



Our next Probus General Meeting

Will take place on Thursday,

November 16th, 2023

At 10:00 am,

via Zoom.

The Invitation & Link will be sent a day or two before the meeting, by email.

PLEASE NOTE!

Our invited speaker is;

Joanne Leginus

Topic:

Community Services for Seniors



Probus Club of Maple Ridge

President's Message and Program



Sam Lewindon, President

How can *You* best serve our Probus Club?

Probus Meeting, Program

November 16th, 2023

9:40	Sign -in
10:00	Welcome
10:05	Introduction of Guest Speaker
10:10	Guest Speaker
10:40	Q & A
10:55	Thank you
11:00	Club speaker
11:20	Club business
11:45	Meeting closes

As we approach the end of our operating year, some reflection is customary, as the Management Committee looks at how we have served the needs of our members during the past year. At the last General Meeting, the discussion on our financial position indicated that we needed an operating reserve to offset potential inflation impacts. With this objective in mind, we can now say that we are in a very good position relating to this matter.

With increased pricing in so many areas of our daily life, we are pleased to announce that we plan to maintain membership dues for 2024 at the current level of \$40.

It will soon be time to fill vacancies in some areas of the club's management team, so here is an opportunity for you to think about serving our growing club. We also want to make the best possible use of the talent that resides in our membership. We are a volunteer driven group, and help is always appreciated. The Nomination committee will be accepting nominations soon, and may also be 'tapping on a few shoulders', so will you be prepared to step up?

Probus Canada, in recognition of our Club's fifth year of operation, has awarded us a 'Five Year Anniversary Certificate'. The framed certificate was presented to us in person by the Probus Canada, District 2 Director, Jack Zaleski, at the October Coffee Morning. (*See page 7 for more details*). With 26 members present, the event was well supported, and Jack enjoyed the opportunity to meet with us and sample our club's energy.

A reminder that our next **in-person** event will be the Christmas Dinner. Further details on that will be announced at our November 16th General meeting!

In November, The Earth Is Growing Quiet. It Is Making Its Bed,—Cynthia Rylant



Introducing our Guest Speaker:

Prepared by Michael Buckingham

Joanne Leginus

Director of Administration and Service



I would be pleased, along with one of our seniors program coordinators, Sandi Temple, to participate in your November 16th, 2023 ZOOM meeting to overview the programs we have for seniors in Maple Ridge and Pitt Meadows.

Community Services has been supporting seniors for over 50 years, and have worked hard with the overall goal of supporting seniors to live independently in their own homes and communities for as long as possible. I have worked for Community Services for over 40 years, and have a passion for supporting seniors.

We have five seniors programs, including:

- Meals on Wheels,
- Active Aging – Keeping Them Connected,
- Social Prescribing Program,
- Better at Home, and
- Senior Navigation Program.

We operate these programs with 6 part-time staff and close to 70 volunteers, who we could not provide these programs without them.

Speaker's Notes:

by Chris Frandsen

Sam introduced our Guest Speaker, Cameron Fielding who spoke on FALLS PREVENTION.

Cameron is the Coordinator for the Fraser Health Authority Injury Prevention & Assessment, working with the Falls Prevention Mobile Clinic. Prior to this role, he worked as a Clinical Exercise Physiologist at various sites in Cardiac Rehabilitation, Lung Rehabilitation and Post COVID Recovery clinic. He has a wide range of knowledge in adulthood and aging and is well versed in chronic disease management exercise programs.

Preventing Falls and Fall related injuries: Falls cause 85% of senior injury related hospitalizations, and 95% of all hip fractures. What is a Fall? A Fall is an unintentional coming to rest on the ground, floor, or any other lower level. Falls are the “leading cause of injury among older Canadians. 1 in 3 seniors fall each year.

Good News, Falls are Preventable! Risk factors for a Fall can be Biological, Behavioral, Socioeconomic, Environmental or a combination of some. Cameron's 4 pillars to help prevent falls are Vision, Medications, Exercise, and Reduce Risks. Below are some things you can do to protect yourself.

(A) Vision-clean glasses regularly, regular eye testing, correct vision, proper lighting, use eye drops properly, modify your environment.

(B) Medications- have meds checked regularly with a pharmacist to make they are compatible, if not, they may cause dizziness, drowsiness, and poor coordination

(C) Exercise-recommended to get 150 minutes of exercise per week. Only 11% of us actually do that. Exercise can be in many forms. Strength training and balance training can reduce falls by 50%. Walking is very important to your health and mobility. Every little bit helps. MOVE MORE AND SIT LESS!!

(D) Reduce your Risk-declutter your space, keeps things within your reach, not slips mats, grab bars, handrails, wear proper in-door shoes, no floppy slippers, using walking aids properly. These are just a few suggestions to keep yourself safe at home. There is so much more we all can do to Prevent Falls.

