

Spotlight On Seniors

Florence Doyle ready for 106th birthday

Hard work, raising family on the farm is her key to longevity

By Claudia Villemaire
SPECIAL TO THE RECORD
RICHMOND

She's snuggled like a baby in a bunting, dozing when we find her room at this seniors' residence near Richmond. The caregiver calls her name, then bends close to her ear and announces "Florence, you've got company!"

It takes a moment to clear the sleep from her eyes. But there's interest in those blue eyes almost immediately. She turns to see who could be visiting and immediately says, "Oh, I remember you. Can't think of your name though, but yes, I do remember you." We had not seen each other for over 30 years.

Florence Taber-Doyle is 105-years-old, but only for another month. A milestone birthday is not far away, actually March 30.

Florence Doyle was born near Maricourt on the Ely Road. "We moved when I was three or four. My father bought a farm on Melbourne Ridge. Actually that's where my ancestors had settled too."

Doyle remembers being bundled up... "on the 28th day of February", tucked into blankets and 'buffalo robes' in the double sleds during the night of that long-ago moving adventure.

"We decided to move at night as there was too much traffic on the road in the daytime. We had to move all the cattle

PLEASE SEE FLORENCE PAGE 5



CLAUDIA VILLEMARE

Florence Doyle has fond memories of raising a family and working the family farm.

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THE
RECORD

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Under the golden arches

By Tom Peacock

It's a weekday morning at the McDonald's restaurant in Lennoxville, and friends from all over the region are here enjoying a cup of coffee, sharing stories, jokes, and Township's gossip — as they do every day.

Some simply walk across the street to the restaurant, while others drive miles over country roads from towns like Bishopton, Bromptonville and East Angus to the hub of the community, the designated meeting place.

"It's worth it to come here, just to get all the local gossip, and see all your friends," says Stan Brown, who drives every morning from the north end of Sherbrooke to join the crowd at the row of tables along the wall in the brightly lit restaurant.

"They're here every day," said Rachel Labbé, who works at the McDonald's every morning. "Sometimes they take something to eat, but usually it's just coffees."

Labbé said the group is always well behaved, and she doesn't have her favourites. "They're all my favourites," she said.

A few women can be counted among the group, "a few brave ones, who come with their husbands," says Moynan Robinson, a retiree who lives in the St-Francis Manor right across the street. But most of the regulars are men.

PLEASE SEE MEET PAGE 13



PERRY BEATON/SPECIAL

Macdonald's serves up the coffee and the regulars share the latest scuttlebutt in the community.

A tale of two Hazels

They live in different time zones. They know none of the same people. But, they've been keeping in touch, by letter and by phone, for four or five years.

No, this is not a story about romance. It's the true tale of a warm relationship between two seventy-plus women - brought together by similar interests.

Another Internet hook-up, you're probably thinking. Wrong. The intermediary that brought them together was the Maritime publication, 'Rural Delivery'.

Hazel Ford of Weymouth, Nova Scotia had written into the magazine. She wondered if anyone had a pattern for a knitted bed doll. Hazel Perkins of Danville, Quebec did not have such a pattern, but she did have one for a crocheted doll. So, she adapted it for knitting, and mailed it off to Mrs. Ford.

One letter led to another, and to telephone calls, as the women got to

know one another. They found out that they have lots of things in common - besides their first names. They both like to knit and to cook. Each comes from a farming background.

The Hazel from down east still resides on a farm, raising pigs, goats, chickens and 'turkey ducks' (which we suspect may be Muscovy ducks). The Townships Hazel has spent almost all of her life on a farm. It was only a few years back, after her husband passed away, that she moved into an apartment in town.

Hazel F. had been imploring her family to bring her to Quebec. Last Thanksgiving weekend, her daughter



SUSAN MASTINE

and son-in-law from New Brunswick complied - and the correspondents finally met for the first time.

The two toured the Danville-Kingsey Falls area, one Hazel introducing the other to members of her family, the place where she grew up, the home where she raised her children, farms operated by her relatives. The visit was brief - but a few hours long. But it cemented their friendship.

The two Hazels are still calling and writing to one another. In the latest news from the Nova Scotia Hazel: last week, Mrs. Ford was wrapped up in the snow blast that hit the Maritimes with a fury. Her home was one of the

lucky ones not to lose electricity, so she spent the entire stormy day baking cookies - and eating them, relates her namesake with a giggle. Getting to the barn to care for the animals was truly a chore -

Hazel had to crawl on her hands and knees to get to the stable, otherwise she's have sunk down so far into the snow, that she'd have been stuck there until someone shovelled her out, perhaps days later.

Hazel F. is determined to return to Danville for a longer stay with her friend Hazel P. And to think that their friendship blossomed after seven decades, because one of them wasn't shy to ask for help, and the other took the time to respond.

By Sandra Stretch - Reed

At the risk of sounding like an old fuddy-duddy, I often wonder if the computer age is compatible with old age.

"User friendly" they say? Byte me! Remember that old jalopy on the Roy Rogers Show, back in the 50s - the jeep they called Nellybelle that was always breaking down at the most inopportune times? Well somehow the spirit of that vehicle has invaded my Pentium and now threatens to become the inescapable cause of my downfall.

Who needs personal computers anyway? That never-ending struggle with pages that cannot be displayed, frozen screens, undeletable windows that pop up everywhere, web sites that let you in but won't let you out (like a Bouvier dog guarding the house), e-mail chain letters that threaten bad luck, junk mail, bulk mail and trash that needs

emptying. Weren't we better off when Spam was just a can of meat we opened with a key?

Computers are only as good as the user, you say? Au contraire! They have a mind of their own and a default system governed by Murphy's Law, so back up your back-ups and don't forget to save as you go.

Don't put away your pocket book either. Your PC will demand constant feeding - upgrades, virus protectors and all that gobblygook - or it'll get sick (#@*!). Be prepared to buy more memory when Computer Alzheimer's sets in and after all that, there's no guarantee the darn thing won't become obsolete before you really get the hang of it.

Then there's your health to consider. Along with the more common emotional maladies like stress headaches and panic attacks, be on the lookout for cyberspace injuries like carpal tunnel syndrome, repetitive strain injury,

backaches and impaired vision. I've often thought computers should come with a warning - Check with your doctor before using this equipment.

What good are PCs that run out of memory and printers that run out of ink? No wonder users run out of patience! And why does my old Nellybelle tell me, "This program has performed an illegal operation and will be shut down," when it's too late to do anything about it? Who are the computer police anyway and what cyberspace law did I break?

Who needs this state-of-the-art computer stuff anyway? We do - that's who!

SANDRA STRETCH-REED IS A FREELANCE WRITER FROM WATERLOO WHO HAS SPENT SEVERAL YEARS TRAVELING ABROAD WHILE KEEPING IN TOUCH WITH FAMILY AND FRIENDS BACK HOME, THROUGH DAILY E-MAIL.

