

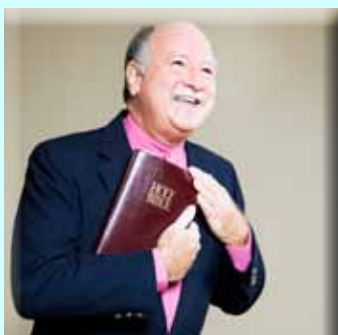


SENIORS' PERSPECTIVES

Spring/Summer 2020

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- Laugh Your Way to Health
- Olive Clarke, 105 years, p. 20



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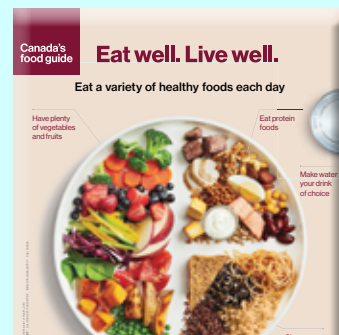
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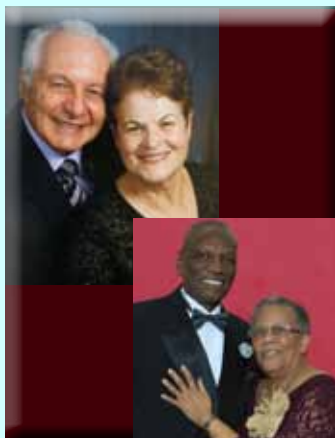
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Editor: Dr. Mansfield Edwards
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Layout: Sarah Gouda-Maka

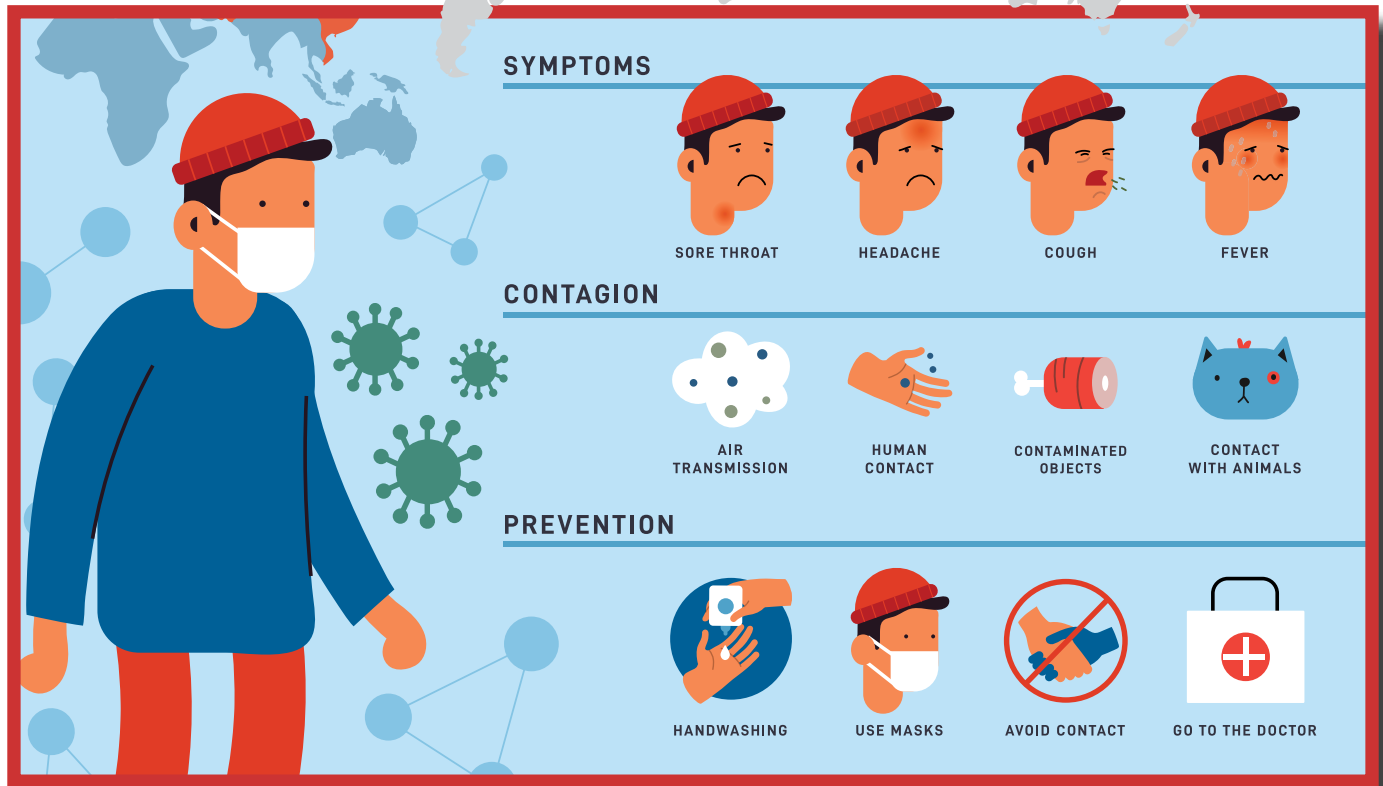
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STOP

