

Fall 2009

# Bay Haven Newsletter

## PEERING INTO THE PAST



Jean Pearce admires one of the many antique cars showcased this summer at Bay Haven by the Antique Classic Car Club of Canada, Nottawasaga Region.



Glen Farrow checks under the hood of this antique roadster.

## **DR LAKIN MEDICAL DIRECTOR**

From Obstetrics to Geriatrics, Dr. Lakin's medical practice has spanned many decades and reflects the journey through the stages of life. Well known in our community for many years as the Baby Doctor because of his expertise in obstetrics, Dr. Lakin transitioned his focus to geriatrics and has been Bay Haven's well respected Medical Director since January 1996. Since retiring his practice last year, he devotes more of his time to his role at Bay Haven, performing rounds frequently and providing quality care to both Nursing Home and Retirement Home residents.



Dr. Lakin was born Francis Henry Grewar Lakin on March 20, 1935 in Elgin, Scotland to parents Francis Henry and Elizabeth Margaret. Since Henry's father was a doctor and his mother was a nurse, it seems fitting that Henry chose to become a doctor himself. Although Henry had only one other sibling, an older sister, Audrey Mary, he fondly remembers bustling family reunions and get-togethers. His father was the eldest in a family of 12 children and his mother was the eldest of five.

Dr. Lakin Sr. would share stories with young Henry of his adventures during the First World War when he fought in Gallipoli in Asia Minor. His father recalled the extreme temperatures he was exposed to in this location; as low as minus 40 degrees Celsius in the evenings and up to plus 40 degrees Celsius in the day. Dr. Lakin Sr. moved his family to Burghead, Morayshire where Henry received his education, first at Burghead Primary School, then at Hopeman Junior Secondary and Robert Gordon's College (RGC) in Aberdeen. Henry received his Medical Degree from the University of Aberdeen and a Diploma of the Royal College of Obstetrics and Gynecology (DRCOG).

In school, Henry was involved in the Sea Cadets and the Boy Scouts. At RGC, he played soccer, field hockey, rugby and cricket. Henry also played soccer for the Scottish University Team and was awarded a Full Blue, a sporting honour that is given to the best sports people in the University. During his college years at RGC, he was an overnight border. When asked if he had any stories he could share; with a mischievous smile, he coyly replied, "Lass, I will kindly refrain from sharing these stories with you today."

Henry did his Surgical Residency in Northallerton in 1961. His post graduate studies included Gynecology, Medicine, Surgery and Obstetrics. He worked in Darlington from 1962 to 1963 as an Obstetrician, where he would deliver 12 to 15 babies a day. Following DRCOG he focused on Geriatric Medicine and Surgical in England.

After practicing in Manchester England for 7 years, Henry emigrated to Canada in October 1969 and practiced for a short time in Colborne Ontario.

In 1969, Henry responded to an ad placed in a Pharmaceutical Magazine for a new family physician in Collingwood. Despite visiting Collingwood during a bad snowstorm, Henry accepted the position and relocated. At that time there were only eight family doctors in Collingwood. Henry arrived in Collingwood on January 17, 1970 and started his practice.

In 1971 Henry was joined in practice by Dr. Douglas Gill. Dr. Gill had been a classmate of Henry's at Robert Gordon's College and also at Aberdeen University. Dr. Gill was the Medical Director at Bay Haven from 1981 to 1985.

During his first year in Collingwood he delivered 92 babies; during the course of his career he has delivered approximately 7,000 babies. Of course a lot of his deliveries in Manchester were home deliveries. One of the reasons Dr. Lakin says he does not wear a tie is that he was almost strangled while doing a home delivery. While experiencing a contraction, the patient grabbed him by the tie and did not let go until it was done. Dr. Lakin's experience with forceps and breech deliveries, without having C-sections to fall back on, is why he would be called upon to share his knowledge with other physicians.

Julie tells a story of one of his pregnant patients, an "earthy" type who did not want to have any ultrasounds or tests of any sort. On Valentine's Day the baby was ready to come, but when the delivery process started, Dr. Lakin found there were two babies and not one. He said to the mother-to-be, "Lass there is more than one baby in there." Henry still laughs about that story.

