

NEWSLETTER

April / May 2025



NEWS!

One concert over - five to come! Next up is an invitation-only event on April 26th to honour the many volunteers who serve the HNN, and the communities we support. If you received a special invitation and are planning to attend, please let us know by April 11th. After that date, we will open the invitations up to those who attend activities in our supported halls. For the concert part of this event, Anna Ludlow will be performing along with special guests, including dancers.

Anna is originally from Antigonish, Nova Scotia, and has played her fiddle to captivated audiences throughout North America and Europe for many years. In 2005, she became the principal fiddler for the Juno nominated critically acclaimed production DRUM! and had a 15-month run with the hit and award-winning show 'COME FROM AWAY' the Toronto production. A successful solo artist, singer/songwriter nominated for East Coast Music Awards and a Music Nova Scotia Awards, we are thrilled to welcome her to our neck of the woods.

The HNN has Joined the OACAO and the Links2Wellbeing Program

The OACAO is a not-for-profit organization and registered charity with a Mission Statement that reads: *The Older Adult Centres' Association of Ontario (OACAO) is a trusted partner and recognized leader in the development of quality and relevant resources, services, and support for community-based older adult centres.* They currently represent over 240 member organizations and the HNN is looking forward to accessing the resources that come with our membership. Have a look at their Spring Newsletter in the Resources section of the HNN website. The HNN is featured on Page 31!

Their Links2Wellbeing Program is one of their programs that we have already signed on for. This program enables family doctors, nurse practitioners, social workers, community paramedics and pharmacists to link socially isolated older adults with community programs and services offered by Seniors Active Living Centres (SALCs). If you feel socially isolated, or you know of an older person living in the Lanark Highlands who is, we can help. The extra funding they provide will enable us to provide transportation and / or pay for admission to the many activities and events we offer, including concerts and social dining events. Speak to your doctor, pharmacist, or social worker. Ask them to write your "social prescription" and come out! We would love to have you join us! Want to find out more? - Give us a call 343-760-2000. Happy Matters!

Keep an eye on the HNN Facebook Page for a contest starting soon!

Social Health...from the Heart #3

By Barb Young



As a home-based assisted living provider for seniors for many years, I often witnessed first-hand the importance of social connection in enhancing quality of life, fostering happiness, and promoting overall health. While not trying to minimize the importance of providing meals, housekeeping, transportation, and other daily living support services, I sincerely believe my tenants benefited the most from a sense of belonging and regular companionship. They needed someone to talk to, laugh with, and share their feelings and opinions with—someone who could offer support during both joyful and difficult times.

In this third of Social Health...for the Heart, I want to share another story with you.

Cliff was our longest-standing tenant, staying with us for thirteen years. Throughout that time, we grew to care for him deeply and appreciated his unique personality and sense of humour. I recall a conversation my husband shared while he and Cliff were on a drive together. They passed by a hotel that Cliff used to visit frequently, and my husband jokingly commented, “I hope you didn’t have more than one drink when you went there.” Cliff responded, “A bird can’t fly with one wing, can it?”

He used to watch The Bloomberg Channel, not because he liked keeping on top of his investments—he didn’t have any—but because he enjoyed listening to them use “all those big words.”

Cliff wasn't one to express his feelings, and when Harold, his only sibling, passed away, he struggled. I also found it challenging, unsure of how to best support him during this difficult time. After thoughtful consideration, I settled into the recliner next to his bed, pen and paper in hand, and made him an offer. “Cliff, I know it bothered you that some people called Harold ‘Pepsi Cola Pete.’ How would you feel about sharing your memories of Harold and your life on the farm? I can take notes and do my best to write a story so that more people can understand who Harold truly was.” While I couldn’t promise anything, I suggested we send the story to the local newspaper to see if they would publish it. Cliff liked the idea. For the next couple of hours, I listened and asked questions as he reminisced about life on the farm. He shared a beautiful story! I felt incredibly fortunate to have the opportunity to hear it, and it inspired me to please Cliff with the results of my story-writing efforts.

As I often did (and still do) when I needed to consider something important, I got up in the middle of the night when my mind felt most alert. For the next few hours, I focused on Harold's story, inspired by the vivid details that Cliff had shared with me. In the morning, I returned to Cliff's suite to get his final approval before submitting it to the local paper. As I read the story aloud, I witnessed something I had never seen before—Cliff cried. “That’s really nice,” he said, giving me the go-ahead to send it in. Please see my separate blog, “Remembering Harold Flanagan”, if you’d like to read Harold’s story that was printed in the local paper.