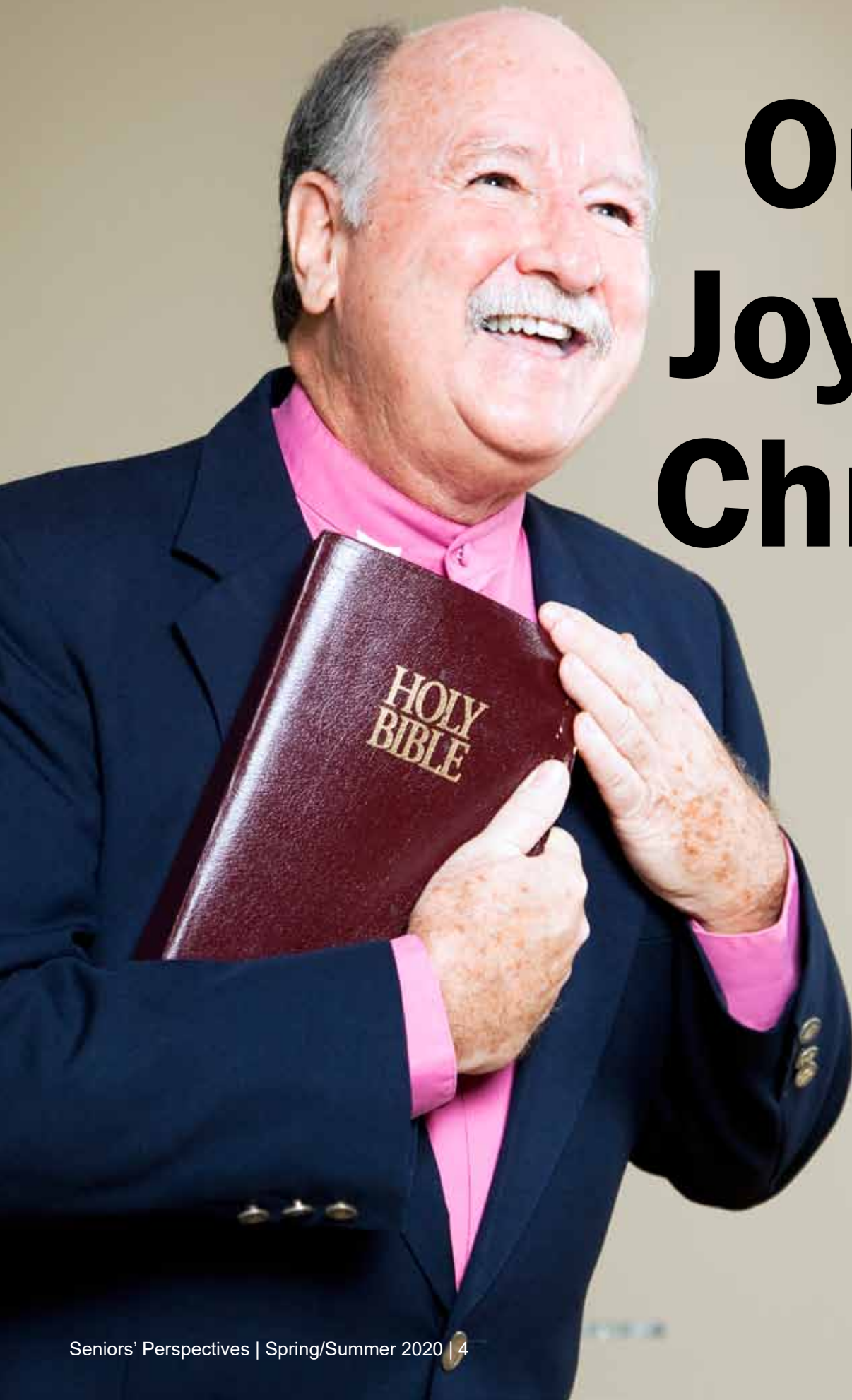
COVID-19



- Avoid being exposed to this virus
- Keep about 6 ft distance from others
- Protect yourself - wash your hands often with soap and water for at least 20 seconds
- Use a hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Take steps to protect others
- Stay home if you're sick
- Cover your mouth and nose with a tissue when you cough or sneeze, and throw tissues in the trash and immediately wash your hands or use hand sanitizer
- Wear a face mask if you are sick
- Clean AND disinfect frequently touched surfaces daily
- Eat well, fruits and vegetables
- Sleep/rest well
- Drink lots of water

SEE LAST PAGE FOR MORE INFO

Our Joy in Christ



I have a confession, but promise, you won't laugh at me. I trust that you will not!

My confession is that I have been reading the Book of Ephesians for the past month, and I am just at chapter 5. To complicate this, is the fact that I did a course in speed reading, and I actually paid for the course. Now that you are through laughing, I will clarify: There is so much to contemplate in the inspired writing of Paul that reading slowly is best.

Among the wonderful instructions I derive from the Book of Ephesians is that the joy and fulfilment a child of God is intended to experience is deeper and fuller than that which the world offers. We live in a pleasure seeking world, and too often individuals come to realize, much to their disappointment, that pleasure is short lived. It is usually a feeling influenced by an external event or experience, such as receiving money, gifts or recognition; however, Paul, in Ephesians 2:4-10, introduces some important points for us to think about. These amazing thoughts are introduced with the exciting words,

"But God!"

The great news Paul is clarifying is that even though man sinned, God did not leave sinners to follow a path to destruction. God stepped in and did for us what we could not do for ourselves. He did not give us what we deserved, but instead, He offers us what we do not deserve.

Ephesians 2:4-10 reminds us of what we were before we met Jesus. Paul uses a frightening word, "dead", according to verse 5. Separated from God, the source of life, we were as good as dead, and now that Paul told us about ourselves, he proceeds to tell us about God. The transition is exciting: We

were dead, *But God.* This tells us that something exciting is coming. Paul then gives us a few interesting descriptions of God in verse 4: **He is rich in mercy.**

This is such a precious thing for us to contemplate. Sometimes we misinterpret who God really is. I prefer to trust the way God described Himself when He met Moses on the mountain as

"The Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands..." Exodus 34, 6, 7.

But Made us alive together
with Christ
God Raised us with Him
Seated us with Him in
the heavenly places in
Christ Jesus

Paul says, in Ephesians 2:7, that He is a God of "kindness toward us in Christ Jesus," so kind that He did some great things for us:

1. He "made us alive together with Christ" (verse 5)
2. He "raised us with Him" (verse 6)
3. He has "seated us with Him in the heavenly places in Christ Jesus" (verses 6)

This is so wonderful, I can't even claim to fully comprehend how marvellous is His kindness in doing these amazing things listed by Paul and much more. These three things connect us with His resurrection, even though we were dead.

And moreover is the blessed assurance Paul conveys by saying that He has "seated us with Him in the heavenly places in Christ Jesus". Our merciful God has already made provisions for us, way beyond our time on this earth. Make no mistake about it: **OUR JOY IS IN CHRIST.** It is greater than pleasure and more than feelings.

You may recall what must have been a response by James Rowe to **God's amazing love**, as he expressed his joy in the old hymn, I Stand Amazed:

**O how marvellous! How wonderful!
And my song shall ever be
How marvellous! How wonderful!
Is my Saviour's love for me!**

I pray that these words will be yours to experience, sing, claim and share with others today and always!

Mansfield Edwards
President and
Seniors' Ministry's Director



Laugh Your Way to Health

"A Cheerful Heart Is Good Medicine" Prov. 17:22

Most of us have been encouraged to follow a lifestyle based on good nutrition, exercise, adequate sleep, avoidance of harmful drugs and the adoption of good sanitary habits. For many, this was understood from the Bible readings, and the Counsels of the great author, E.G. White. Of late, there are an increasing number of research articles supporting the above counsels.

