

















A SALUTE TO Seniors

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Park Lane Seniors' Support Centre a busy place

by Nelson Zandbergen
Chieftain Staff Reporter

Park Lane Seniors' Support Centre quietly marked eight years of service in the community last month.

Williamsburg Non-profit Housing Corporation opened the Centre with great fanfare in February 1992, a $400,000 building expansion on the east side of the Park Lane Villa seniors' complex in Williamsburg. From this headquarters, the Centre acts as the hub for a variety of seniors' services across South Dundas Township and beyond.

It provides a dozen services, from Meals on Wheels to Respite Care, to a clientele of about 700. One hundred and seventy volunteers assist staff in making the Centre the success that it is.

Coordinator Janet Levere explains the Centre came into being during the early 90s push to create community support agencies across SD&G and other rural areas of the province.

"The idea was that services common in the city be offered in the country to keep people at home longer."

Adds Levere: "I think people in the rural area try to be independent, then when they hit a crisis all at once, 'oh my goodness, I can't do this anymore,'" she says.

Stepping into the breach is Respite Care, one of the services — it's not politically correct to call them "programs" anymore — provided through the Centre.

Caring for a loved one at home is a 24-hour job, but Respite Care, also called Caregiver Relief, can provide a much needed break. Park Lane Senior Support Centre has its own trained staff members who go out and do the job. They are on track to provide 6,000 hours of care this financial year, ending in March.



Park Lane Seniors' Support Centre marked 8 years of service

For the client, Respite Care is available at a subsidized rate for a limited number of hours per week. Still, some families find it preferable to pay the full shot for increased hours of care, so their loved ones can stay at home as long as possible.

Dundas County Hospice, whose volunteers offer comfort and a listening ear to the dying, also maintains an office within the Centre.

Another of the 'meat and potatoes' services overseen by the Centre, quite literally, is the ever-popular Diners' Club. For just $4.50 each, folks can enjoy a hearty warm meal at any one of the Diners' Club locations in South Dundas.

"It's a nice way for seniors to meet other seniors," Levere says, adding they need to call ahead to reserve a spot.

Each month, meals are held on the first and third Thursday at the Stampville Centre. The Iroquois and Morrisburg Legions also see Diners' Club meals: the second Thursday of the month in Iroquois and the third Tuesday in Morrisburg.

And of course, there is the Seniors' Support Centre itself. With a sprawling dining room — seating for 100 — and modern kitchen facilities, it's a destination for diners four times a week.

Various support groups use the Williamsburg facilities as well, including those concerned with Alzheimers, breast cancer and the Canadian National Institute for the Blind.

This coming April, the Centre will again hold a volunteers' appreciation event in Williamsburg. Speaking to Levere, one soon gets the impression that volunteers are absolutely vital to the organization — everybody from quilters who raise funds for the Centre, to those who stir pots of soup or provide transportation.

"Fundraising and donations are becoming a bigger part of the operation," she said, reflecting on the trend of less government money these days.

One particular fundraiser she is eagerly anticipating is a planned outing to the Hull Casino today. Proceeds will go to the Centre's Respite Service. "This will allow us to provide even more hours of Respite service.

Other services provided by Park Lane Seniors' Support Centre:

- Transportation. A biggie. Two-thousand trips have thus far been provided by volunteers for 1999, provided for a reasonable fee. The Centre also has a seniors' van at its disposal.
- Meals on Wheels. For a flat fee, the client receives a hot meal delivered at home.
- Adult Day Service. A service for older adults who may find it difficult to attend social events. A program of activities is designed to fit the individual, who gets a hot meal, friendly atmos-

