

THE BUZZ

Thornhill Seniors Club

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The TSC Newsletter is published quarterly by the Editorial Board and YOUR assistance.

Editorial musings...

Sooner or later, **The Buzz** is going to have to catch up with the seasons. Here we are in early June and we are just bringing out the Spring 2007 Edition. With today's temperature slated to hit 28°C and summer just around the corner, welcome to the *Late* Spring Edition!

We again have a smorgasbord of items for your information and entertainment and which we hope you will enjoy, plus a couple of **new things** to add to our armoury of news and views. These are mostly presented in a somewhat whimsical fashion, because after you have read this **Buzz**, we want you to pass it along, with a broad smile on your face, to a friend or neighbour.

The two new items: First, we have some well-chosen words from the **President, Warren Carroll**. After a little cajoling, he has agreed to provide a mini—"State of The Union (of the TSC)" for you. A report will hopefully appear in each subsequent issue. In addition, your Executive Committee has asked that we commence giving you timely information about forthcoming TSC events. We have not done much of this in the past, due to the posters and flyers that are always visible in the TSC lobby when you enter the building. That said, "Ask and you will be satisfied."

As always, you can find a **personal profile**, a **health-related** topic, a second piece

on a local Seniors' **Retirement Residence**, an invitation to learn about another of TSC's popular internal **activities** and a tongue-in-cheek **travel tip**. These are all bound together with our little humorous inserts, aphorisms and tips for daily living.

We were particularly pleased with your reception to our previous Winter Edition. Thanks to the sterling work of our favourite staffer, **Susan Watts**, the distribution of the Winter **Buzz** "sold out" (in a manner of speaking!) in no time flat and a second printing had to be ordered.

So, dear reader, press on and be titillated, informed and amused by what follows...

Barry Pipes

JUNE is Seniors Month. Be sure to visit our Club and enjoy our facilities.

Don't forget to check out "**Coming Events**," at the Front Desk, the Travel Desk and at our Web Site: tsclub.ca

Enjoy the spring, what's left of it, and the summer coming up.



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***Please visit our
WEB SITE:
tsclub.ca
for news and
views and special
events.
Suggestions
welcomed.***



Welcome to summer at the Thornhill Seniors Club.

Since our inception four years ago, we have developed 34 weekly activities (or classes). Our membership is almost 1,000. Your Executive and Board of Directors, with help from The Town of Markham staff, have had much to do with this success. It is, however, our army of Volunteers that keeps the everyday operations going smoothly. They are the backbone of this organization.

To celebrate our four years of operation, these volunteers enjoyed a luncheon at the Mandarin restaurant on Woodbine Avenue earlier this year. It was a huge success. What a great sight it was to see all the volunteers together. May we enjoy many more of these occasions together.

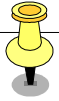
This year is **ELECTION YEAR for Directors**. What better way to thank your Board and staff than to turn up for the **Annual Meeting in OCTOBER**. It would truly be a thank you to those who have given their time and talents freely to you, the members. Refreshments will be served. Members are invited to address questions to any of the Board. Remember, we are looking for solutions. This could be your golden opportunity to solve issues.

If you are not already a volunteer and would like to sign up, please register at the reception desk.

We are always looking for new ideas and ways to improve things. Your Club needs you.

Thank you for supporting the Thornhill Seniors Club.

*Warren Carroll
President*



GOOD NEWS!!

Fees Reduction

**The TSC Board has reduced the
Membership fees for 2007-2008
as follows:**

Markham residents: \$25:00 (reduced from \$28:00)

For Non-residents: \$37:00 (reduced from \$41:00)

Fees for the summer: \$10:00

The man who misses all the fun
Is he who says, "It can't be done."
In solemn pride he stands aloof
And greet each venture with reproof..
Had he the power he'd efface
The history of the human race;
We'd have no radio or trolley cars,
No street lit by electric stars;
No telegraph nor telephone,
We'd linger in the age of stone.
The world would sleep if things were run
By men who say, "It can't be done."

Artful Seniors



Bonnie Steinberg brings art to life—and to the lives of her students. Since the beginning days of TSC, Bonnie has shared her artistic expertise and enthusiasm with the many students who have taken her drawing and watercolour art courses, designed for all skill levels.

