



# THE NEWSLETTER



The PROBUS Club of Simcoe & District  
Meets second Tuesday of each month at St. James United Church hall

## MEETING NOTICE

**Tuesday, June 12, 2018**

**10 a.m., Muriel Bridge Room, St. James United Church, Simcoe.  
9:30 a.m., Book Exchange, Socializing and Coffee.**

## Guest Singers

**Singsation Barbershop Quartet**



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## Who Are We?

**Brian Cook,**

**How hospitals prepare for disasters.**

## Review of May 8, 2018, meeting

President **Murray Uren** called the meeting to order at 10 a.m. **Dick Pearson** led us in our national anthem. **President Murray** introduced guest **Ron Shortt**.

### PROBUS business

- Special events:** We will tour Bonnieheath Estate Lavender Farm in place of our regular meeting on July 10. Gather at 9:30 a.m. at St. James to travel to the farm. We will visit a tobacco farm in early September. Details to come.
- President:** Our current executive members are willing to continue for 2018-19.
- House:** **Rick Middaugh** reported all is well.
- Treasurer:** **Dave Montross** reported our club will be solvent until the autumn. We have a new member, Bernd Mueller.
- Wellness:** **Gerald Sheppard** had no reports of illness.
- Program:** **Dan Pearson** has arranged speakers until February.

### Guest speaker: Dr. Amber McKnight

Regular visits to the optometrist are key to early detection and treatment of problems with our eyes. **Dr. Amber McKnight** of the Simcoe Optometric Clinic spoke to us in keeping with May, which is Healthy Vision month. Our eyes change as we get older so it's important for seniors to visit their optometrist every year. OHIP pays, at a minimum, for one visit every 12 months or if there are changes in vision.

**Dr. McKnight** is a Norfolk native and graduate of Port Dover Composite School. She has a Bachelor of Science degree from the University of Guelph and her Doctor of Optometry from the University of Waterloo. She has worked in Simcoe for 10 years. She described several conditions that affect seniors.

**Cataracts** — Are common after age 60 as the lens hardens causing blurred or cloudy vision, halos around light, trouble with bright light and trouble driving at night. Cataracts affect 2.5 million Canadians. Glasses can be adjusted for months or years. Surgery — removing the lens and replacing it with a plastic implant — is recommended after vision becomes impaired.

**Macular degeneration** — Occurs with age, causing loss of vision at the centre of the retina. Damage is permanent unless treated quickly. Cells degenerating at the back of the eye can quickly cause a blurred spot. It often occurs after age 75. Factors include family history, smoking, obesity, high blood pressure, high cholesterol and unhealthy diet. Treatments include injections into the eye or laser therapy.

**Glaucoma** — Is known as “the silent thief of sight.” Damage to the optic nerve can cause tunnel vision or loss of peripheral vision. Glaucoma is often unnoticed as side vision is lost. It is difficult to treat after symptoms appear. Early treatment, including surgery or laser surgery, can slow progression.



**Dr. Amber McKnight**

**Diabetes** — Affects 3.3 million Canadians. Diabetes changes tiny blood vessels that nourish the retina. It's important to monitor blood sugar levels and to have eyes checked regularly for changes. Treatments with lasers or surgery work best before symptoms appear. You should check with an optometrist if you experience blurry or double vision, vision loss, flashing lights, discomfort, infection, lots of floaters in the eye or bumps on eyelids.

A tip from **Dr. McKnight**: always wear glasses while working in the garden. Glasses can prevent a branch or grit from getting in your eyes.

**Dan Pearson** introduced **Dr. McKnight** and **President Murray** thanked her.

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**Farewell: Herb Rogers**

PROBUS member Herb Rogers of Port Dover passed away in Burlington on Oct. 25, 2017, in his 90th year.

He was predeceased by his wife Martha in 2011.

Herb was a longtime member of the Port Dover Lions Club. He was very active and dedicated to many Lions projects and events. He was also a longtime member of St. Paul's Church, previously serving as Warden.

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**PROBUS members are invited to this event for Ken Sheppard:**

# A Thank You Celebration!

Venture Norfolk would like to say "**thank you**" to Ken Sheppard for his many years of volunteer work:

- Early volunteer/six years with Norfolk District Community Futures Corporation
- 22 years as Director of Venture Norfolk
- 16 years as President
- Two years as President of Ontario Association

RSVP appreciated: 519-428-2323  
or connect@venturenorfolk.ca



Join us in thanking Ken for his work with Venture Norfolk

**Tuesday June 5, 2018**  
**3-5 pm**

Best Western Little River Inn  
Atrium Room  
203 Queensway W., Simcoe