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Study looks at effects of nutrition on aging

By Leah Fitzgerald
SHERBROOKE

Do you need to eat more blueberries to live longer? A new study by a group of Canadian researchers is trying to find out just that.

A \$4 million grant from the Canadian Institutes of Health Research (CIHR) will fund research by the centre on how nutrition affects aging. Projet NuAge will follow 1,800 participants, 900 male, 900 female, over five years.

Researchers from Quebec and Ontario will be testing muscle strength, coordination, and mobility, as well as a variety of cellular and genetic indicators through blood and saliva tests. The team is led by Hélène Payette, a nutrition researcher at the Sherbrooke Geriatric University Institute's Research Centre on Aging.

"We want to improve the nutrition guides," Payette said. "There's nutrition information for pregnant women, for children. We know what they need to eat to be healthy. The research just hasn't been done for the elderly."

Researchers will be monitoring the subjects on a yearly basis, taking in new samples. Because of the extent of the study, samples will be divided for about 60 tests per subject per year.

By the end of five years, the researchers expect to have over 700,000 samples.

"Our cataloguing system will be on par with the inventory systems of giant retail chains," Pierrette Gaudreau, who specializes in neuroendocrinology at the Université de Montreal's medical school. "This is the first time this many samples will be tracked. Our system will allow us to maintain confidentiality while keeping track of the subjects progress."

The subjects were chosen at random from RAMQ, and then evaluated by the researchers for admissibility. The subjects are between 68 and 82, and are in good health. Payette said something like a chronic lung condition, which causes health dependency, would disqualify someone for the study.

A comprehensive look at what people can do to maintain their health as they age is the goal of the study.

"We're looking at their full health history," Gaudreau said. "Their weight, their eating habits, everything."

The people involved in the study as subjects are volunteers. Carole Coulombe, one of the researchers involved in the study, was on hand to show how an evaluation takes place. The subjects do various tests to show their mobility and strength. Their walking speed is measured, as well as the strength in their hands. Their blood pressure and body fat are also recorded.

"The point is really to observe the subjects," she said. "We're not giving them advice on how to eat better."

One of the subjects, Mme Bilodeau, was going through her two half-days of testing.

"I find it's very important to participate. The more we know, the better it is," she said.

She admitted she's trying to improve her eating habits.

"It's hard. I'm not used to it," she said. "I'm trying to cut down on fat and sugar."

Coulombe said the study wasn't trying to change people's eating habits. "We're just collecting the data," she said.

The data from the study will be used by physiotherapists, nutritionists, physical educators, immunologists, neuroendocrinologists, cell and molecular biologists, epidemiologists, dentists, geriatric researchers and social scientists. The study will gather the most complete information about the effects of nutrition on aging in North America.

"We want to know whether you need to eat blueberries every week your whole life to get an effect, or whether you can start at 70," Gaudreau said. "The aging process begins the moment of birth. This information will be useful to all adults."

As well as the funding from the CIHR, the study is receiving \$60,000 a year from the Fonds de la recherche en santé du Québec.

Four Quebec universities — Sherbrooke, Montreal, McGill, and Laval — and two Ontario universities — Toronto and Guelph — are participating in the study.



PERRY BEATON/SPECIAL

One of the test participants, Mme. Bilodeau has her blood pressure taken.

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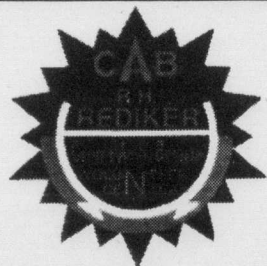
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The new generation gap

By Joanne Good

Your eightysomething dad calls you, for the third time today, to say he's bored and lonely.

"Nothing kickin' in this Geezer Trap," he offers, sounding nothing like the hard-playing, hard-living father you once knew.

But ask the retirement lodge administration and they tell a different story.

"Funny he would say that," the director offers. "He's been playing snooker all afternoon."

It's the kind of story Maureen Osis hears all the time about baby boomers and their aging parents.

Just as elders are living longer and healthier than any previous generation, boomers are launching and financing college-age kids and dreaming of their own retirement.

One has time on his hands and the other is in a time crunch with no immediate reprieve.

Osis, a registered nurse specializing in gerontology and a family therapist, describes her work as bridging a new generation gap.

Part of the problem comes from not understanding what a modern senior is, she insists.

The "young" seniors are the newly retired, aged 65 to 75. "They're the ones still cooking Thanksgiving dinner for us, volunteering in the community and touring elder hostels."

At around age 75, small physical and emotional changes begin to show. "No big drama, but just enough loss of vision or the effects of widowhood that you notice they are definitely older."

From the age of 85 and beyond, most have a chronic health problem and the possibility of dementia increases, says Osis of the one in three over this age with Alzheimer's or other forms of this severe mental confusion.

Compounding the problem is a youth-oriented society and an age-defying boomer who is uncomfortable with aging, she says.

"Some of us grew up with grandparents, but others have had surprisingly little exposure to normal aging."

Next to talking about sex with teens, talking about growing old and the effect on the family is not high on the



Maureen Osis, standing, shares a laugh while giving a workshop about baby boomers and their aging parents.

boomer's list of fun chats.

Osis, who regularly talks to senior and boomer groups, finds families handle change and crisis better if they explore tough topics in advance, such as driving, lodging and finances.

If you don't, she warns, it will only get tougher as the effects of aging take hold.

"Some seniors won't tell their own family what's going on."

Perhaps an elder's vision has changed and playing bridge is no longer comfortable or arthritis is so troublesome curling isn't fun anymore, she offers.

Or they've lost their best friends and aren't sure how to go about making new ones.

"Some say they don't want any new friends because it means they'll only have to go to more funerals. It may sound sad, but it's what they're thinking."

None of this is revealed, making solutions hard to come by, unless the two groups hammer out a new way to communicate, says the therapist.

Whatever you do, don't fall into the parenting-your-parent trap, she cautions.

"Some of my clients are 80 and 90 and they're telling us what a pain in the butt we (boomers) are."

Instead, consider your role as coach and consultant, not someone who tells them how to live.

"As independent adults, our parents continue to have the right of autonomy, even with increasing frailty," she cautions.

"In all that we do on their behalf, we should act with them and not for them."

But what happens when your parent has a serious setback or medical crisis?

Osis recommends a call to the local health authority in your community to talk to a home care or community care nurse.

"Some require a doctor's referral and most doctors are happy to supply one."

There are also support groups with educational resources and support.

"They often know what's going on in a city, so it's worth checking out heart and stroke, Parkinson's or Alzheimer's, if a loved one is dealing with one of these diseases."

And a fast-growing private sector of se-

nior services can help with everything from sidewalk and yard care to live-in help.

"More and more we need to tap into private services because there simply aren't enough resources to go around," says Osis.