As a youngster, Bonnie showed artistic promise and attended children's art programs at the Art Gallery of Ontario. Many lessons followed and her lifelong passion for art was born. She went on to earn a Fine Arts degree from York University. Now Bonnie flourishes as an award-winning artist and as a gifted teacher. Bonnie is an elected member of the Canadian Society of Painters in Watercolour, the Society of Canadian Artists and a signature member of the Toronto Watercolour Society.



Bonnie's classes at the TSC are brimming with artistic talent, much of which was unrealized until encouraged by Bonnie. On a recent Wednesday visit, the advanced art class was engrossed in painting yet the TSC students were eager to speak about their positive experiences and about their teacher. **Madeline Dennis** described her as a fabulous

teacher, expressive and stimulating.

Bonnie encourages her students to develop their personal sense of perspective, composition, colour and the broader principles of design. Most of the Wednesday group take the morning class and return in the afternoon for a full day of instruction.

Dolores Coffey was working on a charming painting of her granddaughter wearing (yes, wearing) chocolate cake. Bonnie helped her find the perfect blend of watercolours to get the chocolate just right.



Marlene Cooper said that Bonnie continually supports her students throughout the class, enabling students to achieve individual goals in their art, whether they are novices or more experienced. **Sharon Leavey** likes the fast-paced and productive sessions and finds that art pieces begun in the morning are often nearing completion by the end of the day. Each week, Bonnie offers a diverse range of subjects including still life, landscapes, florals or other themes of interest to the students. The advanced class is soon heading off to paint *en plein air* at a nearby farm.



Artful Seniors (Cont;'d)



The art students are enormously grateful for the Thornhill Seniors Centre's recent purchase of a large demonstration monitor in the art classroom. At the beginning of each class, Bonnie demonstrates the skills which she wishes the students to focus on during the session. **Doug Coulter** (pictured here with **Mary Lynn**, his wife and classmate) has noticed the vast difference it made, as now everyone can clearly and easily see Bonnie's method. She frequently returns to the projection screen to reinforce a technique.

Bonnie teaches both drawing and watercolour painting classes at the TSC. An 8-week series of daytime classes begins every other month, running throughout the year. Art classes are offered at various skill levels, beginner, intermediate and advanced. The next series begins in July. It is a wonderful opportunity to try a new hobby or to hone artistic skill that has long been idle. The enjoyment and pleasure of the students is evident and the talent and dedication of the teacher, unquestionable.

Susan Leppington

An idle mind is the devil's workshop — and the devil's name is *Alzheimer*.



Weight Loss Advice

"I want you to eat regularly for two days," the physician directed his overweight patient, "then skip a day and repeat this procedure for two weeks." The next time I see you, you should have lost at least five pounds."

When the man returned he had lost 20 lbs. "You did this just by following my instructions?" the doctor asked.

The patient nodded. "I'll tell you, though, I thought I was going to drop dead that third day."

"From hunger?"

"No, from skipping."



A film crew was on location deep in the Arizona desert.

One day an old Indian went up to the director and said, "Tomorrow rain." The next day it rained.

A week later, the Indian went up to the director and said, "Tomorrow storm." The next day there was a hail-storm.

"This Indian is incredible," said the director. He told his secretary to hire the Indian to predict the weather. However, after several successful predictions, the old Indian didn't show up for two weeks. Finally the director sent for him. "I have to shoot a big scene tomorrow," said the director, "and I'm depending on you. What will the weather be like?"

The Indian shrugged his shoulders, "Don't know," he said, "Radio is broken."



Sunrise Senior Living

(The second of a series recognizing those Senior Residences that provide assistance and support to the Thornhill Seniors Centre)

As a senior, I tend to think about my life more in terms of a sunset than a sunrise. It was intriguing to me, therefore, to undertake a profile about **Sunrise of Richmond Hill**, a facility for Senior Living that might well put a different perspective on how we may best enjoy the balance of our lives to the full. This Sunrise is located on 9800 Yonge Street at Harding Blvd., just South of Richmond Hill's downtown area. As I approached the building, it occurred to me that its impressive exterior design, of white turrets and gables would not be out of place on a headland overlooking the Atlantic, in New England or on Prince Edward Island, and ideally positioned to watch an early morning sunrise.

