



The Probian

Probans Club of Perth

November 2024

December's Meeting:

Wednesday
December 4th
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.

* **Check out this month's Speaker information.** There will be a panel presentation, preceded by a keynote speaker, and followed by an open mic Q & A.



John Byers
Speakers Committee

President's November Message



Thank you to Gail McAdam for filling in for me while I am recovering. I'm still not as zippy as I would like to be, but age can do that to one.

August, September, and October were busy, as Craig Greenwood and I worked to organize a Probans District 1, Ontario meeting.

Six Clubs with thirty participants met in Perth on October 21st. We had the opportunity to hear the Canadian President, our Canadian Probans GM, and our Canadian Past President. We have received many positive comments about the meeting.

Presently there is a group of Speaker Chairs who are sharing ideas, thanks to Ken Blogg who is the Speakers Chair for the Ottawa Alta Vista Probans Club. Gail Read, from our own Perth

Club, took up the reins and established the same kind of sharing for Social Activities Chairs. I attended both sessions. I am very pleased with the progress both interest groups have achieved.

On November 18th I attended the Quarterly Conference Zoom call. Director Craig Greenwood hosted the meeting, which also featured a Zoom presentation from Probans Canada President, Inga Thomson Hilton. You will be hearing more about these topics.

I look forward to seeing you at the December 4th meeting and the upcoming Christmas Party.

Submitted by Mary Kilgour



Tony Nichols, giving the Remembrance Day tribute

Membership



Probus Perth continues to be a robust club with a membership of 201, almost at our limit of 205.

While there were some former members no longer able to continue, we are delighted to welcome **new members**:

Collin and Shirley Brown, Kathy Wilson, Carol Syred, Lise Peskett, Pamela Hardy, Kay Rogers, Cathy Cameron, Wendy Hassard, Sandy Grella, Phil Ito, Dianna Hall, Victoria McClatchie, Terry Daly, Jim and Iris Gardiner.

Reminder: We try diligently to keep our membership information up to date and would appreciate your advising us of any changes.

Submitted by Mary Vandenhoff

Treasurer's Note:

Graeme Rutledge has paid our annual assessment of \$3/paid-up member this month.

Following is a list of just how that money is used:

What does PROBUS Canada Do for its Clubs?

Provides the structure from which all *

Provides club representation on the PROBUS Canada board of directors through Directors elected from each District.

Provides a Standard Constitution for Probus Clubs and Suggested Bylaws. *

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Provides an online Club Reference Guide (CRG) where clubs can access information, resources, and support. *

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Maintains a national website, which includes the CRG, as well as a Knowledge Base, a Speakers Catalogue, and contact information for clubs. *

Manages compliance with Corporations Canada regulations and requirements for non-profit organizations. *

Provides Commercial General Liability (CGL) Insurance and Management (formerly Directors and Officers) Insurance for members, directors, officers, and volunteers. *

Negotiates group rates for optional insurance plans, including Health and Travel, Auto and Home. *

Retains and oversees three part-time contractors (General Manager, Financial Manager, and Webmaster) who manage PROBUS Canada's routine operations.

Engages in strategic planning for PROBUS Canada's and clubs' future success. *

Develops marketing tools to be used at the national, district, and club levels. *

Trains Directors in concrete ways to support their District clubs. Provides funds to support District Director visits to clubs and District meetings. *

Offers interest-free short-term loans to support the founding of new Probus clubs. *

Provides several national awards and provides certificate templates for District and club use. *

Provides free access to PROBUS Canada's SurveyMonkey account for clubs to conduct their own membership surveys. *

Provides a simple website page, on request, to clubs who do not have a website. *

Provides free access to Google Meet as an alternative to Zoom through Google Workspace for Non-Profits.



Rob Newby playing the Last Post.

December's Speakers

Our December meeting will be a departure from our normal monthly format. It focuses on the goal of **Seniors Aging Well in Place**, and some of the means that may help them successfully reach this goal. Rather than just one speaker, we will have a four-member panel, preceded by a keynote speaker, and followed by an open mike Q & A session.

Presentations will be led with a keynote address from **Catherine Donnelly**, a Professor at Queens University, providing the background to achieving this goal, and exploring the key challenges and needs towards success. Her special focus will be on the Oasis model and its empowerment across Canada.

Jennifer Lalonde, Executive Director West Ottawa Community support for Seniors, brings forward another approach toward aging-well, and the experiences, successes and challenges drawn from this.

Rene Saumur, from Perthshire, will share her experiences as a local resident in a Naturally Occurring Retirement Community (NORC).