Once the crisis passes, personality changes. Grief, depression or loneliness can strain relations between elder and junior, says the therapist, who recommends a third party go-between at this stage. It helps to consider who your parent is, what they like and don't like, she adds.

Some are content with the inevitable slowdown, while others benefit from a feisty teen grandchild who will nudge - and drive - gramps toward new activities and old friends.

"People need to know that seniors' clubs, such as the Kerby Centre in Calgary, do more than play bridge," says Osis of the outreach workers and welcoming programs that are readily available.

"Happiness comes from a meaningful life of friendships and we family are important, but not the only thing in their lives," she concludes. "It takes a whole community to support an elder - not just a son or daughter."

BOOMERS, ELDERS AND AGING

(*) Maureen Osis has a website at www.maureenosis.com.

(*) Check the new Senior's Moment website, www.seniormoment.net, developed by Val Bracey at Jewish Family Service Calgary and Tim Wild at the City of Calgary community and neighbourhood services. Covers topics such as the loss of a driver's licence, family or caregiver stress, depression and volunteering.

(*) Osis also recommends The Caregiver Network website - www.caregiver.on.ca - for excellent articles on elder issues and for Ontario resources and support.

(*) Long-distance caregivers often need emergency response programs such as Lifecall of Canada; www.lifecall.ca or Lifeline Systems Canada at www.lifeline.ca

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FLORENCE:

CONT'D FROM PAGE 1

too and some walked the distance, others were loaded on to a wagon that was right in front of our sleds where we were tucked in," she recalls.

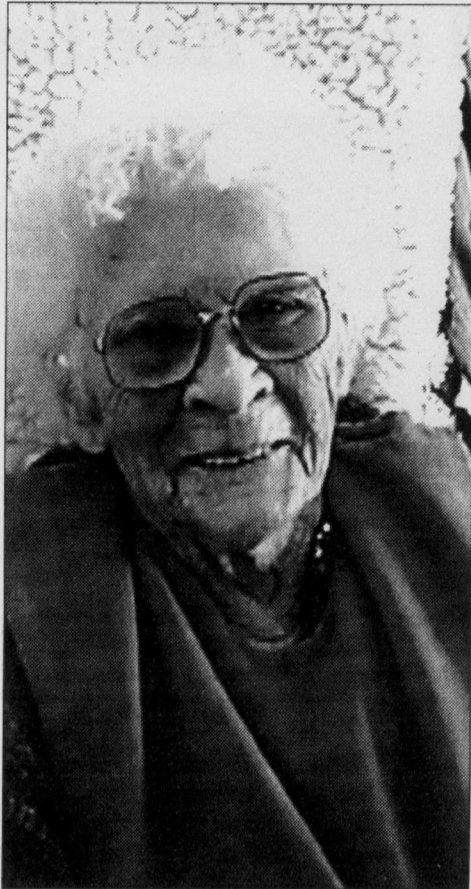
"I don't remember much about the trip 'cause I guess I fell asleep, but when we arrived at my grandfather's, I do remember them unloading cattle and getting them into my grandpa's barn."

"It seems to me it started to rain then and the roads we had turned into mud, slush and waterholes. My Dad had to trudge across the fields to get his livestock finally settled into their new home."

"When I was little, there were no cars and you might as well say, no roads either... just a trail here and there. By the time I was going to school, they had started to improve the trails a bit. But in the early 1900s, there were no cars in this end of the country and we travelled by horse and wagon everywhere we went."

Doyle remembers every detail of her life. "I met Frank at church up there on the Ridge. He had come down from Kingsey to visit friends and came to church with them. I guess he caught my eye and, after quite a long courtship, we were married."

"No, it wasn't love at first sight, but he was nice to me and treated me well and when he died, we had been mar-



CLAUDIA VILLEMARE

Florence Doyle can't see as well as she used to and this has robbed her of some of her favorite pastimes knitting and reading. But she still enjoys visits from families and friends.

ried 60 years," her eyes stray to the gold band she still wears. "I think I've been wearing this ring for 81 years if

my calculations are right," she adds, giving the still shining band a loving twirl.

Life wasn't easy then. "I had three sons, and we all worked hard at farming. There wasn't much time for parties in those days with cows to milk by hand and bread to make almost every day. There were big gardens too and we spent a lot of time canning and preserving."

Doyle feels well these days, but a bit frustrated. "I love to knit and read and now, I can't see enough to even watch television. And they don't let me walk anymore. It wasn't long ago I was walking with my walker. I just have to sit and snooze now," she said, somewhat resigned but tapping a finger as she remembered the socks and sweaters her nimble fingers produced.

"You ask what kind of life has got me this far? Hard work," she answers firmly. "Hard work from morning til night, raising a family and trying to make a living on a small family farm."

"These past three or four years, I find it hard to sit still all day. It's not my nature."

There's a pause. She raises her head and looks closely at me. Then, as though a light had come on, "You're the girl I gave my wedding cake pans too, ah yes, I remember. That was quite a while ago I think."

I'm thinking at least 30 years. "Are you making many wedding cakes these days?" she asks, chuckling.

"Now don't be making a big story about me," she says. "I'm just an old lady who's worked hard, had a decent life and now, is just sitting here re-

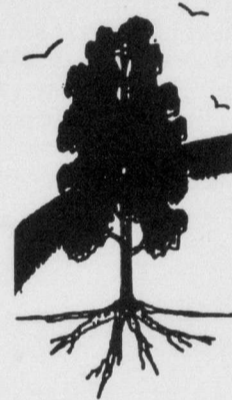
membering the good years and looking forward to my family's visits, and I guess life is still good."

"But I wish I could see to knit again," she says, settling back under cushions and afghan, ready for another snooze. And why not. Surely at 105, a person can nap just about anytime they feel a bit sleepy.

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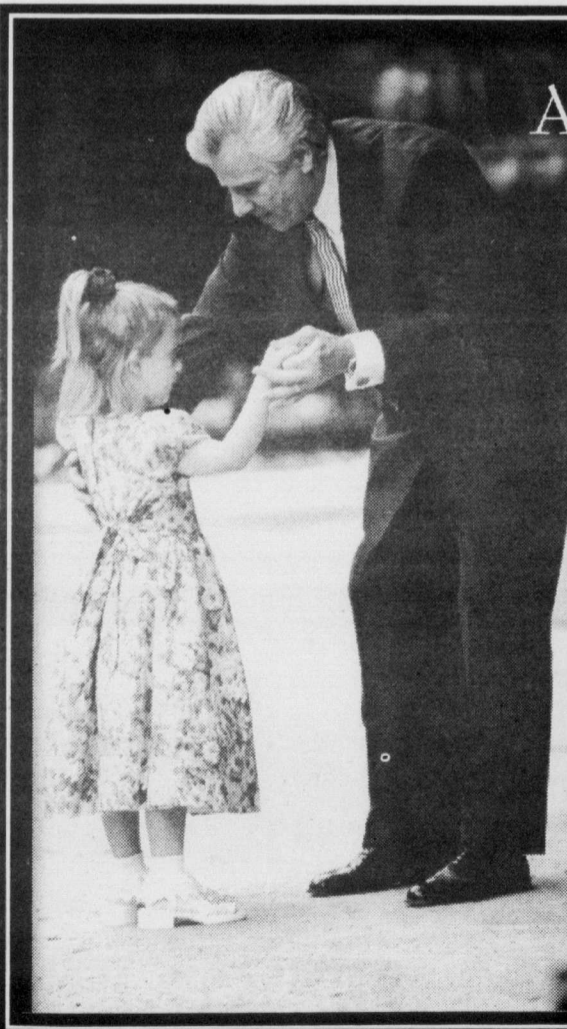
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TLC at Wales Home helped turn tide for Hazel Fleck

