



The Probian

Probus Club of Perth

December 2024

President's Message

This month has been an unusually busy one for our Probus Club. Our Speakers Committee organized an in-depth, four-speaker presentation on the topic of Seniors Living Well; our AV team was extra busy preparing for that event; and our Social Team organized our annual Christmas Party.



Our Management Team thanks our AV Team, Doug Porter and Ian MacWilliam, for all of the extra time they have spent updating the sound system and researching a new projector. Our last meeting with so many speakers and a Zoom speaker was a test of their competence. Thank you, Ian and Doug.

The December speakers' topic, "Seniors Living Well" was very interesting. We heard about many resources that are available for seniors. Loneliness is a serious problem. We learned that getting together is good for our health and those of us who help plan activities are special. Give yourselves a 'pat on the back'. All of us who attended the Probus Christmas Party at the Civitan Club enjoyed a wonderful time. Thank you, Social Team. Photos will show many happy participants. May each of you enjoy a Merry Christmas and a Happy New Year! I look forward to seeing you in January.

Mary Kilgour

January's Meeting

Wednesday, January 8th
10:00 AM
Perth Legion



Reminders

Bring your own **coffee mug**; help the environment.

Book Exchange:

Bring no more than 4 books; take as many as you want.

This month's Guest Speaker:

Doug Phillips will talk about the history of Frost & Wood Manufacturing of Smiths Falls.

Membership

We are ending the calendar year on a very positive note regarding our membership. With the addition of our newest members, Jane and Will O’Grady and Dorothy Thomson, and the return of Bob Langeland, we have reached our 205-membership limit. Anyone now applying

will be placed on a waiting list for vacancies as they occur.

Wishing you all a lovely Christmas and a New Year of good health and new adventures.

Submitted by Mary Vandenhoff



Our AV Team outdid themselves for our December special-speaker event by tackling the various issues our club has been having with our sound system. After seeking expert advice from Perth PC regarding these ongoing issues, they purchased new equipment and put it to use during December’s meeting. Members were very happy with the improved clarity of sound from the new equipment. Thanks for a job well done!



Doug Porter and Ian MacWilliam

January’s Speaker: Doug Phillips

The History of Frost & Wood Manufacturing of Smiths Falls

Doug Phillips is a retired school teacher who has lived in or near Smiths Falls all his life. He is interested in telling stories about, and preserving, some of his hometown’s history.

His book, Frost & Wood of Smiths Falls: An Illustrated and Oral History, recounts the story of a major economic engine in the town for over a century, as well as several individuals’ work experiences in its final years.

His first book, Baseball Summer: The Story of the 1937 Smiths Falls Beavers is the story of the summer of 1937 when a professional baseball team, made up entirely of American athletes, competed in the Class C Canadian American League.

Submitted by John Byers





Richard Schooley



Derek Cooke

The Speakers Committee at Work

Many of our members contributed to making the December Panel Presentation on **Aging in Place** so successful. In addition to the great technical improvements provided by our AV team, the behind-the-scenes preparation by our Speakers Committee ensured that the whole presentation went smoothly.

We also appreciate the Speakers Committee's consistent talent for choosing excellent speakers, and then co-ordinating a myriad number of tasks before the speakers actually present. Our club is fortunate indeed to have such a wide and interesting range of monthly speakers. Thank you!

Elizabeth Kuiper



John Byers



November Speakers' Panel Seniors Aging Well in Place

Catherine Donnelly, Professor at Queens



Catherine, talking from Queens, described for us the OASIS model of Senior Support Living and described the public health crisis within Canada's senior community as the next pandemic. A variety of factors are signalling the arrival of this pandemic: the surge of loneliness and isolation, which in itself is an indicator of early death; detrimental health implications (high blood pressure, heart disease and stroke); and deteriorating mental health (depression, anxiety, dementia including Alzheimer's disease).

94% of Canadian seniors age at home, 25% of those need help and 25% feel isolated. The cohort of those over 90 years old is growing. Loneliness is a feeling of the unmet need for social contacts and thus the feeling of being alone. Good relationships keep people happy and healthy. OASIS is a senior driven model of aging in place, located in naturally occurring retirement communities (NORC). This model involves a coordinator – someone who helps develop and implement programs, along with members of the community, to increase healthy outcomes. These programs include things like socialization activities;

nutrition and exercise support (e.g., seated exercise); arts, craft and coffee times; potlucks and music; learning activities (speakers, technical support); movies; rehab support; caregiver support; and wellness checks. Essentially what the community members feel will meet their needs.

Kingston has six NORC sites, mostly in apartment buildings, with part-time coordinators. Through this work, OASIS has seen increases in social wellbeing, loneliness reduction, and nutritional wellbeing. As well, residents experience fewer falls (as a result of more regular physical activity),

less use of healthcare services, fewer trips to emergency, less hospitalization, and longer delays in entering the long term care system.

The OASIS model is replicated across Canada. The Queens research and coordinators are funded partially by the Ontario and Federal governments, and Baycrest centre for Aging and Brian Health Innovation. Research in both the US and UK support models such as this.



**Jennifer Lalonde,
Executive Director West Ottawa Community Support for Seniors**

Ottawa’s Aging in Place is similar to OASIS and has been functioning for over fifteen years. Funded by the Ministry of Health, services are provided to a range of people in twenty-one social housing buildings: seniors, those who face barriers, and other at risk-people. The goal is for seniors to live healthier lives, delay their move to long term care, decrease hospitalization, and decrease emergency visits. Onsite services source other needed services such as transportation, community resources, tech help, crisis intervention, and nurse practitioners. Neighbour-to-neighbour programs are successful and support social activities such as pot-lucks and chair yoga.