Henry and his wife Julie met when they were working at the Collingwood General and Marine Hospital in 1978 and were married in 1982.

Henry and Julie have two children; Robert, who has recently completed his BSC with honours from the University of Toronto and is working on his

masters studies in Physical Science, and a daughter, Allison, who recently graduated with an Honours degree in Psychology from Trent University. Henry enjoys many activities including reading, golfing and curling. Some of his favorite authors include Peter Robinson, Ian Rankin, John Grisham and Michael Connelly. Any one who knows Henry understands his love of golfing and knows he can be found on the golf course most days between March and November.

When asked what event in history that most deeply affected him, Dr. Lakin remembers WWII and the preparation for Normandy Landings in his home town. He said the children got three months off school.

The most important lesson Henry has learned in his life is that “we are all Jock Thomson’s Bairns” meaning that we are all equal – no one is better than anyone else. Dr. Lakin says that his father made the greatest impact on him. He admired him because he was a WWI vet from Gallipoli who graduated in Medicine in 1922 after the war. His lesson to all readers is to do unto others as you would have them do unto you!

Kindness, patience and a good sense of humour helps to describe Dr. Lakin. Although he is too humble to share this story himself, Julie recalls an example of his kindness and selflessness when one of his patients who had cancer and lived in Maxwell was unable to get to Collingwood. Each Wednesday, Henry would drive many miles to his house to provide medical services and assistance to the patient.

As Medical Director, Dr. Lakin directs and organizes the medical services at Bay Haven. He is an active member of the Professional Advisory, Infection Prevention and Control, Pharmacy, Medical Records Management and Ethics Committee. Dr. Lakin visits Bay Haven several times each week and is always accessible for consultation. Beginning in January 2010, Dr. Lakin will attend the annual care conferences for his residents.

We are fortunate to have such a kind, patient and experienced physician as our Medical Director. Thank you Dr. Lakin for letting us get to know you.

## **LEST WE FORGET**

Bay Haven would like to take this opportunity to salute those residents who selflessly risked their lives for future generations.

Mr. Wes Cook	Mr. Austin Muirhead	Mr. Jack Taylor
Mr. Bruce Ryding	Mrs. Marion Dahmer	Mr. Warren Cooke
Mr. Charles Fong	Mr. Glen Farrow	Mr. Art Spencer
Mr. Andrew Morritt	Mr. Dean Rogers	

This year our Remembrance Day church service will be held on Friday, November 13, 2009 in the Retirement Lodge. Everyone is invited to attend. Our local Royal Canadian Legion will be providing the annual dinner to our veterans on Saturday, November 7, 2009.

## **YOU'RE WELCOME**

A warm welcome is extended to new Nursing Home residents:

Mrs. Joanne Rogers	Mrs. June Warner
Mrs. Mary Pelling	Mrs. Dorothy Currie
Mr. Herman Wasitis	Mrs. Mae MacAlpine

A warm welcome is extended to new Retirement Home residents:

Mrs. Evelyn Cole	Mrs. Bessie Luker
Mrs. Joy Bryce	Mr. Philipp Freier

## **MANY THANKS TO...**

- The Rogers Family for their kind donation of furniture to a Retirement Home suite.
- The Collingwood Curling Club for their kind donation of a fruit plate for all of our staff.
- Nick Hodson for his interesting slide presentation and the donation of his book "A Collingwood Collection", 2<sup>nd</sup> edition.
- Sanfillipo, Wood Wyant, Tim Horton's, David Smider, McDonald's, TK's Kitchen & Catering, Fututre Med and Computer & Software Services for their kind donation of prizes towards Safety Week.

## **RAI-MDS UPDATE**

Training for the Resident Assessment Instrument - Minimum Data Set (RAI-MDS) 2.0 common assessment tool is nearly complete. Leigh Straiton, RN, RAI Coordinator, Sue Dunn, Clinical Manager, RAI Coordinator Backup, Christine Lanteigne, Director of Nursing and Karen Milligan, Administrator attended the final component, Resident Assessment

Protocols (RAPs) and Care Planning training in October. Leigh and Sue continue to provide guidance and coaching to all staff as we move forward with the implementation of RAI-MDS. The staff has embraced the RAI implementation and new interdisciplinary software and although it's been a challenge, everyone has risen to the occasion. The implementation of RAI has strengthened our already strong interdisciplinary team.