By Claudia Villemaire
SPECIAL TO THE RECORD

“They say it was a stormy day in December when I was born,” this tiny, energetic woman says, beginning a story of hardship, hard work and close family ties.

Hazel Picken Fleck knows the meaning of hard work and an empty pocket. “We were very poor and thanks in large part to everyone’s efforts in the garden, we managed to get enough to eat,” she remembers her growing years on the farm near Danby.

For those who don’t have any idea where Danby is, (and it’s probably no longer on any road map), it was a tiny village and whistle-stop train station just about five miles due west of South Durham.

“Believe me I know it was five miles. We walked those miles to school every day, trundling along a 20-pound shortening pail filled with enough sandwiches to fuel up us four kids.”

She remembers her younger sister, still too young to walk the return trip each day, riding on the crossed arms of her two sisters when she tired out.

“Mom made 12 loaves of bread every three days to keep up with the de-

mand and we would eat out the middle, (the best part) of the sandwich at school, save the crusts and nibble on them on the long trek home.”

Fleck recalls carrying a kerosene lantern part way in the morning, leaving it at a pre-determined hidey-hole about half way to school, (“It was dark when we left home and dark when we got home.....”) and then picking it up on the way back.

Today Fleck is a resident at the Wales Home, but she still remembers her school days and her impossible dream of going to nursing school. “I loved school and always wanted to be a nurse. But in those days, the last two years of high school were not offered in the country school. You had to go to town and board somewhere. And you had to buy your books.”

“Why! that was way more money than we had, so when I was 15 or 16, I began to work right here at the Wales Home and my dreams of going on in school all vanished.”

But, there’s always a silver lining somewhere. Roy Fleck turned up with a friend one evening, on their way to ‘the show’. They asked if I would like to go too and little did I know that was the first day of a new life.

Roy, her future husband, asked for another date, beginning a four-year courtship before they tied the proverbial knot.

“We ran away to Lennoxville to get married,” she says, still laughing at the adventure. “He had been a bachelor for a long time, kind of set in his ways and I guess it took him a long time to decide to



CLAUDIE VILLEMAIRE

Hazel Fleck is an inspiration to her fellow residents, helping with walkers and wheelchairs, reading and writing for some who suffer partial sight loss and regaling everyone with stories

take a wife, and he didn’t want any big show or crowds of people watching him take the plunge, “ she says, still able to giggle a bit remembering the preparations to slip away with his parents in tow, their only guests.

Fleck is a bundle of energy, belying the fact she was diagnosed with terminal cancer nearly a year and a half ago. “Yup they told me to go home and get my things in order. I had three months according to them.”

She credits her present good health to the excellent care and lifestyle she enjoys at the ‘Home’. “When I came here to convalesce I realized having three meals a day, someone keeping track of my medication at all times, the congenial company of people my own age....well, going back to my apartment wasn’t very tempting.”

Fleck admits

the ‘Home’ was her next planned move, “but not quite so early” she says, forgetting her next birthday will be her 80th. “But I have never regretted my decision for an instant. They have so much going on here – bowling on Mondays, movies every week, card parties and yes, (this with a chuckle and a gleam in her eye), happy hour upstairs where I can have a glass of wine. There’s just no end to the ‘caring’ here.”

She urges me to go see her projects in the sunlit sitting room where plants of all kinds and comfortable furniture present an inviting locale for residents and their visitors. There are tables in one corner, jigsaw puzzles spread about. “I love these puzzles – have done about 90 so far – look, there are two framed in the hall. – those were 2,000 pieces. A few of the folks here come out to work on them too and I set them up and help them out when they get discouraged.”

Fleck is an inspiration to her fellow residents, helping with walkers and wheelchairs, reading and writing for some who suffer partial sight loss and regaling everyone with stories and funny tales she has garnered through a lifetime of hardwork and many obstacles.

“Oh yes, Roy got very sick and we had to give up farming.” Many will remember their tiny white house near the Melbourne golf course. “We had been married 50 years when he died,” she says sadly. But her ready smile is back almost instantly. “But I am happy here in my tiny room. I have pictures of nieces and nephews, (Hazel and Roy never had children but were surrogate parents to dozens), sisters and brothers, living and deceased and all those good memories tucked away in my head. Who could ask for better,” she says, her tiny frame shaking with a jolly laugh at her present good fortune. “And oh yes, I don’t have to do dishes or floors either and they even stop to chat if I’m having trouble sleeping. Now that’s ‘care’ with lots of heart,” she adds, turning towards her room, energy in every stride, a friendly ‘Hello’ for everyone she meets.

Remembering that
a life has been lived



Les résidences et les jardins funéraires

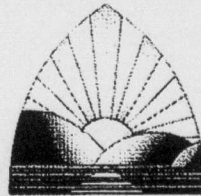
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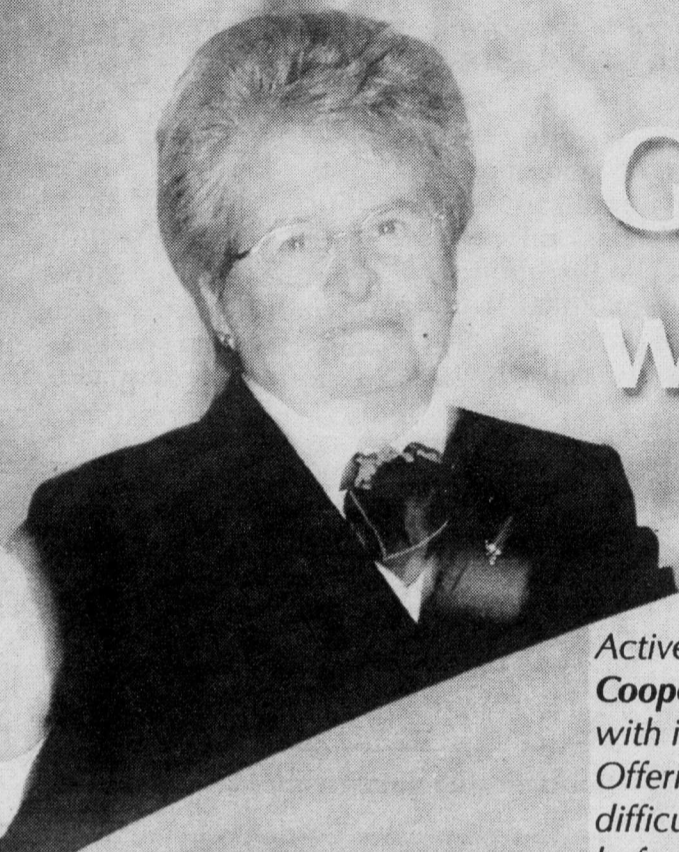
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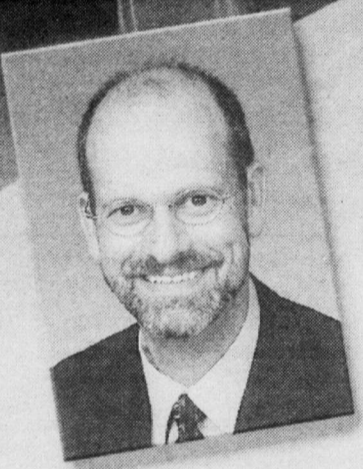
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Courville Geriatric Centre