But in a world where we are continually bombarded with alarmist, depressing news and negative social media, we have forgotten that the Bible also tells us in Proverbs 17:22 "A merry heart does good, like medicine, but a broken spirit dries the bones." Are you aware that for many years, humour has been used in medicine? Surgeons used humour to distract patients from pain as early as the 13th century. In 1928, the American physician, Dr. James Walsh, wrote in his book "Laughter and Health" that laughter appeared to reduce the level of pain experienced following surgery. Since, many

studies have revealed the substantial benefits of mirthful laughter.

Laughter is the physiological response to humour. When we laugh, all our body becomes involved in the process. This includes the chest and lungs, abdomen, and arms and legs. In a very important way, most parts of our brain participate in the analysis and structure of words producing the social emotional responses. Laughter is contagious among human beings and will generate more laughter. Do you remember the film "Mary Poppins"; the sequences "I love to laugh, ha ha ha ha loud and clear". The actor told us that he loved to laugh because it made him feel so light and happy that he floated up to the ceiling. Research has discovered that even the Limbic System via the Amygdala and the Hippocampus, and especially the Hypothalamus, are major contributors to loud, uncontrollable laughter.



Research shows that laughter relaxes your whole body while exercising your lungs:

- A hearty laugh relieves physical tension and stress for up to 45 minutes. At the same time, it increases oxygen uptake to be delivered more efficiently to the body organs.
- It increases Nitric Oxide which causes dilatation of the blood vessels, increases pulse rate and decreases blood pressure.
- Yes, laughter is a powerful antidote to stress, pain, and conflict.
- It has also been found to be a great anti-inflammatory agent (inflammation is the basis for many of our chronic diseases like Heart Disease, Diabetes, Arthritis, and other auto immune processes).
- Over prolonged periods, it can increase your good cholesterol (26%) and decrease your reactive proteins (66%).
- It can bring balance to all the components of the immune system, which helps us fight disease. (see Table 1).
- Mirthful laughter also triggers the release of endorphins, the body's natural feel good chemicals (opiate-like chemicals which temporarily relieve severe pain for some people). Endorphins promote an overall sense of well being (euphoria).
- Laughter dissolves distressing emotions. You can't feel anxious, angry, or sad when you are laughing.
- It reduces stress and increases energy, enabling you to stay focused and accomplish more.
- Humour shifts perspectives, allowing you to see situations in a more realistic, less threatening light.

But while these data are exciting, they do not mean that laughter will cure you from diseases. People who are chronically prone to any kind of negative emotion over the course of their lives, including anger or anxiety, in addition to depression, are at a greater risk for disease. Humour and laughter are not replacements for the treatment you or your loved ones are undergoing. But there is now every reason to believe that patients make an important contribution to their own treatment by managing their frame of mind or emotional state. Your sense of humour is one of the most powerful tools you have to sustain a positive frame of mind. Proverbs 17:22 "A cheerful heart is good medicine, but a crushed spirit dries up bones." (NKJV)

It is important to note that laughter in response to the misery of others does not provide any of the above benefits.

In Isaiah 58:13, 14, God encourages His people to keep the Sabbath as a delight, "If you call the Sabbath a delight...you will find your joy in the Lord". Many Psalms show joy when speaking of God and our relationship with Him. God is the Creator and Sustainer. The psalmist recognized Him as the God of love and empathy who is not shy to show His humour to us. Look around and see His creation; when you see some of the animals, it brings a smile to your face. If we recognize God's humour, we will benefit from the importance of a positive attitude in our daily life as we develop a warm, satisfying

relationship. On the other hand, if we keep the Sabbath as an obligation, there is no joy there. Religious behaviours without a proper attitude speaks of a God who causes fear and needs to be appeased. Fortunately, we have a great God who is so generous that He provides health benefits with mirthful laughter even if we deny Him. Yet we can receive so much more if we only learn of His love and care. We should be encouraged to follow the Apostle Paul who said in Philippians 4:4 "Rejoice in the Lord always. I will say it again: Rejoice!" (NIV)

Although there is no evidence that humour and laughter add years to your life, they certainly can add life to your years.

Researchers are now saying that for optimal health, we should exercise our body for 30 minutes a day and add 15 minutes of mirthful laughter.

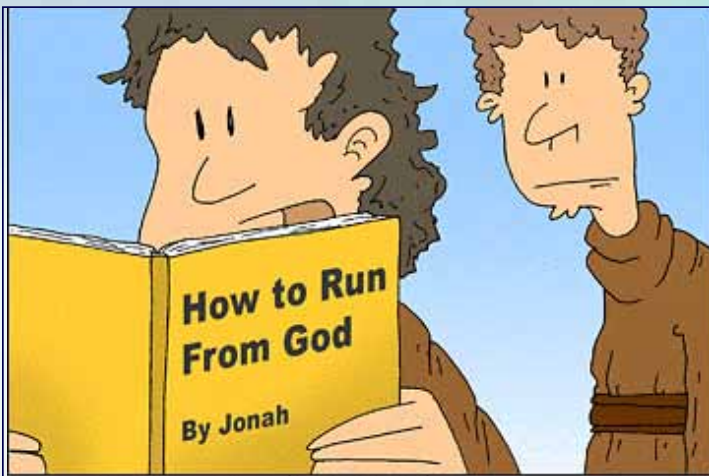
Proverbs 15:30, "Smiling faces make you happy, and good news makes you feel better". (Good News Bible)



George Sanz
M.D.

Table 1 - Health Benefits of Mirthful Laughter

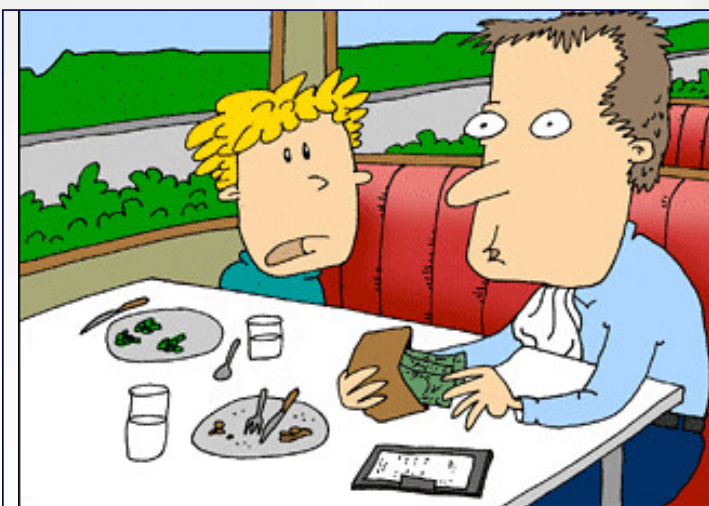
Physical Benefits	Mental Benefits	Social Benefits
Boosts immunity	Adds joy & zest to life	Strengthens relationships
Lowers stress hormones	Eases anxiety & fear	Attracts others to us
Decreases pain	Relieves stress	Enhances team work
Relaxes your muscles	Improves mood	Helps defuse conflict
Prevents heart disease	Enhances resilience	Promotes bonding
Decreases heart attacks	Increases release of Interferon	Is contagious



Thanks to Richard Germain (See Jonah 1-4)
IT JUST SAYS "DON'T"



Davis



Thanks to Shirley Ostrander
HOW COME THE WAITRESS GETS 15% AND GOD ONLY GETS 10%?