The express **Mission of Sunrise of Richmond Hill** is "to champion quality of life for all seniors." It has a defined set of **Principles of Service**: encouraging independence, enabling choice, preserving dignity, celebrating individuality, nurturing the spirit and involving family and friends. Within that context, Sunrise is a wonderful supporter of the Thornhill Seniors Centre through its sponsorship of various events, most recently our Fashion Show. This sponsorship reflects the responsibility that Sunrise undertakes in providing financial and other forms of support to worthwhile community activities, and certainly merits this brief profile.

On entering, I met **Gina Moore**, the Director of Community Relations, who gave me a guided tour of the building's interior. Gina stressed to me that the 90 or so residents were encouraged to think of the entire structure as their home, not just the individual suite that they occupied, and to feel free to move around to just about every part of the building. From the core of each floor, short but spacious corridors ran off to each quadrant of the building. These quadrants and corridors were called "neighbourhoods" and given a name. For example, there was an Audubon Neighbourhood which had much to do with birds, from the wall decorations to a cage full of song birds. Each neighbourhood featured furnishings both tasteful and comfortable. One particular floor was maintained with added security for those residents who required a greater degree of special attention. Also worth mentioning is the "Snoezelen Room," a quiet room with very subdued lighting of particular value to residents coping with Alzheimer's.

In the lobby, I noted the usual outline of the day's recreational activities including a "Parachute Game" (I assure you nothing to do with skydiving lessons). Residents were happily moving to and from activities, and into the dining room. A Bistro was even available offering 24 hour service with refreshments and light foods for the night owls among the residents. Overall, I got the sense of a very comfortable living environment. After leaving the building, I noted that both to the north and south, the residence overlooked plenty of open green space. Indeed, a most satisfying visit! Thank you, Gina!

Sunrise Senior Living is a public company with 54 facilities in North America, including nine in Ontario. The next closest to us at TSC is on Highway 7 at Kennedy Avenue in Unionville, although a new Sunrise Senior Living Facility is under construction on Steeles Avenue West between Yonge and Bathurst.

Barry Pipes

Travel Anyone? (Cont'd)

Speaking of champion trips, how would you like to cruise to the Hawaiian Islands? In **February, 2008** there is accommodation for twenty lucky folks who will have the time of their lives. Prices are posted on the bulletin board and Melodye and her helpers will answer any questions you may have. So save up your pennies – and dollars.

Also, keep your eye on the bulletin board listing **up-coming day trips** such as the one to the Blue Heron Casino near Port Perry on July 16, and the two for the price of one outings to Niagara Falls on August 28 and September 26, 2007.

Bon voyage et bonne chance, everyone!

Tib Green

Screwy Tip

If you want to remove a screw that's all rusted in its place, just pour a few drops of hydrogen peroxide over the screw and within a few minutes the peroxide will dissolve the rust enough to loosen the screw. You just use your screwdriver to get the old rusted screw out easily.

TRAVEL TIP

Mosquito Alert!

What's the bane of all those folk who journey up north to "the lake" in the spring and summer? Well, even though you may survive the blackflies in the spring, the assaults on you will not have finished. Once the mosquitoes have scented you out, they'll be all over you unless you have slathered yourself

with your favourite form of repellent, such as bear grease, or whatever is your fancy.

Here's a new one for you! Why not try **Marmite** on bread? Uh! **Marmite**? What is that? It is a yeast extract spread, imported from Britain and available at all fine grocery stores. It comes in a small jar that resembles a cooking pot and has all the appearance of a glob of black motor oil.

Tastewise, there seems to be no middle ground, one either loves it or loathes it! The word *marmite* is in fact French for cooking pot, hence the shape of the jar. It does contain, however, a healthy dose of Vitamin B1 which is seemingly abhorrent to mosquitoes when it breaks through to the surface of the skin in the form of sweat. At least on men! We realize that women don't sweat, they only perspire (or if from the upper classes, they simply "glow"). This added flavour to one's sweat/perspiration cannot be tolerated by mosquitoes, which it's claimed, beat a quick retreat. We are given to understand that British soldiers heading for exotic postings where mosquitoes abound, have Marmite sandwiches added to their diet in advance as a defensive mechanism.