A warm dynamic and inviting way of life

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Residents enjoy our choir, various games, including bingo, and cards, zotherapy, physiotherapy, and many more activities to add happiness to their daily lives.

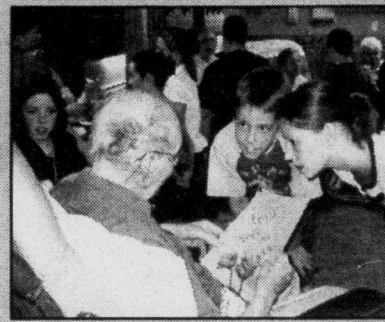
There is one special focus of entertainment each month, as well as regular pastoral services, with a communion service every Friday. During the month of January, residents and volunteers

enjoyed a week of the Sun Festival, during which time the Brome Squares entertained. Families are always included in our activities. We invite you to visit us to become acquainted

with our accommodations and share several of the very unique moments that make the Courville Geriatric Centre the place *Where It Feels Good To Live.*



Residents enjoying a BBQ on the patio.



Resident with young visitors.



Resident planting tomatoes - they are placed where residents can see them growing.



Residents exercising in physiotherapy room.



Resident making a flower arrangement.



Resident's birthday with head nurse, Christine Bessette.



Evening activity with residents.



George Courville playing Bingo with residents.



Mrs. Denise Lauzière from Waterloo Public Library reading a book to residents.

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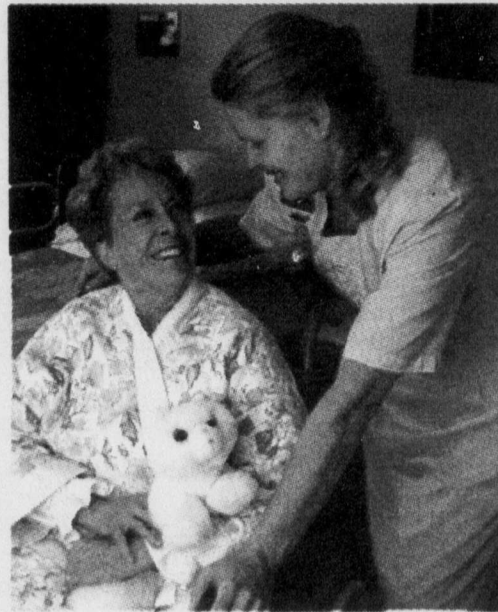
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Computer tips for seniors

Searching the Internet - Beginners can use the advanced search

To find something on the Internet, like a particular site or some specific information, the first thing to do is to go to a search engine, like www.google.com or www.altavista.com. These search engines are good, but often it can take a while to find what you want, because there are so many Internet sites in the world.

When you go to a search engine, they usually have an "Advanced" search page. Don't let the word "advanced" scare you. This is not just for advanced computer users, it's for more advanced searching.

The Advanced Search page is so you can be more specific about what you are looking for. You can tell it what words to include in your search, and/or what words to exclude. You can have it look for a page with "all" of the words you are looking for on the same page (this is how most search engines work automatically, if you don't go to the advanced search page), or you can have it

look for one page with "any" of the words you are looking for, rather than looking for a page with all of them. And there are usually a number of other choices, also.

After this, just be creative in choosing what words to look for, and be patient. Searching the Internet is faster than searching a large library, but it still takes time.

So, the next time you are having difficulty finding something on the Internet, try the Advanced Search page.

Interesting Internet Links
Virtual Library of Museums. Lots of interesting museums on the Internet: <http://vlmp.museophile.com>

REMEMBER THE UNDO COMMAND

I know this is very basic, but for those who don't know this, or who don't remember to use it, this is extremely valuable.

Most of us make small mistakes fairly regularly when using a computer. In most programs, you can "undo" the last thing that you did. Also, some programs now have "multiple levels of undo," which means you can undo the last thing you did, the one before that, and so on.

In most programs, the second menu (at the top of the screen), is the Edit menu. The first command is usually "Undo" (or "Undo <something>" where <something> is the last thing that you did). When you make a mistake, click on Edit, and click on Undo, to undo the very last thing that you did.

In programs with "multiple levels of undo," if you click on Edit and Undo again, it will also undo the second last thing that you did, and so on.

Try to associate the feeling of panic, with the words Edit, Undo, so when you make a mistake and are panicking,

you will remember Edit, Undo.

You can't undo absolutely everything, but you can undo most things, so this is very useful in practice. So when you make a mistake, remember Edit, Undo.

Interesting Internet Links
CARP (Canadian Association of Retired Persons) has lots of things of interest to seniors on their site at: <http://www.50plus.com>

The Wright Brothers. Learn about them and their historic flights at: <http://www.nasm.si.edu/wrightbrothers>

POWER BARS AND INTERNET

First, just in case some people don't know, the power bar is the thing with all the plugs on it, that plugs into the wall. The pieces of your computer (the computer itself, the monitor, a printer, a scanner, etc.) plug into the power bar, to get power. Most power bars also have a red light on them, so you know it is on (that it has power in it).

Your power bar should have a "surge protector" in it. On the box that the power bar came in, it should say that it has a surge protector, and it probably also says on the power bar itself.

The surge protector stops very fast fluctuations in the power. These fast fluctuations have no effect on most appliances, but they can cause problems with your computer. They can cause it to stop working and you will have to turn your computer off and restart it, and you will lose any unsaved work you were doing. These fast power fluctuations can also cause physical damage to your computer circuits, which require repairs. So make sure your power bar has a surge protector in it.