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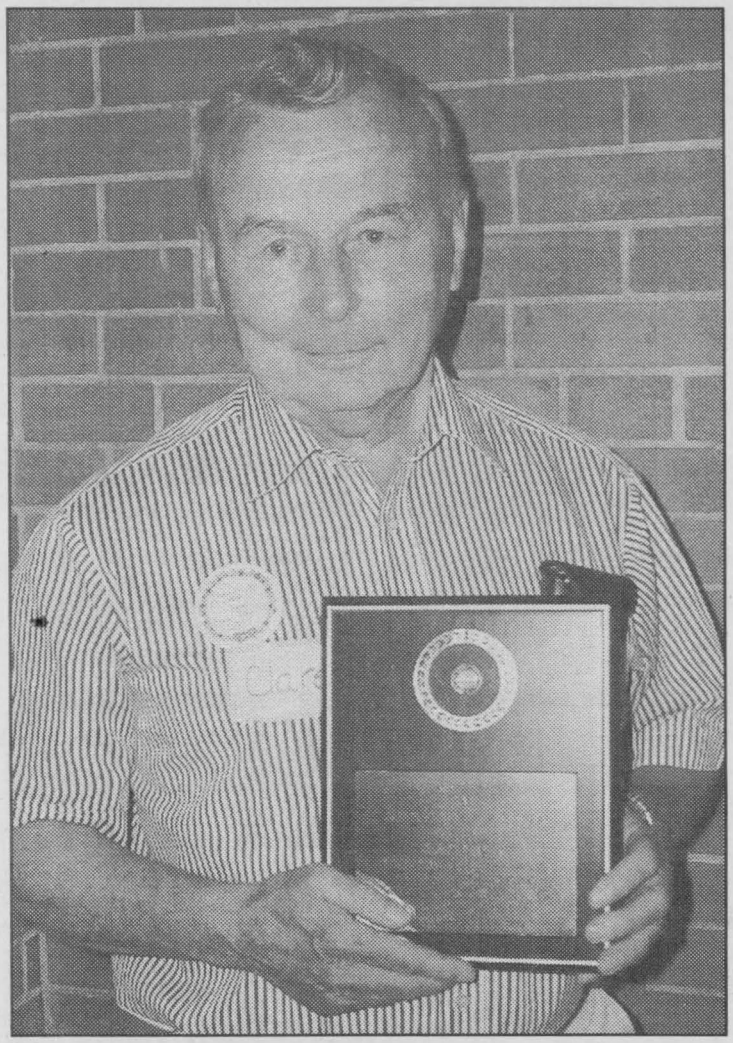
Seniors move out of our lives daily, taking with them the exact information we need. They take it not because they want to, but because they feel we don't care. Well we do! This small token of our esteem for the seniors in our reading area is one way to salute them and show some appreciation for what they do and who they are.

We can but scratch the surface of this topic, but each March we take one small step towards achieving some sort of recognition for all who are seniors in our area.

The warmth and humour that seniors possess is marvellous. They seem relaxed and easy going. Gone is the stress of work days and the hassle of competition. The family is raised and on their own. Nothing left to do but enjoy life! They have found their place and are for the most part comfortable with it.

The benefits reaped from seniors can never be paid back...for even in retirement, they are accepting new challenges and are certainly up to the task. With the government cut backs the need for volunteers grows steadily and the seniors are the ones to pick up the reins and get on with things.

Take time to visit a senior and talk to them. Ask questions and share your experiences...it will be time well spent.



Clare Dunbar given Senior Volunteer Award

Park Lane

Continued from page 2

phere and transportation for a reasonable fee.

- Friendly Visiting. Clients receive a regular visitor with whom to have a chat. No fee.
- Foot Care. Basic foot care provided by trained professionals. About 200 cases have been treated this year so far.
- Indoor/outdoor Help. The Centre puts client seniors in touch with somebody who can help with house cleaning and yard work.
- Caregiver Support. Information sessions, flu clinics, support groups.
- Information and Referral. The Centre refers people to other services, free of charge.
- Social and Recreational Programs. Bingo, line dancing etc.
- Telephone Assurance. A service designed to provide persons with regular contact. A positive alternative for those who are isolated.

