baldwinsville.org) to request the link. You can find BINGO cards to print online or simply create your own, 5 spaces under each letter, B (1-15) I (16-30) N (31-45) G (46-60) O (61-75) don't forget the free space under "N"!

Yvonne Martin has posted a **Chair Yoga** session for her Chair Yoga people. If you are interested, we can help you find Yvonne's session. It is posted on The Village of Baldwinsville Website. Also, Yvonne offers twice weekly Zoom classes via [upstate.oasisnet.org](http://upstate.oasisnet.org). Oasis has eliminated the membership fee, and there is a fee for the class approx. \$5./class. Contact Oasis for more information. 315-464-6555.

**The Canton Woods Art Group** will meet Tuesday, March 2<sup>nd</sup> and Tuesday, March 16<sup>th</sup> at 2:00pm-3:30pm. The classes will be held through Zoom. Call the center 315-638-4536 for more information.

### **Craft Group, Craft Supply Giveaway! April 15, 2021**

#### **Do You Need Yarn?**

If you are a member of the Canton Woods Craft Group and need yarn just call the center and Ruth will be happy to bring some to you in the parking lot. 315-638-4536.

If you are not a member of the craft group and would be willing to make lap blankets, please give Ruth a call.

We are cleaning house and you get the benefits. This long pandemic had made people organize and clean out. This includes the craft storage room at the center and we want to give it away. The things we don't use or have a surplus.

#### **April 15<sup>th</sup> is Our Craft Give Away Day 1:00-3:00pm**

We have: Fabric, Lots of Yarn, Buttons, Plastic Canvas, Bells, Lots of Felt, Knitting needles & Crochet hooks, Yarn for weavers, Silk Flowers, Oasis, Spanish Moss, Pipe Cleaners, Snaps, hooks, eyes, Zippers, elastic, Velcro, Embroidery hoops, Batting, Decorating mesh ribbon, Straw & Grapevine wreaths, Pom poms.

We are hoping to be open, but call ahead for an appointment, to be safe. 315-638-4536.

### **Book Club**

In Britain you could drive 400 miles from London and be in Scotland. In American people drive 400 miles as a diversion".

If you're looking for a book that might add a little humor to this time of pandemic's try reading Not Tonight Josephine by George Mahood. Two guys from Great Britain decided it would be a wonderful idea to hike through the United States and learn about America. They have quite the adventure. Early in their trip, they bought a vehicle which has seen much better days.

Members of the group expressed their amazement and appreciation of the adventures these young men went had. They thought it was very brave of these two young men to tackle the problems that they did, and we all wished we had their daring and sense of adventure. This novel follows them throughout their journey, and relates with a great sense of humor, their adventures and the obstacles they encounter along the way. Everyone thoroughly enjoyed the book and encourage others to read it. What places are on your bucket list?

While researching this book I was running into problems because Not Tonight Josephine is the name of a song, a band, a book and a popular phrase used in England. The phrase "not tonight, Josephine" is meant to be used when spurning sexual advances of women. Supposedly this particular phrase was first coined by Napoleon; however, the true origin of the phrase is really unknown. Knowing this, readers can relate to the title and the events in the book.

Our next meeting is March 23. We will be moving to a book that is non-fiction and very close for central New York New York history. We will be reading Heaven's Ditch by Jack Kelly.

As an aside.... I just finished reading a book called American Dirt by Jeanine Cummins and would urge you to read it if you get a chance...it is a perspective on those who emigrate to the US. *Edwina Hay*

**Note the meeting date is Tuesday March 23, at 2:00pm**, because we share the ZOOM scheduling time with the art group. Hope to see you on the screen!

*Edwina*

**Canton Woods Librarian:** I want to take this opportunity to thank several people who have generously donated books and books on tape. These donations have increased our collection of Danielle Steel books and our books on tape (cd's). I especially appreciate the books on tape donations as these are, sometimes, more costly than books.

As a reminder, we only collect recent (2010 forward) hardcover, fiction books and books on tape (cd's). Due to space constraints, we do not keep duplicate copies of books or cd's. Again, many, many thanks to these anonymous donors. Your generosity is GREATLY appreciated. Please enjoy the following recent purchases!!!

