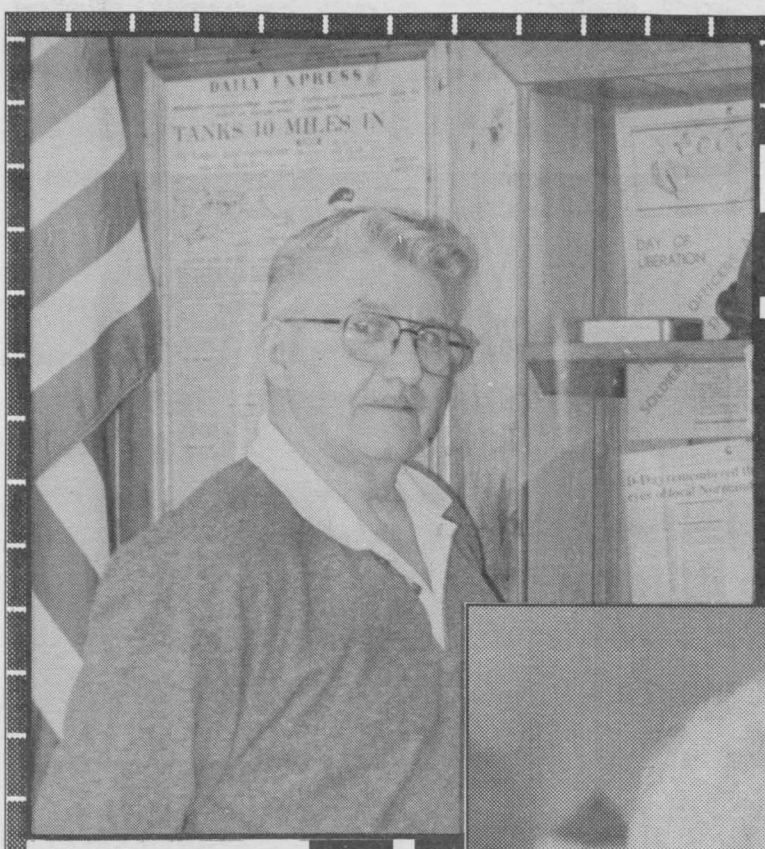
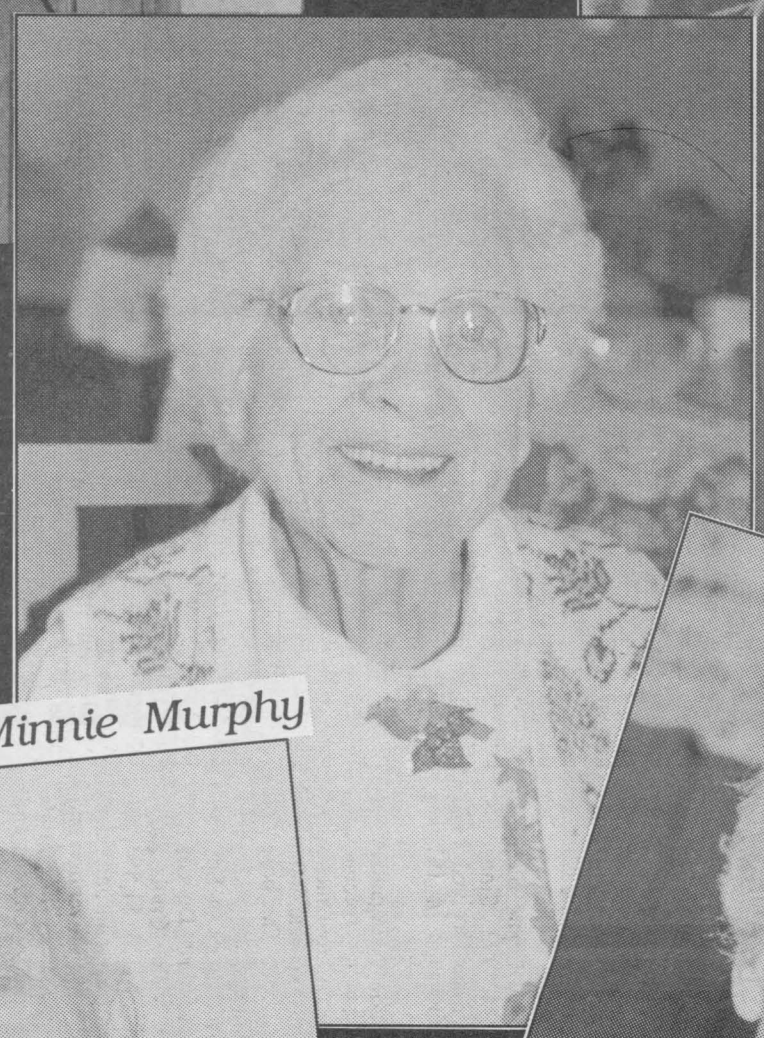