A power bar sold in a computer store should have a surge protector in it, but

some power bars sold in hardware stores do not have surge protectors in them (i.e. they are not really for computers). If you are not sure if your power bar has a surge protector, talk to the people where you bought the power bar or where you bought your computer.

If you are connected to the Internet through a normal phone line, your power bar should also have "telephone line suppression" (also called "TLS"). Power bars with TLS have two phone jacks on them (sometimes these jacks are on the top beside the power plugs, but sometimes they are on the end, where they are not too obvious if you don't look for them).

One of the phone jacks connects to the phone jack in your wall. The other one connects to what is called your "modem." A "modem" is a circuit that connects your computer to a phone line.

The modem has a phone jack (it looks like the phone jack in your wall). The modem may be inside your computer (with the phone jack on the back of your computer), or it may be a separate box that sits outside your computer.

If you connect your computer directly to your phone line (not through the power bar's TLS connectors), power surges can come through your phone line. These surges can cause your computer to stop working temporarily, or cause permanent damage. So, if you are using the Internet through your phone line, it's also very important to have a power bar with TLS, and run your phone line through it.

Interesting Internet Links
World History. Here are a couple of sites on world history: <http://www.hyperhistory.com> and <http://www.historyworld.net>



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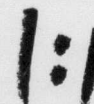
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Vets to be compensated for chemical tests

The Honourable David Pratt, Minister of National Defence, and the Honourable John McCallum, Minister of Veterans Affairs, announced this month a \$50-million recognition program for Canadian veterans involved in chemical-warfare agent experiments between the 1940s and the 1970s.

The new program will offer payments to Canadian veterans who volunteered as participants in chemical-warfare experiments, beginning in the Second World War era, in Suffield, Alberta, and Ottawa. Eligible veterans will be offered a one-time payment of \$24,000 in recognition of their service, an amount comparable to previous payments to Canadian veterans. This is in addition to the pension benefits to which these veterans may be entitled.

Where the veteran is deceased, certain beneficiaries will also be eligible for payment. The program will also ensure that veterans' pension applications in this matter will be expedited. "We're finally setting things right for the chemical test veterans," said Min-

ister Pratt in making the announcement today, acknowledging the veterans' long struggle for recognition.

A program office has been established to expedite payments for the chemical warfare test volunteers, and to refer those veterans who believe they may be suffering from a service-related disability to Veterans Affairs Canada. The office will be fully functional by April 5 this year, and will remain open for two years.

In the meantime, veterans involved in chemical warfare agent experiments in Suffield, Alberta (1941 to the mid-1970s, but mainly in the Second World War era) or Chemical Warfare Laboratories, Ottawa (1941-45) may begin their application by calling 1-800-883-6094 Monday to Friday 8 am to 4 pm EST). There will be a public awareness campaign with the aim of encouraging eligible veterans to come forward and apply for payment. The application process will be straightforward, veteran-centred, and will include a provision for appeals.

In the past, chemical warfare-experiment participants who were in-

jured-like any Canadian veteran injured in service-were eligible for disability pension benefits through Veterans Affairs Canada. In fact, a number of these veterans are already

in receipt of a VAC pension. Eligible veterans are encouraged to contact Veterans Affairs Canada toll-free at 1-866-522-2122 (English) or 1-866-522-2022 (French).

Minister of Veterans Affairs Commendation

Since serving in uniform, many of Canada's Veterans have continued to provide outstanding service to their country, their communities, and their fellow Veterans.

To formally recognize those contributions, the Governor General has authorized the creation of the Minister of Veterans Affairs Commendation.

The Commendation will be awarded annually to those excep-

tional Veterans who have contributed in an exemplary manner to the care and well-being of Veterans; and/or to the remembrance of the contributions, sacrifices and achievements of Veterans.

The Commendation is intended primarily for Veterans, but in rare circumstances may be awarded to non-Veterans. The Commendation may also be awarded posthumously.

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A home built on a foundation of love

Housing prices have changed a lot over the generations

By Sheila Brady

I will always remember a birthday party my dad threw for my mother when she turned 75.

He was frail, less than a month away from dying, but the love that flowed between man and woman was obvious as they danced around the tables in the dining room at the Hunt Club with family and friends clapping.

He wasn't supposed to be drinking because it would affect chemicals keeping a lid on the disease eating up his body. Yet he raised a glass of wine to honour his wife, telling the room how he loved the woman he often compared to Katharine Hepburn. It was in early January 1984.

Later, he and I sat in the living room on Holmwood Avenue, a home he loved and one I had known since I was five. It sat high above the street on a terraced lawn that was a bugger to cut.

We were surrounded by his favourite paintings, books and oriental rugs.

He was tired, but happy in a home that was more about comfort than a lot of show.

My parents would sometimes drive about town, spotting a home they thought about buying, but they never acted.

There were plans to add a sunroom and then a new sauna in the old garage. But money went into a cottage instead.

We have pictures showing family

gathered around Christmas trees and the dinner table through the years. The wallpaper changed, but the address stayed the same.

My parents owned two homes and lived in an apartment on Frank Street during almost five decades of marriage. They didn't seem to have the same movalotis that seems to keep moving companies busy and the current economy booming.

My own family has rented one house and owned four in the past 25 years and there still seems to be a mortgage along with university tuition for daughter and funds for son.

My parents were a product of the Depression, so debt was a scary thing and saving was important.

My mother, now 95, sold Holmwood three years after George Brady's death because at 78, she didn't want the maintenance that came with owning a big two-storey house.

She moved to an apartment overlooking the Rideau Canal and was happy as a lark, buying new furniture and keeping in touch with friends.

One of their happiest days was burning their fixed 25-year mortgage on the \$18,000 house, which years later fetched more than \$180,000.

It was a different generation, and I'm sure my parents would shake their heads at the economics where the average price of a new home in Ottawa last year was \$323,500, and \$227,000 for a townhouse, according to the numbers tabulated by the Corporate Research Group.

In 1997, the average new house sold for \$203,165 and the average townhouse for \$153,012, says the agency.

Five years ago, the average price for an older home was \$150,000; this year, it's \$220,000, says Paul Knowlton, vice-president of the Corporate Research Group and the proud owner of his own new, bigger home in the golf course community of Stonebridge.

Knowlton, his wife, and two children lived for 13 years in a 1,500-square-foot home a few blocks away in Barrhaven. They often thought of moving in the early '90s, but the economy was bleak, housing prices were faltering and they stayed put. So did a large number of homeowners in the city.

The economy picked up and the Knowltons moved. So have a lot of others, including our family.

In the past five years, people have been on the move, selling their homes because of the increase in home equity, says the housing analyst.

There is the move-up crowd who transfer money earned from the sale of their house into bigger living spaces for about the same monthly carry. Then there is the move-down group, which sells large family homes and are the driving force behind the current popularity of condo living, he says.

"We are much more of a consumer society and more consumer oriented than our parents," says Knowlton, acknowledging that our assets are rising along with our debt load.