**Rene Saumur, from Perthshire, a local NORC
(an adult condominium community here in Perth)**



Perthshire is a very active community of sixty bungalow units (forty singles, twenty couples, a third men and two-thirds women.) They have a flourishing onsite club house which contains, among other things, a kitchen, washroom, games, and a library. This is the social hub for a variety of functions: euchre, mahjong, movies, Gents’ Nights, TGIF and numerous gatherings. Residents, who include writers, artists, musicians, crafters, share their varied talents and experiences. Residents get to know each other, and feel safe and supported. Perthshire’s NORC continues to evolve, thanks to residents like Jennifer who are helping to expand the use of their club house and continue to organize social programs.

Suzanne Rintoul, CEO Perth Family Health Team

Suzanne, a nurse, spoke to the complexities of aging as it varies from person to person; and of her interest and professional commitment to supporting seniors in leading healthy lives in our community.



Suzanne established the Perth Enrichment Program (PEP) for Older Adults, a non-profit, therapeutic, day-program for seniors. Its aim is to provide a little “PEP” in people’s lives, while providing mental, physical, nutritional, socialization, and memory care. Caregivers who attend also are supported and valued. PEP aims to provide them with understanding, and much needed stress release.

The Perth Family Health Care Team provides services and activities with the goal to providing integrated health and social care for seniors with the same goals as OASIS in their outcomes. Clinics and activities are supported at the library and they are hoping to expand to Tay Valley and Drummond/North Elmsley Townships.

Submitted by Susan Freeman



Each of the above speakers reiterated the same theme of the importance of socialization for seniors, and applauded Probus for being a vehicle providing this to seniors. Catherine asked us to consider identifying our own NORCS (neighbourhoods and apartment buildings where older adults are living). By expanding on the models presented by our speakers, we can better address the negative effects resulting from the social isolation and loneliness of older adults - as well as empower seniors to build their own programs such as OASIS, PEP, and Perthshire have established.



Panel Discussion Q&A session

- 1. How can PEP come to communities rather than requiring seniors to go to a centre?**
 - It's preferable for NORCS and PEP to work together to identify those who isolate themselves: neighbours reaching neighbours.
- 2. How are those with mental problems, physical disabilities, depression, anxiety helped?**
 - Both OASIS and Ottawa West have done lots of work in screening and getting support for those in need.
- 3. How can we support dying well at home?**
 - Hospice programs and Palliative care teams are supported in Kingston and Ottawa. The Hospice Hub is emerging for Perth and District.
 - Support for care partners is seen as important both before and after death.
- 4. Can the services and organizations in Perth and District get together to support the services NORCS need?**
- 5. Would obtaining money to have the services we value involve forming a Seniors' Coalition?**
 - OASIS suggests programs start small, as their program did, providing three weekly exercise programs in three buildings for about ten people each for a total cost of \$200 a month.
- 6. How do Rural Communities provide services?**
 - Tay Valley is providing meal and socialization for seniors at the Maberly Community Hall as is the ABC Hall in Bolingbroke.
 - Country Roads out of Portland, Westport is implementing a successful Scottish initiative of "Social Prescribing" based on 'What do you need help with? What can I do to support you?' And then I say, 'Yes! I can do this. I can help.'"
- 7. New Brunswick has a "Nursing Homes without Homes" to deploy services to rural areas using buses to pick up seniors to community halls for services. (Can Lanark Transportation be used this way?)**
- 8. How can municipal government facilitate NORCS?**
 - Open municipal buildings to enable connections and services. Ensure purpose-built spaces are included in social housing and developments; e.g., Perth golf course.
 - Lanark Highlands is looking at Social Prescribing by identifying those with common interests in a Community Health and Well Being Navigation tool.

A good NORC resource: <https://norcinnovationcentre.ca/>



Our Speakers: Rene Saumur, Suzanne Rintoul, and Jennifer Lalonde.
Catherine Donnelly joined us on Zoom.



December's Panel of Speakers brought in a full house.

Christmas
Lunch



Calling All Techies...

Do you know this man?

He's been the invisible webmaster - the man who keeps our Probus website running, in addition to maintaining communication channels with our membership - things like mailing out the Probian and Social Reports each month.

He has been faithfully doing this job for DECADES (a very long time). Now he would like to retire.

Colin Stephenson
Probus Webmaster



Is there a Probus member out there who would consider taking on this very important job, so that Colin can hand over the reins? *You would just need to have a reasonably up-to-date computer, and some website creation experience using the HTML programming language.* If you *are* that person, please contact someone on the management team. We would be very happy to welcome you aboard!

Christmas Fun!



... and a Happy New Year to All!

Farewell to a Fellow Probian

It is with sadness that we report the passing of a fellow Probian, John McConnell, on December 12.

We extend our sympathies to his long-time partner, Shirley McLenaghan, who attended Probus with John.

John was a member of Probus from 1999 to 2023.

His obituary can be found on the Blair and Sons Funeral Home website at

<https://blairandson.com/tribute/details/6552/John-McConnell/obituary.html#tribute-start>

The Perth Probus Club meets

at the Royal Canadian Legion,
26 Beckwith Street, Perth,
on the first Wednesday of the month,
September through June.

President - Mary Kilgour

Further information on the club,
and contact details
for other members of the Management Team
can be found at:

www.probusperth.ca/board.htm

Newsletter Editor - Yvonne Powell