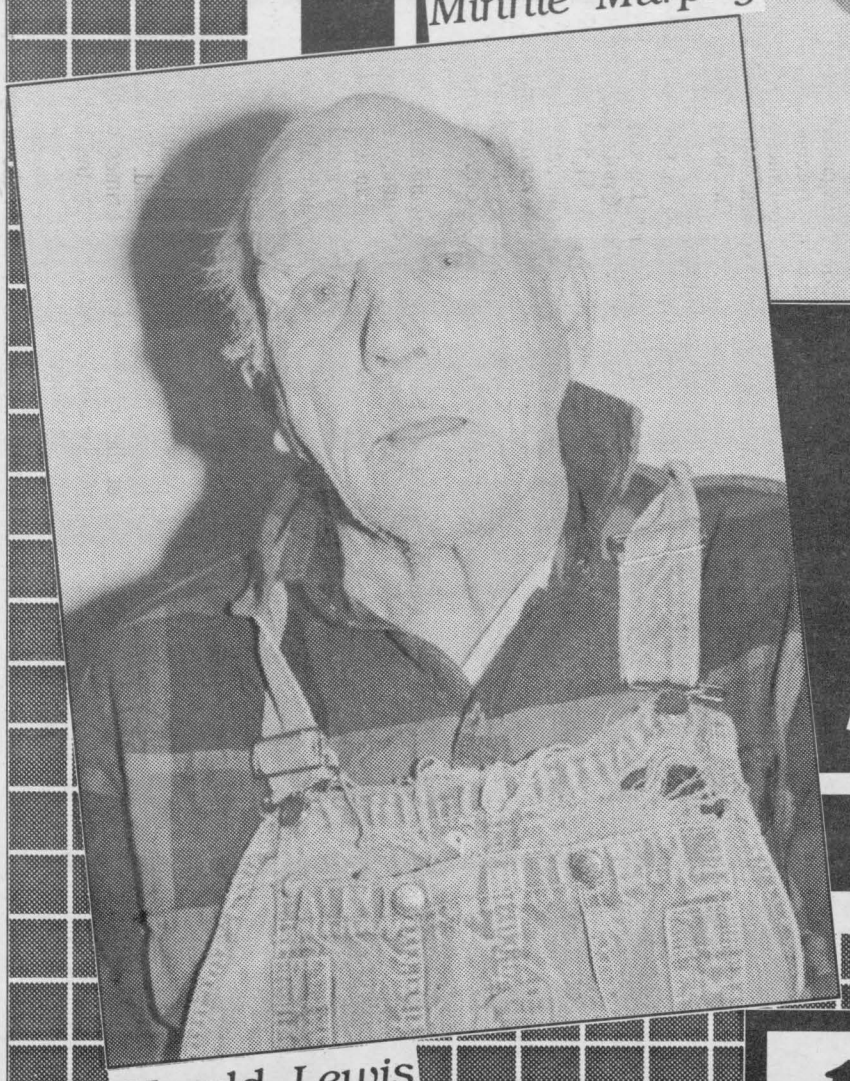
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A Salute To Senior Citizens

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Wednesday March 6TH, 1996

Active Legion member still surprised over special honor

by Rebecca van Noppen
Chieftain Staff Reporter

Iroquois Legion member John Wilson got the surprise of his life last November when he was chosen Legionnaire of the Year.

"I was completely surprised," he said in an interview last week.

As chairperson of the Legion honor and awards committee, he has the job of choosing the Legionnaire award winner.

"I had it all arranged that someone else was going to get it," he said. He had even had the trophy engraved with that person's name on it.

But little did he know, other Legion members were undoing the instructions Wilson was giving.

"Jim Logie took it (the trophy) out of my hands at the banquet, and said he would make the presentation," Wilson recalls.

He still didn't catch on, not until the Legion president named him as the Legionnaire of the Year.

"I had a speech all prepared to tell everyone what this person had done for the branch," Wilson says. But instead Logie called his name as winner of the Legionnaire award.

Wilson says he is still bewildered today at why they chose him for the award.

"I just do what I enjoy doing the most," he said.

"I still don't agree with it (being chosen) because the person I chose (as Legionnaire) does a lot more for the Legion than I do."

Wilson's Legion volunteer work includes being chairperson of the honor and awards committee, chair of the bursary committee, and supply officer for Legion supplies. He is also active on the youth education committee which is presently in need of a chairperson, as well as being active with the color party.

The Legion, however, is not the only thing that takes up Wilson's time. He has a number of different interests, the greatest of which seems to be teaching line dancing.

Starting with informally teaching line dancing at the Cardinal District Resource Centre in September, 1989, Wilson now teaches line dancing three times a week. A class is held Tuesday afternoons at the Park Lane Seniors' Support Centre, Wednesday nights at the Iroquois Legion and Friday nights at the Cardinal United Church.

Line dancing not only keeps him active, but keeps him up-to-date on all the latest music and dance steps. Line-dancing has helped him remain active during his retirement.

Wilson has been retired for a number of years. At 68-years-of-age, Wilson says he still hasn't reached his retirement goals.

"I really enjoy it (retirement). I don't know how I ever found time to go to work. I still haven't approached my (retirement) objectives of learning a new language, travelling and learning a new instrument," he reflects. "I haven't got anywhere close to that...but I'm still thinking about it."

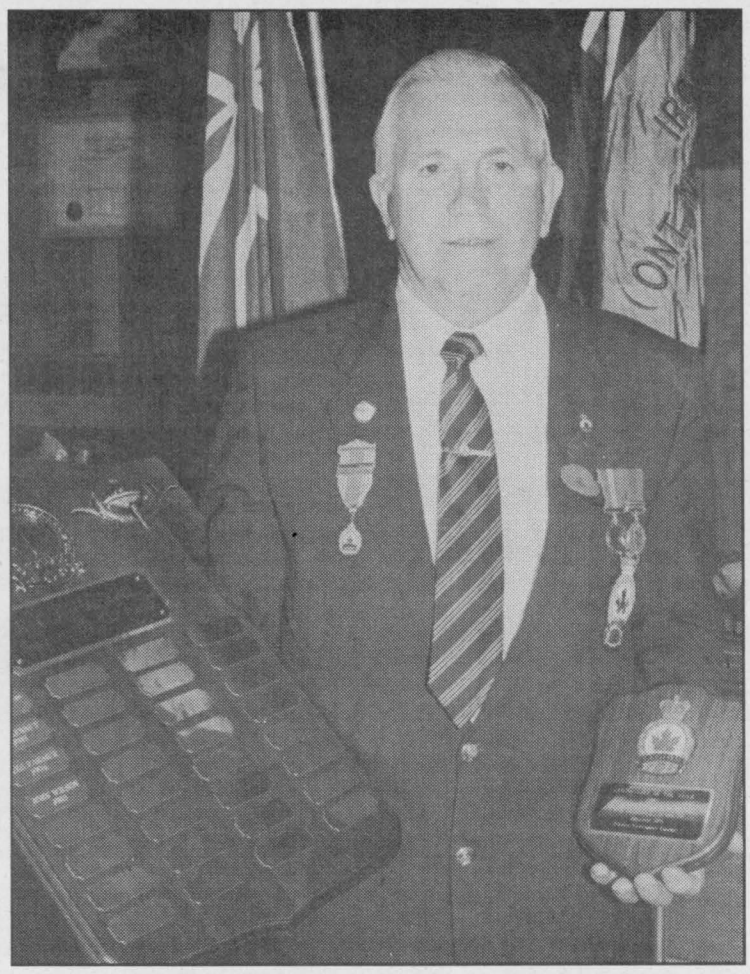
With all of the activities he is involved with, Wilson still has found time to build his own home, five miles north-west of Iroquois on Haddo Road. It is this accomplishment and many like it that have given Wilson a life full of wonderful stories to share.

