

# Connection 55+

June, 1990

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## At workshop

### Participants will see 'through other eyes'

A handpicked group of Miltonians will experience a temporary loss of vision, hearing, mobility and sense of touch during Seniors Awareness Week.

The week's events will kick off with a "Through Other Eyes" workshop at Milton Mall, with similar programs running during Seniors Week throughout Halton. The deputy minister for the office of senior citizens affairs, Phil Adams will take part in the Milton version Monday, June 11.

Participants including local politicians, business, education, media and health care representatives will experience the challenges faced by seniors in everyday life. They'll be equipped with modified goggles that will simulate visual impairment, earplugs to minimize their hearing, gloves that will lessen their ability to feel and weights that will make mobility more difficult.

With their abilities impaired, the workshop participants will be required to follow a shopping list and complete some everyday tasks. The exercise is intended to result in an increased understanding of the needs of older residents as well as an awareness of how merchants and community organizations can better serve those with various impairments.

"Through Other Eyes" has been adopted as the theme for Seniors Awareness Week, June 10-16, by its organizers. The information/education subcommittee of the Region's Elderly Services Advisory Committee is presenting this fourth annual Seniors Awareness Week.

Most of the local activities centre around Milton Mall with the exception of Seniors Days at the Ontario Agricultural Museum and an open house at Halton Centennial Manor. The museum is offering a special 65 cent admission price to seniors from June 11-15 and the Manor will have afternoon and evening information sessions including refreshments on Wednesday, June 13.

#### Coffee, donuts 25 cents

There's another good deal for people age 60 and older at the mall on Monday morning. Coffee and donuts will be served in front of the mall office from 8:30 to 9:30 a.m. for the low price of 25 cents. Those calories can be burned off later that day by taking part in a fitness demonstration at 1:15 p.m. The demonstration will feature participants in the Senior Citizens Recreation Centre fitness program.

From 9 a.m. to noon on Tuesday, seniors can take part in a free blood pressure clinic. That same day seniors are asked to empty their medicine cabinets and bring their various medications to the mall. The pharmacist from Shoppers Drug Mart will be available from 11 a.m. to 1 p.m. to offer advice on the products used by individuals. At 1 p.m. the Blue Birds Choir will perform, followed by a square dance demonstration at 2 p.m.

Wednesday is bingo day at the mall. Seniors are invited to play in the food court area from 9:30 to 11:30 a.m.

A blood pressure clinic will get things started Thursday morning from 9 a.m. to noon. There will be a travel show at 1:30 p.m. and a seniors' tea time at 2:30 p.m. The local Hand Bell Choir will perform twice on June 14 with performances from 3-3:30 p.m. and 7-7:30 p.m.

On Friday, those with a taste for home baking will satisfy their appetites at the

• see WORKSHOP on LS3

## Manor reaching out to bring the community in

There are a lot of people benefiting from new programs at Halton Centennial Manor who aren't residents at the home for the aged.

For the past six months, people living outside the Manor have been taking part in a family support group at the Manor. Family members caring for elderly relatives often called the Manor for advice before the group was established.

Now group participants can discuss their problems and concerns as well as solutions that have worked for them.

The seniors' day program has been running for three years. It provides activities and social opportunities for older adults who live in the community but feel isolated. The day program allows seniors to live outside an institutional setting longer, often with relatives who aren't available to provide care during the day.

The public can tour the facility to get an idea of the accommodations, amenities and services.

Tours are conducted the first Friday morning of the month and the third Friday afternoon. An appointment must be made in order to participate.

Anne Fraser, manager of resident and outreach services, recommends the tours for those who have elderly relatives who may at some time need to live at the Manor.

"The more information you have the better you can handle a situation. Families are often in a crisis at the point when a relative comes here," she explained.

The change of living conditions is usually traumatic for the person moving into the home for the aged. The transition has become less upsetting in the past few months however, since the hiring of resident support workers.

"We find new people are settling in better," Mrs. Fraser said.

This new breed of staff member will stay with a new resident from the time he or she is admitted to the end of the day when the resident has gone to bed. Daily visits gradually drop off as the person adjusts.

"The support will go on as long as it's needed. It could be months," the manager says.

A social worker, also a fairly recent addition to Manor staff, is involved in the admission process and provides family counselling as well as crisis intervention when needed.

The charge nurse continues to be the first line of contact between the home and the family of the resident. Mrs. Fraser explains that the support workers "enhance" these types of services.

Mrs. Fraser, along with other staff at the Manor will be available to discuss the services offered at an open house Wednesday, June 13. The resident and outreach services department is one of six that will be participating in the display at the auditorium.

**Manor has undergone many changes**

The buildings which house Halton Centennial Manor are all that's remained the same at the regional home for the aged.

So much has changed in the areas of resident services, community outreach programs and family support that an open house is being held to promote the new and improved Manor. The event on Wednesday, June 13 is part of Seniors Awareness Week activities in Milton.

There will be an afternoon tea from 2 to 4, that will give visitors a chance to see the displays in the auditorium and talk with staff involved in the many aspects of the Ontario Street home. In the evening the same information will be available between 6:30 and 8 when wine and cheese will be available.

## What's Happening

The pace at the Senior Citizens Recreation Centre slows during the summer with drop-in programs scheduled throughout the week. The drop-in format provides a casual method of occupying free time without an ongoing weekly commitment.



The scheduled drop-in activities for the summer are as follows:

- Monday**  
Table tennis: 1:30-3:30 p.m.; Shuffleboard: 2:15-3:30 p.m.
- Wednesday**  
Bridge: 9:30-11:30 a.m.; Table tennis: 9:30-11:30 a.m.; Cribbage: 1:30-3:30 p.m.; Billiards and darts: 1-3:30 p.m.

- Thursday**  
Leathercraft: 1 to 4 p.m.

- Friday**  
Bingo: 10 a.m. to noon; Euchre: 1:30-3:30 p.m.

Equipment will be available to members for use during free time when other activities aren't scheduled. Equipment available includes: shuffleboard, crokinole, cards, scrabble, dominoes, checkers, chess, backgammon, Chinese checkers, darts and crafts.

#### Third annual Shuffleboard Challenge

The Seniors Centre team versus Mayor Gord Krantz and town staff on Monday, June 18 at 1 p.m. Come and cheer on your favourite team and stay for the refreshments after the games.

#### Strawberry Picking

Be sure to wear comfortable clothes and shoes and bring along a hat to pick strawberries at Springridge Farm on Bell School Line. Transportation will be provided on Thursday, June 28 from the centre at 8:15 a.m.

#### Strawberry Social Euchre

Enjoy the most popular fruit of the season in the form of strawberry shortcake on Friday, June 29 from 12:30-3:30 p.m. The Strawberry Social Euchre price of \$1.50 includes the shortcake, coffee, tea and prizes.

#### Potluck Supper and Games Night

Bring your favourite dish and your good sportsmanship to the Potluck Supper and Games Night on Tuesday, June 19 from 5 to 8:30 p.m. Have a delicious potluck dinner then try your hand at bingo, bridge, euchre and board games. This evening costs \$1 per person.

The Recreation Centre is located at the Royal Canadian Legion, 26 Charles St. For information, call 875-1681.

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