

Diversional therapy lessons given chronic hospital patients

By Janet Braida

The old phrase "live fast, die young" has been kicked around through many a generation. Nowadays with our medical and mechanical discoveries, our successful kidney and heart transplants, people live longer and die harder. If you are growing old and can barely walk you feel no-one cares.

The Women's Auxiliary of Milton District Hospital saw hurt and depression troubling the chronically ill at their hospital so they decided it was time they looked into the problem. "Diversional therapy" was the plan they came up with, a plan that would "guide, teach and interest the aged—making them forget their own problems and be away from their hospital rooms."

The plan first started on Nov. 13, 1969, with Mrs. Diana Kempe, a former lab technician who learned about making crafts from her mother. Mrs. Kempe was in charge of the group of volunteers at first but has since moved to Australia. Mrs. Kempe set about and gathered simple materials and crafts that could be used by the old, especially those who were limited in their activities due to heart attacks, ailments or strokes.

Today more than half a dozen of the chronically ill are learning to paint water colors, do puzzles, make Christmas decorations or mosaic ashtrays. The group meets from 1:30 to 3 p.m. every afternoon with one volunteer on hand daily to assist with the crafts. "At Christmas the group used styrofoam balls, ribbon and decorations to make ornaments for the hospital," said



DIVERSIONAL THERAPY is a popular afternoon's work for Mrs. Rachael Ahrens, Broadhagen, (second from left) and William Readhead, Lowville, both patients at Milton District Hospital. The class meets every day from 1:30 to 3 p.m. and works with crafts to boost their ego and help restore mobility in their arms and hands. Mrs. Brian Best of the Auxiliary assists the two patients. All assistants work on a voluntary basis.—(Staff Photo)

Mrs. Brian Best. "And at Easter they made Easter bunnies from styrofoam with knitted legs and heads. Upon completion they filled the bunnies with candy and sold them in the gift shop, gave them to grandchildren or kept them for themselves. They are very proud of everything they make," she said.

Under the new direction of Mrs. J. Ackerman, physiotherapist at the hospital, the group of volunteers include Mrs. John Ostler, 435 Campbell Ave.; Mrs. Brian Best, R.R. 6 Milton; Mrs. Edwin Joyce, 171 Heslop Rd.; Mrs. W. J. Hawkins, 301 Bell St.; Mrs. John Conway, R.R. 1 Milton and Mrs. George Hood, Parkway Dr. These six regulars work one day a week or one day every second week.

"It's the mental attitude of the patients that really counts," said Mrs. Best. "If the patient has the will to keep busy he can put forth enough effort to do so."

"It gives them a lift to see other people at work and many young people come to the classes just to keep busy and keep from getting bored. We run a class five days a week but if someone is too tired or just doesn't feel like coming, they are not obliged to do so," she said.

All the supplies for the therapy class come from the art shops. Much of it is leather, mosaic, thread and ribbon and art supplies. "One man even made his own leather case for his glasses as well as card holders, a teapot stand and a wallet. The women in the class usually paint, make raffia flowers (made from various colors of coarse thread) or knit.

"The men go more for the mosaic ash trays than the women," said Mrs. Best. "The women don't like to get their hands dirty."

ESQUEUING Township Council BRIEFS

At their regular meeting Monday night, Esqueuing Council:

* Passed a resolution authorizing payment of the dog patrol account for the township's four villages for the period from March 16 until April 30, amounting to \$342 for seven dogs.

* Passed a by-law to establish a schedule of vacation with pay for township employees. Henceforth, employees with from nine months to three years service will receive one week with pay, employees with more than three and less than seven years service will receive two weeks with pay, employees with more than seven and less than 15 years service will receive three weeks with pay and employees with 15 or more years of service will receive four weeks with pay.

* Received a letter inviting councillors to a demonstration of the township's new fire truck Wednesday, May 13, at 7 p.m., in Stewarttown.

* Received a letter from the Department of Highways informing them of a new schedule of fees for consulting engineers' services.

* Received a letter from the Georgetown District Naturalist Club complaining about the herbicide spraying of township road allowances.

* Referred a letter of complaint about pollution in the area of the intersection of Steeles Avenue and the Fourth Line from Mr. and Mrs. A. Wilkinson, R. R. 5, Milton, to the County Health Unit.