Wilson was born in England and served with the British army for eight years in World War II, Palestine, and Northern Ireland. He came to Canada in 1966, and has lived in Ottawa, Ingleside and now the Iroquois area.

As a licensed motorcycle and automobile mechanic, Wilson leased a vehicle repair shop in Iroquois for two-and-a-half years, until 1973. He then worked in Merrickville repairing snowmobiles and motorcycles, and eventually worked at Grenville Snowmobiles in Prescott. To this day, he still does his own mechanical repairs.

As Wilson looks ahead to his next few years of retirement, one of his priorities is to continue the volunteer work he is involved with, while hopefully fulfilling some of his retirement goals.

His first step...learning to play a musical instrument.



Legionnaire of the Year

To his surprise, local resident John Wilson was chosen as the 1995-96 Legionnaire of the Year in November. As chairperson of the awards committee, he had already chosen another award recipient. However, his colleagues had other ideas and presented him with the award.

File photo

Park Lane Seniors' Support Centre starts Men's Club

For all of you senior men out there who are looking for something interesting to do a couple of mornings each month, the Park Lane Seniors' Support Centre may have the answer for you.

The Park Lane Men's Club offers a forum for discussion and socializing the first and third Wednesday of each month from 9:30 a.m. to noon.

Discussions focus on various area communities, like Iroquois and Williamsburg, as well as many current events. During the morning get-togethers, men also have the opportunity to play cribbage, crokinole, shuffleboard and other enjoyable activities.

According to director of outreach Janet Levere, the Men's Club has only been running a few weeks. They started the club in February as a means of reaching out to the men in South Dundas. At least six men have been attending each meeting.

Levere says they are just starting to inform people about the men's club. An open invitation is extended to all senior men of South Dundas. The cost is one dollar per visit.

Seniors living longer

Active living adds years to your life! Those who engage in regular,moderate physical activity (equivalent to 20 minutes of brisk walking) live longer than their non-active counterparts. There are those who work themselves up to a more vigorous level, but the largest difference lies between those who are sedentary and those who are just moderately active. Light to moderate activity is better than no activity!!
process. People can maintain functional abilities and enjoy high energy levels as though their age were reduced by 15-20 years. Many experts believe that deterioration in heart functioning, muscular strength and joint flexibility is a result of inactivity and not aging itself.

Active living offers wonderful alternatives and improved quality of life in senior years. This is not to say that activity will prevent illnesses from occurring, or that all seniors will be able to get out and shovel their own driveways, but physical and emotional strength has been known to help seniors recover more quickly from bouts with illness.

Activities should be based on the individual's interests and capabilities, as well as how easily they can be fit into a routine. They could include walking, gardening, shopping, or more traditional activities such as golf, swimming or tennis, depending on the level of fitness, etc.

Having fun with others, for instance, exercise classes, dancing, group lessons and sports such as golf and lawn bowling open up new opportunities to socialize and make new friends! Enjoy life!

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A Stampville fixture is still serving his faithful public

by Sandra Lee Johnston
Chieftain Staff Reporter

An auto mechanic for more years than this reporter has breathed life into her body, Charles Shaver of RR2, Iroquois continues as he has in the past. "Charlie" as he is affectionately known to the many residents in the Stampville area can still be found pumping gas into cars as they stop for that refreshing pause that keeps them going strong.

The certificate on the wall of the shop states that he began in 1937 as an authorized Auto Mechanic with all the privileges this denotes. The stickers verify that he has kept his license up to date. "No big deal", many would say, until they realize that Charlie is working in his 88th year.

On the day we invade his work space, the wind bites and the temperature hovers well below the freezing point. Charlie comes to the gas pump immediately as we pull in between the pump and the gas. Dressed for the weather, in his insulated coveralls, his ear flaps down on his cap and an ear band ensuring that cold should not penetrate, he wants to know how much we would like. "None today, thanks," we reply, "Just a few minutes of your time." The smile on his weathered and worn face tells us he is in a co-operative mood. His hands are knarled with arthritis and show their years of hard work, but his mind is sharp and listening to him is a fine reward.

Explaining that a seniors supplement is being done for this week's newspaper, and we would like to include him in it brings a hearty laugh from this gent. "Yup, I guess I qualify as a senior citizen!"

We would agree, he most certainly does and he also is living proof that seniors can contribute in a real way to society in the 90s. "If I were working for someone other than myself, I would have been forced to quit years ago, I am lucky that I own my own business," says this sole proprietor. When senior status is reached in most jobs and even before in some areas, workers are "put out to pasture"...whether they are ready or not, and with little or no issue given to their contribution to the job place.

"An awful change in the weather, eh?" asks Charlie, who continues, "The cold just seems to go straight through me today, I can't seem to get warm." No matter, he is open for business as usual and ready to serve the public as he has done for these many years. Holding the handle of the gas pump on a warm day in mid summer is a cold experience, so on a day like this one when winter has returned with a renewed vengeance, it is bitterly freezing to the hands. No wonder he has painful hands and fingers, after all the years in this type of cold that he has pumped gas.

