



## Royal City Men's Club

*RCMC Newsletter*

*July/August 2021*

### **July - August: Virtual Meetings**

#### **July 8<sup>th</sup>. Alexandria Elliot – Foot Care**

##### **Presentation:**

This discussion will outline the importance of foot health in the aging population. Foot health can help to improve mobility, balance, and is critical for fall prevention as we age. We will discuss circulation, compression socks, footwear and those "weird" symptoms you think may be exclusive to you but are actually pretty common.

##### **Bio:**

Alexandra Elliott is a chiropodist at the Royal City Foot Clinic. Alexandra first became interested in healthcare after pursuing a Biology Degree with a Specialization in Health Science from Trent University located in her hometown of Peterborough, ON. Following her undergraduate studies, Alexandra relocated to Guelph to pursue her Masters Degree in molecular biology, in which she studied influenza virus (the Bird Flu). After completing her graduate studies and realizing that life in a lab was not for her, she enrolled in the Chiropody Program at the Michener Institute for Applied Health Science and graduated in June of 2016. Throughout her time at Michener she gained clinical experience working at the Michener Chiropody Clinic, Downtown Kitchener Community Health Centre and Rainville Health (Timmins).

Alexandra became interested in Chiropody because of her love for working with seniors and helping them stay mobile and engaged in their communities. In Guelph she has been involved in several volunteer programs including the Feeling Better Move Well program for the Guelph Wellington Seniors Association, in which volunteers lead gentle exercise in the homes of seniors to promote mobility and enable them to remain living at home for as long as possible. She also acted as a volunteer feeder at the Elliott Community.

Alexandra is dedicated to working with her patients to get them mobile and pain-free. She is committed to keeping her knowledge current, and regularly researches new treatment modalities and options to help her patients feel better. Some of her specific podiatric interests include: diabetic education and foot care, addressing issues of access and improving care to remote communities, pediatrics, and biomechanics.



**10am. To be followed by Live Questions.**

## **July 22<sup>nd</sup>. T.B.A. - Go Transit: Initiatives on the Kitchener to Toronto Line**

### **Presentation:**

### **Bio:**

10am. To be followed by Live Questions

## **August 5<sup>th</sup>. Tiffany Hanna: The Long Term Plan for Trails in Guelph**

### **Presentation:**

#### **Why are trails so important and what should we expect in the future?**

If Covid-19 taught us one thing—it's how important trails are to our physical and mental health. Trails offer an affordable means of exercise and a reasonable active transportation option for many people. Trails have been a lifeline for connections to each other during this unprecedented time. Our Trail Master Plan recognizes this importance and plans for how to maintain our robust trail system as we grow. This presentation will walk you through the findings of our Guelph Trail Master Plan and what you can expect for the future for Guelph's trail network.

### **Bio:**

Tiffany Hanna is a Landscape Architect and Arborist with over 13 years of experience on private and public sector landscape architecture projects. In her current role as a Park Planner at the City of Guelph, Tiffany is responsible for the planning and development of park and trail projects. This includes development review, strategic planning, park design and construction and asset management planning.

Her most recent achievement is the approval of the Guelph Trail Master Plan (GTMP)—a strategic document that guides how we plan, design, fund, build and maintain Guelph's trail system over the next ten years. Tiffany is also currently leading Guelph's Parks and Recreation Master Plan (PRMP). Similar to the GTMP, the PRMP is also a strategic document will present a vision for the future, with long-range goals and objectives for activities that affect Parks and Recreation services and infrastructure. She enjoys understanding the 'big picture' and finding ways we can make our parks and trails even better.



10am. To be followed by Live Questions

## **August 19<sup>th</sup>. Rodney Phillips: Maintaining Good Mental Health**

### **Presentation:**

Some of the topics that Rodney will cover in his discussion, include impact of stress, men's mental health and ways of staying well during a pandemic.

### **Bio:**

Rodney Phillips is the interim manager with Here 24/7. Here 24/7 is the mental health and addictions referral line for Waterloo Wellington as well as operating as the Crisis line. Rodney has his Masters of Social Work from the University of Windsor.

Rodney has been working in social services for 14 years supporting youth and adults in their mental health recovery journey.

For the past 6 years, Rodney has worked for CMHA WW in the Here 24/7 program as both a frontline service coordinator and in a leadership role. Outside of work, Rodney's 2 year old daughter keeps him very busy and he has recently found a passion for the ukulele.



**10am. To be followed by Live Questions**

**To Our Members,**

**Royal City Men's Club Cancellations Related to COVID-19 - Updated 29 April 2020**

In line with guidelines from the government and public health professionals, Royal City Men's Club is regretfully cancelling all "live" lectures, activities and coffee club get-togethers until further notice. We anticipate this could be from a several weeks to a few months.

However, we are pleased to announce that we will be offering a limited number of "virtual" meetings where speakers will present a virtual presentation using Zoom. Also, on every Thursday on which we do not have a presenter, we will have a "virtual coffee morning", again using Zoom. Thus there will be either a lecture or a coffee morning very Thurs at 10 am. In order to simplify Zoom logins, everyone will be sent a single link which will apply to all these meetings.

We thank you for your understanding and patience during these uncertain and stressful times. We will continue to communicate via our mailing list and on our website to keep you well informed. There is additional information on the website.

In the meantime, your health is of primary importance and we encourage everyone to follow the advice of the government and health professionals.

On behalf of your Board

*Future Meetings*

Meetings for September/October

[Check Schedule on Website](#)

## *Activities & Events*

**Coffee/Breakfast 10:am**

**Cancelled Until Further Notice**

**Events:**

**ALL ACTIVITIES ARE CANCELLED**

Contact for Events & Activities -Ken Marchant:[marchjack@rogers.com](mailto:marchjack@rogers.com)

## *Other News*

There is a new What's New section on the Home page of our website. This will give you quick links to any new information which has been posted on the website.

If you have any new content for the website, please send to Ritchie Zelk at [edna.ritchie@sympatico.ca](mailto:edna.ritchie@sympatico.ca)

## *Membership*

Please send any updates to your entry in the Membership Directory, including any change in email address, to Del Campbell, 519-826-0679, [susan-delcampbell@sympatico.ca](mailto:susan-delcampbell@sympatico.ca)

**Members are encouraged to invite male friends and acquaintances to our meetings.**