Yet we are slightly more cautious about spending than Americans, he says. The U.S. economy is being driven by consumer spending, he added.

My family recently downsized from a four-bedroom house with a big lawn to a smaller bungalow townhome, with

fewer bedrooms, a smaller lawn and little maintenance. Thankfully, there is even a bit of Holmwood within

our walls - a Muhlstock painting, dining room table and needlepoint chair.

Now the question becomes which child gets the bedroom and which settles into the hide-a-bed when both visit or come home to stay.

Nineteen-year-old son, now snowboarding and waiting tables in Whistler, B.C., is talking about going back to school and, on grumpy days, daughter wonders about finishing university in Ottawa.

Do we pull out the packing boxes and move to a bigger place, hide out at the cottage or take a lesson from my mother's design book and move furniture about?

I'm thinking about drywalling a third bedroom next to the family room in the basement so everyone has a permanent place to hang their name tag. Husband David raises his eyebrows, shakes his head, all the while defending his space, a home office at the front of the house.

Friends suggest changing our phone number.

"A lot of kids are coming back home and a lot of kids are urging their parents to come and live with them," says Andre Robichaud, district manager of Eastern Ontario of Canada Mortgage and Housing Corporation and a proponent of flexible housing.

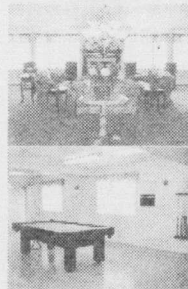
That house on Holmwood was built in the '20s and was a blueprint for flexible housing in 2004. It was designed as a duplex, yet finished as a single home. There was plumbing in a huge closet on the second floor that could have been turned into a mini kitchen for a second-floor apartment.

And an oversized closet on the main floor could easily have been opened into a new entrance to a separate main floor apartment. Smart design. Smart buyers.

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MEET:

CONT'D FROM PAGE 1

When their wives aren't around, the men seldom talk about "the women," but pretty much everything else under the sun is fair game.

Robinson says much of the men's talk centres around the serious business of buying and selling antique tractors, trucks and cars. At the table beside Robinson's, three men flip through an auto trading magazine while discussing the finer points of repairing a gasket. Robinson himself is a member of the local antique car club. He is the proud owner of a 1930 Ford Model A. "But most of these guys, you never know what they have — they're always trading," he says.

Other business is talked about, Robinson adds, "but I'm not sure that much gets done."

Further down the row, towards the window, Russell Nutbrown and Lionel Andrews talk quietly and share jokes at the expense of their friends seated nearby. Another man wanders up and sits down at the next table.

Nutbrown points at the new arrival. "If you want some good bull, talk to Allan," he says.

Under pressure, Allan Goodfellow won't tell any stories, but it's easy enough to see, he's full of them.

"Take my advice," Goodfellow says, turning around. "Don't believe every-

thing you hear. If you come here often enough, you'll hear the same story twice...two different versions."

"We only come here to educate ourselves," says a farmer named Steve, who doesn't want his last name in the paper. "Half the stuff you hear you can't remember."

"Half the stuff it's probably best not to remember," Goodfellow adds, laughing.

None of the men sitting at the row of tables along the back wall can seem to remember when they started meeting at the McDonald's every morning.

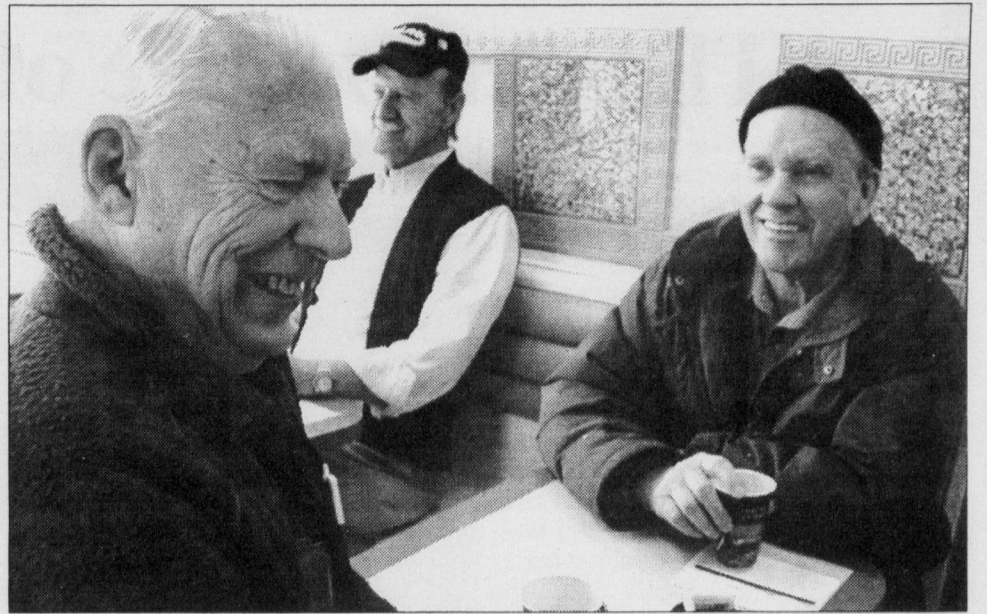
"We used to go to the Doghouse (an ice cream shop on Queen Street), and then it closed," Goodfellow says. "I don't know, maybe it was six or seven years ago." Robinson thinks it was more like nine or ten.

"Time goes by," he says pensively, staring down at his coffee cup.

Many of the men who used to come are now "living in the graveyard," Goodfellow says.

"It's a stopping off point before we go to the undertaker," he jokes, smiling broadly.

Most of the group usually trickles in around 9 a.m. and they leave before lunch. In the evenings, there's nothing comparable, Robinson says. There's crokinole games, cards and club meetings, and some people go to the bars, but there's nowhere like the McDonald's in the morning — a place where everybody knows everybody else is going to be there, rain or shine, without exception,



PERRY BEATON/SPECIAL

Most of the group usually trickles in around 9 a.m. and they leave before lunch.

every single day of the working week, ready for a good bull session.

"In the evenings, everyone's got their own hobbies. I guess more and more people are on the Internet," Robinson says, again pensive. He's not interested in the Internet, he says, even though his grandchildren always try to convince him the computer is now an essential item.

After a few minutes, the interruption caused by the presence of a reporter is forgotten, and the men return to their

regular talk. Soon, Goodfellow is telling Steve a funny story about the time those nice girls from the Jehovah's Witnesses came knocking. The other men are discussing the roads.

The world is changing, and the solitary pursuit of happiness might be gaining the upper hand. Still, there's one spot in Lennoxville where, every morning, beneath those garish golden arches, over a nice Styrofoam cup of McDonald's best batch-brewed coffee, the spirit of community is alive and well.



None of the men sitting at the row of tables along the back wall can seem to remember when they started meeting at the McDonald's every morning.