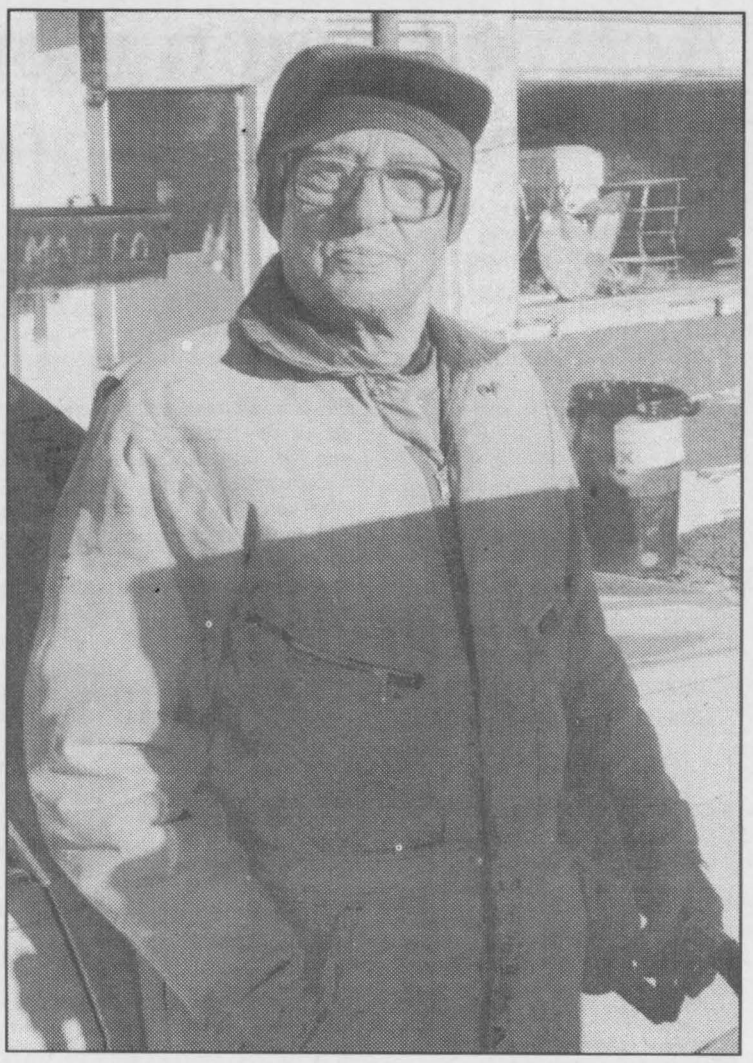
Being born on a farm, he wanted not to work the land, but to work his hands in a different manner, he wanted to provide a service to the public and keep them motoring, trouble free. Over these many sixty odd years since he began turning a wrench to a gasoline powered engine, he has sold FORDS, cars, trucks and tractors, Ferguson tractors and Studebaker cars and trucks. He reminisces about life as it was before things were moving so rapidly. "A gentler time when we all looked out for one another." He recalls when he left home in Stampville and went to Toronto to work in a garage. "I was making $35. a week, and then I came back home and got a job where I earned $10. a week...I guess I should have stayed there!"

He pays homage to a mentor, Pat Beach, an Iroquois man who he worked for..."Pat was one of the smartest mechanics in all of Canada. I was really lucky to work with him, he was the best I could have learned from. Why, Pat could either play you a tune on the piano or fix your car, whichever you wanted." as we try to learn what keeps a man so dedicated to a profession for so many years. How can he remain working as he closes in on his ninetieth year?

Selling cars, trucks and tractors, was not his only line, he also got into appliances. Televisions, washers and dryers bearing names like Rogers-Majestic, Emmerson,-Philco, Westinghouse,and Admiral all passed through his showroom. He recalls, "In 1955, we (business) sold 55 Rogers-Majestic televisions and as many Emmersons in the period from December 1 up until Christmas...not too bad for a small operation, even by today's standards." When on the subject of how things have changed, he continues to explain that a Mercury car he paid $1500. for in the 1940s costs $30,000. today,and "when you consider that in 1932 a Ford car would go 100 m/h and today they do well to go 80m/h. They are more difficult to repair, much more expensive and not a lot more bang for your buck!"

Awards from fuel companies; namely White Rose, PetroFina, Shell and Major Gas for dedicated, long service to the public on their behalf adorn the walls, as do calendars from years gone by. History lives in this old fashioned garage. If only the dark walls could talk, the pit where oil changes were common place a few years ago, the generator that provided air for tires on hot summer days, cokes were drank within the confines of these damp, cool stone walls and conversations that could cure the ailments of the nation took place right here. Charlie has lived almost a century and yet continues to work. His contribution is still being made to the society he has served all these years. Senior citizen is a term he is not concerned with. He goes about his business as he has always done in Stampville. He drives to town and shops in modern malls, he has learned to microwave his food and welcomes family when they have the time to drop by. Senior is a state of mind and Charlie has a wonderful state of mind. He enjoys the odd visit with folks who remember a slower paced time when life was not such a rat race as it is now, and is proud of the achievements of grandchildren, as he keeps an eye on great-grandchildren coming along.

Slowing down is not included in his vocabulary, a senior with a life to fill, Charlie is a fine example of what we can all strive for.



Pumpin' gas at 87!

Charlie Shaver is a landmark in Stampville. Here, the senior who will celebrate his 88th birthday this year, fills up another vehicle, as he has done for the past 60 years. A fixture at his garage on Brinston Road, he has no intention of retiring just yet!

Chieftain photo by S.L. Johnston

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Seniors find time to enjoy life's finer things

by Sandra Lee Johnston
Chieftain Staff Reporter

"A good thing about retirement, about this senior thing, that I see is that you have time to enjoy all the things around you," says Jim Styles.

Speaking to this reporter on a blustery Sunday afternoon in the warmth of their Iroquois home, the Styles, Ruth and Jim seem pretty content with their lot in life. Sipping hot coffee and enjoying a freshly made cookie, it is not too difficult to understand that things as a senior in this home are just fine. A relaxed atmosphere prevails throughout the house and as we settle in the living room to visit, the thought of becoming a senior feels more attractive to this reporter.

While some folks dread the time when they will retire and when the calendar will signify that they are seniors; others, like Ruth and Jim, have no problem with the handle.

A pair of local senior citizens, both in their seventies now, they have been happily married for fifty-one years. Proud parents of three daughters and a son, they speak fondly of their off spring and their grandchildren. Both have worked hard all their lives, finding time to juggle both a family and two careers.

