

SENIOR SCAPE: Aurora's Got Parents!

By **Jim L. Abram**

This is my Birthday column; I thought I would say so just in case you were thinking of buying a gift.

I am a year older, a year wiser and a year closer to perfection. I am still younger than the mountains but older than the trees. Let me tell you what I did this week. My father, Don (yes, I am a senior with both a father and a mother, Nora ? very nice people I might add...) and I redecorated a powder-room.

Do you know that a tiny bathroom has the same number of corners and windows to paint as a full size bedroom! This is the home I moved into with my parents, my brothers, Stephen and Kenny, sisters Catherine and (born there, but she still counts) Karen, 50 years ago this past June 8.

I went to my parent's house in Scarborough and did the finishing touches on painting their bathroom. That is not to say that they couldn't have done it themselves. My Dad did an admirable job of doing the more difficult and stressful prep-work. My parents may be in their 80s but they surely have decades of life left in them.

The dog, Maggie, maybe a few years left... My parents and everyone who knows this dog love the contributions Maggie adds to our whole family, as I am certain many readers will empathize with... But to my self-ascribed credit, I do have an obsessive-compulsive disorder.

Yes, I'm so sorry to inform you, I do have a fault. So their bathroom is now better than yours. Challenge me. Take pictures. Put it on Facebook. Best bathroom ever.

Anyone at the Aurora Seniors' Centre who has had the distinct privilege of playing as my partner or opponent knows that the score card must be on my left side, that I count how many times I shuffle the cards and also, that I must win!

But also, those that play cards with me know that winning is far, far less important than making absolutely certain everyone plays fair and has fun. This is why we have an Aurora Seniors' Centre and this is why all activities must be welcoming to all participants. Sometimes people may be slower than some of us, more methodical, less professional or even have to go to the bathroom, but at the Aurora Seniors' Center we all respect and accommodate our various differences.

Back to my parent's bathroom. My Dad said he and Mom didn't need any help. Well, they did. I come from a family with several brothers and sisters. We all help in our own way. My parents are very fortunate in this regard, but this does not apply in all family situations.

Maybe your Mom or Dad says "everything is OK?". Well, believe it to a point because you know them as honest, hard working and self-sustaining people, but it never hurts to drop by to share a cup of tea, a coffee, a word or two, cut their grass or, let's keep going, clean their eaves troughs, shovel the driveway or paint their house! My wife Susan and I, all my brothers and sisters, all of Don and Nora's grandchildren, love to drop by just to visit and help however they might. Do that for your parents.

A.S.A. Bar-B-Q: Sure Sign of Summer!

Together with the Hollandview Trail Retirement Community, conveniently located just up the street from the Aurora Seniors' Centre, the Aurora Seniors Association held a Bar-B-Q luncheon that was attended by approximately 100 members of the Association.

The proceeds of this event were generously donated to the Aurora-Newmarket Senior Wish Association, a wish granting charity that has a goal of improving the lives of seniors by operating a wish granting program, where seniors can have their wishes granted by a supporting community.

Want to deliver happiness?

Many of our seniors are lonely and may go long periods of time without a phone call or a visit from someone who cares.

Their life partner may have passed away, family may be many miles away, or they don't have any family or loved ones. Some may be isolated in their homes and others may be surrounded by many people in a long term care or retirement home, but do not have anyone to call their own special friend.

If you are interested in helping change a life for a Senior, the Senior Wish Association would like to hear from you. Please call Ingrid Davis at 905-717-0135.

My Final Word: If you are the child or grandchild of a senior, call your mom or dad, grandpa or grandma or special Senior friend every week. They may not say so, but they like to hear from you more than you may know.

For more information on the Aurora Seniors' Centre and all it has to offer, drop by 90 John West Way, visit the web site www.auroraseniors.ca, email auroraseniors@rogers.com or call 905-726-4767 between 9 a.m. and 4 p.m. Monday to Friday.