Before She Disappeared (L. Gardner), Four Winds (K. Hannah), Serpentine (J. Kellerman), The Russian (J. Patterson), Walk in My Combat Boots (J. Patterson), Scorpion's Tail (D. Preston), The Awakening (N. Roberts), Neighbors (D. Steel), Hush-Hush (S. Woods).

Simply call the center 315-638-4536 to inquire about new books. We will arrange to meet you outside in the parking lot to deliver your book requests.

**Down Memory Lane with Mayor Clarke and Linda Clarke** will gather with you for the same friendly visit and to reminisce, via Zoom! Down Memory Lane will be meeting every Monday at 4pm. ***Call the center if you wish to receive the invitation to this Zoom gathering!***

Mayor Clarke can also be seen on **Home Heart and Community Facebook live stream**, every week (Wednesday morning) and shares information about the Village including the senior center. You will find other local leaders on this site as well.

**Travel** We plan to bring Jacki to you via Zoom! As always, please direct any questions about Canton Woods Travel, **Belle Tours LLC** to Jacki Abbott 315-415-0040.

Hello Everyone, I hope you are all well and staying safe. I have planned some trips for 2021 and 2022. Hopefully, we will be vaccinated and ready to get back on the road again. I miss you all.

Newport, Rhode Island – June 8-11, 2021 4days/ 3 nights Sign up any time

Cape Cod-September 20-24, 2021 5days/4 nights Sign up any time

Sicily, Italy-October 1-13, 2021, Sign up before May 1. Or the price goes up \$350 per person

New Orleans March 2022

Classical Danube with optional Passion Play with Amadeus River Cruise on the MS.Amadeus STAR  
July 29-July8, 2002

To find out detailed information about any of these trips, please call Jacki @ 315-415-0040

Jan Wojnovich, CW's Sunshine Lady, continues to send out cards. If you know of any senior who is ill or has a close family member that has passed please call Jan at 315-638-2957 or call CW at 315-638-4536.

## **The Lipid Panel:**

Sounds familiar doesn't it? It is a blood test that is frequently repeated yearly or biyearly at the doctor's office especially after the age of 60. Why? This test allows your physician to follow or look for an abnormality in your metabolism that predisposes you to heart attacks and strokes and maybe dementia. If the test results are abnormal it is possible to add or adjust medications, suggest diet or exercise patterns that you can take to adjust these numbers thereby lowering your chances for a heart attack or stroke in the near and/or distant future and maybe stall off dementia.

Large studies have shown that people with high cholesterol have a much higher risk of developing heart disease than people with normal cholesterol. For example a cholesterol level of 250 doubles the chances of developing coronary heart disease whereas a level of 300 increases the risk by five. Furthermore, people with high cholesterol with or without coronary heart disease are up to 4.5 times more likely to die from heart disease than those who have a cholesterol level below 200.

Having high blood cholesterol raises the risk for heart disease, the leading cause of death in our country, and for stroke, the fifth leading cause of death. Also, there is mounting evidence to suggest that high cholesterol and a diet high in fat and unsaturated fat may also contribute to dementia, including dementia caused by Alzheimer's disease. It seems that autopsies of patients who had Alzheimer's disease and dementia, showed more blocked arteries in the brain that were similar to blocked arteries in the heart caused by high cholesterol than other patients who did not have Alzheimer or dementia.

The lipid panel measures two kinds of cholesterol, LDL (low density lipids) and HDL (high density lipids). The LDL is referred to as the "bad" cholesterol and the HDL as the good kind of cholesterol.

Cholesterol is a white, waxy substance that is found in foods of animal origin and also manufactured by all the cells of our body most notably the liver cells. It is essential for good health as it is an important component of cell walls and essential for the production of certain hormones.

When the LDL cholesterol gets too high it can start to form a plaque-like substance on the walls of the arteries in the cardiovascular system or cerebral circulation blocking the natural flow of blood leaving the person at risk for heart attack or stroke. The main causes of high LDL are poor diet and genetics. Additionally, certain medications can lead to elevated cholesterol. We call this a secondary cause of high cholesterol. If the causative medication is a necessary one its use may necessitate an increase or addition of a cholesterol lowering agent.