First Salvation Army appeal in Milton next Wednesday

The Salvation Army's first annual Red Shield Appeal will be held in Milton on May 27.

Contributions will make possible the continuance of Salvation Army services in the community for the next year. The national objective is \$3,685,427, this year. It is absolutely essential that this amount be realized to meet operating deficit on The Army's social service institutions caring for all kinds of human need, and sheltering thousands of less fortunate Canadians.

Jack Charlton of Milton, campaign chairman, expressed confidence in the local citizens, feeling certain they will stand by The Salvation Army in a practical way again this year and help put the campaign over the top.

Milton Optimist Club will be handling the residential door-to-door canvassing in the one-night blitz. Stores and industries are being contacted by letter. Ray Harrison, manager of the Bank of Commerce, is the treasurer.

25 enjoy tour Niagara blossoms

Twenty-five tickets were sold in Milton for the Blossom Bus Tour held Sunday, May 17. The tour included a day's travel down through the Niagara Peninsula to see the blossoming fruit trees.

"Only one busload took the trip this year and enjoyed every minute of it," said local ticket agent William Casson. "As well as seeing the blossoms, the group also saw a Canada Steamship docked in the Welland Canal and a procession of 150 old cars sponsored by the Niagara Peninsula Car Club."

"All in all I believe everyone enjoyed the day's outing." Adult tickets for the trip cost \$5.75; children's \$3.25.

When selecting a new refrigerator allow eight cubic feet of capacity for a family of two, plus one cubic foot for each additional member and two cubic feet for entertaining. If the household is composed entirely of adults and teenagers, two cubic feet for each additional member is better.

Blind people are helped to lead normal lives again

John Smith has just learned he is going blind and there is no way of reversing the disease which is causing him to lose his sight. What can he do? Where can he turn?

The answer to these two questions and many more which he may have can all be answered by the Canadian National Institute for the Blind through one of its field secretaries who can also help him to come back and lead a nearly normal life again.

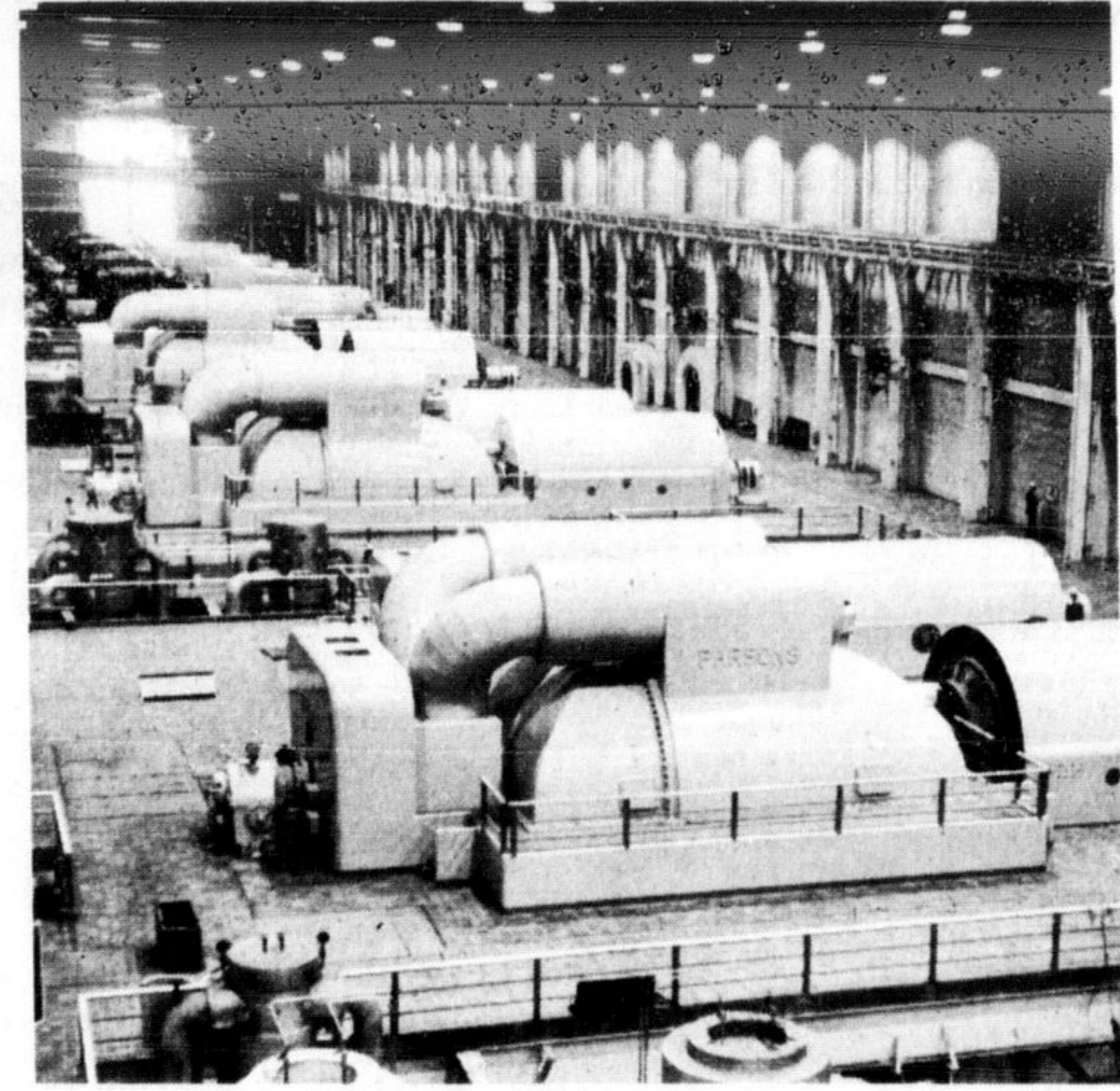
Bill Lawson is one of these field secretaries although he says he is more of a social worker with the blind. He covers the counties of Wentworth, Halton and Peel and his services include working in Milton or Acton. Mr. Smith is a fictional character who lives in this town and Mr. Lawson was asked how he would get to know and help Mr. Smith.