Thanks to Pam Winn (See Matthew 4:6)
THINGS EASED UP ON GUARDIAN ANGELS AFTER AIR BAGS WERE INVENTED





Where's the Beef?

"Meatless meat" has been making headlines even in financial news! Some companies have moved plant-based protein from the health food aisle to fast food chains and grocery store shelves.

Plant based protein, aka vegetarian and vegan, patterns of eating are becoming more popular. It is no longer the hippies or "those people" from the West coast like BC or California who choose to avoid animal protein. We are not recommending substituting meat for processed veggie-burgers or other meat substitutes, but rather, eating protein from whole foods like beans, nuts, and whole grains. Many people are choosing to go meatless or at least add more plant-based foods to their diet for many reasons, including: the environment, preventing animal cruelty, or health reasons.

Go beyond the hormones, antibiotics and quality of life of the animals raised for human consumption, and consider the health benefits. In the past, plant-based protein was considered an inferior protein. Now we know this is not the case. Plants have such a wide variety of amino acids. When we eat a variety of foods, we get the complimenting amino acids that form the proteins we need for our health and wellbeing. Can you be healthy eating vegetarian food and get enough protein? Yes, you can.

Lack of fibre is linked to many diseases; however, current levels of dietary fibre intake in Canada are

below the Institute of Medicine's adequate intake. We should be eating more beans, vegetables, fruits, whole grains – basically plants, because they contain naturally occurring dietary fibre.

A New Food Guide


History is being made with the new Canada's Food Guide. Move over milk as water is now listed as the drink of choice. The guide is now a plate with significant focus on plant-based choices even in the ¼ of the plate reserved for protein.

This new Guide has sparked a lot of discussion. Some people, even in the medical community, are surprised that a vegetarian eating pattern can provide, not only complete nutrition but a superior level of nutrient intake. Even in the world of chronic disease, we are seeing a shift. For example, the Clinical Practice Guidelines from Diabetes Canada, a set of recommendations for health care providers, now lists vegetarian as one of the recommended patterns of eating to manage diabetes.

The Adventist Advantage

Research is now supporting what Adventists have known for decades: Eating plants is a great idea. The Seventh-day Adventist Church historically has focused on healthy living with an emphasis on plant-based eating, physical activity, and overall healthy lifestyle. Studies like the Adventist Health Study from Loma Linda University are cited beside studies from Harvard and other well recognized research.

On a worldwide scale, a new preliminary study from Tufts University has estimated that around 1 in 7 cardiovascular deaths around the world could



be linked to not eating enough fruits, and 1 in 12 cardiovascular deaths might be due to not eating enough vegetables.

Seventh-day Adventists are proof positive for a healthy lifestyle. They have been focused on healthy eating for years, and they got it from the Bible. "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." Genesis 1:29.

Nutrition Through the Lifespan

Optimal nutrition is relevant at any age. Our main goal is to maintain balanced meals that will provide a variety of vitamins and minerals, protein, carbohydrate and healthy fat. Include plenty of fibre - compliments of plants, including whole grains, nuts and seeds, beans and lentils, vegetables and fruits. Remember to hydrate – water is the best option here.

As an older adult, one may face new barriers to healthy eating. Changes in your health can make healthy eating seem more challenging. For example, your appetite may not be the same, or you may experience problems with chewing or swallowing. Changes in life may mean you have limited income or eat alone more often. For some, you may be caring for a loved one. Even having someone else cook for you or now having to cook for yourself can alter your eating habits.

Make It Happen Follow CANADA FOOD GUIDE

Choosing to eat healthy does not have to be difficult, time consuming, or expensive. Use the plate method of Canada's Food Guide by choosing the vegetarian options. Save half of your plate for vegetables and fruit; one quarter for starches like brown rice, whole grain bread or pasta; and one quarter for protein, such as beans, lentils, nuts, and seeds. Make water your drink of choice. You do not need to memorize every vitamin, mineral and phytochemical. God in His divine wisdom formulated plants in a way that includes a beautiful balance of nutrients when we eat a variety of foods in a balanced plate.

Start Today

Consider your energy, time, and budget and get started:

1. Choose a goal e.g. to eat more vegetables.
2. Plan. Put your favourite vegetables on your grocery list and buy them.
3. Enjoy! Eat at least one vegetable with every meal.

Keep it simple. You do not have to be a chef. You might just grab a pre-made salad or cook frozen vegetables to add to your dinner. Maybe it's slicing up a tomato to put in your sandwich. Start small, then get as creative as you'd like. Soon you will be making curried vegetable or throwing together a stir-fry. Be adventurous and have fun!

So What About the Beef?

Are we recommending you run out and buy a processed veggie burger at the closest fast food chain? Not exactly. Instead, here is a challenge for you: Pause for a minute and think of ways you can add more plants to your day starting this week. How about a Mexican inspired burrito with black beans as the feature protein? Or throw chickpeas in your salad tomorrow. Try hummus in your pita or as a veggie dip. Add a handful of walnuts or pumpkin seeds to your morning oatmeal.

Whatever your reasons to focus on plant-based eating...environmental footprint, animal cruelty, or health; whether you start small or go big, you are taking a step in a great direction. Enjoy the journey!



*Debra Pal
is a Registered Dietitian,
has a Master of Public Health, and a
Certified Diabetes Educator*

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Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits

Eat protein
foods

Make water
your drink
of choice

Choose
whole grain
foods



Discover your food guide at

Canada.ca/FoodGuide

Eat well. Live well.

Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



Eat meals with others



Use food labels



**Limit foods high in sodium,
sugars or saturated fat**



Be aware of food marketing

Osteoporosis



The Issue

Osteoporosis is a loss of bone density among aging adults that can cause painful fractures, disability and deformity. While heredity and bone size affect the development of osteoporosis, it is often possible to prevent, delay or reduce bone loss through healthy living.

Background

Osteoporosis affects both sexes but is more frequent among women. It is estimated that about one out of four women and one out of eight men over the age of 50 in Canada have osteoporosis.

Bones are constantly being renewed naturally. But with age, this process becomes less efficient, and bone mineral density is lost. When bone mineral density is lower than normal, but not low enough to be classified as osteoporosis, it is called osteopenia. Osteoporosis causes bones to become very thin and weak over time and increases the risk of fracture. It is often called "the silent thief" because bone loss occurs without symptoms.

When bones are seriously weakened by osteoporosis, even simple movements such as bending over to pick up a bag of groceries or sneezing heavily can lead to fractures.

Health Effects of Osteoporosis

Wrist, spine and hip fractures are most commonly associated with osteoporosis. Bone fractures occurring in these areas resulting from a fall from standing height or less are called fragility fractures, and are evidence of osteoporosis.

Hip fractures due to osteoporosis are a serious problem for seniors. Mortality is significantly increased after hip fracture, and fewer than 50 % suffering from this injury experience functional recovery, and many are permanently disabled. About 25 % of patients reside in long-term care facilities for a year or more after a hip fracture.

There usually are no warning signs for osteoporosis until a fracture occurs. However, there are ways to help prevent, delay and treat osteoporosis.

Risk Factors for Osteoporosis

Women are especially at risk of osteoporosis. At menopause, estrogen levels, which help keep women's bones healthy, drop dramatically. Many women experience more bone loss during menopause.

Hormone replacement therapy can help reduce the drop in estrogen levels during menopause, preventing and even correcting bone loss. However, there may be adverse health effects, including an increased risk of breast cancer. Talk to your doctor about what might be suitable for you.

Although men usually have a greater bone mass than women, they can also suffer from osteoporosis.

In addition to age, there are several factors that will increase your risk of developing osteoporosis. They include:

- a family history of osteoporosis
- osteopenia
- low body weight
- a diet low in calcium
- low levels of physical activity
- ovaries removed or early menopause (before the age of 45), without hormone replacement
- being past menopause
- vitamin D deficiency
- smoking
- excessive caffeine intake (more than four cups a day of coffee, tea or cola) or excessive alcohol intake (more than two drinks a day)
- long-term oral use of some medications such as cortisone, prednisone or anticonvulsants

Minimizing Your Risk

- If you have some of the risk factors listed above, talk to your doctor about getting a bone density test and take preventive action to reduce the risk. Here are some of the things you can do to protect your bones.
- Eat well. All Canadians are encouraged to eat well and to be active every day by following the advice contained in Eating Well with Canada's Food Guide to reduce their risk of chronic diseases such as osteoporosis.
- Include calcium in your diet. People over the age of 50 need 1200 mg of calcium each day. As you age, your body doesn't absorb calcium as well, so calcium rich foods are important and you may require a calcium supplement. Calcium rich foods include milk and milk products; salmon and sardines with bones; beans; sunflower and sesame seeds; broccoli and other greens; figs; and rhubarb.

While heredity and bone size affect the development of osteoporosis, it is often possible to prevent, delay or reduce bone loss through healthy living.

- Get enough vitamin D. Calcium is not easily absorbed by the body without vitamin D. In addition to following Canada's Food Guide, which recommends that all Canadians over the age of two consume 500 mL (two cups) of milk every day, everyone over the age of 50 should take a daily supplement of 400 IU of vitamin D. People

who do not drink milk or fortified soy beverage will most likely require a supplemental source of vitamin D. For a large part of the year in Canada (October to March, and longer in far northern latitudes) the sun is not strong enough to produce vitamin D in the skin. The skin also has reduced capacity to produce vitamin D as it ages.

- Be active every day. Bones become stronger with increased activity. Include regular weight-bearing exercise such as dancing, walking, hiking or tennis in your daily routine. Exercise that improves balance and coordination such as swimming and flexibility exercises will help reduce falls and prevent fractures. Try several activities until you find the one that's right for you.
- Avoid smoking. Smokers have faster rates of bone loss and a higher risk of fractures than non-smokers. Women who smoke also tend to enter menopause at an earlier age than non-smokers. This means more rapid bone loss takes place at an earlier age.
- Prevent falls. If you have been diagnosed with osteoporosis or have some of the risk factors, preventing falls is particularly important. An exercise program geared to your abilities will help. Wear comfortable shoes that give good support. Watch for uneven ground, sidewalks and floors. Don't rush to catch a bus, answer the phone or a doorbell. Make your house safe to reduce the risk of accidents. If you have already been diagnosed with osteoporosis or osteopenia, talk to your doctor about medication that may help with your condition.

Some people with osteoporosis suffer pain from a fracture or chronic pain due to compression or muscle spasms. Your doctor can help you find the right pain relief for your symptoms and possibly recommend other therapies which may help including ice and heat, relaxation therapy, acupuncture and other alternative ways of dealing with pain.

Source: www.canada.ca/en/health-canada/services/healthy-living/your-health/diseases/seniors-aging-osteoporosis.html#info

Did You Know?



That **Parmesan cheese** might actually have wood pulp in it referred to as cellulose!



That **extra virgin oil** is probably not pure and has lots of added fats!



Maple syrup is very good, but did you know that some brands fake it by referring to it as pancakes syrup, hoping that most customers would not notice? Most commercial syrup contains corn syrup and not much else. It's important to read the label.

NB: If it doesn't say 100% pure maple syrup, then it doesn't have the nutritional value you may be hoping to get!



Honey: Always check the label for high fructose corn syrup or rice syrup which has a similar consistency. It's better to buy your honey from the local farmer!

Tea: The Congressional Research Service filed a report in 2014, revealing that some food manufacturers often added sawdust, leaves and other parts of plants to tea bags!



Spices: Since most spices are imported, it's difficult to regulate the quality of the harvesting and packing!



Juice: Sometimes the apple juice sold in the USA is made from concentrate from China, which sometimes contains pesticide and other chemicals!



Brown bread is not necessarily **whole wheat bread**; read the list of ingredients!



50 and above is the age at which everyone should consider being screened for **Colorectal cancer**. There's a simple testing kit to use at home and is available through the provincial and territorial screening programs!