Triglyceride levels are included in the lipid profile as elevated levels called, hypertriglyceridemia, are associated with an increased risk of cardiovascular disease such as heart attacks and strokes. In general

the higher the triglyceride level the higher the cardiovascular risk. In addition the presence of extremely high triglyceride levels places the person at high risk for pancreatitis, a very painful abdominal problem.

The lipid panel is composed of: Total cholesterol, LDL, HDL and Triglycerides and sometimes the VLDL (Very high low density lipid) a type of blood fat. The elevated VLDL is considered one of the "bad" forms of cholesterol, along with elevated levels of either or both LDL cholesterol and triglycerides. Sixty percent of the VLDL particle is a triglyceride, the rest the LDL type lipid. This laboratory value helps risk stratify the person's likelihood of developing cardiovascular or cerebral vascular health problems and maybe dementia related problems. This value is sometimes used in research.

By Anne Clancy, RN, NP-C, PA-C

**Cwsag Facebook** has information on events at CW and in Baldwinsville along with pictures and suggestions of so many interesting subjects. Please check the site out!!

### **Neighborhood Advisor/Outreach Worker**

Wishing you all an amazing St Patrick's Day!!

I am excited to hear how many of you have gotten the Covid 19 vaccine or at least have an appointment to do so. As for the rest of you, just try to have patience, your chance will come soon. I know it isn't always easy especially when everyone says to hurry and get it and the supply is so short.

March is National Nutrition Month so for all of you seniors who want to eat healthier, let me remind you of some things that may help you accomplish that goal. First of all there are our PEACE lunches on Monday, Wednesday and Friday. These nutritious lunches are currently a drive by pick up of a frozen meal. Prior to quarantine they were fresh meals eaten at the center where you could also do some socializing as well. When the pandemic concerns are over I expect we will return to eating meals here. We also offer the Food Sense Program through the Food Bank which allows you to purchase a package of food at a cost far better than at the grocery store.

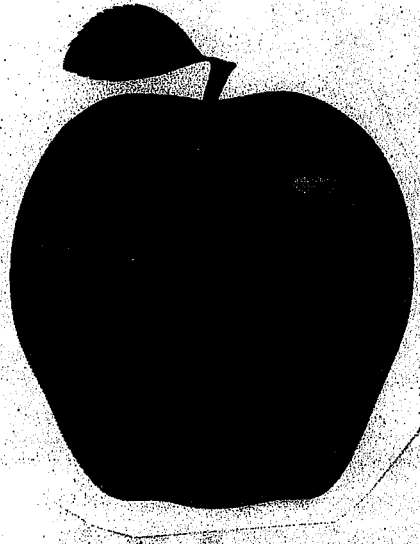
If you are looking to stretch your food dollars, and who isn't, you may consider applying for SNAP or visiting our local food pantry at the Methodist church.

If you need more information on any of these programs, feel free to call me here at Canton Woods. I am in the office from 9 to 3 Monday thru Friday.

### ***Nancy Sullivan Neighborhood Advisor***

#### **B'ville Express**

The ***B'ville Express*** remains closed down due to the COVID-19. If you need transportation, we encourage you to register for the OSCAR program, a free senior ride program provided by CENTRO. To register for OSCAR, or if you need to reserve a ride, call the OSCAR program at 315-442-3434. If you are having any type of procedure, please call the B'ville Express as I do have access to a free ride program for procedures only. *Gina B'ville Express Transportation Coordinator*



### Celebrating National Nutrition Month!

- Nutrition Education will be offered to interested senior participants using Zoom.
- The same presentation will be offered on each of the dates listed below. Individuals should join on one date that best fits their schedule.