For more information or advice from professionals, you can call 8-1-1 HealthlinkBC. It is a FREE provincial information and advice phone line available in BC. You can connect with a registered nurse, dietitian, exercise professional or a pharmacist. IT'S FREE!

If you haven't seen Cameron's presentation on the recording from this meeting, I would suggest you do so and share this information with other seniors who may need it. You would be very enlightened on how many things we can do daily to protect ourselves from Falls!

Simon Thanked Cameron for a detailed, excellent, interesting presentation. Look for a link from Sam to the Website for Fraser Health.

A Birthday to Remember

By Tracey Lewindon

Stepping out the door I was greeted by a blaze of Autumn leaves. As I stood and lifted my face to the sun, breathing the distinctive aroma of burnt sugar and rich earth, I felt myself smile and my mind was whisked back to my 25th birthday.

At the time I was working as a flight attendant based in Toronto. Dad was at a conference in Halifax, and I had a few days off so I arranged to fly out to meet him. The East Coast was a regular route for me, but it was nice to travel as a passenger!

Dad picked me up at the airport, and as we got to the car he smiled, opened the back door and reached in to pull out a beautiful fragrant bouquet of flowers wrapped in pink tissue. "Happy Birthday", he cheered with a big smile and warm hug.

As we left the airport, heading south towards the coast, we watched the scenery change as houses got farther and farther apart. Finally, we reached the coastline! We were treated to a game of peek-a-boo as the road twisted to open up views of the whitecap-tipped North Atlantic.

It was a glorious sunny October day, with the fiery colours of the leaves dancing on our right and the ocean hugging the road on our left.

Finally we arrived at our destination—Peggy's Cove. There were only a few other visitors, an unexpected bonus in the glorious sunshine!

The lighthouse was as I'd seen in pictures, but I wasn't prepared for how impressive the scene was in person. The surface of the water shimmered; the foam-capped waves glowed in the sunlight then crashed against the rocks; the wind whipped the ocean spray up into the air, releasing the salty tang into my face. It was exhilarating!

The road back was as enchanting, but somehow felt calmer— as though having experienced the raw beauty of nature, we were now free to relax and watch the golden landscape roll past the windows.

Dad had a conference session the next morning, so I walked around the city and then met Dad for a wonderful birthday dinner at a fancy seafood restaurant. There's something extra special about eating seafood right on the coast!

The next morning, we headed home, Dad to Vancouver and me to Toronto. Being crew meant that I flew standby. I knew Dad's flight was very busy and sure enough, it was completely full. Thankfully, the pilots and I worked together regularly so when the Captain saw me waiting, he offered me the cockpit jumpseat for the leg to Ottawa. In those days this was allowed because I was "qualified" on this aircraft.

As we walked on board with the Captain, there were many laughs as my crew friends commented on my flowers. A flight attendant carefully stowed my bouquet in an overhead bin, and I said bye-for-now to Dad promising to see him once we landed in Ottawa. Travelling in the front-end was special— interesting conversations, and a spectacular view! A perfect ending to this trip, and a birthday memory that will stay with me forever.

Through the Lens

Curated by Rick O'Doherty

Theme: **People in action**



The Probus Campers in action



Rick, demonstrating the art of the deal!



Sam, watercolour sketching at the 'Artist's Outing' in Maple Ridge Park



Heike, walking for charity

Member Happenings

Celebrating our 5th Anniversary

At the October 4th Coffee Morning, our Club had the pleasure of meeting Jack Zaleski, Probus Canada Director for District 2, as he presented a Certificate of Achievement to recognize the club's fifth year of operation. The club President, Sam Lewindon, received the framed certificate on behalf of the members.



Shown in the picture are two former Presidents, Theo Rathonyi-Reusz and Skip Johnson, along with the current Vice President, Simon Modera. *(l-r, Sam, Simon, Jack Zaleski, Theo and Skip)*

At the District 2 Executive meeting on the following morning, Jack shared the enjoyment he had during his visit with us. "I met a great group of people, and had a really fun morning", he said, "and when I come next time, I'm going to have a piece of that lemon meringue pie"!

