

# Bell

## K-W Retirees Club

# STAYING CONNECTED

### SAVE THE DATES



#### THE DER BRUDER ANNUAL PICNIC AND CORN ROAST

Thursday, September 4, 2014

Foreman's Club, St. Agatha ON

Fun & Games begin at 1:30 PM

**Cost:** \$5.00 per person

**RSVP:** Joyce Stuckhardt (519) 743-8974 (August 25)

**Breakfast is every last Thursday of each month at various restaurants in the area.**

**June 26<sup>th</sup>:** Kypreos, 305 Lancaster St. W, Kitchener

**July 31<sup>st</sup>:** Crossroads, 384 Arthur St. S, Elmira

**Aug. 28<sup>th</sup>:** Harvest Moon, 5 Parkside Dr. St. Jacobs

**Sept. 25<sup>th</sup>:** Kypreos, 305 Lancaster St. W, Kitchener

**Oct. 30<sup>th</sup>:** Crossroads, 384 Arthur St. S., Elmira  
(Costumes encouraged)

### Breakfast Gatherings



#### CARDS AND GAMES

Every second Wednesday of the Month at 404 Wing, Weber Street N. & Dutton Street, Waterloo

**June 11<sup>th</sup>, July 9<sup>th</sup>, August 13<sup>th</sup>, September 10<sup>th</sup>, October 8<sup>th</sup>**

#### GOLF TOURNAMENT - SEPTEMBER 2<sup>ND</sup>

Foxwood Golf Club, Baden ON

**12:30 Shotgun Start**

**Contact: Phil Heard at (519) 742-2477 or Don Wright at (519) 747-1976**



## Club Updates

Hope that everyone who stayed around town survived our long, snowy winter and those who migrated south went to warmer climate and enjoyed your time away.

The Annual Christmas party was a huge success with about 75 friends attending. The meal and entertainment was excellent as usual. It is so nice to see old friends again all dressed up in our Christmas finery.

The Club got some very good publicity regarding our Heart Pillow & Care for the blind dog's receptacles. Articles were published in "More of Our Canada" September Edition and in the March "In Touch" published our story. This is excellent coverage and we are proud and thankful to all of the volunteers who



*Heart Pillow's which are donated to St. Mary's General Hospital Cardiac Unit.*

participate in these activities. Heart Pillows stuffing and sewing bees will continue as needed and volunteers are very welcome to join the gang at Holy Cross Lutheran Church, East Avenue, Kitchener. Contact Joyce Stuckhardt at (519) 743-8974 or Nan Paulini at (519) 744-7888



*Matt's & John's Guide Dogs for the Blind*

Matt Paulini and fellow club member John Schmidt lend their support to the local Canadian Guide Dog Program. The non-profit organization places plastic guide dog in grocery stores and other public places. Money collected is used to train real guide dogs for our blind friends. Once a month Matt and John make the rounds collecting the money, cleaning the dogs and ensuring they are in good locations. There are 25 dogs between Kitchener and Cambridge; on average we collect \$1,000 per month.

## Summer Events in the Community



**K-W Multicultural Festival:** Saturday June 21-June 22, Victoria Park, Kitchener ON

**Cruising on King Street:** July 11, Downtown Kitchener

**Sun Life Uptown Waterloo Jazz Festival:** July 18 - July 20, Waterloo ON

**TD Blues Festival:** August 7 - August 10, Kitchener ON

**Sun Life Waterloo Busker Carnival:** August 21 - 24, Uptown Waterloo ON

## In Memoriam



Unfortunately following are some of our colleagues who passed away and we extend our condolences to their family and friends.

Shirley Bard: February 7<sup>th</sup>, 2014

Brenda Hughes: February 5<sup>th</sup>, 2014

Birute Petrusaitis (Betty): March 4, 2014

Norman Urquhart: May 9<sup>th</sup>, 2014

Muriel Jenkins (Mert): November 24, 2013

Bonnie Karges: September 28<sup>th</sup>, 2013

Janet Quick: December 16, 2013

Paul P. Roth: September 28<sup>th</sup>, 2013

Hilda Henderson: August 7<sup>th</sup>, 2012

## New Retirees & Associates

### RETIREES

Dennis A. Wilson: July 1, 2013

John E. Heinbuch: July 1, 2013

Peter Gibson: October 1, 2013 (Stratford)

Steven J. Molson: October 1, 2013

Robert Hohenadel: December 1, 2013

### ASSOCIATES

Brian Karges (Bonnie)

William Bard (Shirley)

Ellen Oakes (Ronnie)

Len Petrusaitis (Betty)

We really would like to see some new faces at our activities and in particular at the picnic which is a fun time to come out and play with fellow retirees...more information to come regarding recruitment of new members. Remember this is your club, we welcome activity suggestions.

## It's Hot Out There - Protect Yourself

Health Canada

### Know your risks

Hot temperatures can be dangerous, especially if you have:

- breathing difficulties
- heart problems
- hypertension
- kidney problems
- a mental illness such as depression or dementia
- Parkinson's disease
- young children, the elderly and disabled

If you are taking medication or have a health condition, ask your doctor or pharmacist if it increases your health risk in the heat and follow their recommendations.

### Heat Illness

Heat illnesses include heat stroke, heat exhaustion, heat fainting, had edema (swelling of hands, feet and ankles), heat rash and heat cramps (muscle cramps). Heat illnesses can affect you quickly and are mainly caused by over-exposure to heat or over-exertion in the heat.

### Prepare for the heat

Tune in regularly to local weather forecasts and alerts so you know when to take extra care. Pay close attention to how you - and those around you - feel

Watch for symptoms of heat illness, which include:

- dizziness or fainting
- nausea or vomiting
- headache
- rapid breathing and heartbeat
- extreme thirst (dry mouth or sticky saliva)
- decreased urination with unusually dark yellow urine.

*Heat stroke is a medical emergency! Call 911 immediately if you are caring or hanging out with a friend who has a high body temperature and is either unconscious, confused or has stopped sweating.*

**Thank you to Robin Harrington, for the design of our new newsletter and Logo.**