Married life started on a farm that was expropriated by Hydro when the Seaway was constructed. A bitterness creeps into Jim's voice when he speaks of the loss of their first home. Farming was a good life for both and they planned to remain on the land. Then the gentlemen in the suits came to talk deal. "We knew we were beat, we had not farmed long enough to be well off by any stretch of the imagination and could not afford high priced lawyers to fight for us," notes Jim. "We knew it would not be long before we would be forced off our land, to make way for progress, and so we looked elsewhere for our future." With things going the way they were in the 1950s, Jim went back to school, Radio College and after three years of studying, wrote his final exams. Along with younger brother Ted,who moved in with Jim and Ruth; Jim was working on TVs and radios and selling new Televisions as well. Upon graduating, when Ted moved on, Ron McIntosh began helping Jim with aerial work. Opening the store in the "new Iroquois", was a big step for Jim, but one that paid off. Ron and Ted would become partners in the business too. "I was on the school board of the day and in order to do so, you had to own property or live in the municipality you were elected in. Ruth and I decided it best to move to town and bought the lot where the house still is located today. The children could walk to school from here and we rented the farm house for a while after the move," says Jim. Ruth adds, "Barb (a daughter) was only nineteen days old when we moved here." "We had to let go of our home and the purebred stock we had worked to build up, it was an awful experience, "relates Jim. The regret felt by many of his generation in the wake of the Seaway construction is heard in his voice even after these many years.

Ruth taught school for numerous years and the affect she had, as she moulded the minds of the young people whom she taught is felt to this day. The community and the people she taught are better for the teachings she imparted to the youngsters in her classroom.

Now they are both seniors and find they have time to do the things they never seemed to find time for before. "When you are working at your career, you do not have the time to enjoy the simple things around you, you take so much for granted," says Jim. In their voices, it comes through loud and clear, that they truly appreciate nature and since purchasing a cottage and then having their children do likewise, close by their own, all seems right with the world. "We can go out in the boat, catch sight of a loon family and not begrudge the time spent just watching them...we get a kick out of such things now."

Ruth explains how they owned a camper when the children were growing up, so they could take them on vacations, and then how the cottage became a reality when the children struck off to university. "We had only one day a week when we could be together when the children were growing up. I taught and had weekends, while Jim was in the store everyday, but Sunday and Monday. That gave us only Sunday to be together as a family, so Jim could come to the camp site and we had great fun."

Hours of senior life loom forever ahead for some. Jim has no problem, although he says he feels sorry for those who have no hobbies or find they cannot fill their days. "I see Jim at breakfast and then he only comes up (from his woodworking shop) for lunch and supper," says Ruth..."That is all I see him." His many beautiful wooden items decorate the television room and the living room alike. The stackable tables just completed in lovely oak would be a welcome addition to any house. The corner cupboard is one of a number Jim has created. "This is the first, and when the kids saw it they all wanted one. And they got better, the more I made!" As Jim shows off his handy work, he relates how he improved upon the original, and how he wants to make some additions to this one. A television cabinet will move upstairs later this spring to take a place of honour in the living room."The natural light makes these oak items seem so much more majestic," adds Jim with pride.

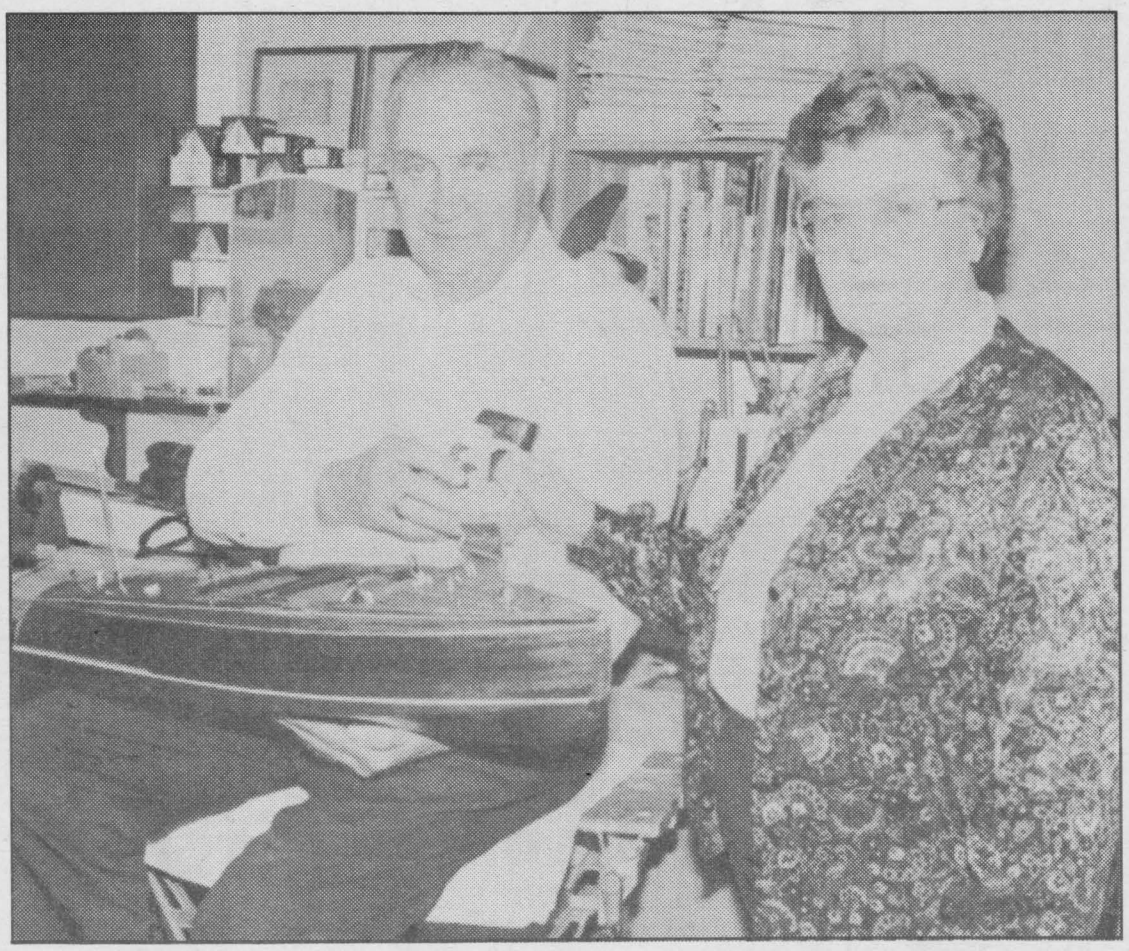
Stopping by his workshop, he shows a lovely piece he has completed....a one-eighth scale replica of a 1940 "Barrel Back" Chris Craft motor boat. Constructed exactly as the real thing (A 19-foot craft), this little beauty took some years to complete. "I started this the winter of '93 when I had ny knee replaced. I was to do no heavy work, and so my son bought me this kit to keep me busy." Jim explains how important it is to keep busy in the senior years of your life. "You work all your life to look after your family, then you retire and it is vital to remain active." Two years of effort went into this beauty, working on and off, it took a pile of hours. A remote controlled craft, Jim has tested it indoors, and is confident that when he takes it to the water, it will work. Explaining the painstaking job it was to glue the tiny strips of mahogany together and the minute decorative pieces, the fibreglassing of the body and the details that create an exact replica of the original, Jim knows he has done a terrific job on this little beauty. We look forward to hearing how it moves through he water!

