

Community Profile

Tai Chi instructor offers exercise, peace of mind

BY DANIEL SCHWAB

For Essex resident Tony Moore, a soft-spoken 72-year-old gentleman, there is a higher plane to life - and Tai Chi is a part of it.

Moore has been teaching the martial art at the Essex Retirees Social Club to seniors for the past five years.

"Tai Chi definitely has a big influence on my life," Moore said. "I'll probably teach until I die."

Moore hates using the term "elderly." He wears an earring and wakes every morning at 5:30 a.m. to "walk around town." He then heads to the Essex District High School track at 10 a.m. for a few laps. Even though he wears a pacemaker with a defibrillator, Moore's life philosophy has remained the same no matter what age he reaches.

"We don't have to get old," he says. "You never give up learning. That's the nice thing about (Tai Chi), you can do it until the day

you die."

Moore teaches the Yang style of Tai Chi. He describes it as a "soft" form of martial arts, a characteristic he had trouble adjusting to when he first started taking classes at the Hospice of Windsor and Essex County in 1992. Moore was introduced to Tai Chi while his wife Judy battled cancer. She passed away three years later.

"Everything I had done up to that point was hard - football, lacrosse, boxing," Moore said.

"We decided to take it as a stress-reliever," Moore said. "It worked out very well. Just before my wife passed away, the fellow who was teaching the class also got ill, and they asked me if I would take it over."

Moore ended up teaching the class for several years, and then moved on to instructing students at the Alzheimer Society of Windsor-Essex County.

"It's not something you

just learn in 10 minutes," he chuckled.

Part of the Tai Chi precept, Moore says, is to pass on what you learn to others.

Student Jerry Lester has been in the social club class four years.

"I love it," Lester says. "A lot of what I love about it is (Moore). He's very serious about Tai Chi but he loves to joke."

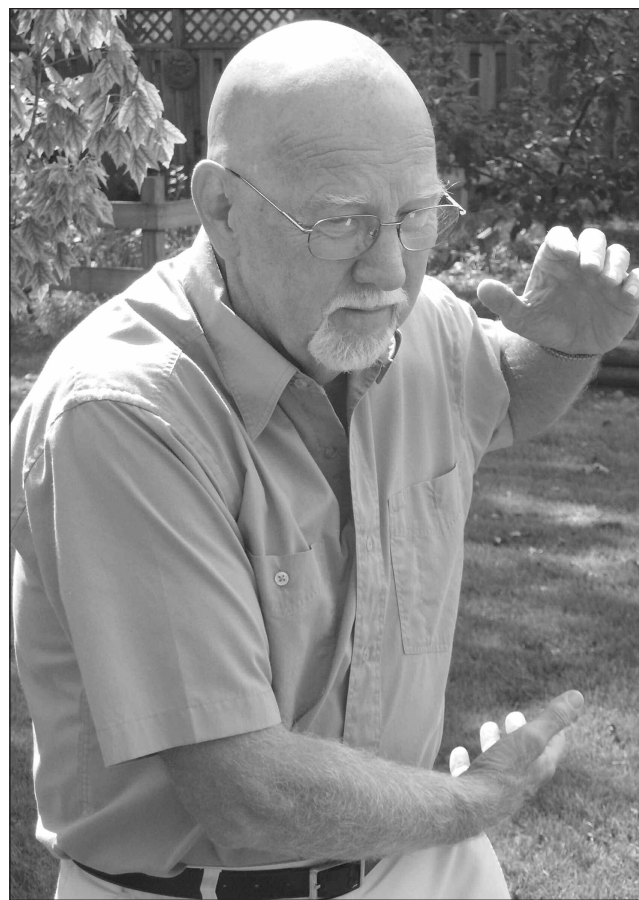
When it comes to teaching, Moore says it's important for him to create a relaxed atmosphere for students in the class.

"There's a lot of humour," he said. "Despite some of them having physical problems, they get humour out of the class, which to me is a big thing. There's peer support for each other."

Regularly, eight to 15 seniors attend Moore's class.

For a beginner, the first step is having a talk with the instructor.

"What I do is relate it to when they went to school and were learning their



ABCs," Moore said. "They didn't learn the whole alphabet all at once. So what they have to do is, mainly, learn to relax."

Moore says the fluid motions and flexibility encompassed in Tai Chi exercises muscles in the back, shoulders and neck. There are moves that he often has to modify for his less spry students.

"When people get to that age," Moore says, "it's not

only the physical benefits but it's having to use their mind to remember the moves. I stress it is a martial art, but when I was at (the Alzheimer Society) we did the class sitting down. So that's how vastly you can change the style to accommodate the people who are doing it."