It might interest you to know that Kasley Killam, a Harvard-based social scientist and one of the leading voices for the advancement of social health, has identified four different social styles that people generally fall under: butterfly, wallflower, firefly, and evergreen.


According to Killam, butterflies thrive on interaction and are perfectly content with casual exchanges. Wallflowers share similarities with butterflies but tend to be shyer and prefer less frequent interactions. Fireflies, on the other hand, value deep connections but also appreciate solitude, while evergreens enjoy frequent deep interactions.


I am a firefly, and Harold was undoubtedly a butterfly—a butterfly with a unique and beautiful soul. If you’re interested in learning more about social health and what social style you might fall under, consider picking up a copy of Kalsey’s book, *The Art and Science of Connection*. You won’t be disappointed.

EVENT HIGHLIGHTS

Check out the Youtube video of Middleville Concert highlights in the Blog Section on the Website

WHAT:	The Land We Live On – Cyber Security		<p>Everyone is invited to North Lavant for a presentation by OPP Officer C. Noonan. Learn how to keep yourself and your belongings safe and secure. Keep up on the latest scams. Cost \$5; Light lunch</p>
WHERE:	2082 Black Creek Road		
WHEN:	Thursday, April 17th		
TIME:	Noon		

WHAT:	Multiple Events- Darling White Lake		<p>Live and Learn - Eye Care; Dr. Bonell; Wed. April 9th; 12:00 - 3:00 pm; Lunch; \$10 Earth Day Clean-up & Barbeque - Sunday, April 27th; 10:00 - 3:00 pm Trivia Night - Mon. May 30th; 7:00 - 11:00 pm</p>
WHERE:	236 Cedar Cove Road		
WHEN:	See website for more details		
TIME:			

WHAT:	Robertson Lake Earth Day Clean Up		<p>Together, let's clean up our neighbourhood. The more volunteers we have, the more area we can cover. Meet at the hall and choose your section to clean. Garbage bags will be provided. Lunch courtesy of the HNN. Dress for the weather.</p>
WHERE:	4101 South Lavant Road		
WHEN:	Tuesday, April 22nd		
TIME:	10:30 – 1:30 pm		

WHAT:	A Taste of Mexico in North Lavant		<p>Grab your family and friends and come out for good food and great fun. Enjoy music and games. Show us your best outfit! \$10 / person. Children free.</p>
WHERE:	2082 Black Creek Road		
WHEN:	Saturday, May 3 rd		
TIME:	6:00 pm		

HNN-SALC Activity Schedule

April / May 2025

See Event Highlights Pages for Special Happenings!
343-760-2000

CONTACT INFORMATION:

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TATLOCK: dnjibb@storm.ca **WHITE LAKE SPORTSCENTRE :** wpsc1376@gmail.com



Easter Sunday - April 20th, 2025

Frequency	Day	Location	Time	Description: Activity/Event
Weekly	Monday April 7, 14, 21 May 5, 12, 19, 26	Tatlock	7:00 pm	Bid Euchre; \$5 Note: bid euchre cancelled on Apr. 28 th - election
Weekly	Tuesday April 4, 11, 18, 25 May 4, 11, 18, 25	Darling White Lake	1:00 pm	Knitter Knatter; \$2
Weekly	Wednesday April 2, 9, 16, 23, 30 May 7, 14, 21, 28	Darling White Lake	1:30 pm	Line Dancing \$2 Note: April 9 th time is 3:15 pm
Bi-Weekly	Wednesday April 2, 16, 30 May 7, 21	North Lavant	12:00 pm	Euchre; \$5 Snacks
Bi-Weekly	Wednesday April 9, 23 May 14, 28	South Lavant	1:00 pm	Euchre; \$5 Snacks
Weekly	Thursday April 3, 10, 17, 24 May 1, 8, 15, 22, 29	Darling White Lake	9:00 am	Coffee Hub; \$2
		Tatlock	1:00 pm	Bingo; \$10 Snacks \$
Bi-Weekly	Friday April 4, 25 May 2, 16, 30	Middleville	7:30 pm	Crokinole; \$5 Lunch
Monthly	Thursday April 17th	North Lavant	12:00 pm	The Land We Live On...Safety and Security \$5 includes light lunch