Health Nuggets

Walking Wonders

The American Academy of Neurology produced a report which concluded that exercise can actually reduce the risk of developing dementia. As vascular dementia results from problems with the supply of blood to the brain, exercise is thought to be beneficial as it helps to boost blood flow.

Exercise Benefits

The endothelium is a single layer of cells which line the internal wall of blood vessels. It controls blood pressure, inflammation, clotting and oxidation processes which are critical components in protecting against cardiovascular diseases.

Factors Influencing Longevity

Diet: The anti-aging diets are the Japanese, Mediterranean and vegetarian. The vegetarian diet promotes a more healthy aging and less disease due to its plant-food base.

Exercise: It enhances longevity by improving the circulation, increasing endorphins and maintaining overall health.

Blood Pressure: It rises as we age, so keep salt intake low as it can elevate blood pressure which can impair mental function.

Metabolism & Dehydration

Metabolism slows with age, causing weight gain. Most people put on 2 to 4kg each decade. Monitor wait.

Dehydration can contribute to depression in older people, and negativity impacts memory. 8 to 10 glasses of water daily enable brain cells to function adequately. Dehydration can also increase the build-up of toxins in the body which can predispose to inflammatory disease, for immunity and debilitating illness. Adequate hydration is needed to keep vital organs functioning efficiently.

Longevity How Achievable Is It?

Medical science now believes that we have the genetic potential to live to 120 years. The world's longest living person was Jeanne Louise Calment who died at the astonishing age of 122 years 164 days (44,724 days in total)! Nowadays in Loma Linda, when some Adventists reach the age of 60, they are calling it the first sixty years!

*From: The Little Book of Health for Seniors
by Sharon Platt-McDonald*





Nilton and Tannia Amorim

Born and raised in Brazil, I am the product of a strong Adventist family and Adventist Christian education. At age of 15, I started canvassing during summers and winters' vacations, crisscrossing Brazil from North to South to pay for my education.

I started my theological studies at the Adventist University in São Paulo, and in 1966, I went to continue my studies in Colognes, France. I also spent a semester at Newbold College to improve my English language.

Before my graduation, Tannia arrived in Colognes to study French. We started dating. A Few months later, I accepted a call to go to Angola. We got married in Geneva in April 1970.

In Angola, we started a group in a small town with only four baptized members. Our assignment was to plant a Portuguese speaking church. At that time, Angola was still a Portuguese colony.

God blessed the work and after four years, we left the town of Ganda with a church building to accommodate more than 200. During that time, our two children, Roger and Susie were born.

In 1974, we went to Brazil on furlough. Our plans were to return to Angola. While on furlough, the war started. The ports were closed, and we lost everything. Unable to return to Angola, the Euro-African Division sent us to Madagascar, where I was placed at a secondary school in the north of the Island. My mandate was to train a group of young people who had finished the secondary school to be engaged in ministry. It was an intensive three-year junior college degree in Theology. The experience was very rewarding, and my love for teaching became evident.

After Madagascar, we went on furlough to Brazil. At our return, the Indian Ocean Union asked us to pastor two churches in the Reunion Island. After three enjoyable years there, we left the mission field and went to Andrews University to pursue graduate

studies. My wife worked full time, and I worked part-time while studying full time. We spent five challenging years at Andrews, where I finished my graduate degrees.

In 1985, we were called to Rwanda, to be the head of the Theology Department of the Adventist University of Central Africa. Rwanda experience was extremely rewarding. I would have stayed there for many years if it weren't for my children who had to attend college, and we couldn't support them financially on a missionary salary. So, we applied for work in Canada, and thanks to Elder Bacchus, we received invitation from Ontario Conference.

We arrived in Canada in March 1991. First, I was given the district of Woodstock and North London and later the two London churches. We spent five years in London.

In 1996, the Quebec Conference called to lead some departments. About nine months later, I was chosen to be the conference president. In March 2000, I was re-elected as president. However, in November of that year, I was elected as the VP for Administration of the Seventh-day Adventist Church in Canada until I retired in December 2010.

Throughout these 40 years of ministry, we experienced many joys as well as challenges. Among the challenges when we saw God's hand sustaining us, I point out:

a) Malaria in Madagascar affected my son and brought us often to our knees;

b) The beginning of war in Rwanda disrupted and upset our lives;

c) Surviving for five years at Andrews without sponsorship and finished debt free was nothing short of a miracle.

We now enjoy both our son, Roger, and daughter, Susie, and their families.

The Lord has been good to us, and we praise His name.



Fitzroy and Janice Maitland

Drs. Fitzroy and Janice Maitland, now retired, have served the Adventist church for a combined record of 98 years (Fitzroy 51, Janice 47). They were both born in the Spice Isle of the Caribbean, Grenada, where they completed their elementary and secondary education.

They both attended Caribbean Union College, in Trinidad, from which they graduated (Fitzroy 1966, Janice 1967) and there entered the Adventist workforce, Fitzroy as pastor-evangelist and Janice as secretary to the Registrar and later secretarial science teacher. From 1968 – 1975, they served in St. Vincent, Trinidad and Grenada. Then in 1975, Fitzroy was elected as Youth Director of the East Caribbean Conference, and the family moved to Barbados where Janice was asked to start a two-year Business program at Abingdon High School (Bridgetown), the only Adventist secondary school in the country.

In 1978, the Maitlands left the Caribbean to pursue advanced education at Andrews University. While at Andrews, with shortage of funds, their constant challenge, they were relieved to receive call from Ontario Conference in 1981, Fitzroy as pastor of Toronto East Church and Janice as teacher at Crawford Adventist Academy.

The Lord blessed Fitzroy's evangelistic thrust from the time he arrived in Toronto. Within a month of taking up his new assignment, (March 1981), he launched a 5-week evangelistic series, and with his team, realized an exciting harvest of 135 souls, and planted the Kingston Road church. Reports indicated that it was the first time in Canadian Adventism that more than 100 souls were baptized in a single evangelistic series.

Subsequently, Fitzroy was appointed evangelist for the Ontario Conference. After serving in this capacity for two years, he then served for the next

eight years in the conference office as Personal Ministries, Sabbath School, Stewardship, PARL director, and as Ministerial secretary.

Fitzroy continued serving as a pastor in Meadowvale and Toronto West Churches. From the latter, he received an inter-division call from the General Conference to be dean of the Faculty of Theology and Behavioral Sciences at his alma mater, Caribbean Union College (now University of the Southern Caribbean). Janice was invited to set up the Human Resources Office where she served as director, and later as an associate professor in the Family Studies Department. They served there from 1999 to 2004. Upon their return to Canada, Fitzroy was assigned to Philadelphia Church, where he served for 12 years (helping them to acquire a church building) until his retirement in 2017.

