



Now that the snow has almost disappeared, it seems the wrong time to write about winter, but I should finish what I started last week regarding my recent episodes on skis.

After buying them in February, I became adept enough that my daily treks in our bush were something I looked forward to if I wasn't working. The temperature dropped alarmingly some days, but if I could gasp my way across the open spaces and make it to the trees, they sheltered me from

The only sounds were that of bindings and let me crawl out skis slithering on snow and of the bank. dogs crashing around in the Undaunted, we set out up underbrush following interest- the frozen, snow-covered ing scents. It was all quite creek, and I discovered more

peaceful. Because of my slow speed, I skiing, while Heather invented noted many bird and animal new ways to get me out of tracks-grouse, rabbit, deer, drifts. moose, coyote, mouse, and The hardest things to navihound Rip's huge paw prints, gate were the beaver dams. toes spread wide to act as The ski instruction book didn't snowshoes.

There were well-used paths or down these four-foot hurwhere animals had followed dies with skis on, and I didn't old logging trails, and when a feel confident enough to atcrust had formed on the snow, tempt a leap. I turned off the snowmobile Also not mentioned was how paths and headed down the to crawl under downed pines trails, hoping to catch a lying across the creek with glimpse of wildlife (other than only two feet of clearance. Or birds who perched on grassy what one yells when bearing even though we've just had an-plodding along unaware of the other 40 acres cleared, there's skier gathering speed behind. ching me from a distance.

The most interesting ski but that didn't occur to me. session was when son Jim's Later, Heather got her rehow far we could get up the think of it as an accident. She Buck Creek, me on skis and took a turn on the skis, while I everything I didn't know about of warning and encourageskiing was forcibly brought ment. home to me, in spite of my We came to a deep dip in the

and before kicking off, I person up the far side. sound mind and tender body, I do the same for her. removed my skis, walked to However, she overbalanced,

The exhilaration of flying across the head with a pole! I staying on my feet) was so slide down the hill backwards. great that I tackled the next This time it was ME hill without proper thought.

It was a snowmobile-packed for tears, and I missed whatroller-coaster-type series of ever graceful motions hillocks that looked like great. Heather went through on her fun, and I started down them way down. with great flair. However, I All things considered, this didn't take into account the wasn't quite what I had in In their homes, said Mrs. abrupt turn at the bottom, and mind when I took up skiing, in spite of efforts to stop, I but I surely am enjoying my- trend will continue. plowed straight into a deep self.

And there I stayed. The skis had sliced neatly into the snow and were still flat on the ground, side by side, under a few feet of fluffy white stuff. And I'd fallen backwards on top of them.

How to get up? If it hadn't been for Heather I might still be there, for I couldn't reach my feet under the snow and couldn't lift them out since I was lying on the skis.

Heather (when she stopped laughing) located my feet, pulled the skis out, and set them perpendicular to my body. But the snow was so deep (this was in February when the snow was fluffy and drifting, not melty and crustall I could do was flounder until she undid the

intricacies of cross-country

cover things like climbing up his disability.

stalks, pecking at seeds). But down on a snowshoer who is emotional support and enstill half of our quarter (80 Words flashed through my to be reminded they're doing acres) in bush that animals mind. "Fore!" "Timber" a good job, sald Marg can hide in, probably wat- "Ski!" and "Skoal!" I could Macleod, director of the Victorian Order of Nurses have hollered "Watch out!"

girlfriend and I set out to see venge, although I prefer to with the character of people she on snowshoes. That eday trotted behind shouting words to doing things for themselves the director commented.

Then, too, weather and path where the momentum driving being unpredictable, Where we started, the road built up on the way down was the nurse has to instruct the wound down a hill to the river, almost enough to carry a patient how to manage on his own in the event she can't checked where I'd land if I Heather had previously visit. "It's incredible the didn't navigate the corner helped me reach the top with a consistency with which the halfway down. Then, being of push to the rear, and I tried to nurse does make it," Mrs. Macleod marvelled.

Many conditions can be the corner, and started from swung her arms to right her- kept under control at home and patients are more self, and gave me a good crack comfortable remaining in the down that bit of a slope (and promptly let go and left her to midst of their families and maintaining their own routines-having their meals laughing so hard I couldn't see when they want them, for instance-Mrs.