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The perspective of family caregivers

Family caregivers are often required to make treatment decisions on behalf of loved ones with advanced-stage of Alzheimer's disease. Deciding on appropriate treatment is a complex process which can be difficult for families. It is an experience often fraught with many kinds of emotions.

Death remains a taboo subject in our society and very few scientific studies exist with regards to the end-of-life experience for people with dementia and their families. This is why Chantal Caron, a nurse researcher, and her team (Dr. Marcel Arcand, a family physician and Jennifer Griffith, an occupational therapist) chose to examine the concerns of family caregivers regarding their relative's care and to explore how end-of-life treatment decisions are made.

They interviewed 24 caregivers with a loved one in long-term care facilities in the Sherbrooke area. They met with children and spouses of dementia patients as well as with other relatives such as nieces and daughters-in-law. The results of the study, conducted at the Research Centre on Aging of the



From left to right: Dr. Marcel Arcand, Chantal Caron and Jennifer Griffith.

Sherbrooke Geriatric University Institute, offer guidelines to health-care professionals for the inclusion of the family and their experience in achieving consensus around care decisions at the end of life. This study was funded by

the Alzheimer Society of Canada.

Based on the results of the study, Chantal Caron also determined that there is a need to implement palliative care for people with Alzheimer's disease, much like we see in cancer care. With her colleagues, she believes that such an approach would allow care practices to be developed that take into account the reality of these patients and their families. Such a philosophy of palliative care in long-term care settings would allow dialogue about death and dying to occur between the medical team and the families, lightening the end-of-life decision-making process. Family caregivers could, in this way, receive the support they need during the final moments of their loved one's life and thus ease the grieving process.

Dr. Marcel Arcand, who works at the Sherbrooke Geriatric University Institute, was co-investigator of the research. From the results of this project, he is currently writing a booklet to help family caregivers facing such a situation. This booklet will be available in French and in English in the next few months.

What you expect is what you will get

Who says your years after 50 will be all downhill, full of aches and pains, losses and disappointments that turn your brain into tapioca and your body

into a shriveled sack of sagging skin? If you do, then what you expect is probably what you will get.

But if you decide you're only as old as you feel and to heck with conven-

tional theories about age, then you'll be one gorgeous corpse.

"People have expectations, and often it's a result of what they see or hear from grandparents and parents," Dr. David Weeks said. Weeks is head of

old-age psychology at the Royal Edinburgh Hospital in Scotland, and author of *Secrets of the Superyoung: The Scientific Reasons Some People Look 10 Years Younger Than They Really Are - And How You Can, too.* (Villard, 1998).

He spent 18 years interviewing more than 3,500 superyoung and not-so-superyoung people worldwide. The superyoung attitude leads to better relationships, better health, better sex, Weeks said. The superyoung formula? Be positive and optimistic; stay connected with people and events; exercise; and eat right.

Weeks lays out a full program for staying young in his book, which includes interviews with the superyoung-among us - people like actress Angela Lansbury, 73, and heart surgeon Michael DeBakey, 89, who supervised Boris Yeltsin's surgery in 1997.

The book, he said, is a prescription to reduce the signs of aging with a healthier mind and body.

"Ageism is more absurd than any other prejudice," Weeks said. "After all, 100 percent of the people are going to go through it."

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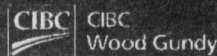


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Conceived and monitored by the Canadian Institute of Chartered Accountants (CICA) in response to a need expressed by those of advancing age, PrimePlus/ElderCare™ services are offered exclusively by Chartered Accountants. Client protection and program integrity are assured by the usual high ethical standards practiced by the CA professional. Personalized Prime Plus/ElderCare services range from basic banking and related financial services to assuming the role of the client's Mandatary, responsible for all aspects of his/her financial, physical, mental and social well being. PrimePlus/ElderCare™ mandates are accepted from the client and/or his family and are clearly defined in a *Letter of Engagement* signed between the client and the CA professional. Preferably, family members will be aware of the client's decision to enter into such an arrangement and the CA professional can report regularly to them as well as to the client about agreed-upon services. Financial information will be shared with family members only with the prior authorization of the client. Advancing age or physical problems do not equal mental incapacity and PrimePlus/ElderCare™ clients will always be the service provider's primary

contact and concern. Clients may be assured of receiving confidential, kind, courteous and respectful care from the CA professional and his staff. Clients may be encouraged and assisted to make decisions that best address their health and financial situation; they will never be coerced into making difficult or unwanted life-style changes.

Sadly, many English-speaking Townshippers must face by themselves the limitations imposed by declining health and/or advancing age as family members and life-long friends pre-decease or no longer reside locally. Younger family members may have relocated outside the province leaving the older generation to cope as best it can. Childless seniors find themselves even more alone. Once relocated, members of the extended family often don't or can't easily return to assist an elderly relative. Many seniors rely on the goodwill of neighbours and nearby friends, the services available from CLSC and various community organizations, and any help they can afford to hire. This can be a satisfactory arrangement initially but over time more intensive, supervised care may be required. Seniors alone are often the unwitting targets of unscrupulous ser-

vice- and care-providers, door-to-door and telephone scammers and frauds; e-mail rip-offs and identity thieves and those who prey on a generation brought up to believe it is rude to say "no" or refuse entry to "visitors". Confined to their homes for extended periods of time due to poor health, physical limitations or just the bitter cold of our Canadian winters, lonely and alone seniors will gladly welcome visitors even if they are strangers. This vulnerability is lessened if a family member can visit frequently, check in often by telephone and be available to respond to a senior's questions and concerns. But, if a family member can't act, the CA professional can fill the void. Clients become comfortable confiding in the CA professional knowing issues will be treated confidentially and respectfully. In fact, PrimePlus/ElderCare™ professionals and their staff are instructed to guard against the phenomenon of "transfer of affection" which occurs when the client begins to think of, and treat, the caregiver as the absent or non-existent member of his/her family.

PrimePlus/ElderCare™ providers can inform the elderly about government benefits such as the *Tax Credit Re-*

specting Home-Support Services for Seniors, the *Care-giver Tax Credit* and in other ways make every effort to minimize the income taxes paid by seniors and maximize the assistance for which they may be eligible.

CA professionals expertly guide clients through the maze of government-provided social services that are available free or at reduced costs to seniors. They also know where and how to obtain the various at-home services (indoor and outdoor maintenance providers, adapted living products and services, etc.) that will make the client's remaining years at home safer and more comfortable. When necessary they assist with all aspects of a desired or necessary relocation to a retirement or nursing home.

PrimePlus/ElderCare™ may be the answer to problems facing you now, either as a Townshipper of advancing age or as a person concerned about an older family member, friend or neighbour.

PrimePlus/ElderCare™ services are available in English from Joly Riendeau and Duke, CA by contacting A. Jackson Noble, CA at (819) 566-2575

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