



PROBUS CLUB OF AURORA

(EST. NOVEMBER 1995)

P.O. BOX 28504 151-14800 YONGE ST. AURORA ON L4G 6S6

MARCH 2022

PROBUS CLUB EXECUTIVES

2019-2022

President

Vern Cunningham

VP Membership

Brian Walsh

VP Website & Social Media

Garry Sleep

Secretary

Joan Brownlow

Financial Director

Dennis Hollingshead

Program Director

David Brisley

Social Director

Rosalyn Gonsalves

Communications Director

Open

Past President

Joan Brownlow

President's Musings

MARCH - THE GREEN MONTH

I have a particular fondness for this month. My maternal grandmother's family were from county Cork and my father's family were from Northern Ireland. I have both the North and the South covered. Mix up that heritage with Scottish and French ancestry and you have a typical Canadian. The Irish have given a lot to make this country what it is today and we should be grateful to each and everyone.

Don't forget to wear something **green** of March 17

March is also a great month as we celebrate International Women's day on March 8 th. As far as I'm concerned, every day should be women's day. The first IWD gathering was in 1911 and was supported by over 1 million people. The IWD community is international with a call to "Break The Bias".



Dedicated Volunteers

Social

Rosalyn Gonsalves
Carroll Graham
Brenda North

Dining Out

Joan Atkinson

Speaker Reports

Carolyn Liddy
Murray Sinclair

Greeters

Kaye Morrison

Guest Greeters

Sue White
Moe Bagan

Proof Reader

Rosalyn Gonsalves

Archivist

Sound

Trevor Stephens

Members at Large

Jean Bowers
Cliff White

Health & Wellness

Sally Arthur



International Women's Day (March 8) is a global day **celebrating the historical, cultural, and political achievements of women**. The day also observed in support of taking action against gender inequality around the world.

March Birthdays & Anniversaries

| | |
|------------|-----------------------------|
| March 1 - | Marge Tutkaluk |
| March 2 - | Gord Barnes |
| March 5 - | Carolynn Liddy |
| March 17 - | John Wright |
| March 22 - | Glen Langford |
| March 2 - | Lowell and Carolyn McClenny |



Planned Programs

EVENTS AND OUTINGS are postponed to a more appropriate date.

PROBUS CLUB of AURORA

June 8, 2022 Election

The Probus Club of Aurora will be having an

Election of Officers for the Board of Directors
at the
Annual General Meeting (AGM) on June 8, 2022.

Each position on the Board of Directors is for a two-year period, except for the Financial Director which is a three-year period.

1. If you wish to run for a position on the Board, please notify **Joan Brownlow** at: jdbrownlow@bell.net indicating which position you are interested in by

May 24, 2022.

or

2. If you wish to nominate a member of the Club for a position, then a written nomination with the consent of the member that you are nominating, and the position that you are nominating them for, must be in the hands of the Nominating Committee by **May 24, 2022.**

The **Board of Directors** is comprised of the following positions:

1. President.
2. Vice-President - Membership.
3. Vice-President - Website and Social Media
4. Financial Director
5. Program Director
6. Social Director
7. Communications Director - Newsletter
8. Secretary

Past Presidents

1995 - Gerry Arthur

1996 - Gerry Arthur

1997 - Ken Molyneux

1998 - Gordon Butler

1999 - John Wright

2000 - Tom Ridout

2001 - Ron Gibson

2002 - Doug Andrew

2003 - Marion Baggett

2004 - Tom Ridout

2005 - Daisy Hurst

2006 - Michael Varcoe

2007 - Marilyn Munslow

2008 - Robert Saunders

2009 - George Woolley

2010 - Jim McCulloch

2011 - Dinker Joshi

2012 - Jim Liddy

2013 - Jean Bowers

2014 - Bill Dies

2015 - Ron Canham

2016 - Joey Perry

2017 - Joan Brownlow

2018 - Joan Brownlow

2019 - Vern Cunningham

2020 - Vern Cunningham

Report-Presentation Dr. Sharon Cohen,

Wednesday, February 9, 2022

Dr. Sharon Cohen is a behavioural neurologist and the medical director of Toronto Memory Program, a community-based medical facility which she established in 1996. Its purpose is to enhance diagnosis and treatment of Alzheimer's disease and related disorders. Her memory clinic and dementia research site are among the most active in Canada.