What's in it for Bay Haven residents? RAI-MDS 2.0 is a comprehensive assessment and care planning system that takes an individualized and restorative approach and improves quality of care of residents. Benefits of standardized assessment instruments:

- Provides a common language of assessment
- Enables data to be transferred between health care settings
- Promotes continuity of resident care
- Tracks residents progress across settings and over time
- Provides a basis of electronic clinical records
- Provides a platform for research and evaluation
- Benchmarks across jurisdictions
- Values restorative, enablement, rehabilitation, health promotion and prevention
- Validated assessment tool that enhances the assessment, develops an effective care plan and improves resident care.

## **EMPLOYEE RECOGNITION**

Our most recent recipient of the employee Recognition Program is Joanne McKee.

Joanne joined Bay Haven in 2003 as a Personal Support Worker. It's no surprise Joanne was nominated as each day she demonstrates her compassion and understanding for our residents.

When Joanne was just 13 she began working in the kitchen of a nursing home. It was then that she realized she wanted to pursue a career in geriatric nursing. She said it just felt natural to her.

Joanne became a Registered Nurse Assistant, now called Registered Practical Nurse, in 1974 and began working at Dundurn Hall a 43 bed nursing home in Collingwood. In the years following, Joanne married and had three children, Jason 30, Stacey 28 and Amanda 25. In Joanne's spare time she helps her son with his woodworking business, does stain glass and knits. She has traveled all over the world and especially enjoyed Pearl Harbor in Hawaii.

Joanne took a break from nursing and then in 2003 she realized she missed the fast paced environment and working in geriatrics. It was then she joined us at Bay Haven. Joanne says it's a pleasure to work with the staff at Bay Haven and we are pleased to have her. She would like to thank everyone who considered her for this award.








Congratulations, Joanne on a job well done!

## **WAY TO GO!**

Bay Haven is proud of the many accomplishments we have achieved over the years. In-services, seminars, and other educational opportunities keep staff abreast of current long term care issues and in turn allow us to provide the best care possible to our residents.



Congratulations to...

-  Cynthia Landriault completed Level 1 and 2, WSIB certification.
-  Dawn Strandholt attended a Menu Development education on Sept 8, 9 & 10.
-  Scott Strandholt attended Best Practices for Environmental Cleaning in Health Care Settings on Oct 1 & 2.
-  The RAI Team (Leigh Straiton, Sue Dunn, Christine Lanteigne and Karen Milligan) attended RAI-RAPs and Care Planning training on October 15.
-  The management staff attended the 'Planning/Investing for Your Retirement' Manulife Pension Seminar on October 20.
-  Karen Milligan attended the OLTCA Management Symposium in October 21 & 22.
-  Susan Thibert attended the APO Convention on October 22 & 23

## **ACTIVITIES REPORT**

### **OH WHAT A BEAUTIFUL BABY!**

It is time for some fun! All staff and residents of both the Nursing Home and Retirement Home are requested to submit their BABY PHOTO for a display. Photos can be dropped off in the activity office after November 9<sup>th</sup> with the last day for submissions November 16<sup>th</sup>. They will be displayed from the 18<sup>th</sup> until Baby Day November 25<sup>th</sup>. The fun part will be trying to guess who the baby is!



### **WELCOME 2010**

We are already planning this year's New Years Eve celebrations. Al Beardsall and his group are booked to entertain on December 31, 2009 beginning at 1:30pm. We hope you will join us!

Some new entertainment is scheduled for Sunday, November 22 at 2:00 pm. "Harry the Cap" has been providing entertainment to many of the surrounding Long Term Care Facilities and we are so excited to have him entertain at Bay Haven.