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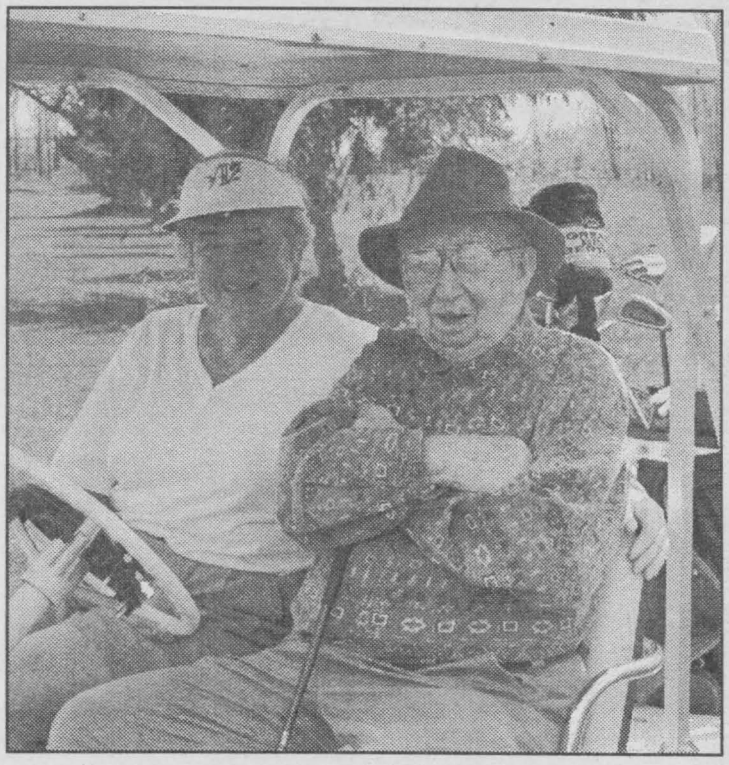
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Seniors hold the key to the past...

by Sandra Lee Johnston
Chieftain Staff Reporter

Seniors are in a class of their own. Once over the age of 55 years, we are classified as Senior in society. This new designation, since the age used to be 65, allows an extra ten years, ten more productive years where seniors retire and travel, enjoy recreational pursuits and are involved in so many more activities than they previously could find time for.

Seniors are one of the most precious resources we have. Their advice and experiences lead the way to the future. Their solidarity and their strong character provides a role model for us all to follow.



Barb Sheridan carts Jim Fraser on golf course.

A great number of seniors become involved in a new career after they retire and settle into the senior mode as it were. Calling up strengths utilized when in their working years, they find they have the time to devote to consulting or advising, writing or occupying their hours with work that can be done at home in their own space and their own time. There is no rush hour traffic to contend with. There are no stressful office situations and no one competing for any equipment use. When writing this I think of Guy de Puyjalon and Robert McGimpsey, to name only two of many, who remain a vibrant part of the business world offering to share their expertise with the younger generation.

Seniors volunteer their spare time and feel good about giving something back to their community. For instance, the local hospital welcomes seniors to help out in many capacities and is grateful for their assistance as they take care of the Gift Shop and offer assistance to people as they arrive at the hospital, deliver mail, serve refreshments to patients and visit with those who need to have company. They read to people, they take patients to various departments for tests and x-rays etc. A valuable contribution to their larger community, they provide invaluable help to everyone. Rita Bray of Iroquois has been a cornerstone for our community at the hospital as she is always ready to give 100% of her time and talents to such a worthwhile cause. Her many years on the Hospital Auxiliary saw her serve in a variety of capacities. Stepping into the main foyer, it certainly brightens your outlook to be greeted by a familiar face. Rita smiles easily and has time to chat no matter what else is happening in her day. Her infectious smile and her pleasant manner make her perfect for this greeting position. Tommy Tiger (her cat) could fill volumes if he could only write! He has been under the weather and we want to wish him well. A knee operation set her back a bit, but she was not down for long and is back at full potential now. Her husband Archie was perhaps one of the best Principals Iroquois High knew. His spare time is spent dangling a line in the mighty St. Lawrence, an avid fisherman, he still mows the lawn and enjoys the town they chose for their home.