With over 28 years of experience in clinical research, she has been a site Personal Investigator in over 180 pharmacological trials. She also consults with governments and international organizations for Canada.

Dr. Cohen spoke to us on the activities of the Toronto Memory Program and positive, promising new developments in research and treatment of dementia.

Background

She outlined the nature of the disease, beginning with its first identification in 1906. She described the stages that we recognized today, ranging from pre-clinical to severe; a process that can take as much as 40 years. It is a pandemic, affecting 55 million worldwide now, by 2050 estimated to be 125 million.

Because you become dependent before you succumb, the cost of care is large. Misdiagnosis is frequent; only 50% are diagnosed. Its gradual progression, denial, and associated stigma to report all tie in.

Characteristics

She outlined the way AD develops slowly and undetected at first with the slow buildup of Amyloid plaques, and Tau proteins.

This leads to the diseases' characteristics: loss of brain cells, forgetting of events, loss of vocabulary, perception, planning and navigation ability. Anxiousness, irritability also result, and eventual baseline decline.

Transportation Assistance

A social club is a group of individuals interested in the welfare of all club members. This is the Probus Club of Aurora. Should you require transportation to and from our events, please let me know and we will try to arrange the assistance that you require.

vern.cunningham@gmail.com or 416-523-4882.

Did You Know

The Probus Club is International and has 255,580 members in 4,149 clubs found in 16 countries.

These countries are:

Australia, New Zealand, Canada, The UK, Ireland (N. and S.), S Africa, France, Germany, Belgium, Holland, India, Japan, Malaysia, Mexico, Chile, Argentina, Cyprus, Spain, Sweden, Zimbabwe

Largest number of members, Australia, 113,000 in 1,415 Clubs

Smallest, Chile with 1 club of 30 members

Canada has 256 Clubs with 40,060 members

Factors affecting the disease include, age, and genetical predisposition--lifestyle factors as well:

- physical activity,
- cognitive engagement,
- lack of sleep,
- diet,
- hypertension,
- cholesterol, and smoking.

Diagnostic Tools

There are promising new tools now, for earlier diagnosis now possible, for example, spinal fluid. Testing show AD if all other causes are ruled out. Positron Emission Tomography (PET) imaging shows it before symptoms appear.

New blood tests are coming, more accurate than ever. In addition, there are trial medications that show an actual reduction of amyloid plaques. Retinal scans are in testing phase.

Genetic testing for specific genes is now possible. They can do blood tests or cheek swabs now for specific genes that put someone at greatest risk.

New Treatments

There are two new drugs that now reduce the symptoms. One approved in 2020 reduces plaque, while antibody studies using immunotherapy show improvements in mild symptoms. Medications are Injected by IV and must be confirmed using MRI monitoring.

Other medications are coming to slow down progression (up to 30%), these may be useful prevention as well. In addition, some medications aim to harness the immune system to recognize and remove plaques using body's own cells to boost protective functions.

An algae extract provides gut bacteria benefits, mild,

PROBUS

General Meetings

We will be offering monthly meetings until further notice.

All meetings will be on ZOOM and a link will be provided to you prior to the meeting via email.

Even though the meeting will start at 10:00 AM, we will be allowing anyone to enter from 9:30 on to socialize and should any issues occur, then assistance can be provided.

Should anyone require assistance, please feel free to contact Vern Cunningham at 416-523-4882 prior to the start of the meeting and he will assist you.

more symptom reduction than medications; is in Phase 3 trial now, for those who are not on other medications.

Conclusions

A Transformative Time now, characterized by:

- Earlier diagnosis
- More options for patients and physicians
- Symptomatic patients have more options

Going Forward

Greater public Awareness and knowledge, we need more access to technology, to specialists, improved infusion centres, and more sustainable funding.

What we can do—need our input, persuade politicians for baseline memory tests, prevention, and treatment registry

A self-check is available from the Program.

Can connect with them at 416-386-9606

Discussion

Following the talk, Dr. Cohen answered our questions: on similar diseases, diet, effects of sleeping pills and baseline testing. The latter is available to the public from the Program and by telehealth.

She stressed again the importance of maintaining physical and mental activity as preventives.