### **SWINE FLU SEASON & INFLUENZA**

We pass on the following information to you which is current as of October 16, 2009. This year's Ministry of Health and Long Term Care (MOHLTC) seasonal universal influenza immunization program recommendations differ from previous years. As of October 16, 2009, the most current data advises that with the arrival of H1N1, the Ministry is recommending a three-phased approach to influenza immunization this year:

- Phase I: Immunization for everyone aged 65 and over. Residents at Bay Haven will receive the seasonal influenza vaccine in October. Family, friends and volunteers over age 65 are advised to visit their family physician. Bay Haven will not be providing community vaccinations this year.
- Phase II: Immunization for all those who need H1N1 vaccine as per the nationally recommended sequence groups in November/December 2009. Staff will be immunized at Bay Haven. Family, friends and volunteers are advised to visit their family physician.
- Phase III: "Catch-up" seasonal influenza vaccine will be offered to all those 6 months of age and older who live, work or attend school in Ontario, including anyone aged 65 years and older who did not receive the seasonal influenza vaccine during Phase I. If only one dose on H1N1 is required, this phase will likely occur in January 2010.

Please be reminded that you are required to wash your hands upon entering and leaving Bay Haven. It is the single most important preventative measure in preventing the spread of influenza and other infectious diseases.

### **Taking Action on Dementia Now, While There is Still Time**

Extracted from the Alzheimer Society of Canada newsletter

The overwhelming impact Alzheimer's and related dementias are having on Canadian society is a critical issue, one that must be addressed now by government if we are to make change happen.

On April 1, the Alzheimer Society hosted the inaugural meeting of the All Party Caucus on Dementia. Members of Parliament and Senators from every major party attended the event, the first of an ongoing Caucus which will help to elevate awareness of dementia among parliamentarians, and influence legislation and policy making with the aim of making dementia a national health care priority in Canada.

Scott Dudgeon, CEO of the Alzheimer Society of Canada, presented to the Caucus preliminary data from the study *Rising Tide: The Impact of Dementia on Canadian Society*. Commissioned by the Alzheimer Society, *Rising Tide* studies the impact of dementia in great depth, with a view to understanding the current demographic and epidemiological profile of the disease.

“What could it mean to make dementia a national health priority in Canada? A national summit of federal, provincial, and territorial governments, who commit to a coordinated approach to defeating dementia and to improving the lives of people dealing with dementia – personally, and in their families,” said Dudgeon.

Dr. Bob Lester, a caregiver from Toronto, also spoke at the event, detailing his personal experiences with his wife’s dementia. “As I reflect on what I thought might go wrong as my wife and I aged, I realize that dementia never crossed my mind. I always thought that the worst thing that could happen would be to lose a loved one to death. For me watching Judy deteriorate slowly over several years seems so much worse. She can no longer do even the simplest tasks...she is progressively retreating into her own world and no longer knows who I am nor does she recognize her children or grandchildren. As the population ages, our journey will be shared by millions of others, who like me will find that our health care system is not prepared to deal with people suffering from dementia. The time to act is now before this health care tsunami overwhelms our health care resources,” said Dr. Lester.

Ontario MP Patrick Brown closed the meeting by thanking the Society for its work, speaking briefly about his own personal connection to the illness, and how he, and other members of the Standing Committee on Health, are working to ensure neurological conditions, including dementia, are a priority within the government.

## Adding Your Voice

Advocacy can take on many forms. It can come from people with the disease, their caregivers or family members, or through the voice of researchers and health care professionals. Most of all, advocacy comes from using your own personal experiences, and your own personal network, to help make change happen.

Each one of us can contribute to shaping policies that can make a difference in our lives, or those of other Canadians by sharing our thoughts, experience and expertise.

You can help by writing a letter to your MP, or sending a Letter to the Editor. Visit [www.alzheimer.ca](http://www.alzheimer.ca) to use our on-line tool, or contact Patricia Wilkinson, Manager of Media and Government Relations, at [pwilkinson@alzheimer.ca](mailto:pwilkinson@alzheimer.ca) to learn other ways to raise your voice.

## **SAFETY WEEK SEPTEMBER 2009**

Bay Haven recognizes the importance of working safely and annually provides an educational safety week to all employees. This year staff had the opportunity to participate in inservices on H1N1, hand washing, slips & falls, hazard reporting, lock out/tag out and personal protective equipment. There was also a scavenger hunt, pot luck lunch and Wii Fitness Challenge. The participation rate was excellent and those staff who took part attended over 2 inservices each.

A safety poster contest was made available to staff children and grand children. All entries were well done but after much debate a prize was awarded in each age group category.