"The first thing I would do," he said, "would be to check on his background, and see if he could continue in his present job without sight. Then we would bring Mr. Smith to our divisional office in Toronto for what we call 'Adjustment Training' which is really a course to teach blind people to get along with sight."

"He learns to use a white cane, learns to read in braille and does some work in our workshops. He does not learn a trade here but rather is assessed on his work and our placement officers can tell which job he could eventually be placed in if he can't go back to his old one."

"It takes 10-12 weeks for a person to go through this program in classes of eight to 10 at a time. Our Mr. Smith, upon graduation, has learned how to use his cane and can do grade two braille. If he wants to take up or continue his studies, he can take grade three braille which is a form of

Power People—Chemists



With these eight turbo-generators, Hydro's R. L. Hearn power station uses over half a million gallons of water a minute. The station chemist is responsible for its purity. All water used is pure enough to drink; some exceeds the standard of purity required for use in medical serum.

Chemists play a key role in the operation of Ontario Hydro's thermal-electric power plants. All coal-fired and nuclear stations have a laboratory and a staff of chemists. The sampling and analysis of incoming coal to determine its heating value, sulphur and ash content is one of the more important duties. Hydro bought some \$45 million worth of coal in 1966.


A constant check on the condition of cooling water must also be made to protect and maintain efficiency of equipment. In full operation a modern thermal station uses as much as a million gallons of water a minute for cooling purposes. If uncontrolled, algae in this water can coat the inside of piping and equipment rendering them inoperative. The

water is returned to its source unpolluted.

Chemists also supervise and maintain a supply of water for use in the boilers, where anything less than "super-purity" causes scale and corrosion. The control of corrosion in many forms is another all-important duty of the station chemist. Unchecked these forces can literally eat away mechanical equipment in a very short time. The chemists also conduct checks of lubricating oil, hydrogen gas for cooling the generators and many other tests related to safe, efficient operation of the plants.

Hydro's thermal power stations generated over 10 billion kilowatt-hours in 1966, about one-fifth of the

electricity used in Ontario. By helping to keep these plants operating, Hydro's station chemists and their staffs contribute a great deal towards maintaining the supply of electricity in Ontario.



