

Qualicum Beach Seniors' Activities Centre

News for the Young at Heart

Box 103, 703 Memorial Ave.,
Qualicum Beach, BC V9K 1S7
<http://www.qbseniors.com>
email: qbseniors@shawbiz.ca

~ OPEN ~

Monday - Friday
9:00 a.m. - 3:30 p.m.

**Closed until
further notice**



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250 752-0420

For many people, and I must admit I am one, this is the best time of the year. Nature is at its best, the leaves are out, the flowers in bloom, the birds are chirping, the air is warm, and the days are long. And, to top it off, the best is yet to come.

Another positive factor is that the Covid numbers are dropping. Between the vaccines and the travel restrictions, it appears the province is on the road to recovery.

The Centre may be closed, but we are still active. Just today (Wed..28) we made an agreement with the production company for the Chesapeake Shores film company to rent some storage space in our centre.

We are also looking to update our data



from the board

computer systems. Our requirement is data entry, if you have that experience and would volunteer, please call me.

May is a special month where we recognize the person who meant the most to us, Mother's Day.

With the Covid restrictions you may not be able to be there, but it will make things even sweeter when you can.

If you are under the weather physically or plain old depressed: remember that the best medicine is a combination of Country Music and good fellowship.

For the time until this is all over, stay safe and help others.

Doreen's Tree

Every spring this graceful, pretty Dogwood shows off to the neighbourhood its glorious clusters of blossoms. Doreen Riggs, a long time member of the



centre and the Ukulele band, had the pleasure of watching the tree grow in her front yard, and I am sure she would be so happy to know it is still "showing off". Doreen is at least 103 years old now, living in London, Ont.



*Happy
Mother's
Day*

*Mother is your first friend,
Your best friend, your forever friend.
And Grandmas hold
Our hands for awhile,
But our hearts they hold forever.*



CONGRATULATIONS to our 85 year old member, Ed Fergusson, on his bagging a gold medal in the 85-89 age group with a total lift of 72 kilograms in the virtual 2021 B.C. Masters Weightlifting Championship. Ed owns Ferg's Weightlifting Club in Parksville and, despite suffering a heart attach last September, it did not stop him from competing in his favourite sport. Way to go, Ed!

**Congratulations
Happy winners!
Juanita
Fernandes,
Ann Flint,
Lola Cook.
They found the
most
Easter eggs!**



The month of May is **WALK for ALZHEIMER'S**. Jacelyne Asselin from the Gardens, and Laurel Wright from Berwick are looking for sponsors as they walk to celebrate and remember the people in our lives who have been afflicted by dementia. The "Walk" helps bring awareness and vital funds that will create change in our community.

To register/sponsor: walkforalzheimers.ca. Visit the Centres website for further info on this important event.

Centre Activities



A is for apple, and **B** is for boat,
That used to be right, but now it won't float!
Age before beauty is what we once said,
But let's be a bit more realistic instead.
NOW THE NEW SENIOR ALPHABET:

- A. Is for arthritis
- B. Is the bad back
- C. Is the chest pains, perhaps car-di-ac?
- D. Is for dental decay and decline
- E. Is for eyesight, can't read that top line!
- F. Is for fissures and fluid retention,
- G. Is for gas which I'd rather not mention
- H. Is high blood pressure-I'd rather it low
- I. Is for incisions with scars you can show
- J. Is for joints, out of the socket, won't mend
- K. Is for knees that crack when they bend
- L. Is for libido, what happened to sex?
- M. Is for memory, I forget what comes next
- N. Is neuralgia, in nerves way down low
- O. Is for osteo, bones that don't grow
- P. Is for prescriptions, I have quite a few,
give me a pill and I'll be good as new!
- Q. Is for queasy, is it fatal or flu?
- R. Is for reflux; one meal turns to two
- S. Is for sleepless nights, counting my fears
- T. Is for Tinnitus; bells in my ears!
- U. Is for urinary; troubles with flow
- V. Is for vertigo, that's dizzy you know
- W. Is for worry, now what's going 'round?
- X. Is for X-ray, and what might be found
- Y. Is another year I'm left here behind
- Z. Is for zest I still have—in my mind!

**I've survived all the symptoms,
my body's deployed,
And I'm keeping twenty-six
doctors fully employed.**

WELCOME!

Our warm welcome to **new member THERESA GARLAND**. We look forward to meeting you, Theresa, one of these days soon (we hope!)



...time again to say...

Henk & Barry who look after sanitizing, water cycling, dishwasher cycling and light maintenance.

Lorne & Pat who supplement the sanitizing **Julie, Caroline & Pat**, our membership team

Dorothy recording all meetings.