Thank you to all staff that participated in and helped out with safety week. Together we can eliminate workplace injuries and illnesses.



Congratulations to Dru Booth and Shannon Negrón on their safety awareness.



## **THE PHYSIOTHERAPIST CORNER**

### **CHRISTINE JAHNKE**

by Wenda Recoskie, Midland Physiotherapy

Christine is a familiar face at the weekly group exercise class. As a physiotherapy assistant, I have the pleasure of working with Christine weekly with the exercise classes. Her positive attitude is inspiring to others as well as myself. She strives for perfection and is always willing to help others reach their optimum level of physical strength. You often will see Christine out on the walk program and she always has a smile on her face. She is a joy to have around the Nursing Home and is truly one of the inspirations of the home. She is motivating to other residents. Always keen for exercise, she actually encourages others as well as being a dedicated participant.

### **ROBERT "BOB" RUCK**

by Anna Ross, Midland Physiotherapy

100 years YOUNG! What factors contribute to Bob's longevity? Could it be his awesome energy and zest for life combined with a positive mental outlook? Might it be a well balanced diet with adequate periods of rest or perhaps his cheery disposition and friendly ways? Is it his commitment and dedication to his physiotherapy exercise program? Possibly it's the proper balance of all of these things.

As a physiotherapy assistant, I have the pleasure of working with Bob every Tuesday and Thursday to do his physiotherapy exercises. I am witness to his well performed, good range of motion and properly executed movements all done with vigor and enthusiasm. When I escort Bob on walks he has very good leg strength and ambulates well with only the use of a cane. Bob has great fluidity of movement in all his exercises and does them with ease. I always look forward to seeing Bob and working with him to help maintain his strength, flexibility and balance.

## **COMMUNITY HIGHLIGHTS**

### **Adopt-a-Road**

Each year, Bay Haven participates in the Adopt-a-Road Program cleaning up the road side of the Pretty River Parkway from Hume Street to Niagara Street. Our fall clean up took place on Thursday, October 20, 2009.

## **ACCREDITATION UPDATE**

On September 23, 2009, Bay Haven was surveyed by the Ontario Retirement Communities Association. Successfully accredited by ORCA

since 1995, Bay Haven has proudly passed ORCA's standards for accreditation and continues to meet the highest professional residential care standards in the province, demonstrating a commitment to quality and accountability to its residents, staff and the public. ORCA membership is an assurance of a safe, well maintained, professional and pleasant living environment. [www.orca-homes.com](http://www.orca-homes.com)

## **PASSINGS**

We offer our condolences to the families and friends of the following residents who have passed away:

Mrs. Dorothy Agueci  
Mrs. Irene Isaac  
Mr. Gordon Elyea

Mrs. Ruth Whelpley  
Mrs. Catherine McGugan  
Mrs. Irene "Renee" Robinson

Our next Memorial Service will be held on Sunday, November 29, 2009 at 2:00 p.m. in the Retirement Home. Everyone is most welcome to attend. Light refreshments and a time for fellowship will follow the service.

## **FROM THE FOOD FACTORY**

Autumn has arrived and the sunny days and cool nights are perfect conditions for Ontario apple growers. Sweet or tart, there are a wide variety of delicious Ontario apples to satisfy everyone's palate and personality. Take a look at your "APPLESCOPE" to find out what type of apple best suits your sign.

### **CAPRICORN is the Ontario Northern Spy.**

The locally grown Northern spy apple is a good antidote for overworked Capricorns because it is rich in disease-fighting antioxidants. Available during the shortest days of winter, it is juicy, crisp, mildly sweet and rich enough to appeal to a Capricorn's more extravagant side. The Spy is a tart apple and makes an excellent dessert or cider.

### **AQUARIUS is so Ontario MacIntosh.**

As the water-bearer, Aquarians are always awash in some project or scheme and they easily lose themselves to their work. Although Aquarians can rationalize just about anything, they are better off with an apple than with coffee. Apples are high in fibre and water and are among the lowest on the glycemic index indicating a slow release of carbohydrates into the bloodstream.

### **PISCES is the Ontario Ambrosia**

The mystic Pisces naturally favours Ambrosia for its mysterious beginnings and sustaining powers. Ambrosia is a mild, crisp and aromatic apple,

which makes a nutritious antioxidant for this starry-eyed sign. Apples are a good source of the trace mineral boron, believed to boost mental function and alertness.

