



**LEEDS COUNTY 4-H ORGANIZATION**

The 4-H program will be getting underway for another eventful year. On Tuesday, March 21st, the Organization Rally will be held at the Lions Club Hall, Athens, beginning at 7:30p.m. Young people ages 11-21 years as of January 1, 1989 will have the opportunity to enroll in a variety of clubs. Projects being offered for 1989 include Beef, Dairy, Sheep, Swine and Horse. These clubs will study the housing and equipment of each animal type. Other projects include home and farm safety, veterinary, farm machinery, field crop, plowing and social recreation.

Young people learn technical and leadership skills through a series of club meetings and have the opportunity to participate at special 4-H activities at the local, regional and provincial level. Volunteer leaders assist the members with hands-on skills to enhance learning and illustrate the 4-H motto "Learn to do by doing."

For more information, call the Ontario Ministry of Agriculture and Food.

**4-H'ers Knitting Their Way into Spring**

4-H members of Leeds County are currently enrolled in the "Working with Wool" project. They are learning the processing of wool from fleece to yarn as well as the characteristics and care instructions for wool garments. Each 4-H member must participate in club meetings, complete a record book, knit one article and participate in an achievement program. As well as becoming knowledgeable on wool, the 4-H members are learning the skills of basic knitting. This club is a true test of the 4-H motto "learn to do by doing." 4-H members are young people ages 11-21 years as of January 1, 1989.

For more information, contact the Ontario Ministry of Agriculture and Food, Brockville, 342-2124.



# RETIREMENT and THE FAMILY

**LEGAL ISSUES FOR SENIORS**

Tuesday, March 28, 1989  
2:00 - 4:30 pm

Westport Senior Citizens Hall

An opportunity to learn more about the legal concerns and issues of retired persons:

- Wills
- Power of Attorney
- Living wills
- 'Life long interest in housing'
- Rights of Seniors - vulnerable seniors, consumer's rights
- Survivors Rights

Presenter: Jane Monaghan, Barrister and Solicitor

- Resident, Chaffey's Lock
- Practising Family law, Estate and Real Estate law 9 years in Elgin
- Municipal Councillor, South Crosby, 1985-1988
- Chairperson, Rideau Lakes Union Library Board
- Member, Board of Directors, Chaffey's Lock Heritage Society

**FINANCIAL ISSUES FOR SENIORS**

Wednesday, April 5, 1989  
2:00 - 4:30 pm

Senior Citizen's Hall, Newboro

A chance to examine your plans for the future, to discuss issues and concerns related to financial planning for security:

- Post retirement income
- Impact of Tax Reforms
- Accessing CPP, Old Age Security, Guaranteed Income Supplement
- Planning with less, coping with inflation
- Estate Planning
- Ontario and Federal Tax Credits
- Generating Income from current assets

Presentors: (A Panel Format)

- John Jones - Financial Planner, National Trust
- Ben Tarr - Manager, Royal Bank
- Byrnel Holtan - Tax Consultant, A & J Hennessy Income Tax & Bookkeeping, Portland

**RETIREMENT and THE CARING FAMILY**

Wednesday, April 12, 1989  
2:00 - 4:30 pm

St. Columbanus - O'Neill Hall, Elgin

An opportunity to examine the issues and concerns related to 'caring' in the home:

- Exploration of lifestyles
- Respite Care - How to access?
- Community Support Systems - what is available? how to access?
- 'Sandwich Generation'
- Caring for the Caregiver

Presentors: (A Panel Format)

- Barbara Burns - Family Services Centre of Ottawa/Carleton
- Marion McLeod - 3 1/2 years Coordinator, North Leeds Senior Support; Resident 14 years, Morton; Chairperson, North Leeds Ambulance Service; Member, Continuing Care Board, Rideau Lakes District Health Council
- Jean Macintosh - Coordinator, Placement Coordinating Service, Leeds-Grenville, Lanark; Long time resident, Brockville; Member, local VON Board; Past member, provincial and national VON Boards

Sponsored by  
**North Leeds Senior Support and VON Retirement Information Committee**

**COPING WITH TECHNOLOGY**

Wednesday, April 19, 1989  
2:00 - 4:30 pm

Community Hall, Portland

An opportunity to learn first hand about some of today's labour saving devices. Demonstration and practice opportunities:

- Microwave Magic and Cooking for 1 or 2: prepare and cook a nutritious meal
- Video Cassette Recorders (VCR's): learn how to hook up a VCR; record your favourite show; examine different brands of VCR's
- Answering Services: how to make answering machines work for you

Presentors:

- John Duncan - Duncan's Radio and Television, Mair Street, Elgin
- Trudy Duncan - Panasonic Demonstrator

**HEALTHY AGING**

Wednesday, April 26, 1989  
2:00 - 4:30 pm

Beverly School Gym, Delta

An opportunity to examine all aspects of the 'healthy aging' process:

- Healthy aging - physical, mental, emotional
- Good health practices
- Attitudes, stresses and strains
- Human relationships; spousal aging, parents, adult children, friends
- Leisure planning

Presenter: Dr. Lorna Boag, Psychogeriatrician

- 29 years Child Psychiatry
- 7 years Geriatric Psychiatry
- Long time resident of Kingston
- Associate Professor, Queens University
- Retired

**WHO?**

Retired persons and family members interested and involve in creating healthy, fulfilling retirement years.

**WHAT?**

A series of five (5) informative sessions on different aspects of retirement. An opportunity for the discussion and exploration of issues and concerns related to a healthy retirement. There will be time to meet and share with others the experiences of your retirement years.

**PRE-REGISTRATION PREFERRED**

|                     |                |          |
|---------------------|----------------|----------|
| Call: Newboro/Elgin | Doreen McManus | 272-2183 |
| Westport            | Donna Kelly    | 273-2872 |
| Smiths Falls        | VON Office     | 283-2520 |

or

**Register at the Door  
Everyone Welcome**

There is no charge for this series.

We encourage you to attend all five sessions

The sessions will offer you many ideas for developing and enriching your retirement lifestyle.

Discussion and questions will be encouraged