Moore's second wife, Joanne Laforet, said the physical benefits have been so rewarding to some sen-

A RELAXING ART - Seventy-two-year-old Tai Chi instructor Tony Moore demonstrates the "wave hands as clouds" exercise in his backyard Sept. 6. Moore teaches the martial art to seniors at the Essex Retirees Social Club Tuesday afternoons. He says the "wave hands as clouds" exercise helps strengthen muscles in the shoulders, back, neck, hips and waist.

iors that she's "watched people ride into the class on wheel chairs and leave walking."

"I've met many of the seniors (Moore) teaches and they're all very pleased," Laforet said. "They say he's very understanding and will take the time to stay after class if they need it."

Tai Chi is offered at the retirees social club on Tuesdays at 2 p.m. New members are welcome.

SX HEATING & COOLING
Helping You Control Your World

ANNOUNCING ...
TO SERVE YOU BETTER -
NOW OPEN
IN ESSEX!
(ACROSS FROM ZEHRS)

New Phone Number: 519-776-4021

GOSFIELD NORTH
Communications Co-operative Limited

Congratulations

to **Vanessa Harnish and Ashlyne O'Neil**, winners of the 2006 Gosfield North Communications bursary program. We wish you and all applicants a successful school year.

Larry Patterson - Chair	Wayne Gunning - Vice Chair
Ed Gibbs - Director	Marion Phaneuf - Director
Linda Stevenson - Director	Paul Meanwell - General Manager

519-839-4734 www.gosfieldtel.com

OPENING
SAT. SEPT. 16
10 AM - 5 PM DAILY

Featuring **ROYAL GALA, McINTOSH, EMPIRE, HONEY CRISP**

Thiessen Orchards Ltd.
Pick Your Own **APPLES**

"FREE - 20# Apples when you pick 60#"

326-5873
2 1/2 miles east of Leamington on Hwy #3

ESSEX COMMUNITY SERVICES
Helping, Sharing And Caring For The Community

35 Victoria Avenue, Unit #7, Essex, Ontario
Phone: (519) 776-4231 • Email: ecs@essexcs.on.ca

COATS FOR KIDS - the annual campaign is now on. Every year a network of community agencies across Windsor-Essex County work together to distribute winter coats to children and families in need. We rely on the community to donate gently used coats to this program. **Coats can be dropped off at Essex Community Services, until Oct 31.**

ALZHEIMER SOCIETY OF WINDSOR & ESSEX COUNTY - PRESENTS: TRANSITIONS INFORMATION WORKSHOP; THURSDAY SEPTEMBER 21, 2006 from 8:30am to 12pm. This workshop is for caregivers of persons with dementia. It is being offered at the **Centres for Seniors, 635 McEwan Windsor.** Free parking is available and light refreshments will be served. You must pre-register for this workshop by calling (519) 974-2220. Some of the issues that will be discussed are: how do I know when it's time to consider Long-Term care placement for my loved one? Are there alternatives to Long-Term Care placement? Are there services to help me during the waiting period? How do I begin the application process? *Anyone interested is encouraged to call and register as space is limited.*

WHAT IS ALZHEIMER DISEASE? It is a degenerative brain disorder and the leading cause of dementia. Symptoms include loss of memory, judgment and reasoning, difficulty with day-to-day functions and changes in mood and behaviour. Sometimes, people fail to recognize that these symptoms indicate that something is wrong. They may mistakenly assume that such behaviour is a normal part of aging - it isn't. Symptoms may develop gradually and go unnoticed for a long time. It is important to see your doctor when you recognize these symptoms as they may be due to other treatable conditions. If the diagnosis is Alzheimer Disease, help is available. The Alzheimer Society of Windsor and Essex County is a non-profit organization dedicated to improving the quality of life for those affected by Alzheimer Disease or other dementias. *They provide education, support services, advocacy and research and can be reached at 974-2220.*

ALZHEIMER PAMPHLETS - Here at Essex Community Services, we carry a variety of pamphlets on Alzheimer Disease including: Dispelling the Myths, Is It Alzheimer Disease - 10 Warning Signs, Getting a Diagnosis, First Steps, and Caring for Someone with Alzheimer Disease. *Pick up your free copies today.*

For more information on any of these items, please call 776-4231.

The Maidstone Bicentennial Museum
1093 Puce Rd. S.

Presents...

The 3rd Annual **Fabulous Fiddles and Friends**

FEATURING: Close Enough, The Walstedts, Todd Porter and the Fiddle Pals

SUNDAY, SEPT. 17 • 2 P.M. TO 5 P.M.
ADMISSION \$5.00

Bring your lawn chairs and enjoy old Fashion Fun, Friends and Food.

Contact Info: 519-728-1587