### **ARIES is an Ontarian Spartan**

Spartan apples epitomize the Aries spirit. They are excellent off the tree and they can feed a hungry army. They are true pioneers, the first of a new breed of apples. Bright-red like the planet Mars, Spartans maintain their integrity when exposed to intense heat, which makes them an excellent all-purpose apple. When baked, they are known to make a bold pie filling.

### **TAURUS is Ontario Idared**

For those Taureans who must have their pie, ida red apples are excellent pie fillers. They are medium to large, slightly tart and like the steady bull; they are resilient, maintaining their shape when oven-baked. Ida red apples also possess high levels of antioxidants that help rid the body of cancer causing free radicals.

### **GEMINI talks Ontario Crispin**

Crispin apples are perfect for Geminis because they make a feast for two. Bigger than the average apple, they are sweet and firm and make a healthy-sized snack. Like Geminis, Crispins are versatile and may be enjoyed in delicious pies and sauces. In the winter months, Crispins help Geminis maintain a lively and nutritious diet. They are tasty raw, good for hot, homemade applesauce topped with cinnamon, and naturally they make a delicious apple pie or crisp.

### **CANCER is Ontario Jonagold**

Jonagolds are delicious, large apples that are slightly conic in shape like the crab. Yellow to light green in colour they are marked by red blushes and striping, similar to the flushed faces of shy Cancer natives. This sweet, thin-skinned fruit, like the moon, Cancer's ruler, is firm but slightly coarse in texture.

### **LEO is Ontario Golden Delicious**

Golden Delicious apples are perfect for Leo natives. They are firm but juicy and are ideal for baking and applesauce. Golden Delicious apples should be handled with care though, because like the ego of a Leo, they can be easily bruised.

### **VIRGO loves an Ontario Gala**

Gala apples, like Virgos, are thin-skinned and tender, but tough enough to resist bruising. This makes them ideal for soft-diets. They have a sweet, grainy and mild flavour and are yellow-orange in colour with a red blush. Galas are immaculate enough to eat fresh out of hand and they make a chaste alternative to spicy, saucy or overly sweet-talking foods.

**LIBRA wants Ontario Fuji**

Fuji apples, like fun-loving Libras, are very popular and are found in markets all around the world. Greenish-pink in colour, local Fuji's are best when fresh, but like true friends, they have a long shelf-life. Sweet and crispy, they satisfy a Libras craving for excess by providing a flirtatiously flavourful snack that is low in calories and fat. Its high fibre and water content will keep Libras feeling full; its vitamin and mineral content will increase health and vitality.

**SCORPIO likes Ontario Red Delicious**

Red Delicious is perfect for sexy Scorpios who like their apples firm, juicy and sweet. An award winner, Red Delicious apples are large and ideal for eating fresh or in salads. Scorpios are known for their recuperative powers and similarly, Red Delicious apples are a good source of anti-aging antioxidants that help regenerate the body. A mysterious side is revealed by their characteristic five bumps, located on the bottom of the apple.

**SAGITTARIUS wants Ontario Empire**

Empire apples are great for spirited Sagittarians because they help maintain a healthy nervous system and contain minerals that are the critical building blocks for healthy muscles and a robust immune system. Empires are juicy like Jupiter, but have the snappy crispness of a centaur's bow. Empires help Sagittarians conquer the creamy foods they crave.

**RESIDENT SPOTLIGHT**

At Bay Haven, we have the pleasure of getting to know some truly remarkable people – our residents. With their permission, we invite you to get to know them too.

**ELIZABETH WEATHERHEAD**

Elizabeth Ayling Beamish 'Betty' was born to parents Archie and Olga Beamish on November 22, 1919 in the Toronto General Hospital.

Betty's mother, Olga nee Robinson, was a home maker and an excellent seamstress who made all the children's clothes. Betty's father Archie Beamish was a barber. In his Barber Shop he always had MacLean's Magazines because he thought it was good educational material.

Betty had two siblings, a sister two years younger, Margaret, who died about 5 years ago and one brother, Wesley who is 12 years younger than Betty and lives in Brampton.