In the last year in Halton region there have been more "really sick people" cared for Maclcod. She predicted this

In contrast to the increase

## V.O.N. care for sick in their own homes

Mention the word "nurse" and a mental image of a woman in white from perky cap to soft-soled shoes comes to mind. Sickness is often associated with hospitals. But there are sick people, an increasing number of them, being cared for in their

Dropping in as often as needed to assist in their care are nurses garbed, not in white, but in smart raspberry red outfits. The cheerful uniform consisting of dress and jacket or a pant suit, identifies staff of the Victorian Order of Nurses

The VON provides nursing care to people in their homes on a visiting basis, the VON nurse gives, or assists with, whatever personal care the patient needs. Her tasks are similar to those a hospital nurse performs, such as helping the patient to bathe or

changing a dressing. But she also teaches the patient to care for himself, or a relative to care for him. The aim is to help the patient to live with his disability and become as independent as he can within the limitations of

This approach involves not only teaching but also a lot of couragement. In the face of constant illness, people need

Halton Branch. The approach is consistent in the northern part of the region. Rural people are used and want to be independent,

explained.

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in the number of patients require the services of team". Who acts as leader of being cared for at home in the region considered as a whole. however, the number of visits occupational therapists and physiotherapists. in Halton Hills and Milton Contrary to popular belief, was lower last year than the previous year. In 1977 there

Macleod.

increase was in young

families who were not in need

of nursing care at this stage

alternative to hospitalization,

ing of the incision.

occupational therapists teach were 1,277 visits made in patients how to conserve their Milton and 1,804 in Halton energy and how to make adjustments that will allow them to manage their homes "The population in the north is increasing, it's despite their illnesses or disstrange the number of visits is going down," commented

Physiotherapists can help the patient improve his mobility and the use of his speculated the population muscles and joints.

The work of these professionals is aimed at helping of their lives. Or, there are the patient regain or retain people who need help but who the ability to perform everyare not aware of VON ser- day activities, from getting dressed to doing household Staying home can be an chores.

In order to co-ordinate their

for example, for the patient efforts for the patient's suffering from cancer. Morebenefit all the workers inover patients who have had volved with the patient- and surgery are discharged much family are in contact with one earlier than they used to be. anohter. "We need to talk The nurse visits to change the together so we don't underdressing and check the healmine each other's work." commented Mrs. Macleod. She called it "working in a Some at-home patients

several health professionals, the team depends on which Two who visit in the home are service is the major one required, she said.

When multiple services are needed, the patient usually qualifies for the Home Care Program. In an attempt to control health costs this program was set up by the Ministry of Health as an alternative hospitalization for selected patients.

The Home Care Program is administered locally. If patients on the program require nursing care, the program purchases nursing services from the VON.

Supervision and ministration of medications is a "big but inconspicuous part of what we do," Mrs. Macleod went on. It may simply involve laying out the medications so the patient remembers to take them and to take them correctly. Or. the nurse may visit to give a patient injections, if he is unable to give his own.

The nurse also makes sure he is taking, why, and what spring days!

"Medications nowadays are powerful," the director commented, adding the nurse has to be knowledgeable not only about individual medications but about the effect of medi-

cations taken in combination. The VON accepts patients referred by doctors or agencies such as the Cancer Society, at the request of the patient himself or his relatives, or even sometimes at

the request of a neighbor. When the VON receives a request for services, a nurse goes out to make a visit. The patient's doctor is always made aware the VON is visiting. In cases where immediate medical involvement is needed, the doctor is notified before the first visit is made. In other cases, he may not be notified until after the visit, Mrs. Macleod said.

### Be careful

Be careful near swollen the patient understands what streams and melting ice these

### Stop Over is given grant

the "Stop-Over", a proposed hostel for abused wives and dependent children, somewhere in Halton, has been given a Canada grant to hire three university students to

do research work. The students will investigate the need for such a hostel, explained Betty Hill,

The steering committee for Halton Region, who is a member of the steering committee. She explained the com-

> mittee would also like volunteers to become interested in the project. Gloria Hincks is chairman of the committee, and local members are Johan

McMillan, Debble Taylor and



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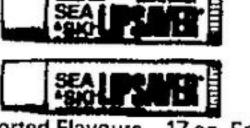
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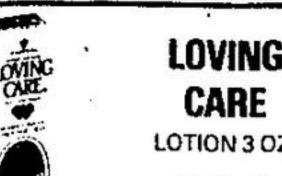
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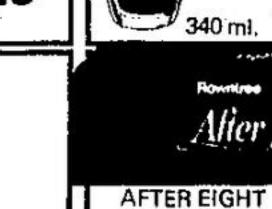


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