Meanwhile Janice continued to bloom in her academic career. She earned a PhD in Education, and became the registrar at Crawford Adventist Academy, guidance/counsellor, vice-principal, Junior High and High School principal, then Ontario Conference Education superintendent.

The Lord has signally blessed the Maitlands' ministry. Fitzroy recounts how the Lord blessed his ministry with over 3000 baptisms, and planting seven churches (in the Caribbean, Ontario and in New York, USA).

Fitzroy earned his Doctorate degree in Religious Education (Ed.D) with an emphasis in Family Life and Spiritual Gifts. The Maitlands are both certified Family Life educators from Andrews University (CFLE), and have conducted many retreats, seminars, and radio presentations.

Married for 51 years, they have two adult children, Ronald, and Karlene, and four delightful grandchildren.

Cracking the Longevity Code[®]

As the aroma of curried chicken wafted through the kitchen, my grandma and I sat at the table and chatted about her life, legacy and being a centenarian. As she sipped her tea, her eyes are still sharp and hands still nimble as she noticed the colourful scarf around my neck. "My name is Olive Maude Clarke," she stated, nee Langley, born on the 10th of October 1914 in Beckford Crawl Clarendon, Jamaica. The community was small and close knit, "it was better, no killing, we could sleep on the veranda at night, and walk at night and nobody would trouble you. When you heard one person died, you wondered"

Olive grew up with her two brothers and three sisters, all of which lived to be close to 100 years. What I find common to Olive and Jamaicans, as a whole, is their sheer ability to thrive in the midst of poverty, challenges and unrest. "We never had much, but we got by," she said. Olive and her siblings survived the death of her father and her little sister Ida at a young age. With only about the equivalence of an 8th grade education, Olive raised seven children on her own, working odd jobs doing washing and cleaning houses to feed her family. Olive's husband, my grandfather Samuel Uriah Clarke, fought in both world wars and soon after died. In the early 1980s, Olive settled in Canada where she looked after her growing grandchildren. My earliest memories often involve my grandma when she looked after my siblings and me.

So what is the secret to your longevity Mama? "Well," she replied, "I love the Lord!" Without fail, every morning, my grandma will have her prayer time and devotions in which she will pray for strength and for her family. We can all testify of the many times when her words of faith pulled us through difficult periods of life. Another ingredient to the formula is that Olive has been a vegetarian for decades and continues to eat a healthy diet and exercise regularly (yes, exercise, she has hand weights). This matriarch has lived through 2 world wars, the Great Depression, civil rights movements across the globe and the explosion of the information age. The other day she half jokingly told me to "Google it" when I couldn't recall something. This matriarch has led a legacy of resilience and strength that confounded all odds.

Source: taken from article by Lenore Clarke, granddaughter's preface to her soon to be released work on aging, quality of life and longevity from a family biographical perspective



Apple Creek Walking Club in the GTA

Apple Creek Seniors' Walking Club was launched early in the fall of 2019 to much enthusiasm. Seeing our members spread over different parts of the GTA, the club was divided into three areas, York, Toronto and Durham, for walking purposes. Each group meets once a week; they meditate on a different Bible passage each week, such as Psalm 101:2, "I will walk within my house with a perfect heart"; 2 Corinthians 5:7, "For we walk by faith and not by sight," and many other passages.

A games event was also conducted by one of our young adults, playing Family Feud, Matching Symbols, etc.

We also had a lecture on Fall Prevention and Healthy Ageing. Some of the preventative methods are exercising, muscle strengthening, climbing stairs, weight lifts, walking, using medication safely, home safety check and nutrition, among other things.



Our annual Christmas lunch was held, and Councillor Ho supported with a donation once again but could not attend. Pastor Lawrence, as the main speaker, blessed us with special speech. We were also entertained by special music and songs.

Glenna Ogilvie

"Philly" Seniors Keep the Pace Even Through Challenging Weather

The Philadelphia seniors started their Walking Club in October 2019. Thirty are actively participating. Due to geographic challenges, individuals walk daily in different locations, like malls, apartments and local communities. Small groups walk weekly at the Pan Am and Stephen Leacock Centres which have free indoor walking tracks. The large group meets monthly to share health tips, report hours walked and encourage each other on the journey to health. Despite the weather challenges, the "Philly" seniors keep the pace because they've been experiencing the benefits of daily exercise.

Jacqueline Douglas





Really Living Takes Seniors Walking Club to the Community

On October 17, 2019, we launched Really Living Seniors' Walking Club, and have been walking forward ever since! Our Seniors from the church and the community look forward to come to our new facility, twice a week, to walk and exercise in our gym.

The Walking Club has enriched our Seniors' Ministry by inspiring them even more that they matter at Really Living Church!

I had approached one of our Walking Club participants and asked her, "What has the Walking Club done for you, and what do you like about it?" Marcia responded, "When I retired, the adjustment period from pre-retiree to retiree was not easy. I craved the return of a routine. The Walking Club gave me the opportunity to foster new relationships

within my community, with individuals that have similar interests. It provided me with a venue to turn my wellness goals into reality!

The Walking Club is a blessing for me and others within my church and community. It has created an atmosphere of unity and communion."

We will continue to pray for each person that comes and takes part, that God will inspire more seniors to get involved and begin a road to better health physically, spiritually, and mentally.

In God's eyes, we all matter at any age and have a purpose wherever we serve. So here at Really Living Centre, we will continue to encourage seniors to "get up and walk!"

Sue Nestor

Mississauga Free Computer Training for Senior Ager



As technology and social media are rapidly advancing, it poses some challenges for some seniors. Seniors' Ministry at Mississauga Adventist Church is providing basic computer courses, tips in cell phone use, as well as other technology-friendly courses that are helpful to seniors. The computer literacy training for senior agers started in February 2020. It's for people aged 60+ who are not familiar with the computer; find it difficult to use; do not know anything about a computer, or technology is not their forte/strength.

Initially, the senior agers were not motivated to use the computer. However, now they are enjoying the training to use the keyboard, Windows and the Internet. They are learning how to send and receive messages through e-mail and navigating the information super highway. While some senior agers are improving computer skills they already have, others are "starting from scratch", learning simple tasks, like turning on and off the computer.

Seniors are enjoying the classes and have indicated that Dr. Barrett, the computer literacy lecturer teacher, is a good teacher with patience.