David Brisley

COMING PRESENTER SCHEDULE

| | |
|----------|---|
| March 9 | Ray Anderson Toronto Photography Club |
| April 13 | Jamie Cross Global Medic |
| May 11 | John Gardiner Writer |
| June 8 | Adam Peltenburg Railways through Aurora |



**You are never too old to learn...
something of value.**

This could be considered a rant!

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not try to blame others.

HOWEVER, upon reflection, we would like to point out that it was NOT senior citizens who took:

The melody out of music,
The pride out of appearance,
The courtesy out of driving,
The romance out of love,
The commitment out of marriage,
The responsibility out of parenthood,
The togetherness out of the family,
The learning out of education,
The service out of patriotism,
The Golden Rule from rulers,
The nativity scene out of cities,
The civility out of behaviour,
The refinement out of language,
The dedication out of employment,
The prudence out of spending,
The ambition out of achievement or God out of government and school.
And we certainly are NOT the ones who eliminated patience and tolerance from personal relationships and interactions with others!
And, we DO understand the meaning of patriotism, and remember those who have fought and died for our country.

Just look at the Seniors with tears in their eyes and pride in their hearts, as they stand at attention as the Flag passes by in a parade!

YES, I'M A SENIOR CITIZEN!

I'm the life of the party....Even if it lasts until 8 p.m.
I'm very good at opening childproof caps..... With a hammer.

I'm awake many hours before my body allows me to get up.

I'm smiling all the time, because I can't hear a thing you're saying.

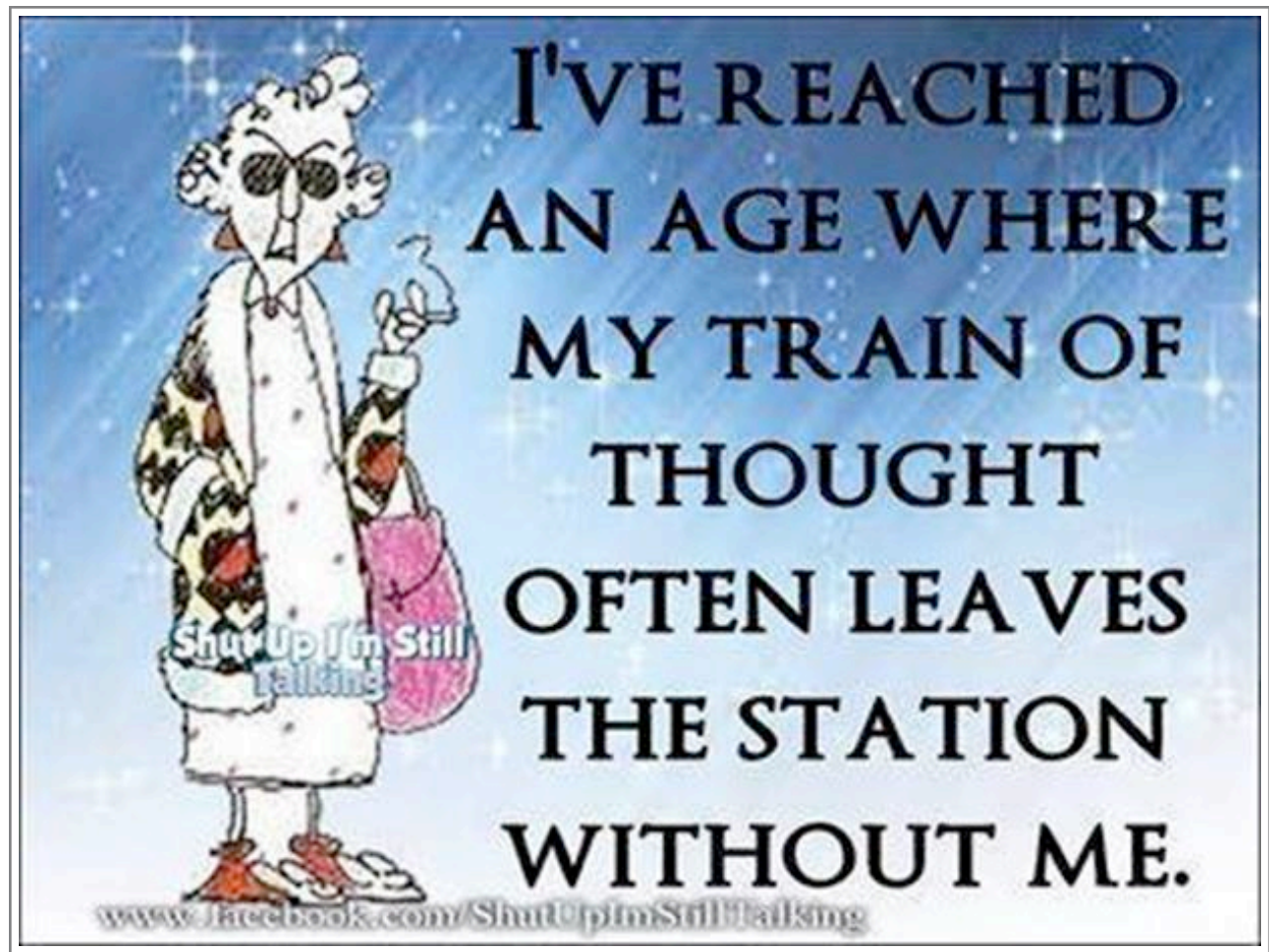
I'm sure everything I can't find is in a safe secure place, somewhere.