Ruth fills her time with knitting (socks for Jim, she explains!), quilting and doing fancy, needle work. She shows some of her work, "Like show and tell at school," she laughingly adds; a loon, a basket and a scene...most impressive indeed. Reading fills many hours with happiness for Ruth and she bakes, "Cooking for Jim keeps me out of trouble," she laughingly suggests. (as the interview takes place bread is getting set to bake in the kitchen) Church is important to both of these folks, and it occupies some of their time each week. Jim and Ruth organize the fund raising dinner their church hosts each year in early May, Jim has used his handiness with wood to create some fine pieces to enhance the church.

Another part of their years is filled through their cottage. "From May to October, we are at the cottage and there is always something to do there!" Ruth says. "Why, even we went up there yesterday. Jim had to chop up a tree he had felled earlier. It had snowed more there than here and we ended up walking in quite a ways!!"

The day we spoke, Ruth was readying for the annual public speaking contest at the local elementary school, where she would serve as a judge the following day. Jim was busying himself setting things in motion for the annual daffodil campaign for the Cancer Society as it blitzes the community for donations.

Seniors are a valuable addition to our community. Their volunteering keeps things on track, as well as allowing them to share what they have with everyone. Jim and Ruth Styles contribute to their community today as they have for years. Their children are grown and have left home, now there is time for the numerous things they enjoy doing and fewer demands upon their time give them the opportunity to accomplish things they may have once only dreamed of doing. Time flies and these two know it. They plan to make the most of their senior years, not sitting idle but filling their days with those things important to them.



Great detail

Jim Styles shows us his replica "Barrel Back" boat as his wife of 51 years, offers him a fine cup of coffee for his efforts. These seniors have no problem filling their days with crafts and suggest "senior time is the best time of your life." *Chieftain photo by S.L. Johnston*

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Centre continues to meet the growing needs of seniors

by Rebecca van Noppen
Chieftain Staff Reporter

Growing in its service to the South Dundas community, the Park Lane Seniors' Support Centre is continuing to develop into a social centre for local senior citizens.

Offering a variety of unique programs and services, over 500 people take advantage of them each year on a regular basis. The centre offers: bingo the last Wednesday of each month; chair exercise classes every Thursday at 1 p.m.; Tai Chi every Monday at 1:30 p.m.; Diners Club in Brinston, Iroquois, Morrisburg and Williamsburg; van and car transportation; and much more.

Director of outreach Janet Levere says the centre provides seniors with social support and core services they need.

"We bring a little cheer," she said last week. "And that helps get rid of some of the loneliness."

Levere says the social atmosphere is part of the reason why people continue to come back to the facility.

"You create such a positive, warm atmosphere here," she said. "And it (the centre) keeps everyone stimulated."

With over 150 volunteers and 500 people being served each year, the centre is a busy place to be. Levere says the volunteers behind the centre are the reasons for its success.

"The place would not run without volunteers," she said.

The programs and services offered through the centre are also an important part of the support centre.

One of the newest programs offered at the centre is the Men's Club. The first and third Wednesday morning of each month, South Dundas men are invited to come and enjoy a time of discussion and social activities. Levere said she wants to encourage men to attend these morning festivities. The program, which started only a few weeks ago, has been drawing an average of six men each time.

Alongside the men's program is the adult day program which runs the second and fourth Wednesdays of the month from 10 a.m. to 1 p.m.

The Diners Clubs are also continuing. The Iroquois Diners Club runs the first Thursday of the month at the Legion. In Brinston, it runs the third Thursday of the month, and in Morrisburg, the club runs the third Tuesday of the month.

Tomorrow, March 7th, a special display will coincide with the Diners Club at the Iroquois Legion. Gilmer's Pharmacy will be displaying health aids for people's homes, like grab bars, raised toilet seats, canes and walkers.

The car and van transportation service is another popular and well-used service Park Lane provides. With 15 volunteer drivers, at least 50 trips are made each month to Brockville, Cornwall or Ottawa.

"We encourage the socializing aspect of this program," Levere said.

People are welcome to book a van for a group of people and make a special excursion out of it. Levere said one group she knows travels to Brockville each month using their transportation service. They go shopping and out for lunch as a special treat, using the time to develop friendships with one another.

For more information on these or any other programs, call Park Lane Seniors' Support Centre at 535-2924.



Cross-stitch talent

Former Williamsburg resident Marion Hough attended the Thursday Crafters meeting at the Park Lane Seniors' Support Centre last week. The Brockville resident talked to the Crafters about cross-stitching. *Chieftain photo by R. van Noppen*

Support centres to host May drama presentation

by Rebecca van Noppen
Chieftain Staff Reporter

Stormont and Dundas County seniors' support centres are getting ready for Seniors Month this June.

While many festive ideas have begun to percolate, the centres have agreed on one major activity. The centres in Winchester, Williamsburg and Ingleside will host a comical, drama presentation called "Dance like a butterfly" to kick off the month of activities.

On Tuesday, May 28 at 1:30 p.m., seniors and the general public are invited to attend this one-person live theatre production at North Dundas District High School.

The play tells the story of Tillie, an older person who is adjusting to aging and the changes she must go through as she gets older.

The drama team that will present this comical and compassionate theatre production comes from Montreal.

"We've heard some good things about it," says Janet Levere, director for outreach at the Park Lane Seniors' Support Centre.

Levere says the presentation addresses issues many seniors face, like why people always shout at an older person. She says many people will be able to identify with what Tillie is going through.

A first-time team effort for these centres, Levere says she wonders what the community response will be. However, the organizers are hopeful.

"It's a new thing for us to try," Levere says.

If people want more information or need a ride to the play, they can call the Park Lane Seniors' Support Centre at 535-2924.



