



Royal City Men's Club

RCMC Newsletter

July 2023

July 6th. 2023 “LIVE MEETING”

**Karen Van Ooteghem: Balance - How Important it is to our Health
& What We Can Do About It**

Presentation:

Karen will discuss how integral balance (and mobility) are to our daily life and share some current work in the field related to assessing, maintaining, and re-training balance. She will also provide recommendations for keeping balance ‘top of mind’ with respect to overall health.

Bio:

Karen Van Ooteghem completed her graduate training in Behavioural Neuroscience at the University of Waterloo. She currently holds a Research Appointment in the Department of Kinesiology and Health Sciences at the University of Waterloo and has been a Scientist with the Ontario Neurodegenerative Disease Research Initiative (ONDRI) since 2018. The goal of Karen’s research is to advance methods and tools for assessing health outside of clinics and doctor’s offices. She has specific interest in helping older adults maintain their capacity for safe, independent mobility through the course of aging and disease. Her work is rooted in understanding how the brain controls balance and gait (walking) and using this information to optimize assessment and training. She has studied older adults on the continuum from severe disability (e.g., advanced dementia, severe Parkinson’s disease) to exceptional cognitive aging.

10am. To be followed by Live Questions.



July 20th. 2023 “LIVE MEETING”

Paul Obermeyer, RN: Inpatient Programs Offered at Homewood

Presentation:

Rates of mental health and addiction have soared since the pandemic. Please join us as Paul describes the various mental health, addiction and trauma programs available through Homewood Health, a jewel in our own backyard.

Bio:

Paul is a Registered Nurse with 29 years experience in mental health and addiction. He began his career as a frontline nurse in emergency psychiatry and has held various roles including manager and director. Given his years of experience in the organization, he was recruited as a Treatment Consultant on the National Sales Team where he divides his time assisting organizations and clinicians navigating the various programs and a concierge 'admitting department' for a private, concurrent treatment program called The Residence at Homewood.

10am. To be followed by Live Questions.



Messages : Future Meetings

Meetings For August

August 3rd. Gabriel Allahdua: Justice for Migrant Workers

August 17th. Chuck McKinnon: The Life of an Airline Pilot

August 31st. Kevin Jones: Health and Safety Issues

Coffee/Breakfast 10:am

July 13th. And July 27th.

RCMC Live Coffee at the following location:

The Boathouse – 9:30am

116 Gordon St. Guelph

Activities & Events

July 15th. - "Joseph and the Technicolor Dreamcoat"

St. Jacobs County Playhouse

See activities desk for more details on both these great shows

Refer to the website often

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

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

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