I'm wrinkled, saggy, lumpy, and that's just my left leg.

I'm beginning to realize that aging is not for wimps.

Yes, I'm a SENIOR CITIZEN and I think I am having the time of my life!
Now if I could only remember who sent this to me, I wouldn't send it back to them.

Or, maybe I should send it to all my friends anyway.



JULY 13, EXCURSION



Georgian Bay Day Trips

for Motorcoach Tours

Discover the spectacular 30,000 islands of Georgian Bay!

Captain Steve and his crew look forward to Welcoming you aboard!

Explore the scenic shoreline of Georgian bay with Captain steve in the wheelhouse offering a live commentary including the legends, rich heritage of the region, and many points of interest.

Situated a short 90 minute drive north of the GTA, the southern Georgian Bay region offers some of the most spectacular scenery and vistas in Ontario.

Departing from the home port of Penetanguishene our group will set sail for a 2 3/4 hour lunch Cruise with Landmark Cruises (formerly the Miss Midland) showcasing the sparkling waters and windswept pines of Georgian Bay followed by a visit to the Newton Street Art Barn. The Art barn showcases close to 400 regional artisan artists in a picturesque setting.

Arrive Hungry !

Your day trip begins with the 2 3/4 hour Lunch Cruise from 10:30 AM to 1:15 PM. Enjoy a delicious lunch served on board as you enjoy the panoramic view and Captain's commentary lunch menu.

The sample buffet menu includes, assorted rolls, Tuscan Greens with Poppy Seed dressing, Caesar Salad, Sweet Thai BBQ Chicken, Vegetable Penne Primavera, Roast Potatoes, Vegetable Medley and an assorted Sweet Table and Fresh Fruit.

Join us for this beautiful early summer outing.



For more information, please contact :

Rosalyn Gonsalves at rajardim@aol.com



1. Why are Leprechauns good gardeners?
They have green thumbs.
2. Why can you never borrow money from a Leprechaun?
Because they are always a little short.

St. Patrick was an Irishman,
He lived across the sea,
He met the people near and far,
He loved them so you see.

So once a year we think of him
Though he lived far away,
Across the sea in Ireland
So many miles from me.

Lexophile" describes those who have a love for words, such as "You can tune a piano, but you can't tuna fish" or "To write with a broken pencil is pointless.

This year's winning submission: A will is a dead giveaway.

With her marriage, she got a new name and a dress.

Police were summoned to a daycare centre where a three-year-old was resisting a rest.

A bicycle can't stand alone; it's just two tired.

The guy who fell onto an upholstery machine last week is now fully recovered.

He had a photographic memory but it was never fully developed.

When she saw her first strands of gray hair she thought she'd dye.

Acupuncture is a jab well done. That's the point of it.

I didn't like my beard at first. Then it grew on me.

Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?

When you get a bladder infection, urine trouble.

When chemists die, they barium.

I stayed up all night to see where the sun went, and then it dawned on me.

I'm reading a book about anti-gravity. I just can't put it down.

Haunted French pancakes give me the crepes.

This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met herbivore.

I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.

A thief who stole a calendar got twelve months.

When the smog lifts in Los Angeles U.C.L.A.

I got some batteries that were given out free of charge.

A dentist and a manicurist married. They fought tooth and nail.