Can't abide mosquitoes? Marmite might be worth a try. One can purchase a small jar for about \$3.49, but please be cautioned. If you haven't tasted Marmite before, a *light* smearing on bread will suffice. Lather it on and your taste buds are in for a major trauma—unless you are of English extraction and have had long experience with this product.

To be sure, Marmite is very much an acquired taste, except of course for mosquitoes.

Barry Pipes

HEARING IMPAIRMENT IN OLDER ADULTS

We should not be surprised to learn that some members of the Thornhill Seniors Club have increasing difficulty with their hearing. Here are a few factors worth considering that deal with this problem:

How do I know that I have a hearing problem?

Some of us are a little too embarrassed to tell our friends and family, or even our doctor, if we think we may have a hearing problem. Ask yourself the following questions. If you answer "yes" to at least three of them, you may need to have your hearing checked by an appropriate specialist.

Do I have . . .

- a problem hearing on the telephone?
- more trouble hearing when there is noise in the background?
- difficulty following a conversation when two or more people are talking at once?
- to strain to understand a conversation?
- difficulty with people who seem to mumble or not talk clearly?
- to ask people frequently to repeat themselves?
- people complaining that I have the TV volume too high?
- a ringing, roaring or hissing sound in my ears?

What should I do?

Immediately seek your doctor's advice! More than likely, your doctor will refer you to an audiologist who is able to measure your hearing faculty and give you direction.

Why am I losing my hearing?

Perhaps it is a simple factor related to aging, or too much exposure to loud noise in your environment, either now or in the past. Constant loud noise may cause the ringing,

roaring or hissing sound in your ears mentioned above. This problem is called

Tinnitus.

Loss can also be caused by a virus or bacteria, heart condition or stroke, head injuries, or even certain medications.

What treatments or devices can help?

Depending on the nature of your hearing problem, here are the most common treatments:

- **Hearing Aids** which are tiny instruments worn in or behind the ear.
- **Telephone Amplifying Devices** which are designed to work with certain types of hearing aids. For further information, check with your telephone company.
- **TV Listening Systems** help to eliminate all other noises around you without the need for a higher volume. Your TV cable company can provide further information.
- **Cochlear Implants** are available in many cases for more severe hearing loss.

Is the ability to lip-read helpful?

While this is an option, it requires that you pay close attention by watching how the mouth and body move when someone is talking to you.

How can my family and friends help me?

- Don't be embarrassed! Tell them that you have a hearing impairment. They do need to know.
- Ask them to speak louder, but without shouting.
- Ask them to face you when they are talking so that you can see their faces (mouths and lips).
- Turn off the TV or radio if it does not need to be on.
- Be aware that noise around you can make hearing more difficult when you are out with others. Try to find seating that places you away from loud noises.

COMING SOON!

Progressive Euchre



Monday, June 25, 2007

Lunch - 12 Noon
followed by Games
1:00 - 4:00 p.m.

Draws and Prizes

\$5:00

*Tickets must be Purchased
in Advance*

Julie Andrews, to commemorate her recent 69th birthday, made a special appearance at New York's Radio City Music Hall for the benefit of the American Association of Retired People. One of the musical numbers she performed was "My Favourite Things" from her legendary movie "The Sound Of Music."

Here are the lyrics she used. Please sing along! (*Ms. Andrews received a standing ovation from the crowd that lasted over four minutes and repeated encores.*)

Maalox and nose drops and needles for
knitting,
Walkers and handrails and new dental
fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.

Cadillacs and cataracts, and hearing aids and
glasses,
Polident and Fixodent and false teeth in
glasses,
Pacemakers, golf carts and porches with
swings,
These are a few of my favourite things.

When the pipes leak,
When the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for
bunions,
No spicy hot food or food cooked with
onions,
Bathrobes and heating pads and hot meals
they bring,
These are a few of my favourite things.

Back pains, confused brains, and no need for
sinnin',
Thin bones and fractures and hair that is
thinnin',
And we won't mention our short, shrunken
frames,
When we remember our favourite things.

When the joints ache,
When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

Submitted by Susan Leppington

Brain Teaser

Can you name three consecutive days with-
out using the words Monday, Tuesday,
Wednesday, Thursday, Friday, Saturday
or Sunday?

Answer: Yesterday, Today, Tomorrow

Mouse Trap

A mouse looked through the crack in the wall to see the farmer and his wife open a package.

