

LATCHAM NEWS

Fool me once, shame on you. Fool me twice, you better have a good look at your insurance policy. - Maxine

When we open...

The executive has decided that when we reopen the Latcham Centre- members who have had both of their vaccines will be allowed to participate in our activities. While we can't wait to get back to our normal lives, we have to be responsible about the safety of others.

The **Port Perry Seniors Chorus** has donated \$1,200.00 to the Port Perry Hospital campaign *HERE FOR YOU*. The campaign is raising funds to purchase a CT Scanner. These funds are from the many concerts that our choir has entertained people in and around Scugog. Well done chorus members!



First professional soccer player inoculated.

President's Message-COVID Vaccinations

You don't need to take any paperwork with you if you're getting vaccinated at one of the provincial/health unit vaccine sites. The staff who are giving the needles are now equipped with a laptop each and they input your information on site. **You definitely need your OHIP card and I was also asked for my driver's license.**

I had my vaccination at the Oshawa University Ice Rink. It's extremely well organized. There



Teddies April 2021

The Teddies have finally left our office and will soon be hugged by native children of northern Canada. Our Natives of the North representative has asked if we can knit lap blankets. These are to be used by children taking the school bus. It's very, very cold in the north and the school buses are poorly heated. Our rep has also suggested that if we have blankets we don't use we could cut them down in size to use as lap blankets, they just need a hem sewn on the cut sides. They can always put toques, scarves, mitts and socks to good use also. If you need supplies let me know. Let's put an effort into helping Canadians, especially children, in the north.

was no line up and the longest wait I had was the 15 minutes waiting time after you're given the injection. PLEASE, PLEASE GET VACCINATED WHEN ITS YOUR AGE GROUP. YOU CAN PROTECT YOURSELF AND OTHERS!

Oak Ridges Hospice Almost Ready to Go!

OAK RIDGES HOSPICE HERALD
Winter/Spring 2021 | Issue 10

CAMPAIGN GOAL EXCEEDED!

Thank You!

We are thrilled to announce that we exceeded our fundraising goal of \$500,000 for the "Opening Our Doors for Compassionate Care" campaign! Thanks to your tremendous support, we have been able to move forward with outfitting the hospice to truly make it a home-like environment. Beds, couches, chairs, tables, TVs, phones, fridges, and more have been set up at the hospice, ready to welcome our first residents when we open later this spring. All additional funds received over and above our goal are going towards furnishing outdoor patio spaces, purchasing a water softener and getting additional equipment for the kitchen.

Thank you so much for helping us prepare to open our doors for compassionate care!

OAK RIDGES HOSPICE WILL OPEN THE MORGAN & SIDHU HOUSE THIS SPRING

February marked the completion of construction on the Morgan & Sidhu House. We are now working hard to prepare for opening our doors this spring!

Over the last month there has been a flurry of activity to prepare the hospice for service delivery. Furniture continues to be delivered and assembled; signage is being finalized and will be installed soon; phones have been installed and assigned; medical equipment has been reviewed and purchased; the list goes on and on. The final days of winter also means that landscaping plans are being finalized. We are eagerly awaiting spring days so that sod can be put down and trees can be planted.

We are also excited to share that the leadership team is now working on site at the hospice. Their days are filled with preparations for opening, such as developing the intake process, establishing policies and procedures, training volunteers, and recruiting front-line staff.

If you would like to see more pictures from inside the hospice and keep up-to-date on the latest news, follow us on social media

To check out their progress and see the impressive local donations, go to to their site:

<https://static1.squarespace.com/static/588f72db6b8f5b07d8b5ff57/t/606c6f53f20380499e53739e/1617719148272/ORH+Herald+Issue+10+FINAL+%282%29.pdf>

EXERCISE AND MORE EXERCISE! JOIN US!

We are expanding our exercise classes through Community Care. **All classes will be virtual through Zoom. Wednesday** is our Get Fit day Community Care is now setting up short videos of each class so that you can get a better idea of what is being offered.