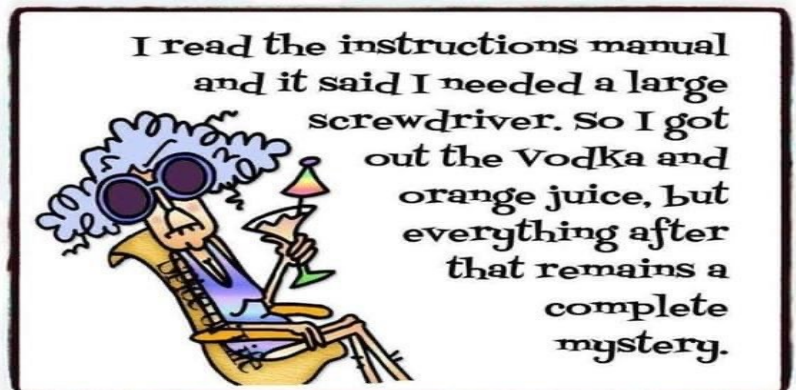
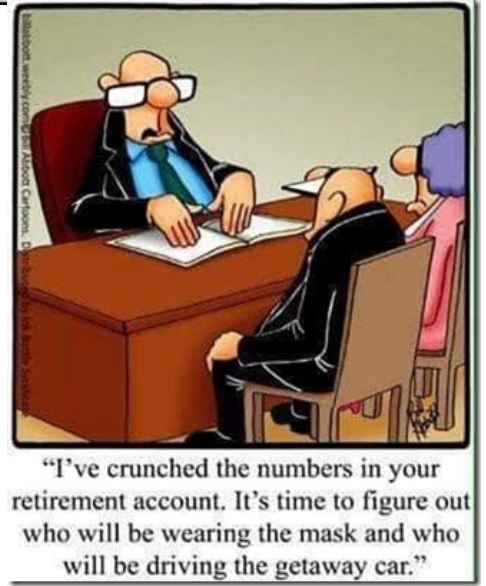
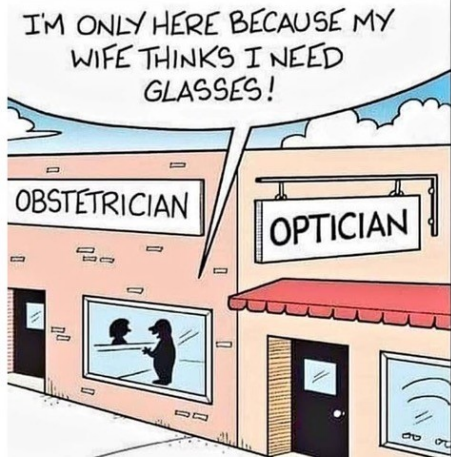
Walking for a Good Cause

Heike, seen here in her special walking gear, as she participated in the recent Parkinson Society of British Columbia fund raising event. *(Note how her name badge is worn with pride)*

(If other members have photos of similar activities, please let the editor know, we like to see our members in action in our community! We could also do with a story or two to add to the support of those charity events).



Monthly Mirth



Messages, Notices and Information

Wanted:

Stories for:

Memory Lane:

Contact Josine at: eikelenboom@telus.net

Photos for: **Through the Lens**

Contact Rick at: micricgoingplaces@gmail.com

Probus in-person 'Coffee Morning'

First Wednesday of the month, at 10am

Next meeting: November 1st

Maple Ridge Music Society

Saturday November 18 at 3 pm

The Augmented Five

**A combination of piano, voice, violin,
flute and cello**

The Maple Ridge Music Society is proud to announce a Musical Event at Westacres.

Admission, a suggested donation of \$30.

Origin of the Phrase:

The Walls have Ears

Meaning: Be careful what you say as people may be eavesdropping.

Origin: The Louvre Palace in France was believed to have a network of listening tubes so that it would be possible to hear everything that was said in different rooms. People say that this is how Queen Catherine de'Medici discovered political secrets and plots.

Special Interest Groups

Book Club: *Convenor, Carla Reed*

Meets 1:30pm, second Tuesday, monthly

Bridge: *Convenor: Kathleen Spiess*

Meets, 1:30pm First & third Monday, monthly

Camping: *Convenor: Michaela O'Doherty*

Computer/Photography:

Convenor: Simon Modera:

Meets, 10am, fourth Wednesday, monthly.

Crafts: *Convenor, Michaela*

Meets, 1pm second Wednesday, monthly

Dining: *Convenor: Marie Slessor*

Meets 6pm second Thursdays, monthly

Dine Away: *Convenor, Michaela*

Meets 6pm third Tuesdays, monthly

Discussion: *Convenor, Theo Rathonyi Reusz*

Meets, 10am first Thursday monthly

Lunch: *Convenor. Aline Drew*

Meets, noon last Thursday, monthly

Scotch Sippers: *Convenor, Jim Tarasuk*

Meets, first Friday, October and February

Table Tennis: *Convenor; Michael Buckingham*

Meets, Tuesday and Friday mornings, weekly

Walking: *Convenor, Renate*

Meets 9am Tuesdays, weekly

Wine Club: *Convenor: Sam Lewindon*

Meets, 5pm last Friday, monthly

Word Weavers: *Convenor, Tracey Lewindon*

Meets, 2pm second Monday, monthly

"Groaner" of the Month:

Yesterday, a clown held the door open for me.

That was such a nice jester!