



KANATA SENIORS COUNCIL

Seniors news

OCTOBER 2018

Vol. 14 No 8:



Donation of Kavanagh Green

On Saturday, August 18th, a happy Sharron Kavanagh joined Councillor Shad Qadri and Mayor Jim Watson for the official naming of Kavanagh Green – a park designed with seniors in mind, situated at the intersection of Stittsville Main and Hazeldean.

The land was donated by the Kavanagh family, the original owners of the land on which Stittsville's well-known flea market was once situated, and is now home to the area's brand new retirement residence, Hazeldean Gardens.

The greenspace which is older-adult friendly, contains walking paths, Fit benches, a gazebo, bocce court, shuffleboard, a putting green and a pickleball court – all funded by Hazeldean Gardens which will be connected to the park by a path and from which equipment may be borrowed for use in the facilities.

Updates from the 2018 Board Meeting

Prior to this AGM, Directors could only serve for a total of 6 years, after which they had to 'sit out' the next year before running for office again. Like many voluntary organisations, the Kanata Seniors Council was having difficulty filling open Director positions which could have left the Board with less than the 10 Directors required under our articles of operation. This would have serious impact on the Council's operations.

At the May 29th Board Meeting, the Directors present voted to remove these restrictions on terms of office by making the needed changes to our by-laws. Such changes must be ratified at the next AGM. This took place at the September 2018 AGM.

By-Law No. 2, which removes the 3 consecutive 2 year term restriction from the terms of office, was approved by the regular members. The result is that Directors of Council will continue to be elected for a 2 year term at the Annual General Meeting and at the expiration of such term can run for re-election for another 2 year term as often as they desire to do so without having to sit out a year.

With the 8 directors serving the second year of their 2 year term and 11 directors, 8 of which are new directors, elected to office by the regular members for a 2 year term, the 2018-2019 Board of Directors has 19 members which is the number set by the regular members. Starting in 2019 the Council's AGM will be held prior to the end of June each year. The tentative date for the 2019 AGM is June 17, 2019.

Local News/Media update

As one of several initiatives to try to compensate for the loss of the West Carleton Review, Jake Davies, former reporter and editor for the West Carleton Review has created the “**West Carleton Online**”, a subscription based online news hub for West Carleton residents, businesses and organizations that need/want to know what’s going on in their community.

West Carleton Online is now live !!! Click here to check it out westcarletononline.com

A subscription only costs \$56.50 a year (\$50 + HST). Here are some of the benefits of subscribing.

- *West Carleton Online* will be a hub for West Carleton residents, businesses and organizations that need/want to know what’s going on in their community.
- *West Carleton Online* is a DAILY “paper”, providing daily updates and coverage of community and breaking news, photos, and community coverage created by award-winning journalists.
- Subscribers can register for **email alerts** when new content is posted.
- Subscribers can **post for free** on the business directory, event calendar, personals (e.g. obituaries) and classified ads sections.

West Carleton Online will always be looking for story ideas. You can send your ideas, or your article for publication under your own by-line, to westcarletononline@gmail.com.

To become a *West Carleton Online* subscriber:

send a cheque for \$56.50 to : West Carleton Online, [121 MacDonald St. S, Arnprior ON K7S 2W7](#)

- use PayPal, or

send an email e-transfer to westcarletononline@gmail.com. Please include your email and residential addresses.

To learn more about *West Carleton Online* and the advantages of being a subscriber, please contact Managing Editor Jake Davies by email at westcarletononline@gmail.com, or by phone at 613-633-3536.



Travel and special event news:

Travel:

October

On Friday October 12th we will be visiting the Upper Canada Playhouse

trip for a matinee performance of the musical comedy "Dean and Jerry What Might Have Been". **Trip Sold Out.**

On Thursday October 25th, Collette Tours will present "Reflections of Italy and the memorials of World War 2". The presentation will

also feature the 75th anniversary of the D Day Landings.

There is no charge to attend and light refreshments will be served.

Attendance is open to all..

On October 26th we have arranged a tour of Hazeldean Gardens, the new Seniors Residence recently opened in Stittsville. The tour can accommodate 14 people and the cost is \$ 5.00.

November

November 2nd - Mystery Trip the cost is \$ 25.00

Please note that the Travel Team will be selling trip tickets on:

Tuesdays starting at 11:30 am until 1:00 pm

Wednesdays starting at 11:00 am until 1:10 pm

Council Special Events:

On September 6th we hosted an Open House and pancake Breakfast at the center. Over 150 people were in attendance. Numerous center activities were also on display including arts and crafts and the computer training lab.

The 2018 Annual General Meeting was held on Sept 10. The new Council Board was installed for 2018-2019

The Council ran an information booth at Expo 55 on September 14th

Blue Light

Researchers have connected the high-energy visible light, which emanates from just about every digital device in our hands and on our bedside tables, to [disruptions in the body's circadian rhythms](#). Now, physicians have drawn attention to the relationship between these devices and eye problems, ranging from everyday eye strain to glaucoma to macular degeneration.

A [recent paper](#) published by researchers at the University of Toledo shows that "blue light" can trigger irreversible damage in eye cells.

Catastrophic damage to your vision is not certain, but the experiments show that blue light can kill photoreceptor cells. Killing enough can lead to macular degeneration, an incurable disease that blurs or even eliminates vision.

Right now, reading this, you're probably absorbing blue light.

When we stare straight at our screens—especially in the dark—we channel the light into a very small area inside our eyeball. "That can actually intensify the light emitted from the device."

Apple offers a "night shift" setting on its phones, which allow users to blot out the blue and filter their screens through a sunset hue. Aftermarket products are also available, including [desktop screen protectors](#).

For PC users Windows 10 offers a 'night' light'

option, here's how to activate it.

Open the Start Menu.

Click the gear icon to bring up the Settings Menu.

Choose System.

Select Display.

Toggle the Night light switch to On.

Click Night light settings to adjust the level of blue displayed,.

Does aging concern you?

We are never too old to learn and what better way to learn than to take the free, on-line course "Strategies of Successful Ageing" developed and presented by Trinity College Dublin.

This FREE, Physician developed course, presents leading edge research in successful ageing that may change many of your preconceptions about the subject.

One of our new Board Members, **Diane Raitanen**, recently completed the course and offers these comments:

"I recently took this course and I found it enlightening and inspiring! If other members take it, perhaps we can share our reflections on the course for others in a future newsletter? "

Thank you Diane!

Here's a link to the course plus a summary of objectives:

<https://www.futurelearn.com/courses/successful-ageing>

Summary of course objectives

- Reflect on the concepts of 'old' and 'ageism'.
- Understand how perceptions of ageing can influence ageing.
- Apply strategies for positive mental health, physical health, social engagement, and creativity.
- Perform a life audit.
- Assess what 'quality of life' means.
- Explore how to plan for older age through goal setting.
- Discuss case studies of successful ageing initiatives.

If you do decide to take this course and would like to discuss further or would be interested in a discussion group, please contact me at kencownley@bell.net. Given sufficient interest we may consider developing a list of online courses in other areas. The successful ageing course is one of many that can be accessed via the Futurelearn website. Whether you want to develop as a professional or discover a new hobby, there's an online course for that.

Join 8,257,629 people from around the world learning together on FutureLearn.

Here's the site link

<https://www.futurelearn.com/>

Here's an interesting link which list the many partner organizations that are accessible through FutureLearn.

<https://www.futurelearn.com/partners>