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Toss away that stigma about being labelled

by Sandra Lee Johnston
Chieftain Staff Reporter

Feared by some, anticipated by others...no matter...an inevitability and a certainty for us all...senior citizen status will come to each of us when our time comes. We can but make the best of what we have no power to change. Whether we celebrate the fact or hide our heads and hope it will pass us by, we will become seniors in our own right when time dictates that it be so.

Whether celebrating the occasion of your fifty-fifth or sixty- fifth birthday signifies the fact that you are officially a senior, you should prepare now for the most wonderful experiences of your life. Who has not seen or heard the Freedom Fifty-Five commercials on the tube? Well, we will all get the chance to live it...and whether your idea of fun is putting the lid down on the convertible and heading out on the highway, or relaxing by the pool with a tall drink and a good book, your time will come and you will be happy. Just keep in mind that the tag "senior" does not mean that the crutches and walkers come out, that the bones creak and feeble appendages attempt to transport you to another chair; rather it signifies a time to get done all those things time never seemed to allow for. Walking is a great way to stay in shape and there is no better time than when you are in your senior years. Swimming is great and can invigorate. Building up your stamina will give you the energy you need to accomplish what you choose.

Seniors have more free time to enjoy the things they never could previously. In this country, it is a proven fact that we live longer, healthier lives that allow us years to fill after we retire from our careers. When we take the turn along senior avenue, we need to be prepared for perhaps the greatest adventure of our time on this earth.

Seniors look forward to becoming grandparents for one thing. As The Citizen newspaper explained, in a weekend article, citing information gained through Stats Canada, more adults are waiting to have their children while others are deciding not to have any children at all. This leaves their parents without grandchildren although they long for the experience. Often too busy pursuing careers or returning to school to gain a hold on jobs which allow them to afford what they want out of life, these young and middle aged adults are so caught up with other things, children do not figure into their scheme of things; yet.

Are seniors being deprived of something they have a right to expect? The answer is perhaps yet to be found, but it is strange that there are actually organizations across the country whose mandate is to match older people with grandparentless families. This gives grandparent aged people the opportunity to be someones' grandparents, someone who feels the need to have elder people in their lives. Their senior generation people may live too far away to fill a gap in their lives, and these volunteer seniors take the place of those unable to be there all the time. They replace for a time those loved ones that just cannot be there all the time. A substitute grandparent when the real ones are absent for mileage or other reasons can be a marvellous way to have the best of all worlds. The seniors find that they are filling a gap in their own lives as well as providing some necessary benefit to a younger generation.

In times now steeped in history, the younger generations moved into the homestead of the parents and then their children were in daily interaction with the two previous generations. Learning from parents who often became preoccupied with daily tasks was a bonus for both the grandparents who were fortunate enough to have extra free time to spend with the youngsters, who earned untimely knowledge.

In todays high tech, rapidly racing society, parents all too often find themselves without time enough to accomplish those items they feel they must, let alone sufficient, quality time for their children. If grandparents live within communitive space they can fill the void, and if they are too far away, who takes on this job? Surrogate grandparents can fill in and do an admirable job. The youngsters can learn from a generation who came before and are certainly better for it.

History tells us that we should be ready to learn from what went before. We learn best from first hand information and so if people who lived through something can relate to us, we will retain and go forward missing some of the potholes that life places in our paths. Knowing where we came from, will often help us see where we are headed. Hearing from our elders, allowing them the chance to pass down to us and our children what they have lived, can benefit all three or more generations in a family.

Take time to do that simple, silly thing you always wanted to but never could find the time to. Play cards, enjoy a visit over a cup of tea or coffee. Keep an eye on your diet, but do not become crazy over it, a slip once in a while is just fine, remember, it is primal that you have a good time in your senior years and not become preoccupied with trivial matters. Do not get bogged, cabin fever is bad, get out, stay active and occupy yourself with things that interest you.

So, if you are a senior or closing in on this part of your life, look toward it with anticipation. Plan to do those things time has not yet allowed. Plant a garden, take a trip, read a book or three, enjoy the grandchildren, take time to stop and smell the roses..you have earned it! Whatever you do with your seniority, enjoy it. Do not hibernate, this is indeed the best time of your life.

Volunteer Appreciation Night

The Park Lane Seniors' Support Centre would like to acknowledge the dozens of volunteers who donate their time to Park Lane throughout the year.

As part of Volunteer Month in April, Park Lane is holding a volunteer appreciation night on **Wednesday, April 24, 1996.**

J.J. Clarke from **CJOH TV** will be the **guest speaker** for the evening.

Over 150 volunteers regularly donate their time to Park Lane each year. All of these volunteers, many of which are seniors, are invited to attend the appreciation night. For more information call Park Lane at 535-2924.

Eating healthy for long, active life

A National Forum on Seniors, sponsored by One Voice, The Canadian Dietetic Association and Mead Johnson Canada, brought forth many interesting points for seniors. Nutrition is essential at any age, but for seniors whose bodies are changing, it plays an especially important role in living a long and active life.

Physical activity declines as age increases, while simultaneously the percentage of fat increases and the percentage of lean muscle declines. These two factors cause the metabolic rate to drop, meaning that fewer calories are needed.

This is why it is harder to lose weight, and easier to gain, as we get older. The same amount of nutrients required to be healthy remains the same is was in younger years, and so it presents a challenge to find foods that offer a higher nutritional value, in smaller quantities.

The Forum, held in 1991, identified a number of areas of concern:

-Physical environment, precisely urban planning and design, should ensure that transportation systems, food shopping and seniors' housing make it easier to be self-sufficient. The design of food packaging, kitchen and kitchen utensils can influence the ease of food handling and preparation.

-Financial access to good nutrition must be available to seniors. Many are on a fixed income, especially women, and have inadequate incomes to eat well. Some uncontrollable expenses such as rent are likely to rise, and this almost always causes a cut in the food budget. Also, purchasing food in larger quantities means waste, while buying in smaller quantities means added expense.

-Food knowledge and accessibility differs from region to region. Concerns vary from one part of the country to another where availability, quality and cost may differ. Information is needed to adapt eating plans and cooking styles to what is available in different locations.