"What food might this contain?" The mouse wondered - he was devastated to discover it was a mousetrap. Retreating to the farmyard, the mouse proclaimed the warning.

"There is a mousetrap in the house! There is a mousetrap in the house!"

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you but it is of no consequence to me. I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mousetrap in the house! There is a mousetrap in the house!"

The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but there is nothing I can do about it but pray. Be assured you are in my prayers."

There is a mousetrap in the house!" The cow said, "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose."

So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap-- alone.

That very night a sound was heard throughout the house -- like the sound of a mousetrap catching its prey.

The farmer's wife rushed to see what was caught. In the darkness, she did not see it was a venomous snake whose tail the trap had caught.

The snake bit the farmer's wife.

The farmer rushed her to the hospital and she returned home with a fever.

Everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient.

But his wife's sickness continued, so friends and neighbours came to sit with her around the clock.

To feed them, the farmer butchered the pig.

The farmer's wife did not get well; she died.

So many people came for her funeral, the farmer had the cow slaughtered to provide enough meat for all of them.

The mouse looked upon it all from his crack in the wall with great sadness.

So, the next time you hear someone is facing a problem and think it doesn't concern you, remember -- when one of us is threatened, we are all at risk.

We are all involved in this journey called life.

We must keep an eye out for one another and make an extra effort to encourage one another.

REMEMBER:

EACH OF US IS A VITAL THREAD IN ANOTHER PERSON'S TAPESTRY;
OUR LIVES ARE WOVEN TOGETHER FOR A REASON.

One of the best things to hold onto in this world is a **friend**.

Letters to the Editor

Occasionally, readers get in touch with us to offer a point of view about something we have written in The Buzz, more often than not in response to our so-called “deliberate error.”

Here is one such example from a reader who checked us on a few grammatical matters . . .

Dear “Buzz”ers:

I seem to be able to focus on trivial details, so I marked a few that I’d noticed.

I love the newsletter and appreciate the work of your volunteer staff.

Glenda MacNaughton

P.S. Probably missed the mark on some.

(Thank you, Glenda, for your comments and for your notations on the Winter Buzz. It is always useful to us to take another look at our work even well after the fact, to see how or where WE may have “missed the mark,” trivial or otherwise. Your feedback is so important to us! — Ed.)

~ ~ ~

Many thanks for producing every season a great little read in “The Buzz.” It certainly gives one food for thought, is humorous and easily digested. Your creative drones work hard reflecting the hive of activity in the Club. No wonder “The Buzz” has metamorphosed, not into a butterfly but a bumble-bee. Kudos to Rose for her excellent lay-outs, enhanced by Pauline’s photos.

Feedback: Humor or humour? Autumn or Fall?

The choice is yours: Which will it be? Each is acceptable to you and to me.

Valerie Meechan

It’s a wrap!

There you have it! The content of this **Buzz** was provided, as usual, by our editorial staff of **Tib Green, Rose Harrison, Susan Lepington** and “yours truly” (I never know whether to use “me” or “myself” in such situations). This time, we were ably abetted by our Commander-in-Chief, Warren Carroll with his first presidential letter.

So why don’t **you** take a turn? I would like to hereby request that any member of the Thornhill Seniors Club may consider it her/his due to **write** a small piece for the **Buzz**, telling us about your **experiences** at the Club, the **programs** you like, etc. You may even win a prize! Submit it to us for inclusion in a subsequent **Buzz** and it will appear under your very own by-line. While we may be opening the proverbial “can of worms” here, we are willing to take a flyer on such a project, thereby giving everyone the opportunity to participate.

By the way, we have named a new **ex-officio** Editorial Board Member... **Valerie Meechan**. Val has always taken a strong interest in the content of **The Buzz**. In fact, she suggested the name long ago in a contest. She has also made a point of going through each issue with a fine tooth comb and is usually the first to identify the “deliberate error”. With Val now on our side, we will **discontinue said deliberate error**. Henceforth, all errors that you may find will be due to oversights in spelling, grammar, syntax, or any other excuse we can dream up.

Did you enjoy what you have just read? We do hope so. We’ll have the next Summer Edition in your hands by around the middle of August... give or take a week!

Barry Pipes