Betty and her family lived in Toronto until she was seven years old where she attended elementary school in Toronto. The family moved to a farm near Norval where Betty attended SS#2 Chinguacousy Public School, a

one room school with outdoor plumbing. There were a total of 32 pupils representing all grades. By 1932, the family had been on the farm for five years and the Great Depression was at its worst. Archie decided it was time to return to Toronto and look for work.

In Toronto Betty attended Northern Technical for five years where she took shorthand, typing and business machines and studied Commercial French (writing business letters in French), matriculation, English and penmanship skills in addition to other subjects.

In school, Betty played volleyball and participated in a public speaking group, where they practiced their speeches in a 1000 seat auditorium. The students had to present a sales talk once a year and they learned how to project their voices. Betty states she had a good education.

Learning to ride her bicycle in Prospect Cemetery is a favourite memory. "There were no curbs! I just had to walk the bike along the sidewalk about four blocks to the Cemetery entrance, hop on and ride about four miles around and be out before they closed the gates."

Betty says she has good seasonal memories including Christmas at her Grandpa Beamish's. "With the adults in dining room and 6 or 7 cousins in the sitting room, we always crowded around a small table. We would have turkey and all the trimmings and gifts; and afterwards we would all go for a walk to burn up some energy.

After finishing her education, Betty worked for the Ontario Government at the Workman's Compensation Board as a clerk typist, taking shorthand dictation and doing other secretarial work. Betty finds it humorous that after working for the Ontario Government she never once "stepped foot" in the Parliament Building; she worked in the Canada Life Building.

The Ontario Government, Betty's employer, hosted parties and functions on occasion. One such event was the Queen's Park War Service Guild. Betty and her coworkers went to one of these Service Guild parties held at the West end YMCA. Lloyd saw Betty and was determined to sit with her. He was a short gentleman, "five foot two, eyes of blue." After the party, Lloyd escorted her home on the street car. He was smitten and pursued her. Betty was cautious at first due to a previous relationship. She asked her father for advice and he said Lloyd was kind, caring, and thoughtful. He worked for the Home War Establishment in London, Ontario.

They began dating at Easter time and were married the following spring on June 9, 1945. They were married right as the war was ending. After the couple was married, Betty was forced to quit her job which was the expectation of most employers in those days.

Betty and Lloyd have 4 children; 2 girls and 2 boys. Joanne was born in 1947 and is a market gardener. Mary was born in 1949 and was born on the farm and is a farm girl. James came in 1952 and is a carpenter and was a shipyard fitter and Leslie was born in 1955 and is an aircraft technician in Dallas, Texas. He flies all over wherever a helicopter needs an expert; he says he is the best! When Les was born, Betty was reading a book titled; "Transforming Friendship" written by Leslie Weatherhead about a preacher and for whom her son was named.



Betty and Lloyd have six grandchildren; one in Washington State, one in Alberta, three in Texas and one in Collingwood. Betty also has two great grandchildren.

When the war was over, Lloyd and Betty had an opportunity to purchase a farm through the Department of Veteran's Affairs. Located, in Chatsworth, the farm produced beef cattle as well as corn, oats, barley, hay, potatoes, tomatoes, zucchini, cabbage, acorn squash, lettuce and beans.

Betty used to use an old wringer washing machine with rubber rollers. One day when she was doing her laundry, her fingers got caught in the wringers and her hand got caught and rolled in all the way up to her mid arm. Her seven year old daughter, Mary found her. Mary was so distraught; she sat down beside her mother and cried with her. Years afterward, Betty asked Mary why she cried and Mary replied, "Because you were crying."

After several years on the farm, Lloyd applied and was hired for a position at the Shipyards, where he enjoyed being involved in building Great Lake freighters. The family continued to live on the farm in Chatsworth.

Lloyd's commute was 50 miles each way and the roads were very bad and hilly creating an awful and tiresome drive. Eventually the roads were improved reducing the drive by 10 miles. There were a group of men who also all worked at the Shipyards and they would commute together. Lloyd

continued to commute for approximately ten years before they finally decided to move to this area.