Ira Howell, Senior's Ministry's leader, said, "I want to encourage all seniors to come out and learn computer, exercise your minds because when you don't use the mind, it slows down. Learn something new because it keeps your brain active and helps against Alzheimer's disease". Computer literacy will also alert senior agers to scams, and fraud, and it promotes safety for seniors.

Computer classes are held on Mondays and Wednesdays. After successful completion of the computer training, each senior ager will be presented with a computer at graduation. This will be the senior's personal computer to take home. All seniors are eligible for refresher courses at any time.

Dean Lashington, Elder

Please Beware - Scams Reported to the Anti-Fraud Centre:

- Cleaning or heating companies offering duct cleaning services or filters to protect from COVID-19
- Local and provincial hydro/electrical power companies threatening to disconnect power for non-payment
- Centres for Disease Control and Prevention or the World Health Organization offering fake lists for sale of COVID-19 infected people in your neighbourhood
- Public Health Agency of Canada giving false results saying you have tested positive for COVID-19 and tricking you into confirming your health card and credit card numbers for a prescription
- Red Cross and other known charities offering free medical products such as masks for a donation
- Government departments sending out coronavirus-themed phishing emails, tricking recipients into opening malicious attachments, or seeking sensitive personal and financial details
- Financial advisers pressuring people to invest in hot new stocks related to the disease or offering financial aid and/or loans to assist people during shutdowns
- Door-to-door salespeople selling household decontamination services, and Private companies offering fast COVID-19 tests for sale.



Simcoe Seniors Are Off to a Strong and Encouraging Start

During our Seniors Emphasis Day, September 28, a panel of seniors shared their thoughts on what aging has meant to them; what it means to grow old gracefully; how they want to be remembered, and nuggets of advice for those who are younger. We were blessed by the presence of President Mansfield Edwards and his wife Sharon. Dr. Edwards updated the church on the plans and activities of the Ontario Conference, including the Seniors Ministry and

brought words of encouragement to "God's Seniors".

Our group meets monthly. During October and November, interactive presentations and discussions focused on Safety and on Awareness of Frauds and Scams, including the newer and more sophisticated ways that are being used to embezzle money and steal personal information from seniors.

To wind down the year, and in the spirit of the season, the seniors group contributed much needed food items to restock the pantry of a local women's and children's shelter.

With God's help, we plan to continue supporting each other, forging more, and stronger connections with the community and serving in meaningful ways.



Jennifer Myrie



We have been together as a club since 2012. We started the seniors club when Pastor Mansfield Edwards encouraged the churches with his initiative, to involve and engage the seniors in something meaningful.

We continue to learn to play the Ukulele, thanks to the grant we received from the government. We meet every other Tuesday for lessons and other activities of interest.

We even made a bus trip to London and encouraged the North London Church seniors to start playing the Ukulele.

The picture shows us with President, Pastor Mansfield Edwards and Sarah, his assistant, at our year-end Christmas dinner at our church when we had a wonderful time of feasting, fellowship and receiving a blessing at the hand of the president.

The majority of the club members are from the Malton Church, while a few are from other Adventist Churches and a number from our local community.

God be praised for the innovation and continued motivation of our leadership at the Ontario Conference.

Paulene Kennedy

If your church seniors' club is interested in receiving a grant from the government, do call me through Sarah, and I will be happy to assist and direct you. *Paulene Kennedy*



Toronto Central Seniors



We are thankful to God for the way He has led our Seniors' Ministry over the past two years. Support from the Ontario Conference and our own local leaders, pastors, elders and members have been compelling. We are a group that delights in the fellowship of each other as best as we can. We have enjoyed a few-day trips, exercise classes arranged through the Community Services Department. We enjoy healthy meals, and as a result of our quality time together, we have learned to love and care for each other, even more than we did before.

Where possible, we work with other departments, such as the Community Services, they provide exercise instructors and health monitoring sessions for us, and we assist with food baskets distribution to the shut-ins.

Our Seniors Walking Club was launched in October, more emphasis will be placed on this initiative this year. Our year-end luncheon was a blast. We all had a great time. To God be the glory!

Ivy Henry

Windsor's Ladies Tea Party

Sunday, December 8, 2019, was a memorable day, when approximately eighty-five ladies attended a Christmas tea party held at Windsor Church. Phyllis Ac, Community Services leader, came up with the idea and suggested to be held during the Christmas season. Phyllis and her team made sure it was a very special tea party. About fifty percent was from the community, as an outreach program. The tables were tastefully decorated, and there was a variety of special treats. The fellowship was intermingled with Christmas carols, poems, and special music, which touched our hearts with the love Christ, which is what this Christmas tea party is all about.

Gloria Joshua



Toronto Korean Seniors



Toronto Korean Adventist Church has been running NEW START program, two semesters a year, for the last 9 years. In this program, the church has provided Korean seniors with singing class, laughter therapy, health lectures, healthy food lunches, and various activities, such as drawing, dancing, and musical instrument lessons. From September to October, about one hundred participants and volunteers gathered every Tuesday at the church for this program, and most of them are seniors.

On October 1, 2019, 112 seniors, many were Korean immigrants rode two rented coaches and went to Dorset Lookout Scenic Tower to see foliage. Along with transportation, the church offered snacks and lunch. All the participants of the trip enjoyed

beautiful autumn scenery. It was a special gift on a special day.

As Toronto Korean Adventist Church continues to run New Start Program for Korean immigrants in the GTA, plan is set to go to the east of the United States to see cherry blossom in Washington D. C. and to visit some tourist attractions. About fifty seniors have already registered for this trip.

Toronto Korean Church members are committed to reach out to Korean immigrants living in GTA and become closer friends. They're praying that they will bring many to the Saviour Jesus Christ.

Pastor Dae-Eun Kim



PREVENTION 2019-NCOV



WEARMASKS



WASHINGHAND



HANDSANITIZER



AVOID
CLOSECONTACT

Self-Isolation

It is when you have been instructed to separate yourself from others, with the purpose of preventing the spread of the virus, including those within your home. If you are ill, you should be separated from others in your household to the greatest extent possible.

It is recommended to self-isolate for 14 days if:

1. You have travelled anywhere outside of Canada (including the United States of America).
2. You live with, provided care for, or spent extensive time with someone who has:
 - tested positive for COVID-19, OR is suspected to have COVID-19, OR who has respiratory symptoms (fever, cough, or shortness of breath) that started within 14 days of travel outside of Canada.