9:00- 9:40 **Yoga.** Taught by Tracy, (gentle strength & flex) an exercise in which you move your body into various positions to become more fit, flexible, improve posture and breathing. This class will incorporate all muscle groups with a wide variety of poses and combinations to increase your fitness level.

10:00-10:40 **Chair Yoga.** An exercise in which you move your body into various positions to become more fit, flexible, improve posture and improve breathing. This class will have modifications using a chair for support, balance and confidence.

11:30-12:30 **Fall Prevention.** This has been our ongoing exercise class.

1:00-1:40. **Zumba.** Movin' & Groovin'. Join Karen weekly for a fun and effective cardio based workout. Choreographed to popular music of the 60's and 70's, designed for those seeking a lower impact fitness class. Movin' & Groovin' is the perfect choice for older adults of any fitness level. The class requires no equipment, moves are simple and no previous dance experience is needed.

These classes will begin Wednesday, April 21st. There is no charge for any of these classes, they are being paid for by Community Care Durham to which we are very grateful.

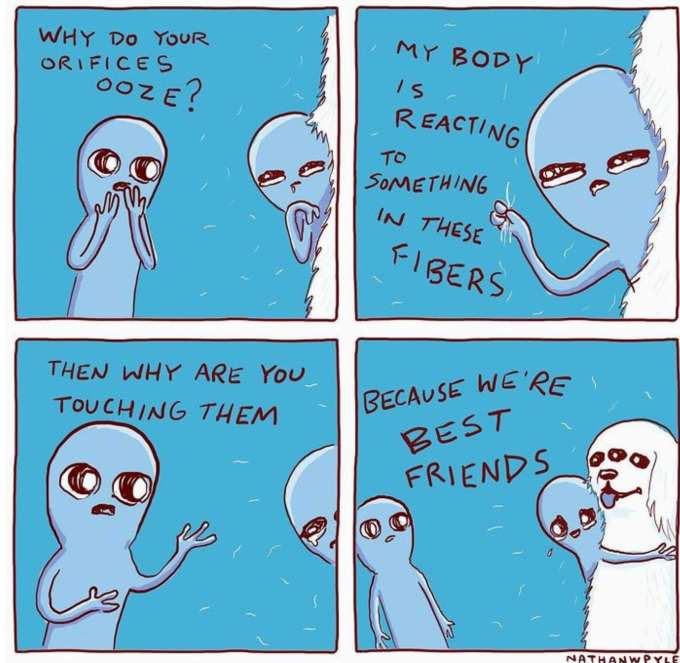
To be eligible for any or all classes you must complete a Waiver Form, which has been included in this email, scan or photograph it and email it (please print clearly) to lmarrison@communitycaredurham.on.ca **before April 19th**. You must also email the Club at portpsc101@gmail.com to inform us that you have downloaded the Zoom app. All classes will be using Zoom.

Community Care is also working on getting classes in Pilates and Qigong (Tai Chi ish)- not on Wednesdays! When we know- you'll know.

Even more exercise!

The **Township** recently received a grant to help fund the development of 3 virtual fitness programs, aimed at women ages 55 plus. Here is a link to their site:

<https://www.scugog.ca/Modules/News/index.aspx?newsId=e70f560d-afe6-4521-9c67-1238950eb1a7>



Your executive has begun planning for the spending of our grant monies. We are hiring Kyle Brough to teach us how to run a large group ZOOM meeting. We already have a list of possible speakers; now we have to figure out how to run a meeting without looking like complete idiots. We can then begin some club activities.

It feels like spring has sprung- don't say that too loud... 🕶️

Our local garden centres are open, with COVID-19 measures in effect. Get digging, or make yourself a centerpiece, grow some herbs.

Check out a podcast!

A podcast is like a radio show that you can listen to anytime. Most of them are free. Just go to the App Store on your device and type in a topic you like and see what comes up. You could start with CBC apps- every CBC radio show has one- Quirks and Quarks (for Science lovers), Under the Influence (for advertising/media types, White Coat/Black Art (for those interested in medicine). You can listen online, or download the episode for a car ride or a walk.