MONTHLY NEWSLETTER

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Watch Out !Be Alert!

By Connie Dilley

Have you been scammed? Or know someone who has been? You should have been at the lecture policewoman Constable Jennifer Gellel gave on fraud; she's been scammed three times! Residents and neighbours gathered for the first of a series of lectures offered by the Community Matters group and it was great. Who knew that professional thieves were involved in such a plethora of schemes? There is the Distraction Scam, the Romance Scam, the Grandparent Scam and others involving Marketplace, your bank, the CRA and even Mark Carney.

As AI gets ever more sophisticated, you might hear Carney himself asking you to invest for the good of the country. Or your son is calling, asking for more financial help. Or maybe it's your granddaughter, who pleads with you not to tell her parents she's in trouble. Have you gotten involved with a romantic partner on a dating site? He may need $25,000 to bury his brother who just died in a car crash. Then there's the taxi driver who swaps your credit card for another.

Jennifer's presentation was crisp, to the point and entertaining. The most prevalent scam currently in Toronto is the Distraction Scam, where strangers approach you. They may be asking directions or commenting on your looks or your jewelry. It may be a grandmother pushing a pram. They may work in teams. These are professional thieves, well-versed in their methods and very efficient. They'll have your wallet or your phone in a matter of seconds.

Jennifer's advice was twofold: never let anyone get into your personal space and always report the scam. You may not think it's worth reporting because nothing will be done but it's important to notify the police. By having multiple reports, they can monitor the activity and may be able to prevent further thefts in a given area.

Jennifer comes from 51 division at the foot of Parliament at Front. If you have a cell-phone, you can report a scam using *tps, or phone 416-808-2222.

Other upcoming events:
November 20 - Live theatre in the party room
"I'll take Wills & Estates for $200, please".

December 6 - Holiday party. (see flyer on page 4)

Governing Documents Committee

Join the GDC for an information session reviewing the proposed updated rules.
Bring your feedback before
we bring them to the board.
Tuesday Nov. 10
from 7 - 8:30 pm in the party room

The Gym Corner

By John Ciechanowicz

Welcome to the fifth segment of The Gym Corner: a monthly series where we examine the function and proper use of the gym equipment available to all 40H residents.

Before we begin, some important tips to keep in mind if you're new to the gym:

- Don't be intimidated.
- Form is important (start with a low weight).
- Increase the weight once you've mastered the correct motion/form.
- Breathe, hydrate and stretch.

This month, we'll discuss station 3 (part 2) of the Universal Machine.

POSITION FREEDOM CHEST PRESS

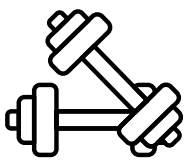
Benefits: A safe pressing option for beginners who may feel uncomfortable handling heavy free weights. Reduced stabilization requirements improve chest isolation. No spotter required, allowing independent and safer training. Faster weight adjustments using a selector pin, allows precise tempo control for hypertrophy-focused training. It's an excellent accessory exercise after heavy free-weight pressing. Suitable for rehabilitation and shoulder-friendly training phases and consistent progressive overload due to a predictable resistance path.

Primarily targets:
Upper chest - the smallest portion of the chest, spanning from clavicle to shoulder.

Secondary targets:
Front shoulder, lower chest and the upper, lower and outer triceps.

PRO TIP

Grip the handles further apart to emphasize your chest more, or closer together to emphasize your triceps more.



Steps:
1. Sit on the machine with your feet firmly planted on the floor and your head against the backrest. Hold the handles with an overhand grip at chest level.

2. Exhale as you press your arms forward and upward.

3. Continue pressing your arms forward until they are fully extended.

4. Inhale and bring your arms back, returning to the starting position.

5. Repeat.

POSITION STRAIGHT FORWARD PRESS

Benefits: Trains the chest, with the front delts and triceps helping.

Primarily targets: Chest (pectoralis major).

Secondary targets: Front delts, triceps and rotator cuff, shoulder blade muscles, core.

Steps:

1. Sit with your back on the pad and set the seat so that the handles line up with the middle of your chest about nipple height.

2. Plant your feet and pull your shoulder blades back and down into the pad. Then grip the handles with your wrists straight. Your elbows should be 45 to 60 degrees out from your sides.

3. Press the handles forward until your arms are straight but not locked. Breathe out as you press, keeping your shoulders on the pad.