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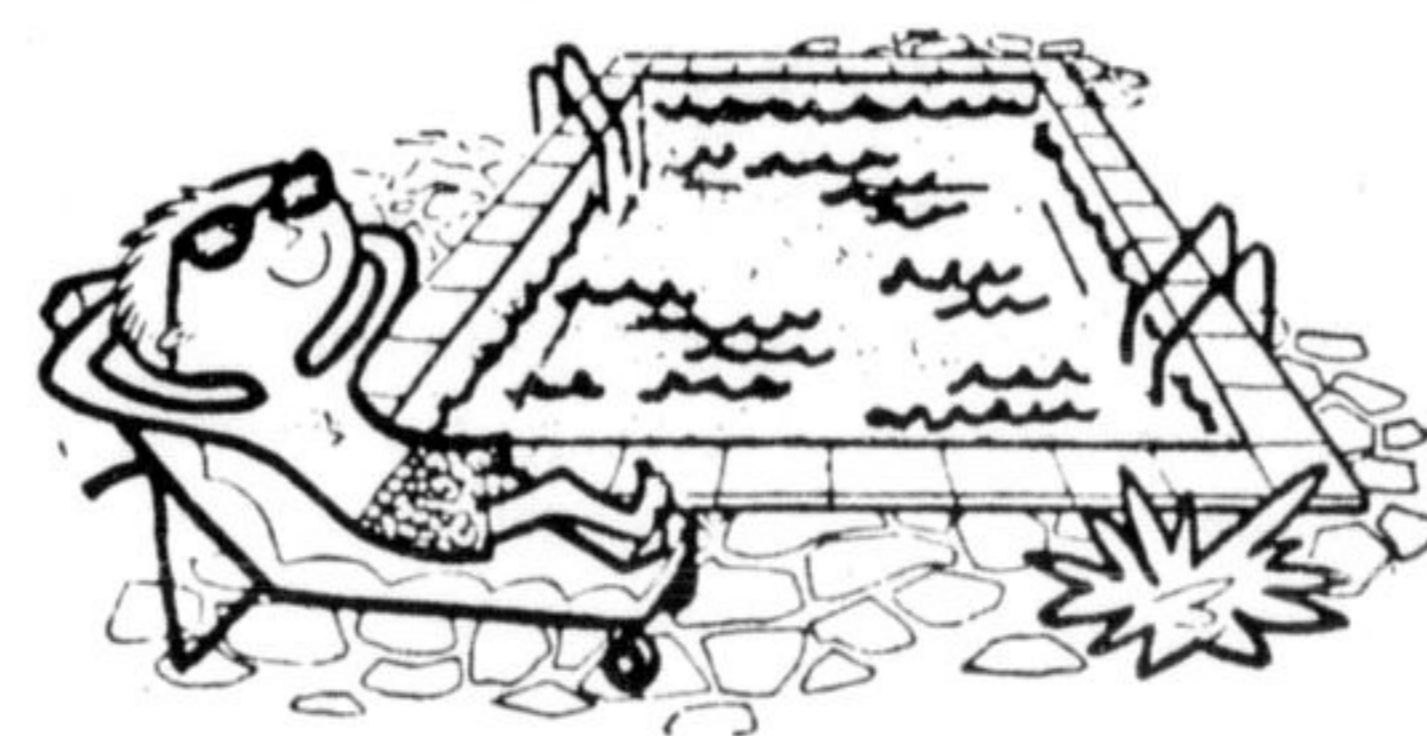
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Legion Notes

BY G. L. DAY

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There was quite a good turnout at the general meeting on Monday May 11. Zone Commander Charles Heath was in attendance for the installation of the new executive and quite a lot of other important business was attended to. The first meeting of the new executive, originally scheduled for May 11 was, on account of the holiday weekend, postponed until Tuesday May 19.

SICK CALL

Comrades Mike McConnell and Bob Verrall are, at present, in the Milton District Hospital and we sincerely wish each of them a speedy recovery.

SPORTS

Bob Titus, our new sports officer, has selected his new committee and promises there will be quite a lot of sports activity in the branch this year.

The playoffs of the Inter-County Dart League will be held in the Milton Legion on Saturday next May 23. The Milton squad, playing at home, are expected to put up a good show.

Dart players are reminded that there will be a mixed credits tournament in Branch 82, Port Credit on Saturday June 13. As the prizes both for men and women seem pretty good it is expected that at

least one team from this branch will be there. It looks as if we will not have to wait until September for the next soccer game between Bronte and Milton. Players from both teams have expressed a desire to have the next game round about June 20.

ENTERTAINMENT

Once again the weekly social evening on Saturday night was very successful. Fred Sargeant with his stereo equipment provided music for dancing for the big crowd present and all seemed to really enjoy themselves.

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