#### Save the Dates!

Wednesday, March 10<sup>th</sup> at 10:00 am

[https://zoom.us/meeting/register/tJMkf-Gopz0IE9U-LYNTX3tOdcPFQf\\_48dd0](https://zoom.us/join/joinMeeting/register/tJMkf-Gopz0IE9U-LYNTX3tOdcPFQf_48dd0)

Wednesday, March 10<sup>th</sup> at 1:30 pm:

[https://zoom.us/meeting/register/tJEtce6vrDMsGt0vxh3rcfRslOI\\_75C8XKUU](https://zoom.us/meeting/register/tJEtce6vrDMsGt0vxh3rcfRslOI_75C8XKUU)

Thursday, March 11<sup>th</sup> at 9:30 am:

[https://zoom.us/meeting/register/tJ0od-igqz4vEtAT6yXK1WXep\\_fiOir7i2cg](https://zoom.us/meeting/register/tJ0od-igqz4vEtAT6yXK1WXep_fiOir7i2cg)

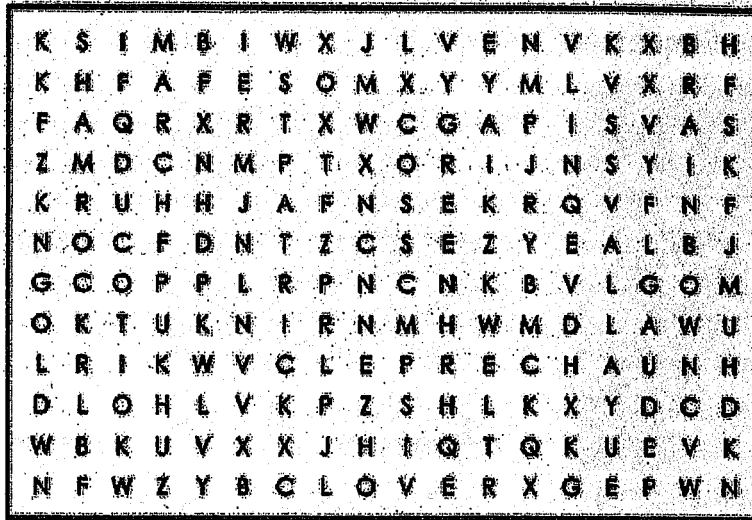
Tuesday, March 16<sup>th</sup> at 2:00 pm

<https://zoom.us/meeting/register/tJctcu2opj8uEtwQo2HUuzZHKNVxptm908vp>

If you have questions, email Heather Hudson, MA, RD, CDN at  
HeatherHudson@ongov.net.

# St Patrick's Day

**WORD SEARCH** Search across, down, and diagonally

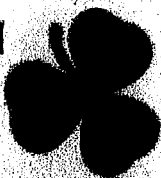


Find the following words:

- |            |         |      |
|------------|---------|------|
| LEPRECHAUN | RAINBOW | GOLD |
| ST PATRICK | CLOVER  | LUCK |
| SHAMROCK   | GREEN   |      |
| IRELAND    | MARCH   |      |



Irish Blessing



For each petal on the  
shamrock  
This brings a wish your way  
Good health, good luck  
& happiness  
For today and every day.

**CANTON WOODS MISSION STATEMENT**  
SENIOR CITIZENS are a valuable community resource. CANTON WOODS  
MULTIPURPOSE SENIOR CENTER meets the challenges facing Older Americans  
by offering stimulating SOCIAL ACTIVITIES, EDUCATION AND RECREATION PROGRAMS,  
NUTRITION, HEALTH AND OTHER ACTIVITIES.  
CANTON WOODS - Helping Seniors to remain active members of the community.

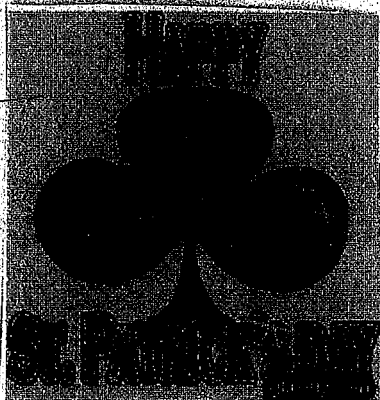
**CANTON WOODS SENIOR CENTER**

76 Canton Street  
Baldwinsville, NY 13027  
Telephone # 315 638-4536

[www.Baldwinsville.org](http://www.Baldwinsville.org)

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March 2021 Newsletter