Cooke Sisty is a creative prose writer in his late 80s and his talent is well known in this area. His words come from the heart. He and his beloved wife, Bernie share something rare and wonderful, that is evident from the first time you meet them. As he puts pen to paper, his respect and admiration for his chosen girl, his "Prairie Rose" flows like water. He has delved into the community and written tributes to others as well. We are indeed fortunate that he is willing to share with us all. His happiness is catching and he can make anyone smile...just spend a few minutes with this fellow and you will be glad you did.

What about Keith Beaupre, a major presence in the shopping plaza? Coming to work each day, piloting his plane, riding his bicycle or directing other flyers to their destination (Fly-in Breakfast) aboard his motorcycle, Keith is an extremely active senior. Whether repairing your watch, checking with son, Jeff or heading home for the day, he is as busy in the year 2000 as he was in 1950.

Jim Styles works wonders in wood. His cabinets although meant for family members only, are something beautiful to behold. His mastery of the saw and hammer as well as his aptitude shine through. His wife Ruth is a wizard with knitting needles as she creates for the grandchildren. Sitting in the living room of their Lakeview Drive home, the sunshine streaming through the large, southern exposure window, she seems the picture of contentment.

After a lifetime of moulding young minds, she retired to enjoy the cottage and her yard, their children and their off-spring. David's Corgis come to visit and often stay over as well. Both are

Please turn to page 5

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and a door to the future

Continued from page 4

very active in their church and having been married some 55 years and are a fine example for couples to follow. Walking to church on Sunday morning they are a recognizable couple in this town for sure.

The name of Joan Zandbergen is well known in Matilda Ward. As she approaches 90, she seems unable to slow down. On the move, still driving her own car, Joan had been working on behalf of others in her community since before moving to Canada in 1936. During the war, she and her late husband helped keep over forty Jews safe from the Nazis. Her reward for years of unselfish community service culminated when she was named Citizen of the Year in Matilda in 1983. Living on her own in her own home below Brinston, she has been a Pastoral Care volunteer as well as a Hospice Care worker, she seems to always find time for others. Church attendance is a priority with her each week and she works diligently through her church family. She has a large family that she mothers and grandmothers and is always busy with some group ensuring that things are ready for an event. She has been instrumental in the ecumenical service at Matilda Hall during the Annual Winter Carnival for many, many years.



Hazel Ace receives Senior Volunteer Award

Whether on the grass at the lawn bowling green or the fairway of the local golf course, seniors are an active bunch along the Seaway. Many continue to play golf into their later years. A marvellous form of physical activity and fun, golf can be played by young and older alike.

Numerous facilities and awards bear the names of seniors who have seen fit to include such rewards for future generations to strive for. Ambert and Nelda Brown have an affiliation with the Lawn Bowling Club that is terrific. Their help and encouragement have been behind many new to the game over the years. The trophy which bears their name will stand proudly for all to see and try for. While on the green you may see Ernie Schuck, Art Roberts (who incidentally drives cancer and other patients to their treatments or appointments just to stay out of trouble himself), Clare Reynolds and Ross Jamieson, who are all familiar faces with bowling balls in hand.

That Line Dancer, John Wilson who also finds time to help out at the Local Legion, Branch 370 leads the younger generation as he works on the Legion Education Committee. Willis Douglas is a Legion Member and although we have not lately seen any of his handy woodwork...he makes a mean coffee table! we are certain he remains busy in the workshop.

The ladies in the Womens Institutes, many of whom are seniors continue the good work begun so long ago as they serve their community in a variety of ways.