Finally, we will hear from **Suzanne Rintoul**, CEO Perth Family Health Team, as to their plans and developments towards supporting Seniors in the community.

A full hour of our meeting time has been allotted to the topic, including a moderated panel discussion, followed by an open Q & A session from the floor.

Catherine Donnelly



Dr. Donnelly is the Director of the Health Services and Policy Research Institute and Associate Professor at the School of Rehabilitation Therapy at Queen's University. She is cross-appointed to the Department of Family Medicine.

As a health services researcher her research is focused on team-based primary care with an emphasis on understanding how interprofessional primary care teams can support older adults and individuals with chronic conditions to live in their neighborhoods and communities.

Dr. Donnelly has been working with the Oasis program, supporting the evaluation and expansion since 2018, receiving over \$8 M in funding with 19 Oasis (and growing) communities from BC to NS.

Jennifer Lalonde



Jennifer Lalonde is Executive Director of Ottawa West Community Support, a multi-service seniors support agency. She has over 25 years of professional and management experience and has worked within the community support sector for almost a decade. She has a passion for serving and advocating for seniors in the community.

Jennifer has strong ties to her community and believes in the value of giving back through volunteer involvement. Over the years, she has volunteered with many not-for-profit and charity organizations including the Girl Guides of Canada, Amethyst Women's Addiction Centre, and most recently the Community Navigation of Eastern Ontario.

Jennifer has a Bachelor of Science in Applied Human Nutrition from Mount Saint Vincent University and an MBA from Carleton University.

Irene (Rene) Saumur



Rene moved from her home on Otty Lake some years after the loss of her husband. She joined the Perthshire Community eight years ago. From her account, it has been a really worthwhile move.

Like many condominium organisations, Perthshire has a governing board made up of community members voted-in to serve for specific terms, and supported by a manager.

She has come to enjoy the numerous group-based social activities made possible by a spacious stand alone building with kitchen, bathroom, and internet. The building has ample parking, but also, is reasonably central so residents can walk or drive to the variety of activities and events. These activities, all organized by the social committee (to which she currently belongs) are often centered around meals.

Rene takes a very active role as a Lioness in the Perth's Lions Club and is especially involved in baking aspects of their fund-raising programs. She, and others from Perthshire, also participate in group exercise programs, that are held at the Civitan.

Rene no longer worries about grass cutting, snow shovelling, or leaf raking. She has wonderful neighbours, a great deal of social interaction, and is within walking distance to downtown and grocery stores. Her family is happy she lives in a safe retirement community.

Suzanne Rintoul



Suzanne has been a nurse for over 30 years, working in various settings including hospitals and homecare, but most of her career has been dedicated to primary care. Upon moving to Perth and starting work with a local physician, she identified a gap in services for seniors.

In response, Suzanne established the Perth Enrichment Program for Older Adults, a non-profit therapeutic day program for seniors. The mandate is to help keep seniors in their own home as long as possible by providing exercise for the mind and body. For the last 10 years Suzanne has provided support for a Primary Care Memory Clinic in Perth seeking reversible causes for memory complaints.

Suzanne advocates for older adults on the Lanark, Leeds, and Grenville Ontario Health Team's Lived Experience Advisory Network. In this advisory role, she collaborates with patients, clients, and other care partners to ensure community organizations are connected, providing a gateway to information and resources to meet the needs of older adults and their caregivers. Her initiative to adopt Caregiver ID has been recognized and accepted as a significant project by the LLG Ontario Health Team.

In February 2024, Suzanne began a new role with the Perth Family Health Team. The goal will be for older adults to have access to a dedicated team of Allied Health Professionals, including Nurses, Occupational Therapists, Mental Health support, Physician Specialists and more. Older adults will have access to community programs that help maintain well-being and promote healthy aging.

Eastern Ontario Probus
Conference hosted by Probus
Perth.

Six Clubs with thirty
participants met in Perth on
October 21st.



Mary Kilgour's Personal Profile



Mary, the eldest of three children, was born on August 13, 1944. She grew up on a dairy farm, learning how to milk cows (by machine, and by hand), gather eggs, and raise new pullets in the spring. Farming life was varied, as are her childhood memories.

As a young child she would pocket eggs she gathered around the yard. Sometimes she tripped, and became a scrambled-egg mess! At the ripe old age of seven, she learned how to drive a tractor. In the fall, the family picked potatoes, then bagged them in the root house by the light of a coal oil lamp. Occasionally her fingers would go into a rotten potato. Yuck!

At twelve, she joined 4H and showed purebred Hosteins at Fall Fairs. She learned responsibility and competitiveness. Anything a boy could do, she could do too! As a teen, she enjoyed playing sports, attending CGIT, and most of all, DANCING - every Saturday night.

