

Southline Brant WI

On September 26, 2012, Southline Brant WI (Grey-Bruce Area) partnered with Jason Hoffman, Area Manager supporting Grey-Bruce Heart and Stroke Foundation, and Jessica Doerr, Program Coordinator VON Grey-Bruce Canada's S.M.A.R.T. (Seniors Maintaining Active Roles Together) Program. A ROSE Session called "Healthy Lifestyle: The Best Defence Against Heart and Stroke" was held with approximately 50 participants who gathered at the Hanover Columbus Centre.

Jason explained how the heart and brain work, what a heart attack and stroke are, including signs and symptoms, and how important it is to lead a healthy lifestyle. He also explained how to use a defibrillator and donated two kits which were won by two lucky people to view and loan to others. Defibrillators have been placed in many locations by the Heart and Stroke Foundation so that they can be used in an emergency.



Jessica explained that the VON Canada S.M.A.R.T. Program provides support to community members, age 55 or older, who wish to improve their strength, balance, and flexibility regardless of their current ability level. These gentle fitness programs are facilitated by volunteers who receive specialized training to deliver safe, appropriate physical activities designed to enhance successful aging. Jessica led the group through many of the exercises. This program allows people to take a proactive role in staying active, healthy and independent and also to develop friendships. No one is left out; even the homebound person can take part.



Pictured (L-R): Mary Poechman, Brenda Meyer, Eugenia Zettler, Jessica Doerr, Jason Hoffman and Phyllis Siegner.

Rednersville WI

Rednersville WI (Trent Valley Area) recently held a Branch Meeting where they made cards for their card conveyor to be sent out to Members when needed. The ladies made about 20 cards in total with Members working and learning together, along with enjoying a new skill. The class was led by Member Evelyn Price who is an avid scrapbooker.



Pictured (L-R): Evelyn Peck, Margaret Vandervelde, Edith Cairns, Marlene Corfield, Marjorie Bedford, Linda Dulmage, Marion Townsend, Fay Wetherall and Pat Townsend. You will see a few Members wearing their Fascinator from their Queen's Jubilee Celebration.

Majestic WI

Majestic WI (Guelph Area) hosted a ROSE Session on Nutrition with guest speaker Cheryl Phillips, Wellness Coordinator for One Care Home & Community Support Services. Cheryl gave a very interesting PowerPoint Presentation, and provided several handouts and examples of portion sizes. A quiz was conducted on fitness, food and health, then scored and returned to each participant with suggestions on how their habits could be improved to experience better health. It was a very informative ROSE Session with 17 participants, including Members of Walton WI who were invited to attend.

Pictured (L-R): Ruth Axtmann, Brenda Perrie, Courtney Bennett (One Care student) and Cheryl Phillips (One Care Wellness Coordinator).