Ron and Leona McIntosh come to mind as people ready to help now that they find themselves with extra time to spend. Assisting the Cancer Society, driving people to appointments and doing whatever they can to help when and where necessary adds to their lives as well as those they help.

Lorne Strader can be seen at the wheel of the Senior Support Van carting folks to various appointments and meetings. Lorne was Reeve of the former Matilda Township and while Deputy-Reeve gave a lot of prudent advice to a young councillor who was still wet behind the ears. Thanks Lorne, it was great to be accepted and your words of wisdom remain still. His big blue Lincoln can be seen in the warmer months as he takes other seniors for drives in the sunshine.

Ada Baldwin in Cardinal is a senior who comes to mind. This fine lady is ever ready to help out. She feels that volunteering keeps her active and healthy at the same time. She looks forward to helping others and has done more than her share over the last numerous years. Small of stature but large on love, this lady is a fine example of what being a senior is all about.

This is a never ending list of people and space allows only so many to be included here. You all know who you are, seniors we meet on the street each day as we leave the post office or the bank, those folks who set the example that we need but follow, who pass the torch to us, may we hold it proudly.

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Keith Beaupre celebrates at Lions Club.

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Ontario Senior Winter Games to be hosted in Collingwood

The Town of Collingwood is in high gear with preparations to host Winterfest 2000, the first ever Ontario Senior Winter Games.

Senior amateur athletes, 55 years of age and older from across the province will descend on Collingwood Sunday, March 5 and remain active until Tuesday March 7.

Competing in seven sporting events including: hockey, alpine skiing, curling, Nordic skiing, skating, badminton and volleyball, seniors will strut their stuff and show they still have what it takes.

The Government of Ontario has provided $200,000 funding for the games, which are expected to be a major boost to the local economy, with the influx of over 400 athletes and participants.

Winterfest 2000 was developed during the International Year of Older Persons, 1999 to promote increased physical activity among adults 55 years of age and older. It is a joint initiative of the Ontario Government, the Ontario Senior Games Association and the Town of Collingwood.

"Ontario is a strong supporter of this pilot project to expand the Seniors Games Program to include winter sports," says Helen Johns, Minister responsible for Seniors. "The province is very proud of its active older adults and their desire to lead a healthy and active lifestyle."

The Town of Collingwood was selected as the host for the Ontario Senior Winter Games because of its existing sports venue, its experience in hosting world-class sporting events and its exceptional volunteer network. Collingwood Mayor, Terry Geddes adds, "We're excited about the opportunity for Collingwood to showcase another set of provincially significant games. With everything Collingwood has to offer, it was a natural choice for this inaugural event."

Bill Salter, President of the Ontario Senior Games Association, said, "This is a great step forward towards having a year round program for seniors in Ontario. We are breaking new ground and laying the foundation for future successes."

Opening ceremonies and a concert by Rita McNeil on Sunday, March 5 will set the pace for two days of competition on March 6 and 7. Closing ceremonies and medal presentations by celebrity athletes will take place the evening of March 7.

The Winterfest 2000 website contains information about the Games and can be accessed at http://www.town.collingwood.on.ca/winterfest2000.

Sporting events

Winterfest 2000 will feature competitions in seven sporting events.

First out of the gate is **Alpine Skiing** where 27 athletes will compete in both mens' and womens' competition in 55 to 65 class and the 65 and over class. Athletes are required to ski a giant slalom course four times, twice each day of the competition. The skiers are timed and the three best times are totalled. The skier with the lowest total time will be declared the winner. Three positions will receive medals, Gold, Silver and Bronze will be handed out to the victors.

The nets will be strung and the courts ready as **Badminton** will take centre stage with nine teams competing, encompassing a total of 28 athletes in a round robin event. Again three places will receive medals.