Mary began her teaching career early, as a Sunday School teacher. After high school, she continued her teaching interests, earning her Primary teaching and Kindergarten Specialist qualifications at Macdonald College. From there she went on to complete her BA at Carleton University and the University of Waterloo. She retired from teaching in 1999, having been a Primary/Kindergarten teacher in Shawville, Aylmer, Perth, Glen Tay, Almonte, and Lanark. A varied career, indeed.

Despite having retired, Mary continues to lead a very busy life. In addition to her involvement with Probus, she keeps herself active in the community through her church and volunteering with the Retired Teachers of Ontario, RWTO, plus Dream Weavers and Yoga Dance. Since 1986 she has called her cottage on Adam Lake home, and since 1996 is happily sharing her life with Andre. Together they enjoy travelling, attending church, Y&R, R&R and going to concerts and plays. Not surprising, she is also a rep for the Adam Lake Cottage Association.

This year, after chairing Probus social activities for fifteen years, Mary has stepped into yet another volunteer role as President. We welcome her as our new President!

November's Guest Speaker

Daelin Verkindt: Foraging in Lanark County



The November speaker, **Daelin Verkindt**, gave an informative talk entitled **Foraging in Lanark County**. Daelin has a BSc in Environmental Biology from Guelph University and has worked in different segments of this field for many years. She formed the Plan B Foragers to share her knowledge with others. The aim of the Foragers group is to bring together passionate, experienced foragers with new beginners to share knowledge and to create lasting relationships. Daelin explained that nature provides the medicine we need without numerous side effects because



the plants are alive and complex, and the plants may help with many different issues at the same time. There is a native belief that the earth grows what you need when you need it, and what is growing in abundance is likely what you require at that time.

Foraging tips include picking over a broad area, using moderation when picking plants, taking only what you plan to use and never more than 10% of any plant, and leaving the roots if possible. Daelin emphasized that you should know what you are picking because apps on phones are not always accurate. Rare plants should be left alone. It is important to pick from clean areas, never along roads, train tracks, agricultural land or industrial estates. The foragers should

leave no trace of their visit.

Daelin talked about many different plants that flourish during the growing season from early spring to later summer and fall. She explained their nutritional and medicinal benefits and how they should be cooked and/or eaten. Some of the plants, like the bloodroot should only be consumed after it is cooked and others, like the Virginia Spring Beauty can be eaten raw or cooked. The ripe fruit of the May Apple is the only part of the plant that can be eaten, while the leaves and flowers of the wild violet are edible.

Daelin had many slides of plants in the wild in our area that when properly prepared can ease coughs, treat respiratory disorders, reduce inflammation and support heart health. Other health benefits include easing pain, aiding digestion, and having a detoxifying effect on kidneys and bladders. Daelin emphasized that it is imperative that the forager have a good knowledge of the plants in the wild. That is why foraging in a group is a necessary way to harvest the plants.

There were many questions at the end of the presentation and it was evident that the material was of interest to many.

Submitted by Margaret Stephenson

Seniors Mentoring and Learning Initiative

The Local Immigration Partnership – Lanark and Renfrew, in partnership with United Way East Ontario, has received funding to support three projects led or inspired by seniors making a difference in the lives of others in their communities. They are looking for volunteer seniors to participate in these projects as mentors.

Project #1: The Learning and Connections Circle is a partnership that connects experienced senior mentors with newcomers to Canada, allowing exchange of knowledge, experience and professional networks. Newcomers will gain guidance from experienced seniors who can help them navigate their settlement process, learn about Canadian society, and overcome potential challenges. Training sessions will be provided to the mentors covering communication, cultural sensitivity and mentoring techniques.

Project #2: The Podcast Project is intended to address seniors' social isolation and mental health concerns. Volunteer seniors will help to enrich the podcast content by generating ideas for podcast episodes, sharing personal stories and participating in interviews.

Project #3: Develop tech and educational in-person and online workshops for seniors. Volunteer seniors will act as peer educators and facilitator assistants, collaborating with experts to develop relevant and engaging content for tech and educational workshops tailored to the specific needs and interests of the 55+ population.

If you are interested in being a volunteer in any of these projects, you can get more information from Madeline Woodfine, Outreach Officer, Local Immigration Partnership – Lanark and Renfrew. She can be contacted at woodfim@algonquincollege.com or 613-735-4700 ext. 2730.

Submitted by Bill Mitchie

**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**

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

www.probusperth.ca/board.htm

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Newsletter Editor ~ Yvonne Powell