



TRENT HILLS PROBUS CLUB NEWSLETTER

DECEMBER 2020

Our Strength is Fellowship; Our Success is Participation

PRESIDENT'S MESSAGE:



Merry Christmas! Happy Holidays! It will be a different Christmas for many of us -- the turkey may be smaller, the people fewer, the number of gifts may be less, but that is not what counts. We will be with our families (the ones in our bubbles) and that is something to be thankful for. However, be safe and be smart; this is not the time to let our guard down.

We held our November General Meeting on Zoom this month with a guest speaking on the topic, "How Well Do You Know Dementia?". Twenty people joined in to hear her presentation. Hazel, Laura and I have spent a considerable amount of time preparing to bring you this Zoom meeting with the hope that we can do more get-togethers this way. None of us had ever done anything like this before—that is, organizing and running a meeting in this manner. We read and practiced tutorials on each step, we attended a sample meeting, we practiced doing meetings amongst ourselves and with family members and we rehearsed the meeting with our presenter the week before. We are still attending new tutorials on new features that we think you might enjoy. Laura has composed a questionnaire for both those who attended and those who did not. Please respond if you haven't as yet, so that we know what we need to do to help people and whether to carry on with Zoom meetings.

One of our problems, over which we have no control, is our rural internet and its unpredictability. At our meeting, Hazel and I were each prepared to step in for one another if need be. Laura couldn't even get in until later on. Still, we are prepared to try again, on our own and just be prepared in case one of us has a problem. This time, the Alzheimer Society ran the meeting on their system, however, not every speaker will do that.

We did record the speaker but are finding that setting up our private You Tube channel can be tricky and ultimately decided that it is impossible to do until we get a full-time secretary to man our email account. We are going to attend a tutorial on "break out groups" so that members can have a discussion or visit, etc. More to come on that. With winter coming upon us, we may all grow to enjoy zoom meetings to avoid going out in the ice and snow.

In an earlier life, I used to volunteer (11 years) at an Assisted Living Home in Toronto with Alzheimer patients. The presentation reminded me of a few quotes that I used to use for myself as well as to encourage others to follow and it struck me that they all apply to our situation today during the Pandemic. I will close with them:

PRESIDENT'S MESSAGE (CONT'D)

- You can only play the cards you are dealt. You cannot change them.
- As an individual, look after yourself because if you get sick you are of no use to yourself or your loved ones.
- A sense of humour is key at all times.
- Enjoy each moment, make the most of it, because you never know what the next one will bring.



Enjoy the season and stay safe. A new year brings new hope.

Norah

NOVEMBER 2020 MEETING

November 11th, we had our first Zoom meeting. Sarah Cook, the Public Education Coordinator at the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland and Haliburton spoke on the topic, "How Well Do You Know Dementia?"

Sarah organized her presentation around a ten-question quiz which we all answered and kept track of how many we got correct. After each question, she gave the answer and then went on to explain it. Even if you thought you knew a lot about dementia, you quickly found out that there was lots more to learn.

One of her questions was, "Is memory loss the first warning sign of dementia?" The answer, you may have guessed, is "no". There are changes in mood, or behaviour, or judgement which may come first. Other questions covered: Are there treatments which will stop the dementia from getting worse?, Is Alzheimer disease preventable? Can a person living with dementia continue to enjoy social activities? One astonishing fact: there are 564,000 Canadians, 1 in 11, living with dementia today. Within fifteen years, it is expected that number will grow to 937,000 people!

Our first zoom meeting went smoothly, thanks to the hard work of Hazel and Laura. Sarah was a tremendous help and mentor as well. Sarah stressed that the Alzheimer Society in Peterborough welcomes questions from individuals and is there to offer advice and information.

Norah



IN MEMORIAM...

Long time Trent Hills Probus Member Margot McMann passed away peacefully at her home on Monday, November 9th. Loving wife of Orville McMann for 62 years. She is also survived by two daughters and four grandchildren.



December Christmas Meeting

Please Come!

We will have a small Christmas Celebration on Wednesday, December 9th at 10 a.m. on Zoom.

Dress in Christmas colours for a festive look! (You might want to have some paper and a pen on hand.)

Your invitation with a link directly into the meeting should arrive to your computer on Monday, December 7th.



Other Seasonal Activities around Trent Hills:

Trent Hills Chamber of Commerce has several Christmas activities planned including a "Reverse Christmas Parade".. See all the details at www.celebratetrenthills.ca

Warkworth's "Magic Under The Stars" is being repeated this year on Friday evenings December 4th, 11th, and 18th

"ZOOM" TIP OF THE MONTH

***** If you are having reception difficulties relating to internet, you can try restarting your computer. If you leave the meeting, you can always sign in again, using the same codes. Another possible fix is to turn off your video in the Zoom meeting room. *****

Please complete our ZOOM member survey which was sent out to you by email on November 18th; it is necessary to gauge the interest of our membership in continuing this method of holding meetings. If you have already completed it - thanks very much!

If you require help using the program, we have included the instruction sheet at the end of this newsletter and/or we encourage you to view a video tutorial; this one suggested by the Probus Zoom Support Program is quite good: <https://www.youtube.com/watch?v=9isp3qPeQ0E> (Press "CTRL" + click on the link to go there) OR you may contact one of the people below and they will try to help you:

Norah McGowan (norahmcgowan376@gmail.com),

Hazel Farley (hazelfarley@gmail.com) OR

Laura McCulloch (lauramcculloch52@gmail.com)

KEEP UP THE GOOD WORK! WE ARE STILL “GREEN”! STAY SAFE!