The ice will be ready at the curling venue as 16 teams sweep their way along in the **Curling** event. An amazing 64 athletes will rock along in a Mixed Team class, a two-man, two-woman team on each sheet where a round robin, four pools will determine the winners. Following the round robin event the top team from each pool will playoff for the medals.

The puck drops as **Hockey** takes over in the arena with 12 teams vying for the gold. There are 177 athletes entered to play in the open team event. There are a few rules that must be adhered to as far as team makeup is concerned. On the ice at any given time there must be...at least two players age 55 to 59, at least two players 60 or older, at least one player 64 or older and one goalie must be at least 55 years old. Round robin play with three pools of four teams each will see the top team from each pool advance to the playoff round where again three medals will be won. There are some pretty fair hockey players lurking in those

Please turn to page 7

HATS OFF TO OUR SENIORS!

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Diners' Club *Chieftain photo by N.H. Zandbergen*

This cheerful group were getting ready to enjoy a hearty meal at the regular Diners' Club gathering at the Stampville Centre recently. Jyl Paas coordinates this popular event with the help of volunteers like John Wilson, Lorne Strader and others. Alice Ouderkirk, Isabell Ault and Laurie Edwards were busy behind the stove on this occasion.

CONTINUED

Senior Games

Continued from page 6

elderly jerseys, this will be exciting.

Nordic Skiing is a labour intensive sport and the athletes competing in this event will ski twice, once on Monday and again on Tuesday. There are men and women competing in the same categories. A "five-kilometre prediction ski" where athletes predict the time it will take them to ski the five kilometre course. The differences between predicted and actual time are totalled for the two days and the lowest total wins. No timing devices or coaching is permitted. The three top places will wear medals home.

The ice will light up as **Skaters** take to the surface to spin and twirl. Both men and women will compete. They will each skate twice, once on Monday and then again on Tuesday. A three-kilometre prediction skate in a continuous oval will see the athletes predict the time it will take them to skate the three kilometres. The athlete who comes closest to the predicted time wins the event. No timing devices or coaching is permitted. A maximum of seven skaters per heat is set and once more there will be three top finishers who will be presented with medals.

Then it is spike and slam on the **Volleyball** court as five teams with 49 athletes will compete. The Mixed Team competition will see three females and three males required on the court at any given time. Round robin play will determine the victors as gold, silver and bronze are the spoils of victory.

Local interest will be heightened when the Games begin. For the past few weeks playoffs have been underway in District 8, Stormont, Dundas and Glengarry to determine who will represent the area in Collingwood. There are no skiers from the area, but we will see local folks involved in Badminton as Elise Muir and David Cruickshank of Long Sault and Cornwall compete. Sharon McCullough of Long Sault will be Skating. Curling is a favourite of many seniors and a team from VanKleek Hill won their way to compete. Murray and Shirley Allen and Walter and May Price will sweep and rock their way along through the competition. A Morrisburg team will be facing off when the puck is dropped. Team members include: William Kippen, Ray Byers (Alexandria); Rick Dumouchel (Cornwall); Ron Alguire (Long Sault); Bryan McEwen and Earl Brown (Ingleside); James Shaw, Doug Casselman and Ron Gilmer (Cardinal); Len Bellamy (Morrisburg); Les McAllister (Prescott); Ralph Davison, Gerald Cooke, Ron Hindman and Morley Hunt (Brockville) will hit the ice skating hard.



