

Thank you to all our volunteers and everyone who let their name stand for nomination to the Board. We appreciate your time and effort.

**CONGRATULATIONS TO OUR NEW and RETURNING BOARD**

Karen Baily, Lisa Brentnell, Cheryl Charron  
Jennifer Cohen, Sharon Lyons, Dion McGrath,  
Andre Perras, Collette Robertson (Vice President),  
Cheryl Senecal (President), Mary Lou VanDeBon,  
Gerri Wood, Linda Yeo



**MACULAR DEGENERATION** is a condition that causes the centre of your vision to blur while the side or peripheral vision is unaffected. Initially the most common symptom is slightly blurred vision when performing tasks that require seeing detail. A blurred spot or sense that there is dirt in the way of clear vision may develop. There are two types of AMD: dry and wet. Dry is the most common. It is the milder form where there is a gradual degeneration of the tissue cells. The wet form is a severe leakage, or even bleeding, from weak blood vessels under the macula and symptoms progress rapidly.

The risk of developing AMD increases with age. High risk groups include smokers and people who have had extensive UV exposure. AMD is also associated with conditions such as high blood pressure, arteriosclerosis, and those with a family history of AMD.



Lifelong UV protection and general nutrition are believed to play a key role in preventing AMD.

Currently, dry AMD has no treatment. Many cases of wet AMD can be treated with Photodynamic Therapy (PDT). Early detection and prompt intervention are crucial to the success of PDT for wet AMD.

*Your optometrist can discuss ways to minimize the possibility of vision loss due to AMD.*

*Regular eye examinations and counseling from your Optometrist will let you know of any new treatments that become available.*

**YEARS OF SERVICE PINS**  
were awarded to our staff at the AGM.

**25 Years**

Suzanne Watson, LPN  
Patti Katzberg, Medical Steno



**15 Years**

Pat Gutfriend, Lab  
Jacquie Colwell, LPN  
Monique Zazula, Child Care Professional

**10 Years**

Shelley Stephenson, Daycare Director  
Jo Brown, Counsellor

Welcome to new staff: Jasmine Hawken, Counsellor, and Diane Johnson, Caretaker

**Did You Know?**

- Leonardo DaVinci invented the scissors.
- Rubber bands last longer when refrigerated.
- The winter of 1932 was so cold that Niagara Falls froze completely solid.
- Dreamt is the only English word that ends in the letters 'mt'.
- Stewardesses is the longest word typed with only the left hand.

I joined a health club last year. Spent about 400 dollars. Haven't lost a pound! Apparently you have to go there. ☺