John Telfor who maintains our accounts as treasurer

Christiane Kerr who delivers the newsletter to non-computer friends every month.

Judy Palipowski, maintains contact with the Town re activities schedules for the Centre, community hall & civic centre and bookings for activities in non-covid times.

Les McLean & Pat look after email messages, website & incoming email requests

Julie also looks after newspaper advertising, and winners of QF certificates

Elaine & Judy S. keep in touch with travel suppliers and provide updates. Judy also keeps the history up to date.

Lila produces the newsletter and **Pat** mans the printer.

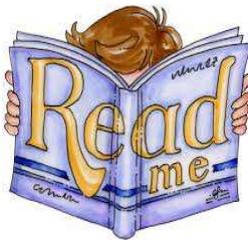
Jill instructs and organizes online yoga.

Win is our 'Sunshine Lady.'

Jeannine instructs and organizes online cardio dance and Bingo.

Mandy instructs and organizes online gentle seated exercise classes

Judy P. coordinates ukulele classes



...and WIN \$25 CASH!

Find and describe where the Centres Logo is hidden in this newsletter, (**NOT the one in the headline**) and email me (lilapat@shaw.ca or phone 752-6489) your name, address and telephone number. Your entry will be placed in the "pot" from which a winner will be drawn and a cheque mailed to you.

ONE WINNER EACH MONTH !! GOOD LUCK.

APRIL WINNER: (page 4: ISLAND)

DOROTHY YOUNG

Your must be a QBSAC member to participate

Marion Clarke coordinates the A cappel-la group when covid protocols allow.

THANK YOU ... ALL OF YOU, FOR YOUR DEDICATION

AT THESE TRYING TIMES!

We can rest assured the Centre is in good hands in spite of being closed.



FOR UPDATES ON ALL ACTIVITIES DURING COVID 19, PLEASE CHECK OUR WEBSITE at qbseniors.com Centre is Closed 'til further notice

FOR JUNE NEWSLETTER THURSDAY DEADLINE MAY 27th lilapat@shaw.ca 250 752-6489

Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.



I'M STILL WAITING PATIENTLY FOR THE WISDOM THAT SUPPOSEDLY COMES WITH OLD AGE. ANYONE ELSE?





Travel Talk

with Elaine



TRIP offered by PITMAN TOURS



HAIDA GWAI, starting August 2nd for 12 days, 2021

* * * *

CANADIAN

ROCKIES starting August 25 for 7 days, 2021

Contact them at **604 596-9670** or www.pitmartours.com



MILE ZERO Tours present the following:



A complete **ATLANTIC CANADIAN EXPERIENCE**, from June 5 thru' 25, 2021

* * * *

MAGICAL MARITIMES,

from June 5 thru' 14, 2021

Contact them at: **250 590-8811**



Healthy Aging: 10 Tips

THE "HEALTHY" CORNER



1. **Fight afternoon fatigue**—**Fatigue** is a common problem among older adults, especially after lunch. Having a glass of water and a high-antioxidant food like a prune can revitalize the body and stimulate the mind.
2. **Exercise from the neck up**—Keeping the brain active and fit is imperative to the health of older adults. Not only does it stave off memory-loss illnesses like Alzheimer's and dementia, but it also fosters executive function. Try word games and recall exercises. For example, find 5 red objects during a walk in the neighborhood and recall them when back home.
3. **Walking with poles** engages the muscles of the upper torso, which increases upper-body strength and cardiovascular endurance. Consult a physician before making the switch to poles.
4. **Dine in duos**—Those who share meals with others eat less than those who eat alone. This is an easy weight-loss tactic and one that fosters social interaction and engagement. While this is easy for those aging in community, older adults aging at home can plan to have meals with family or friends at least several times a week.
5. **Break routine**—Routine limits brain stimulation. Introduce new foods or new ways of eating the same food. For example, replace canned peaches with freshly sliced ones. Also, try taking a different route to the grocery store or shopping center.
6. **Sole Support**—As people age, the fat pads on the bottom of their feet compress, creating fatigue and pain. Consider wearing supportive shoes or inserting foot pads for better stability and comfort



...over 80?