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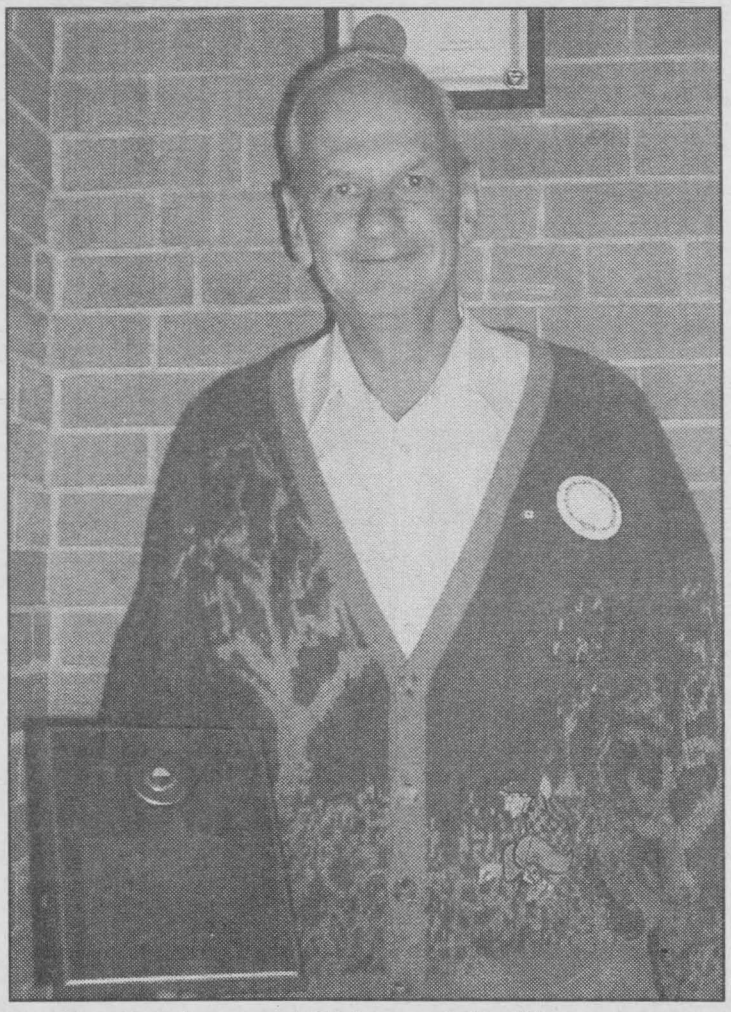
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SD & G Ontario Senior Games

Winners in the SD&G Senior Summer Games this spring will be asked to represent District 8 at the Actifest Games in Ottawa August 8, 9 and 10, 2000.

Events included will be **Contact Bridge** at the Nor-Dun Centre in Winchester on Tuesday, April 18. **Five Pin Bowling** at Ingleside Bowl on Wednesday, April 26 will have a crowd. Iroquois plays host to **Lawn Bowling** on Tuesday, June 6 when the balls will roll starting at 10am. **Cribbage** moves around and will be played at the Iroquois Legion on Friday, April 7 when the shuffling begins at 1pm. On Wednesday, April 19 Long Sault will host at 1pm with the finals being played at 1pm in the Cornwall Legion. A favourite game for many is **Darts** and Friday, April 21, at 1pm they will surely fly at the Cornwall Legion. **Euchre** will be played on March 29 in Lancaster at the Legion and in Morrisburg at the Legion there on Wednesday, April 15, both getting underway at 1pm. The finals will be played on Thursday, April 13 at the Cornwall Legion at 1pm. Local clubs will host their own Qualifying Rounds of **Golf** before May 31 to culminate in finals that will be played at the Upper Canada Golf Course with the first tee time being 9am.

Close only counts in horseshoes and there will be ringers at the Cornwall Legion on Friday, May 26. Action gets underway at 1pm. **Snooker** will cue up at Rack'em Up Billiards in Cornwall on Monday, Tuesday, Wednesday April 10, 11 and 12. **Swimming** keeps many seniors feeling better than usual and they take to the water at the NAV Canada Pool in Cornwall at 4pm on Thursday, May 25, Tuesday, May 30 and Thursday, June 1. Rackets will be swift as **Tennis** takes over the courts in Cornwall, Monday, May 15 through Friday, June 9. **Shuffleboard** is a favourite pastime for many seniors. The Long Sault Arena will feature this sport on Thursday, June 8.



Walter Reid named Citizen of the Year

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