COVID-19 UPDATE FOR NORTHUMBERLAND COUNTY

(Data provided by the Haliburton, Kawartha, Pine Ridge District Health Unit, November 30th)

Current Active Cases: 14 (.016% of the population of 85,600)

Hospitalizations to Date (Total): 4 (5.06% of total cases)

Cases Resolved: 64 (81.01% of total cases)

Total Deaths: 1 (1.27% of total cases)



Message from the Editor...

Approx. 30% of the Membership has responded to the Zoom Survey. We will hold it open for another couple of weeks to allow for more responses.

As always, I welcome input from members who have something interesting to share: articles which may be of general interest to our membership, jokes or quizzes, pictures of what you are doing to keep busy, achievements and activities of our members (either upcoming or in the recent past), links to interesting sites (businesses, activities, etc.) Content can be sent to: lauramcculloch52@gmail.com. Deadline for submissions is the 25th of each month.

Best Wishes to you and your families for a Merry Christmas and a Happy New Year!



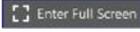
Laura McCulloch
Newsletter Editor



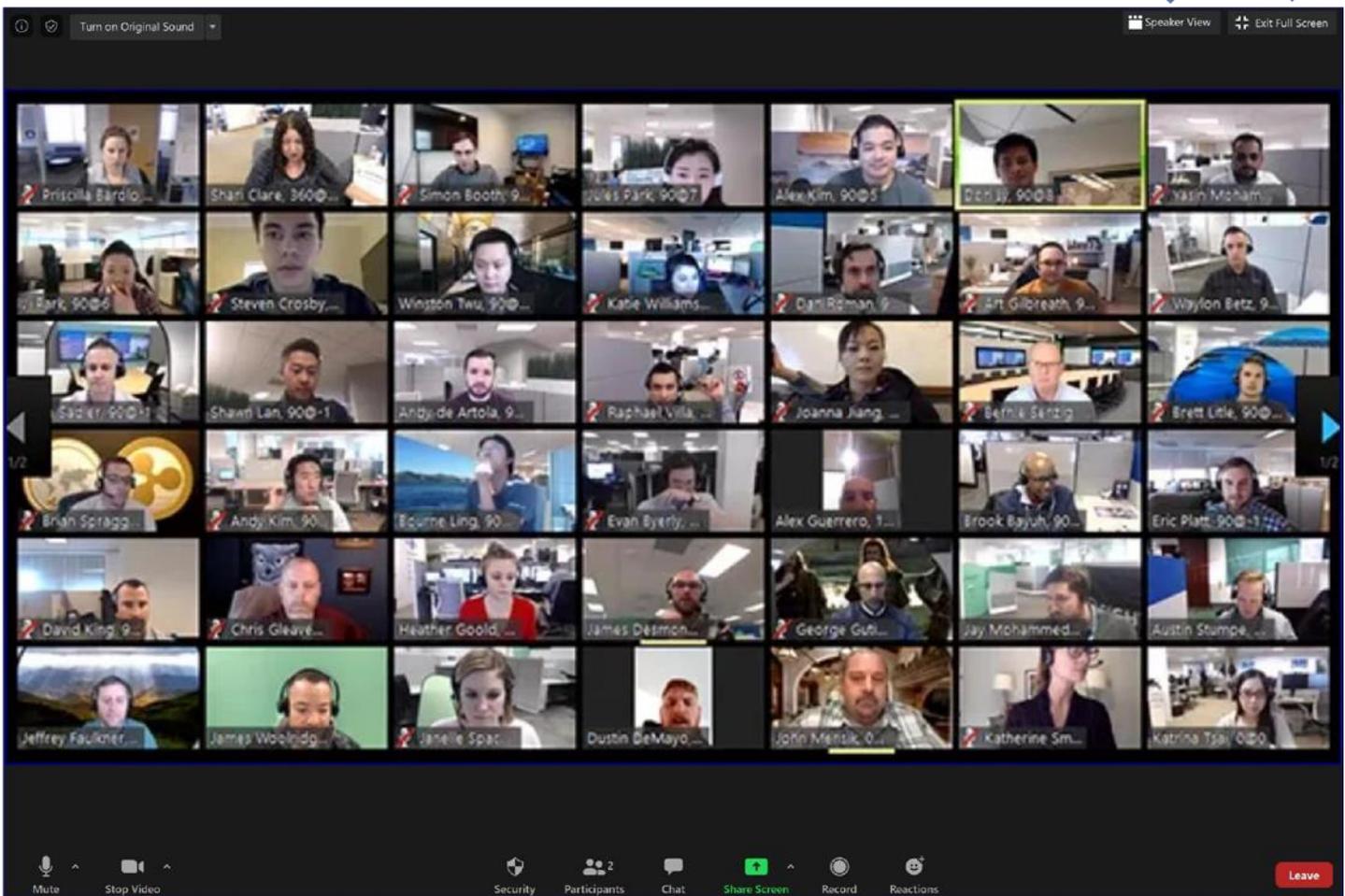
ZOOM CHEAT SHEET

FOR LAPTOP/PC

Courtesy of Probus Zoom Support Program

	Recommended – this message should always be displayed
	If you see this button, click on it for Full Screen

Recommended – once the meeting starts, click on **Speaker View** to change from this Gallery View to one that will focus on the speaker.
To return to this view of all participants, click on **Gallery View**.



	Click to Mute your microphone
	Click to Unmute your microphone, OR Hold the SPACE BAR down to temporarily Unmute , release to Mute

Click on **Chat** to submit a question or make a comment

Click on **Reactions** to put your hand up

Click on **Participants**, your name, **More** to **Rename** your first & last name

Click on **Leave** to leave the meeting