A good place to start on the road to good nutrition is Canada's Food Guide. A variety of foods should be chosen from each the four groups every day, Milk & Milk Products, Breads & Cereals, Meat, Poultry & Alternates, and Fruits & Vegetables.

Guidelines for healthy eating:

-enjoy a variety of foods.

-emphasize cereals, breads and other grain products, vegetables and fruits.

-choose lower fat dairy products, leaner meats and foods prepared with little or no fat.

-achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.

-limit salt, alcohol and caffeine.

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Finding a great place to live at the Hartford

by Michael Bailey
Chieftain Staff Reporter

The food is prepared by scratch. The house cleaning is done by maids. The laundry is taken care of by staff. A stylist comes once a week to cut hair.

The residents at the Hartford Retirement Centre in Morrisburg have all the amenities.

The difference between the Hartford and nursing homes, is that at the Hartford independence is stressed and residents can come and go as they please, some still have their own cars.

A residents' newsletter is produced on a monthly basis at the Hartford telling its residents of special events and happenings within the community, and there is something happening everyday.

The meals, which are served three times a day are cooked according to the Canadian Food Guide, and special diets for people with diabetes or heart conditions are also available.

Twenty-four hour supervision is provided and there is a registered nurse on each shift to help in case of emergencies.

Private or semi private rooms are available, and all rooms are tastefully decorated with furniture provided.

Each room also has two emergency cords, one in the living room and one in the bathroom, that when pulled, ring at the front desk, so help is never far away.

The Hartford will provide new residents with furniture, but a great deal of the residents bring their own furniture.

The building is shaped like a large X, and at the end of each of the four hallways, glass encased sitting rooms with large comfortable sofas can be found.

Depending on which sitting room you're in, you can see all round the building.

In the centre of the complex there are two large dining rooms, one for patrons on the west end and one for patrons on the east, as well as a smoking room, workshop room and an entertainment room with a huge projection television.

Afternoon tea takes place everyday at 2:30 and special entertainment takes place on a regular basis.

And each month at the Hartford has a theme.

Last month it was Valentine's and this month the theme will be St. Patrick's Day.

The doctors make house calls at the retirement centre and the staff helps residents with the medication.

Most accidents with seniors occur in the washroom, so staff help some with baths if the resident requires help.

The Hartford also has a residents' council. The council is a voluntary organization at the retirement home that is composed entirely of residents who meet on a monthly basis to discuss issues relating to the programs and services at the facility.

Issues such as planning upcoming special recreational events, organizing outings, commenting on suggested seasonal dining menu changes and recommending changes to specific services are all examples of issues discussed at the residents' council meetings.

Proper nutrition important

Dining on tea and toast is a picture all too familiar among seniors. Reduced appetite is common in this age group. But while energy needs and appetites decrease with age, nutrient needs don't.

In fact, new research show that calcium and vitamin D needs go up after 50. Researchers also feel that health problems and the natural process of aging may increase the need for protein.

This means that elders must he especially careful about their food choices.

Tea and toast are fine foods but it's simply not enough. Research tell us that, along with many other nutrients, calcium, vitamin D and protein intakes of elderly are generally low. Seniors, too, need to eat a broad choice of foods from the four food groups and pay a particular attention to eating enough milk products.

Milk is our major dietary source of vitamin D and milk products are our richest source of calcium. Plus, the calcium in milk products is well absorbed by the body, which is not the case for most other sources. Milk products also provide a tasty and convenient source of high quality protein. Canada's Food Guide to Healthy Eating recommends adults consume 2-4 servings of milk products a day.

Protein is also found in meat and alternatives such as poultry, fish, egg, dried peas, beans and lentils. It's recommended to get 2-3 servings of those every day. The best way to make sure we eat our four food groups is to include at least one food from each group - Milk Products, Vegetables and Fruit, Meat and Alternatives, and Grain Products at every meal. Remember, whatever your age, a proper diet provides the right fuel to live life to its fullest.

Questions for your doctor

When it comes to a medical check-up, knowing the right answers is often not as important as knowing the right questions.

Many medical check-ups will involve prescribing medication, or discussing tests and other medical procedures, treatments or surgery.

To make sure you get the best medical care possible, know the right questions to ask.

If medication is prescribed ask:
- What are the instructions for taking this medication?
- Why is this medication needed at this time?
- How soon should this medication start working?
- Are there any side effects to this medication?

If tests or other medical procedures are recommended, ask:
- Why is this test necessary?
- What are we trying to determine?
- How accurate are the tests?
- Are there any risks or side effects associated with these tests?

If surgery is prescribed, ask:
- Can a second opinion be obtained regarding this procedure?
- What are the benefits of undergoing surgery?
- What are the risks?
- Are other non-surgical options available?
- How long a hospital stay is required?

Take an interest in being a partner in your good health.

This column is provided by the Investors Group Inc. in collaboration with the Canadian Fitness and Lifestyle Research Institute.

Foot care important as years go on

- Your changing feet have supported you and kept you mobile through various stages of your life. The following foot grooming tips and exercises, provided by Dr. Scholl's, will help keep your mature feet on a healthy track:

-With age, the skin on the feet can become dry. Moisturize daily with a foot conditioning lotion to help retain moisture and replenish lost oils.

-Thickened, brittle toe nails can be softened by soaking feet in a mild, soapy solution. After soaking, clip nails straight across to avoid in-grown toe nails.

-Calluses can be reduced by regularly soaking feet in a mild soapy solution to soften, then use a pumice stone or file to reduce rough hardened skin.

-Many mature adults are prone to foot odour. In addition to daily foot bathing and thorough drying, an antiperspirant spray can help control excessive perspiration and a deodorant foot powder can help neutralize foot odour.

-Adopt a daily foot grooming routine: wash and dry feet thoroughly. Apply a conditioning lotion to moisturize and soften feet. powder feet to help keep them dry and help prevent the development of fungal infection. Use a pumice stone or file to reduce hardened skin to avoid callus buildup.

-Foot exercisers are excellent foot rejuvinators. Try picking up marbles with your toes, or roll your foot over a can. Curl your toes under while standing on carpet, keeping your heels on the floor. This will strengthen the arch and add flexibility.

For a free booklet on foot care, write Dr. Scholl's Footcare Guide, Dept B, 6400 Northam Drive, Mississauga, Ontario, L4J 1J1.

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