They lived on 2343 4<sup>th</sup> Avenue West in Owen Sound from 1965 to 1967. In 1967, they bought a century old home on 6<sup>th</sup> Street in Collingwood. The Weatherheads lived there for five years but it was too small; Betty says the Weatherhead Family needed more room to stretch and yell. Also, their son Jim played a bass guitar; he and his band practiced frequently in the basement and "...they made noise!"

In 1971, they bought a lot on Peel Street #354 and built a red brick home. They lived there until they could no longer take care of the property. Lloyd retired when he was 65 in 1982. He was a determined soul and enjoyed fixing things; he was a beggar to work. He rebuilt an old Mercedes Benz. They owned a home in Sebring, Florida, in Sun and Lakes Estates and they travelled there every winter for 15 years.

After Lloyd died, Betty moved to 184 8<sup>th</sup> Street and lived there for approximately two years. Betty had several strokes when she lived in the apartment and attributes it to eating too much meat.

Betty's interests over the years have included taking pictures of events, flowers, snow – if the lens doesn't freeze, and poetry and reading. She enjoys watching baseball, specifically the Blue Jays all summer and she enjoys horse jumping. Betty's favorite actor is Katherine Hepburn. Betty has recently read her biography written by Scott Berg.

Betty's favorite food is roast beef, baked potatoes, corn on the cob and Rhubarb Pie. Another unusual favourite are orange and onion sandwiches. Betty says the trick is to use a very good and very juicy Navel orange with thick wedges and the onion must be cut very thin, otherwise it's not as good. She says they are good for you. Betty recalls a story from her childhood. She learned to love these sandwiches from her father. One Saturday night she and her father ate the sandwiches. Mom came in and said, No Church tomorrow!"

The most important lesson I have learned in life is the importance of honesty and not to cheat on exams or people. Betty says "it's absolutely not in my books! Cheating does not get you anywhere" her mother often said.

The 2<sup>nd</sup> War greatly impacted Betty; she knew so many young men who went to the war and never came back, several girls, too. The hard times taught her to not be ashamed of 2<sup>nd</sup> hand clothing. Her mother could fix up and renew whatever could be worn.

The person who impacted Betty the most was her husband Lloyd. He was honest, God-fearing, respectful, understanding and good with children. He never got angry like Betty says she did. He was a good neighbour and helped others. He didn't question Betty, he believed her and he was a good dancer. Betty says, "We loved each other immensely."

Betty joined us here at Bay Haven in 2005 in the Retirement Home. Thank you Betty for letting us get to know you.

## **SHELF LIFE**

This section provides information on interesting and educational books. If you have found a helpful book, let us know!

The Sweet By And By by Todd Johnson.

Johnson's bittersweet and often humorous hen-lit debut portrays the lives of five very different Southern women. At the center of this character-driven novel is Lorraine, a nurse at the nursing home where Margaret and Bernice live. The underlying message of the power of love and friendship resonates, as does its depiction of the way in which people leading unremarkable lives can have a tremendous impact on those around them. Steel Magnolias fans will love this one.

## **COOL WEBSITES**

We would like to share with you some web sites that we have found.

[www.alzheimersociety.ca](http://www.alzheimersociety.ca) - The Alzheimer Society is the leading, nationwide health organization for people affected by dementia in Canada.

Active in more than 140 communities across Canada, the Alzheimer Society is also at the forefront of worldwide efforts to fight dementia as a founding member and affiliate of Alzheimer's Disease International. Please participate by completing our online questionnaire before November 15th at [www.alzheimer.ca](http://www.alzheimer.ca). Click on the box on the Alzheimer Society of Canada's website that states "Raise Your Voice! Take our advocacy survey".

The survey will only take between five and ten minutes to complete, and will add your voice to our growing numbers of people expressing their concerns about this disease.

[www.RealAge.com](http://www.RealAge.com) - a very good source of good health tips on an ongoing basis keeping one health conscious and fit, such as the value of drinking skim milk at breakfast for staying in good weight.

## **PARTING THOUGHTS**

- Opportunities, like parking places, are plentiful for those who get there first.
- Some troubles come from wanting our own way; others come from being allowed to have it.
- Golf is much like taxes – you drive hard to get to the green and then wind up in the hole.

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Please make the **subject line of every email**, the resident's name.

Our mission is to provide resident/client focused quality long term care.