4. Bring the handles down until your hands are beside your chest, without letting the plates touch.

5. Repeat.

PRO TIP

Wrap your thumbs around the handles and keep your wrists straight over your forearms throughout the exercise.

Community Matters Committee

The Community Matters team thought we would take a moment to introduce ourselves and let you know about some of our plans.

Who we are

We are four residents from different walks of life who love getting together to brainstorm ideas to make our community stronger.

Cliff McHugh: Cliff is our chair and our voice on the board as Vice-President, who campaigned on further enriching this wonderful community by starting this group. He has been a resident of Homewood for 10 years and is active inside the building attending events and also enjoys playing various sports around the city.

Trusha Dalal: Trusha has been living at 40 Homewood since 2021. She appreciates the community feel in the building and is excited to continue growing it.

Charlotte Goldfried: Charlotte is a resident who has a keen interest in developing projects that enrich the lives of the 40 Homewood residents.

Audrey Harvey: Audrey has been in the building since 2022. She loves living here and is deeply committed to growing the community spirit. You can see her at Social Hour every Wednesday and she also oversees some projects like the Skills Directory. Audrey is very friendly, ask her about her cats!

What we are working on

We returned to Social Hour on Wednesday September 9th and we will meet every Wednesday until June 2027. Social Hour is a time for residents to gather in the party room to play games, chat and relax. A Resource Guide for seniors will soon be available to all. The Skills Directory (a resource guide that contains skills and services that residents wish to offer) will soon be published on Condo Control.

Future projects and vision

We have lots of ideas and might reach out to some of you to help realize them! We plan to have a Tech night in the fall. This will be a night to help seniors (and others!) who need tech assistance with their phones, laptops, TVs etc. We also are working on a presentation series about DNR's, wills and powers of attorney. Future plans include a Potluck, bringing guests from the City to do mini presentations on matters such as Fire Safety, CPR and Fraud. You can see that we have LOTS of ideas and we welcome yours too!

To submit an idea or to volunteer, please reach out to us at: **communitymatters@40homewood.org**

Good Eats, Cheap Eats & Sweet Spots

By Dr. Cammy Lee Bostwick

Another new neighbourhood good eat and sweet spot is **Pho 128**. Located on Bloor, west of Sherbourne, it's a fresh take on Vietnamese cuisine. What first strikes you about this restaurant is the cool airy modern atmosphere. Along with a nice mix of traditional lanterns and bright colours are high ceilings and poured cement flooring, giving it a relaxed yet somewhat hip vibe.

What they are known for is the bone marrow Pho ($26) which is enough for two so if ordering it on your own, be prepared to ask for a takeout container. I had the Pad Thai ($23) with shrimp. The noodles are a lot saucier than what I'm used to but I don't mind that, especially when it is topped with big, succulent shrimp. It was flavourful, hitting all the notes of sweet, sour and savoury at once.

On a modern note, you may also notice a robot which transports the dishes to your table though they are served by waitstaff. **Pho 128** is great for date night — fun and different — but equally great if you're wanting to grab a quick delicious and affordable meal.



40 HOMEWOOD AVENUE

The Social Committee invites you to our annual

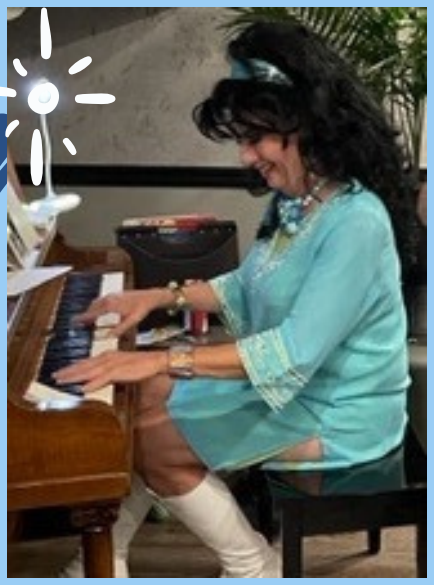
HOLIDAY PARTY

Sunday Dec. 6 • 4:00 pm

Party Room 1B

serving exquisite charcuterie boards
beginning at 6pm
Bar by donation

Tickets are only $10 cash
available in the office
from Nov. 18 until
Wed. Dec. 2 at 5 pm



Sing & Dance with the fabulous Dee Dee on piano.
Tunes by DJ Ron

A strict no take-away and no outside alcohol policy will be in effect