The **UNFAIRNESS** of **OVER 80's** is a topic that continues to be on my mind since last October—and, actually some time before then. I have communicated my thoughts in a letter and included copies of Steve Wallace's columns from the Victoria Times Colonist to Adam Walker, our MLA in Victoria. I have not heard back from him, but I have sent my letter to Steve Wallace and have heard back from him. He has been in contact with Premier John Horgan and the Senior's Advocate and has encouraged me to 'keep up the pressure'. I will send my letter to the PGB News for publication (hopefully) this week. I am asking that you — *if you feel as I do—that the mandated Drivers tests and the cost of going to your doctor for an initial examination are just plain wrong*— to please email me or "snail-mail" me with your thoughts. Many of you signed your names last October at the Centre and I sincerely thank you for that. I have those sheets in my file. *It is only COMD that has slowed the 'Protest Process'. In my conversation with Steve Wallace he has promised to "put 5000 people on the steps of the parliament buildings in Victoria" to let the government know exactly how we feel.

I am sure we could fill a bus from this area to join the folks in the capital ... all this, of course, once we get past the pandemic. **Remember, you may not yet be 80 years old, but someday you will be!** Email me at jnsouthern@shaw.ca. Regular mail: 1221 Green Close, Qualicum Beach, BC V9K 2M8. from Judy Southern

SPEAKING OF TRAVELLING...Beware shopping with someone who will remain nameless (*Judith A. Southern*). When offering to shop at Costco for someone, keep an eye on her, she tends to pick up the wrong buggy and runs items through the cashier before the error is detected ... tends to have "senior moments" I guess. This was a good one!

for Growing Old Gracefully

7. **Fats: Out with the bad, in with the good**—Older adults with an increased genetic risk for dementia can reduce the risk by increasing the amount of Omega-3 fatty acids in their diet. These fatty acids found in fish, nuts, olive oil and green leafy vegetables, can reduce brain inflammation, a possible cause of Alzheimer's disease.
8. **Decrease salt and increase your salsa**—High blood pressure, which can lead to strokes and a significant decline in cognitive function, often increases with age. As adults get older, the sense of taste also fades, leading to a desire to more salt on food to enhance flavor. Decreasing salt intake by putting down the shaker—and increasing exercise habits by shaking to a salsa beat—will enhance cardio and cognitive health.
9. **Balancing act**—In addition to exercises that build strength and improve flexibility and cardiovascular endurance, make sure to add balance activities to the daily routine. Good balance requires maintaining a center of gravity over the base of support. Tai chi, yoga, walking on challenging surfaces and water exercises all enhance overall balance.
10. **Dance like there's no tomorrow**—Older adults getting regular physical exercise are 60 percent less likely to get dementia. Exercise increases oxygen to the brain and releases a protein that strengthens cells and neurons. Dance involves all of the above plus cerebral activity present in learning and memory.

...before Covid



Judy Palipowski and Canada Day Line Dancers, 2019.

...during Covid



Ken, Pat, Barry, Margaret and Inger, 'serving it up' BBQ September 2020

...hopefully soon after Covid



Hopefully pipers, strummers & singers etc. will be back entertaining us soon in 2021/22!

A Necessity in Life

Why do I have a variety of friends who are all so different in character?

How is it possible that I can get along with them all?

I think that each one helps to bring out a "different" part of me.

With one of them I am polite. With another I joke with, another I can be a bit naughty...

I can sit down and talk about serious matters with one.

With another I laugh a lot. I listen to one friend's problems.

Then I listen to another one's advice for me.

My friends are like pieces of a jigsaw puzzle. When completed, they form a treasure box.

A treasure of friends! They are friends who understand me better than I understand myself. They're friends who support

me through good days and bad.

Real Age doctors tell us that friends are good for our health. Dr. Oz calls them Vitamin F (for friends) and counts the benefits of friends as essential to our well being. Research shows that people in strong social circles have less risk of depression and terminal strokes. If you enjoy Vitamin F constantly you can be up to 30 years younger than your real age. The warmth of friendship stops stress and even in your most intense moments, it decreases the chance of a cardiac arrest or stroke by 50%.' I'm so happy that I have a stock of Vitamin F!

In summary, we should value our friends and keep in touch with them. We should try to see the funny side of things and laugh together and pray for each other in the tough moments.

Some of my friends are online. I feel blessed that they care as much for me and I care for them. Thank you for being one of my Vitamins!

Author unknown

"Having a weird mother builds character." A quote from a daughter to her mother ... probably some of us mothers out there would tend to agree!?



WIN GAETZ
is the Centre's
SUNSHINE LADY
 but with the
Centre closed, people
who need a card are
easily missed. So, if you
know of someone who
would like/should re-
ceive a card,
be sure to
call Win at
250
752-9229



BOARD of DIRECTORS
2020/2021



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...it's coffee time!



With warmer weather here our small (10) 'coffee group' from the Centre are again able to visit and distance at the beach.

If any of you would like to think about getting together in small groups and keep up some social life now that the weather is improving. ... the beach scenery is out of this world!!

